

Winter **Recreation** **GUIDE**

JAN - MAR 2017 REGISTRATION STARTS NOV 28



RECREATION SURREY
Healthy Communities. Active Together.



PUBLIC SAFETY

STRATEGY TAKING ACTION TOGETHER

#SAFERTOGETHER



LEARN MORE ABOUT THE STRATEGY
AND HOW YOU CAN GET INVOLVED

WWW.SURREY.CA/PUBLICSAFETY





www.surrey.ca/register

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Healthy Communities. Active Together.

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



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，請撥打電話聯係“OPTIONS 移民安頓服務項目”：



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

وفيما يتعلق بتفسير كتاب دليل الترفيه والرياضة، اومزيد من المعلومات، يرجى الاتصال ببرامج 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 numberkoodu yahay :

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

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



Registration

www.surrey.ca/register

3 WAYS TO Register

Go Online  www.surrey.ca/register

By Phone  604-501-5100

In Person  At any Surrey Parks, Recreation & Culture facility

BEFORE YOU REGISTER... Have The Following Ready:

Family PIN & Client Number

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

Credit Card Information

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

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

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

Leisure Access Program

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

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

DROP-IN ADMISSIONS & PASSES

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

Annual & Monthly 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†
Full Facility 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 full facility passes. Make payments using automatic debit, credit card or cheques. Skip the line-up and buy your yearly or monthly passes online.

Drop-in Fees for Surrey Recreation facilities

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

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior (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 complementary City-Wide Senior Services pass.

PARKS, RECREATION & SPORT TOURISM COMMITTEE

Councillor Bruce Hayne, *Chair*

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

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

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





Come Explore

www.surrey.ca/recreation

Surrey's Town Centres

City of Surrey is divided into six town centres.

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

CLOVERDALE

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

FLEETWOOD

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

GUILDFORD

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

NEWTON

Newton Recreation Centre/Pool	13730 72 Avenue	604-501-5540
Newton Arena	7120 136B Street	604-501-5044
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

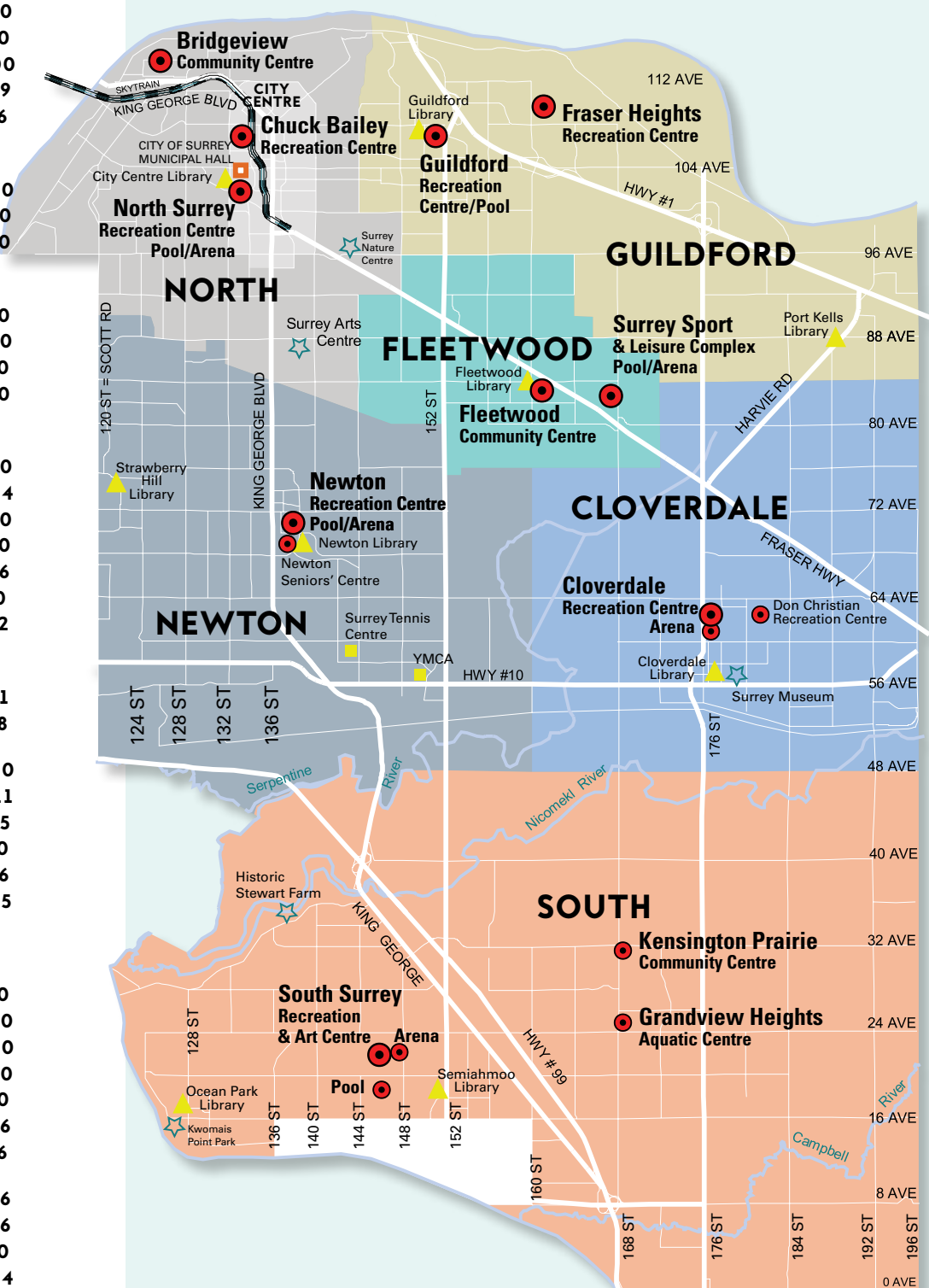
Bridgeview Community Centre	11475 126A Street	604-592-7081
Chuck Bailey Recreation Centre	13458 107A Ave	604-598-5898
North Surrey Recreation Centre/Arena/Pool	10275 City Parkway	604-502-6300
City of Surrey Municipal Hall	13450 104 Avenue	604-591-4011
Bear Creek Pavilion	13750 88 Avenue	604-502-6385
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	1379 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

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

Recreational Opportunities

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

G GARDENS

Horticultural Gardens

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

Community Gardens

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

NT NATURE TRAILS

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

MB MOUNTAIN BIKING

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

Y YOUTH PARKS

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

DO DOG OFF-LEASH PARKS

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

W WATER PARKS

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

OP OUTDOOR POOLS

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

T TENNIS COURTS

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



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

There's More!

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

LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	22 - 41
Arenas	42 - 47
Sports.....	48 - 53
Fitness & Wellness	54 - 59
Arts & General Interest.....	60 - 85

E-Connect WITH YOUR CITY

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

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

www.surrey.ca/econnect

FACILITY Amenities

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

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

Hours of Operation: Monday to Friday 6:00am-9:00pm Tuesday/Thursday 9:00pm-10:00pm Women's Only Swim & Gym Saturday 7:00am-9:00pm Sunday 8:00am-9:00pm Childminding Hours: Monday 4:30pm-7:30pm Tuesday 5:00pm-8:00pm Wednesday 5:00pm-7:00pm Thursday 4:00pm-8:00pm Friday 5:30pm-7:30pm	Pool: 37 m, 6 lane pool with dive tank 3m diving boards Slide & water toys Hot tub 2 dry saunas Family change rooms	Arena: 2 full size rinks Bench seating for spectators Score board with flexible scoring and timing capabilities Multi-use dressing rooms One meeting room Four multipurpose rooms Wheelchair accessible on both levels Skate/helmet rental/ Skate Shop Food services	Gymnasium: None Weight Room: 4,800 sq. ft. equipped with TV and free Wi-Fi 33 pieces of cardio equipment including spin bikes, ellipticals and treadmills 24 pieces of strength training equipment including a TRX suspension trainer & weight machines Dumbbells up to 75 lbs Barbells up to 110 lbs Personal training Wheelchair accessible	Fitness Studio: 735 square feet of fitness studio space Yoga mats, yoga blocks, stability balls, resistance bands, Bosu balls, step blocks	Preschool: 1 dedicated preschool classroom MYzone: October - June There is no MYzone at this facility. The two closest facilities are: Chuck Bailey Recreation Centre 13458 107 A Ave Tu, W, Th 3pm-6pm Bridgeview Community Centre 11475 126A Street Tu, W, Th 3pm-6pm	Youth Services: There are no youth services at this facility. The two closest facilities are: Chuck Bailey Recreation Centre 13458 107 A Ave Guildford Recreation Centre 15105 105 Avenue	Seniors Services: Drop-in Seniors Swim Monday-Friday 12:30pm to 1:30pm
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CHUCK BAILEY RECREATION CENTRE 13458 107 A Avenue 604-598-5898

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

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

Bear Creek Pavilion 604-598-5898

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

Chuck Bailey Recreation Centre 604-598-5898

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

North Surrey Recreation Centre 604-502-6300

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

Surrey Arts Centre 604-501-5566

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

Surrey City Hall 604-598-5769

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

Surrey Nature Centre at Green Timbers 604-502-6065

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



Guildford

www.surrey.ca/recreation

Welcome

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

Our FACILITIES

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

Recreational Opportunities

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

G GARDENS

Community Gardens

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

Horticultural Gardens

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

NT NATURE TRAILS

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

MB MOUNTAIN BIKING

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

Y YOUTH PARKS

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

DO DOG OFF-LEASH PARKS

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

W WATER PARKS

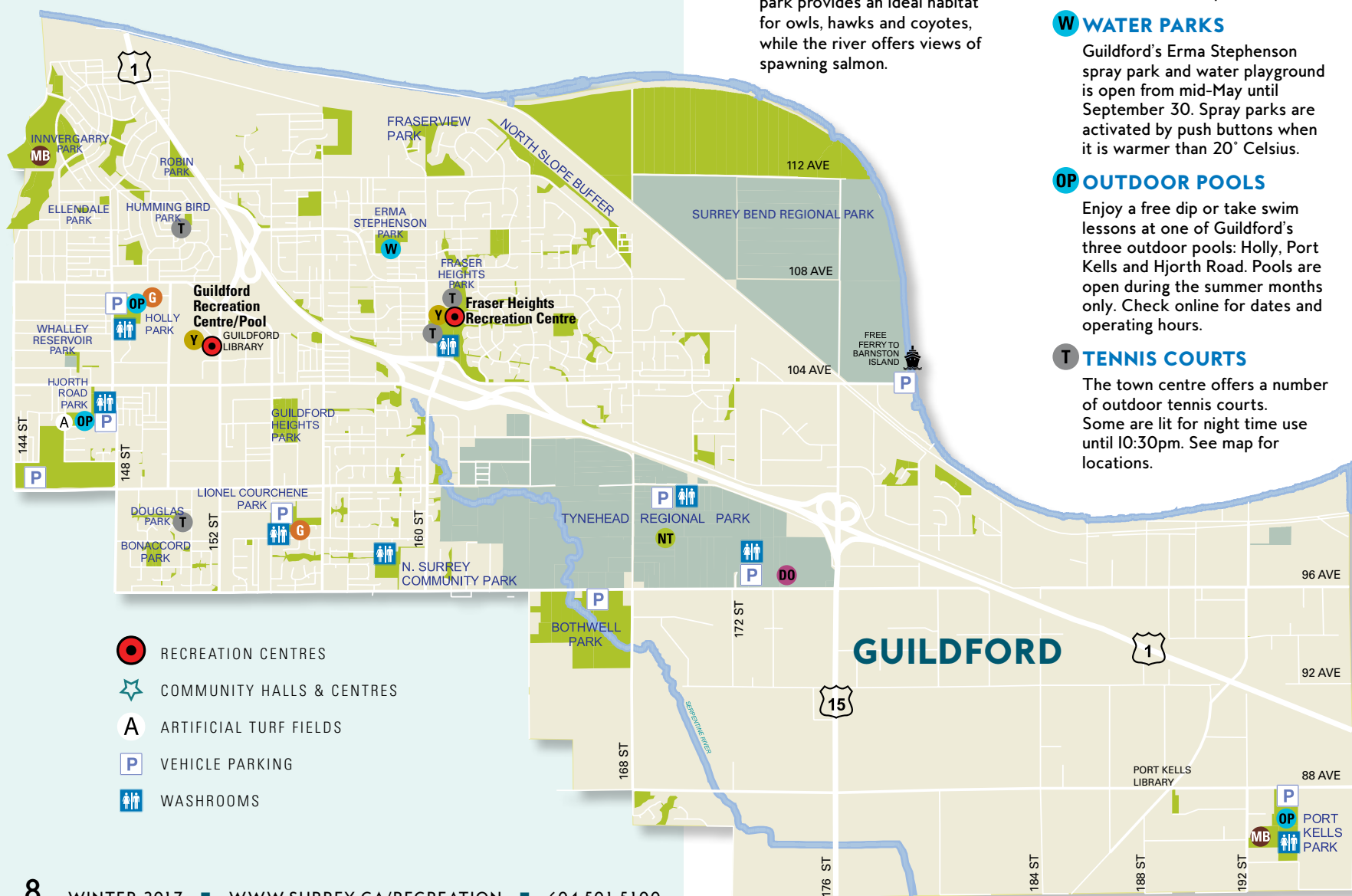
Guildford's Erma Stephenson spray park and water playground is open from mid-May until September 30. Spray parks are activated by push buttons when it is warmer than 20° Celsius.

OP OUTDOOR POOLS

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

T TENNIS COURTS

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



There's More!

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

LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	22 - 41
Arenas	42 - 47
Sports.....	48 - 53
Fitness & Wellness	54 - 59
Arts & General Interest.....	60 - 85

E-Connect WITH YOUR CITY

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

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

www.surrey.ca/econnect

FACILITY Amenities

GUILDFORD RECREATION CENTRE 15105 105 Avenue 604-502-6360

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

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

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

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

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

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



Fleetwood

www.surrey.ca/recreation

Welcome

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

Our FACILITIES

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

Recreational Opportunities

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

G GARDENS

Horticultural Gardens

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

Y YOUTH PARKS

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

DO DOG OFF-LEASH PARKS

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

NT NATURE TRAILS

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

W WATER PARKS

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

T TENNIS COURTS

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



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

There's More!

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

LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	22 - 41
Arenas	42 - 47
Sports.....	48 - 53
Fitness & Wellness	54 - 59
Arts & General Interest.....	60 - 85

E-Connect WITH YOUR CITY

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

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

FACILITY Amenities

FLEETWOOD COMMUNITY CENTRE 15996 84 Avenue 604-501-5030

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

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

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

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

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

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



Newton

www.surrey.ca/recreation

Welcome

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

Our FACILITIES

Newton Recreation Centre/Pool	13730 72 Avenue	604-501-5540
Newton Arena	7120 136B Street	604-501-5044
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

Recreational Opportunities

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

NT NATURE TRAILS

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

G GARDENS

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

MB MOUNTAIN BIKING

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

DO DOG OFF-LEASH PARKS

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

W WATER PARKS

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

OP OUTDOOR POOLS

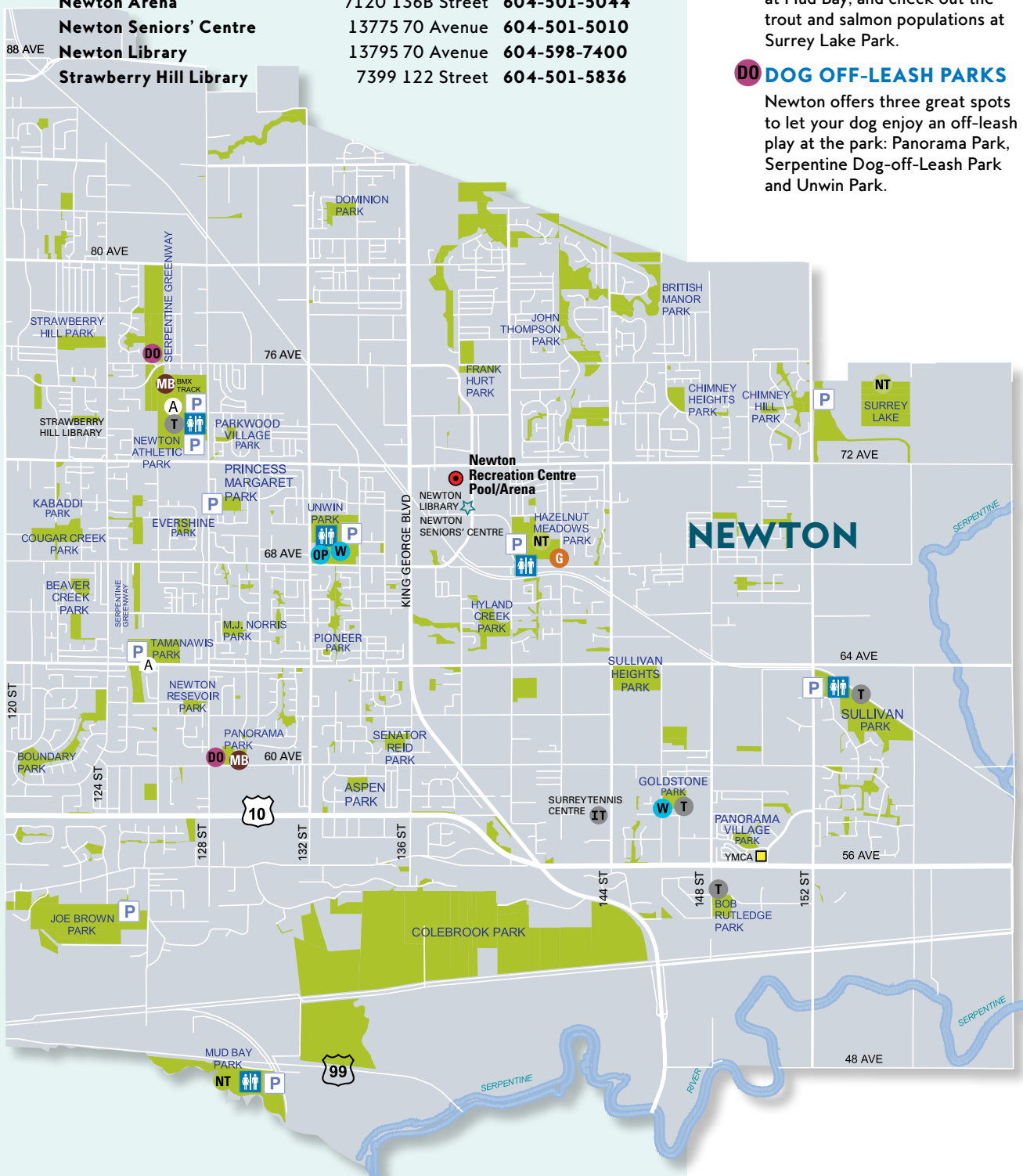
Enjoy a free dip at Newton's Unwin Pool. Check online for dates and operating hours. Open during the summer months only.






T TENNIS

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



-  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.

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- 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

Pool:

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

Newton Recreation Centre
Surrey Sport & Leisure Complex
16555 Fraser Highway, #100

Arena:

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

Newton Arena
7120 136B Street
Surrey Sport & Leisure Complex
16555 Fraser Highway, #100

Gymnasium:

None

Weight Room:

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

Newton Recreation Centre
Surrey Sport & Leisure Complex
16555 Fraser Highway, #100

Fitness Studio:

Fitness activities take place in the multi-purpose rooms.

Preschool:

The closest preschool locations are:

Newton Recreation Centre
Cloverdale Recreation Centre
6188 176 Street

MYzone:

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

Newton Seniors' Centre 604-501-5010

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



Clowerdale

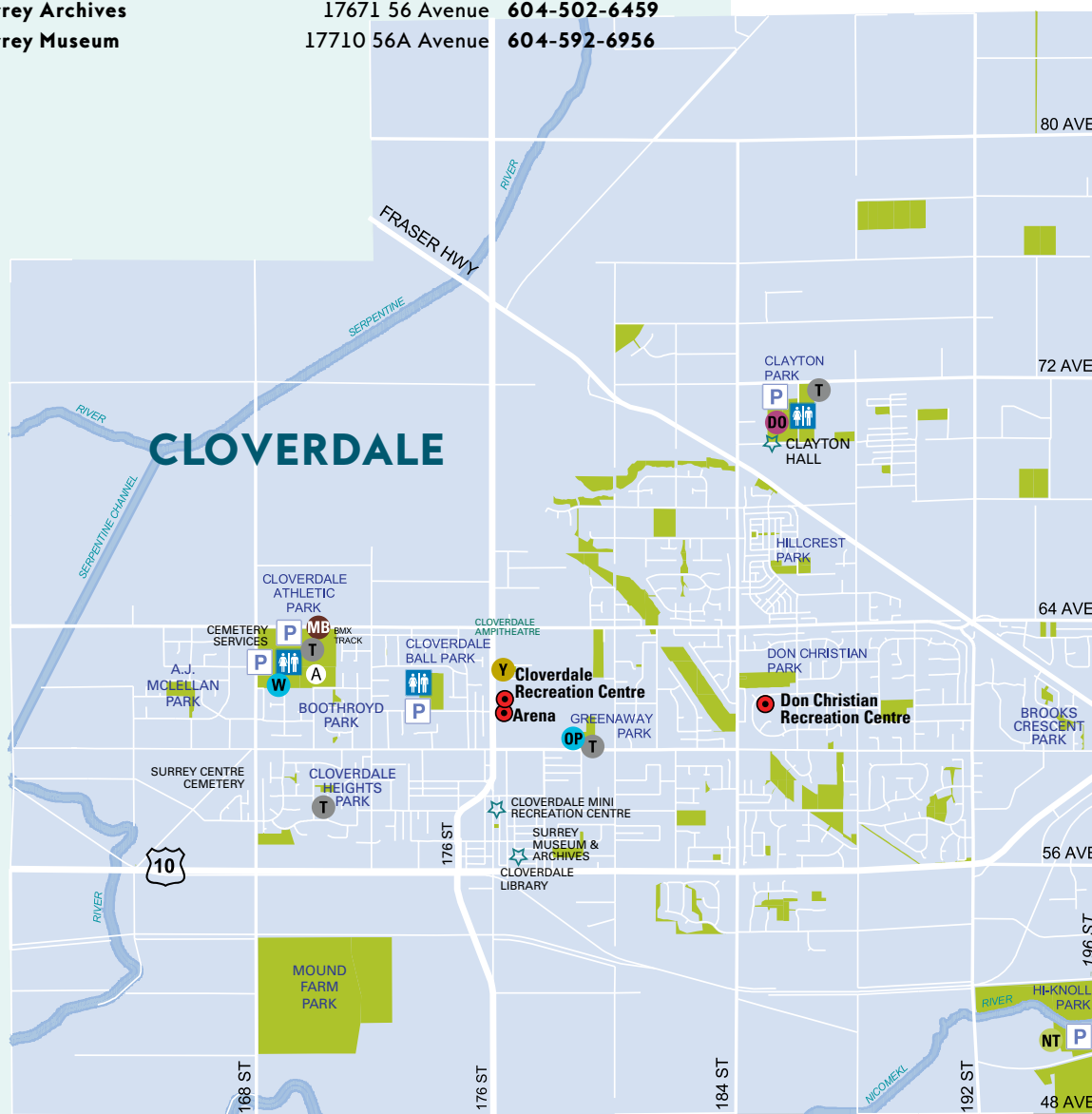
www.surrey.ca/recreation

Welcome

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

Our FACILITIES

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



Recreational Opportunities

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

NT NATURE TRAILS

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

MB MOUNTAIN BIKING

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

Y YOUTH PARKS

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

DO DOG OFF-LEASH PARKS

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

W WATER PARKS






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

OP OUTDOOR POOLS

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

T TENNIS COURTS

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

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

There's More!

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FACILITY Amenities

CLOVERDALE RECREATION CENTRE 6188 176 Street 604-598-7960

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

Hours of Operation: Monday to Friday 5:30am - 10:00pm Saturday 7:00am - 8:00pm Sunday 7:00am - 7:00pm Statutory Holidays 7:00am - 7:00pm Childminding Hours: M 9:00am-11:00am 5:00pm-8:00pm Tu 9:00am-11:00am 5:00pm-8:00pm W 9:00am-11:00am 5:00pm-8:00pm Th 9:00am-11:00am 5:00pm-8:00pm F 9:00am-11:00am 5:00pm-7:00pm Sa 9:00am-11:00am	Pool: There is no pool at this facility. The two closest pools are: Surrey Sport & Leisure Complex 16555 Fraser Highway, #100 Grandview Heights 16855 24 Avenue Opening in 2016	Arena: Clverdale Arena 6090 176 Street one block away 1 sheet of ice Score board with flexible scoring & timing capabilities Bench seating for 250 4 multi-use dressing rooms 1 meeting room Concession stand with food & beverages Skate/Helmet rental/Skate sharpening Wheelchair accessible on ground floor	Gymnasium: 3 Weight Room: 8,000 square feet equipped with TV and Wi-Fi 72 pieces of cardio equipment including spin bikes, ellipticals, treadmills, upright and recumbent bikes 20 pieces of strength training equipment including a Synrgy 360, weight machines and 2 squat racks Dumbbells up to 75 lbs Wellness room with 24 spin bikes, TRX and functional training equipment including a power mill Personal training available Wheelchair accessible	Fitness Studio: 2,000 square feet of fitness studio space Yoga mats, yoga blocks, stability balls, resistance bands, Bosu balls, step blocks	Preschool: 2 dedicated preschool classrooms MYzone: October - June Tu, W, Th 3pm-6pm Alternate location: Clayton Elementary School 7541 184 Street M, W, F 3pm-6pm	Youth Services: Outdoor covered skate park Outdoor sports courts Drop-in hours for preteens and youth every Friday and Saturday.	Seniors Services: Seniors Drop-in: Monday to Friday 9am-4pm
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DON CHRISTIAN RECREATION CENTRE 6220 184 Street 604-502-6400

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

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

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

Clayton Hall 604-502-6400
 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

Welcome

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

Our FACILITIES

South Surrey Recreation & Arts Centre	14601 20 Avenue	604-592-6970
Grandview Heights Aquatic Centre	16855 24 Avenue	604-590-7800
South Surrey Arena	2199 148 Street	604-502-6200
South Surrey Indoor Pool	14655 17 Avenue	604-502-6220
Elgin Centre	3530 144 Street	604-592-6970
Elgin Hall	14250 Crescent Road	604-592-2606
Historic Stewart Farm	13723 Crescent Road	604-592-6956
Kensington Prairie Community Centre	16824 32 Avenue	604-592-2606
Kwomais Point Park	1379 128 Street	604-592-2606
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

Recreational Opportunities

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

G GARDENS

Horticultural Gardens

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

Community Gardens:

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

NT NATURE TRAILS

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

Y YOUTH PARKS

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

DO DOG OFF-LEASH PARKS

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

W WATER PARKS

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

OP OUTDOOR POOLS

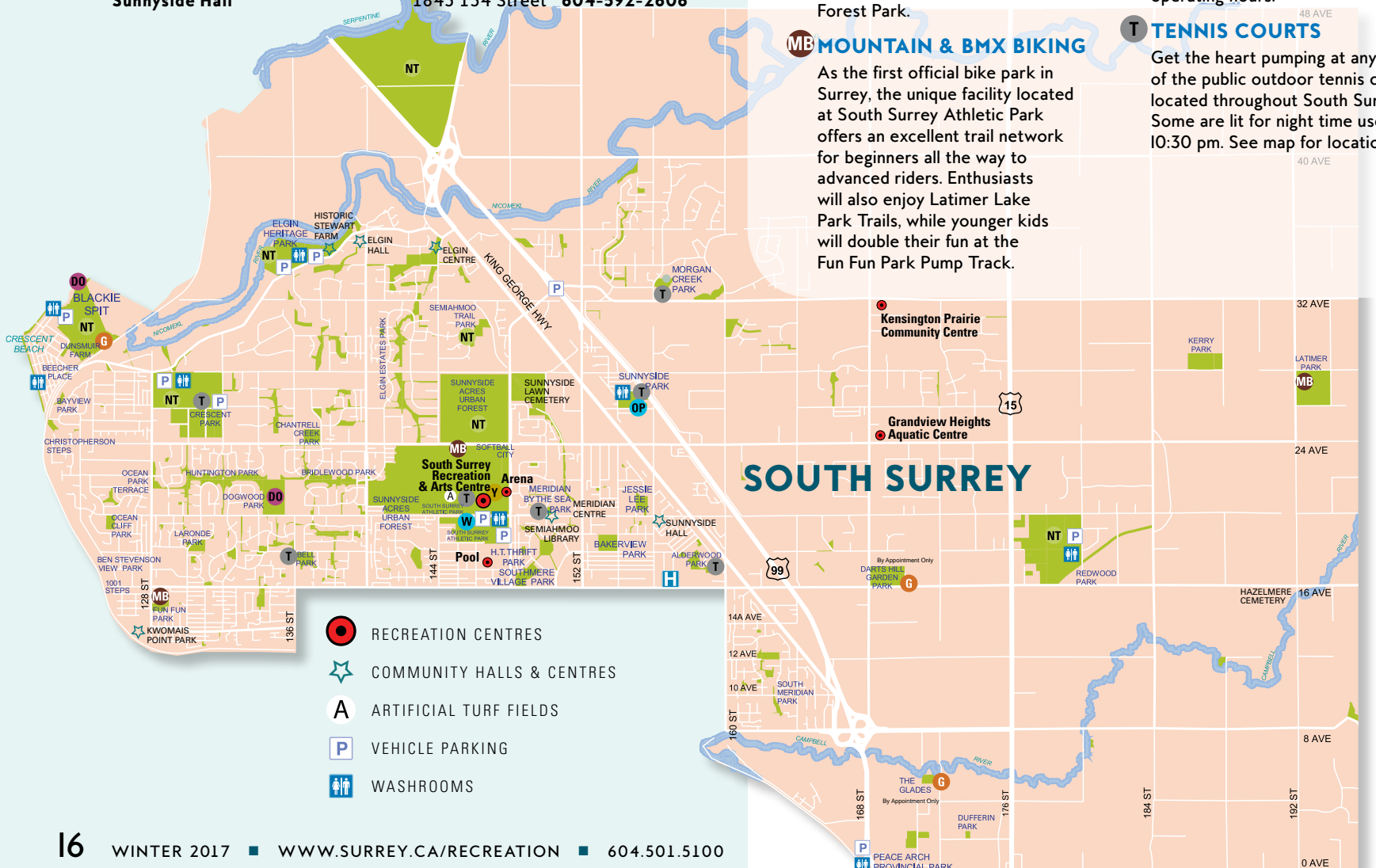
Sunnyside Pool, offering free public swims and registered swim classes, is a popular summertime destination for people of all ages. Check online for dates and operating hours.

MB MOUNTAIN & BMX BIKING

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

T TENNIS COURTS

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



There's More!

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

LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	22 - 41
Arenas	42 - 47
Sports.....	48 - 53
Fitness & Wellness	54 - 59
Arts & General Interest.....	60 - 85

E-Connect WITH YOUR CITY

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

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

FACILITY Amenities

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

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

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

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



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

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

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

Community Halls and Centres 604-592-2606

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

Special Events

www.surrey.ca/events


Mark the Date!

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

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

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

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SIGN UP TODAY

Jan - Mar Fridays

5pm-7pm

Family Nights at Cloverdale



Cloverdale Recreation Centre

FAMILY FUN NIGHT

Friday, January 20

Join us for winter crafts and snacks!

FAMILY MOVIE NIGHT

Friday, February 17

Come dressed in your coziest jammies for a movie and popcorn.

FAMILY FUN NIGHT

Friday, March 17

Join us for a night of everything green! Activities, crafts and cookie decorating!

Jan - Mar Fridays

5:30pm-7:30pm

Family Nights at Don Christian



Don Christian Recreation Centre

FAMILY FUN NIGHT

Friday, January 13

Family fun with the bouncy castle games and snacks!

HEALTHY HEARTS

Friday, February 10

Let's celebrate with crafts, mini gym equipment and fruit smoothies!

FAMILY MOVIE NIGHT

Friday, March 10

Bring your pillow and blanket and join us for a movie and popcorn!

January 20 Friday

5:30pm-8pm

Chinese New Year Dinner

Kung Hei Fat Choy! (Happy New Year!). Join us in celebrating with a Chinese Dinner and some terrific Chinese entertainment. Don't forget to wear red!

CLOVERDALE 1 Session Member \$19

Non-member \$21 All Ages

F 5:30pm-8:00pm Jan 20 4503104

Cloverdale Recreation Centre

January 21 Friday

5:30pm-8pm

Family Movie Matinee



Join us for this afternoon movie and popcorn.

1 Session Free

1.5yrs+

Sa 3:00pm-5:00pm Jan 21 4514305

Chuck Bailey Recreation Centre

Jan 25, Feb 22, Mar 22

10:30am-12:30pm

Hot Lunch - Forever Young



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

NORTH 1 Session \$7.50 55yrs+

W 10:30am-12:30pm Jan 25 4513024

W 10:30am-12:30pm Feb 22 4513025

W 10:30am-12:30pm Mar 22 4513026

Chuck Bailey Recreation Centre

February 11 Saturday

10am-12noon

Family Day Magic



Bridgeview Community Centre
11475 126A Street | 604-592-7081

A magical way to spend your family day together! Enjoy magic themed games and crafts followed by a magic show that is fun and engaging for the whole family!

Feb 11, 12 Sa, Su

The Story of Stuff

Surrey Museum
All ages, by donation

Kids bring their grandparents to our Museum living room to touch and explore the artifacts. See if grandpa and gramps have a story to tell while kids guess the objects.

WE'VE GOT YOUR **FREE**
Family Day COVERED!

February 13 Monday

Join us for a variety of action packed activities and family fun events across the city. There's something for everyone.

Chuck Bailey Recreation Centre 11am-2pm

Bring your whole family and connect with others from your community.

Cloverdale Recreation Centre 10am-12noon

There will be activities, music, crafts stations and gym time!

Fleetwood Community Centre 11am-1pm

Try it activities, music, crafts and more.

Surrey Nature Centre 10am-2pm www.surrey.ca/naturecentre 604-502-6065

Join us for a nature walk, story time and a variety of indoor and outdoor nature exploration.

Healthy Hearts 11am-1pm

South Surrey Recreation & Arts Centre

Get active with our exciting and unique activities for all ages and levels.

Stay and Play 9am-11am

Guildford Recreation Centre

There will be crafts, music, games, face painting, a bouncy castle and more!

Obstacle Race

Fraser Heights Recreation Centre 10:30am-12:30pm

Our 3rd annual Family Day Obstacle Race.

Preschool Play

Newton Athletic Pavilion 7395 128th Street

Participate in a variety of activities promoting individual creativity and imagination.

NEWTON 1 Session 3-5yrs
M 9:30am-11:00am Feb 13 4515866

Arts & Crafts

Newton Recreation Centre

Celebrate creativity and community through arts and crafts in this FREE family event.

NEWTON 1 Session 6-12yrs
M 11:00am-1:00pm Feb 13 4515864

Family Day Geocaching

For dates and locations
www.surrey.ca/events 604-501-5050
partnersinparks@surrey.ca

Geocaching participants navigate to specific Global Positioning System (GPS) coordinates and then attempt to find the cache (container) hidden at that location. Sign the log stored inside the cache and return it to the exact place you found it for the next hunter. After your treasure hunt, join us for prizes and hot chocolate!

Heritage Family Day MY SURREY

Historic Stewart Farm 12noon-3pm

Discover the lives of Surrey's pioneering Stewart family. Play with toys like young William and John, taste baking from the woodstove and do farm chores like Mr. Stewart did.

Family Fun at Guildford

Guildford Recreation Centre 6yrs+

FAMILY DANCE FUSION

Enjoy a medley of dance styles in this fun, engaging session for the whole family!

M 10:00am-10:45am Feb 13 4516310

FAMILY BOOTCAMP

Move from station to challenging station in this activity that will challenge your stamina and strength!

M 11:00am-11:45am Feb 13 4516317

PICKLEBALL

Hit the courts and try this fast, fun and quickly growing sport with the assistance of a volunteer instructor!

M 12noon-1:00pm Feb 13 4516733

February 17 Friday

10am-2pm

Discovery Day **FREE**

Drop-in **All ages**
Surrey Nature Centre 604-502-6065
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.

February 17 Friday

10am-2pm

Kindergarten Immunization and Wellness Fair

Kensington Prairie Community Centre
Call White Rock Public Health @ 604-542-4000 for more information and to book an immunization appointment.

Hosted by the City of Surrey and Fraser Health, this event focuses on nutrition, car seat safety, dental health, speech, vision, language and child development. It includes a story time and tot gym.

February 18 Saturday

1pm-4pm

Discovery Saturdays

Surrey Museum
All ages, by donation

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

SWING LOW SWEET CHARIOT

Celebrate Black History Month as we enjoy the musical wealth of the black community and recognize the contributions of Afro-Canadians in sport, politics, human rights and culture.

February 19 Sunday

8:30am-11am

Tri Surrey 2017

Guildford Recreation Centre
For more details and training tips go to: www.surrey.ca/recreation

Join us for Surrey's first indoor sprint Triathlon! Accomplish your fitness goals, compete with friends or family and try something new! Complete the 20 minute swim, 30 minute bike and 20 minute run as an individual or a team of two-three people. Registrants will receive a commemorative t-shirt!

Adult Solo	\$25	4507313
Adult Team	\$50	4507314
Youth Solo	\$10	4507315
Youth Team	\$25	4508953

March 5 Sunday

12noon-3pm

Heritage Family Days **FREE**

Historic Stewart Farm **All ages**

AROUND THE HOUSE

What kind of things can you find in a Victorian house? Get your hands on gadgets and thingamajigs, go on a scavenger hunt through the house, and gather round for story time.

March 9 Thursday

4:30pm-7pm

St. Patrick's Day Dinner **55+**

Join us for a delicious dinner with great entertainment and prizes to be won!

1 Session \$15.50 55yrs+
Th 4:30pm-7:00pm Mar 9 4513341
Chuck Bailey Recreation Centre

March 10 Friday

5:30pm-8:30pm

Family Movie Night

Come join us for a family movie night and snacks featuring the movie Finding Dory. Themed activities and games will be provided!

1 sessions \$3.50 per family member 2yrs+
F 5:30pm-8:30pm Mar 10 4515872
Kensington Prairie Community Centre

March 10 Friday

6:30pm-8:30pm

Family Movie Night **FREE**

Fleetwood Community Centre

Come dress in your Pj's and bring your favourite stuffy. Dinner will be available at the concession for an additional cost.

March 12 Sunday

12noon-4pm

Family Sunday **FREE**

Surrey Art Gallery **All ages**
surrey.ca/familysunday

Drop in to create, explore, and enjoy art with friends and family! Engage in activities that respond to the fall 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 25 Saturday

9am-4pm

'Aging & Engaging' Active Living Show **55+**

Guildford Recreation Centre

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

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.

Spring 2017 **FREE**

20th Anniversary Surrey's Environmental Extravaganza

CITYWIDE

Earth Day to World Oceans Day

Celebrate with us this spring as Surrey's Environmental Extravaganza turns 20! This award-winning collection of 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! For more information, visit www.surrey.ca/extravaganza.



Birthday Parties

www.surrey.ca/register

Book a Party with us!

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

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

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

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

What is included in the party package?

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

What's NOT included?

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

How far in advance do I need to book?

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

When is payment due?

Full payment is due at the time of booking.

What is your cancellation policy?

If you wish to withdraw/cancel the birthday party within 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.

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.

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.

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.

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 games

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

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

- 2 hours of party space, including 1.5 hours of ice time during public skates
- 15 minutes of room set-up and clean-up before and after party
- Activities led by an activity leader on the ice
- Fridge access
- 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	BRIDGEVIEW COMMUNITY CENTRE 604-598-7929 11475 126A Street	✓		✓								
CA	CLOVERDALE ARENA 604-502-6410 6090 176 Street										✓	
C	CLOVERDALE RECREATION CENTRE 604-598-7960 6188 176 Street	✓			✓				✓			
CB	CHUCK BAILEY RECREATION CENTRE 604-598-5898 13458 107A Avenue	✓		✓	✓				✓			✓
CH	CLAYTON HALL 604-502-6400 18513 70 Avenue		✓									
DC	DON CHRISTIAN RECREATION CENTRE 604-502-6400 6220 184 Street			✓								✓
F	FLEETWOOD COMMUNITY CENTRE 604-501-5030 15996 84 Avenue	✓	✓		✓				✓			✓
FH	FRASER HEIGHTS RECREATION CENTRE 604-592-6920 10588 160 Street	✓			✓				✓			
GH	GRANDVIEW HEIGHTS AQUATIC CENTRE 604-590-7800 16855 24 Avenue	✓			✓					✓		
G	GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue	✓			✓					✓		
KP	KENSINGTON PRAIRIE COMMUNITY CENTRE 604-592-2605 16824 32 Avenue	✓			✓			✓	✓			
N	NEWTON RECREATION CENTRE 604-501-5540 13730 72 Avenue	✓			✓							
NSIP	NORTH SURREY RECREATION CENTRE 10275 City Parkway 604-502-6302 Aquatics									✓		
SSA	SOUTH SURREY ARENA 604-502-6200 2199 148 Street										✓	
SSIP	SOUTH SURREY POOL 604-502-6220 14655 17 Avenue									✓		
SS	SOUTH SURREY RECREATION & ART CENTRE 604-592-6970 14601 20 Avenue	✓	✓		✓				✓			
SNC	SURREY NATURE CENTRE 604-502-6065 14225 Green Timbers Way					✓						
SM	SURREY MUSEUM 604-592-6956 17710 56A Avenue						✓					
HS	HISTORIC STEWART FARM 604-592-6956 13723 Crescent Road						✓					
SSLC	SURREY SPORT & LEISURE 16555 Fraser Highway 604-501-5100 Arena 604-501-5950 Aquatics									✓	✓	

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



Aquatics


www.surrey.ca/pools

Indoor Pools

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

Find the latest schedules online at www.surrey.ca/recreation.

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

GUILDFORD RECREATION CENTRE 
604-502-6360 15105 105 Avenue

NEWTON RECREATION CENTRE - WAVE POOL **CLOSED FOR RENOVATIONS**
604-501-5540 13730 72 Avenue

NORTH SURREY INDOOR POOL
604-502-6300 10275 City Parkway

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

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

Family Change Rooms

Specifically for parents/guardians with young children.

Aquatic Fitness Programs

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

State-of-the-Art Fitness Centres

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

Personal Training

Private sessions and orientations for our fitness centres.

Birthday Parties

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

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	GH, G, SSLC, NSIP, SSIP	Improve your balance and range of motion through gentle movements to help you with your daily activities.
Water Walking	2	GH, G, SSLC, SSIP	A Low impact, low intensity class. Walk through the water to improve your flexibility, posture and range of motion.
Seniors Aqua	2/3	N	A low impact, low intensity shallow water workout.
Mommy Moves Mom & Baby Aquafit	2/3	G, GH, SSLC, SSIP	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	SSLC	Energizing no-impact designed to work the core muscles. A challenging cardio work out in the deep water.
Aqua-bata	3	SSIP	Join our in water version of Tabata interval training – great for both fat loss and improving conditioning.
Bollywood Aquafit	4	SSLC	Cardio workout combining Indian dance moves to Bollywood music. Use water's resistance to increase your power, speed and endurance.
Deep Water Aqua	3	GH, G, SSLC, NSIP, SSIP	A great no impact workout. Focus on using the waters resistance for core, cardio and strength. Float belts provided.
Shallow Water Aqua	3	GH, G, NSIP, N, SSLC, SSIP	Cardio workout that enhances strength, endurance, power and speed.
Deep Water Running	4	SSIP	A great no impact workout. Focus on building cardio, strength and endurance through interval training. Great cross training for runners. Floats belts provided.
Shallow Water Power Aqua	4	GH, NSIP	A cardio workout to strengthen the whole body. Use water's resistance to increase your power, speed and endurance.
Performance Swim Training	4	SSIP, NSIP	Improve your swim strokes and endurance through interval training and stroke drills. Great for triathletes, masters and recreational swimmers. Must be able to swim 25m.
Shallow Water Aqua Bootcamp	5	GH, G, SSLC	Challenge your fitness level and build your strength and cardio.
GH G NSIP	Grandview Heights Guildford North Surrey Pool	N SSLC SSIP	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: January 3 - March 26, 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-3:30pm	6:00am-3:30pm	6:00am-3:30pm	6:00am-3:30pm	6:00am-3:30pm	6:00am-9:00am 1:00pm-4:00pm	6:00am-9:00am 1:00pm-6:00pm
Public Swim (Limited pool space)	3:30pm-10:00pm	3:30pm-10:00pm	3:30pm-10:00pm	3:30pm-10:00pm	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
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Schedules Subject to Change.

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

AQUATIC SWIM SCHEDULE

Schedule Effective January - March, 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	
Circuit (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 <i>Deep End Closed</i>	7:30pm - 9:00pm	7:30pm - 9:00pm <i>Deep End Closed</i>	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

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

Shallow Water Aqua [3]	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 [3]		8:15am - 9:00am		8:15am - 9:00am			
Shallow Water Power Aqua [4]	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm			
Gentle Joints [1]	12:30pm - 1:15pm		12:30pm - 1:15pm		12:30pm - 1:15pm		
Performance Swim Training (Adult Masters) [4]			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 8:00pm - 10:00pm	5:30am - 9:00am 12noon - 3:00pm 8:00pm - 10:00pm	5:30am - 9:00am 1:00pm - 3:00pm 8:00pm - 10:00pm	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

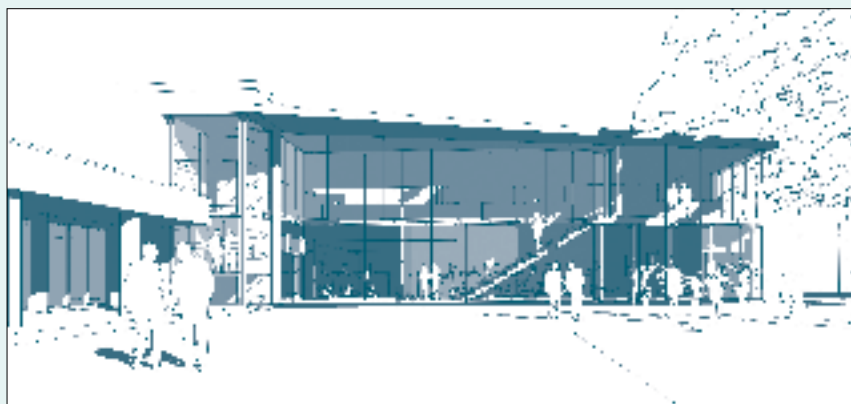
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquacise Shallow Water	10:00am - 11:00am 8:15pm - 9:00pm	6:00am - 7:00am 8:00am - 9:00am 12noon - 1:00pm 7:30pm - 8:30pm	10:00am - 11:00am 8:15pm - 9:00pm	6:00am - 7:00am 8:00am - 9:00am 7:30pm - 8:30pm	10:00am - 11:00am		8:00am - 9:00am
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 604-501-5540 13730 72 Avenue

Newton Recreation Expansion POOL ANTICIPATING RE-OPENING IN SPRING 2017

Newton Recreation Centre's pool and gymnasium will be closed until Spring 2017 to facilitate a pool roof replacement. Newton Recreation Centre is undergoing 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.



The Fitness Centre will remain open during construction. Look online or pick up a fitness drop-in schedule for details. The City of Surrey looks forward to having the expanded facility open to the community in 2017.

The project will include:

- A public art feature
- New fitness 4,413 ft² (total of over 8000 square foot fitness spaces upon the completion of the expansion)
- Relocation and upgrade Mat Room 4,768 ft²
- New Lobby 412 ft²

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Co-ed Weight Room	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	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				
Value Times	11:00am - 3:00pm	11:00am - 3:00pm	11:00am - 3:00pm	6:00am - 8:30am	6:00am - 8:30am		8:00am - 8:30am
Drop-In Fitness Classes	Go online or pick up a facility Drop-In Schedule for a full listing of drop-in group fitness classes during the Newton Recreation Centre expansion.						

Value Rate Times: \$2.50 (include: Weight room, drop-in fitness: when available in the schedule. Subject to change.)

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

AQUATIC SWIM SCHEDULE

Effective Starting January 3, 2017

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 8:00pm - 8:45pm	7:00am - 7:45am 8:15am - 9:00am 9:15am - 10:00am	8:00am - 8:45am 9:15am - 10:00am 8:00pm - 8:45pm	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
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GRANDVIEW HEIGHTS AQUATIC CENTRE 604-590-7800 16855 24 Avenue

AQUATIC SWIM SCHEDULE

Schedule Effective January 3 - March 12, 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 & 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 ☑	8:00am-8:45am	9:30am-10:30am ☑ 8:00pm-8:45pm	8:00am-8:45am	9:30am-10:30am ☑	7:45am-8:45am	
Deep Water Aqua	10:45am-11:45am	7:00am-7:45am 7:15pm-8:15pm	10:45am-11:45am	7:00am-7:45am 7:15pm-8:15pm	10:45am-11:30am		8:30am-9:30am
Shallow Water Aqua Bootcamp	8:00pm-8:45pm						
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.

PUBLIC **DROP-IN** Swims

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

New Year's Polar Bear Warm Up

Drop-in to warm up after your Polar Bear Swim! A growling good swim full of games and activities for Polar Bears of all ages to enjoy!

Regular Admission All Ages
ALL POOLS
Sunday, January 1 1:30pm-4:00pm

Family Day Fun!

Enjoy games and activities for the whole family. Get ready to be active and have some fun!

Regular Admission All Ages
ALL POOLS
Monday, February 13 1:00pm-4:00pm

Spring Forward - Daylight Savings Time!

Spring forward at your local pool, various games & activities are sure to be leaps of fun! Contact your local pool for more info.

Regular Admission All Ages
GH, G, SSIP, SSLC
Sunday, March 12

Give it a TRY!



Regular Admission 19yrs+

WATER BALL

Meet at the pool for a friendly water volleyball game with new and old friends!

SSIP

Tuesday & Thursday 1:30pm-3:00pm

AQUA ZUMBA

Spice up your life and join in for some Salsa

SSIP

Wednesday 1:30pm-2:15pm

January is Resolution Month

Ask staff for activities to help with a variety of exercises to kick start your New Year's resolution.

ALL POOLS

Candle Light Aquacize

Regular Admission All Ages

TRIBUTE EVENING

Be a part of the community! This year we are hosting a tribute to Bowie, Prince and Eagles! Bring a friend or family member... and be entertained and exercise in the candlelight.

SSIP

Tuesday, February 7 7:30pm-8:30pm

SWEETHEART AQUACIZE

Come workout with your sweetheart, a friend or family member... in candlelight.

NSIP

Tuesday, February 14 7:30pm-8:30pm

Sweet Heart Swim

Bring your Sweetie for a Swim

Regular Admission All Ages
SSIP

Tuesday, February 14

School's-Out Day

Regular Admission All Ages

CARDIO SPORTS DAY

An action packed day with a variety of cardio focused activities. Come and see what challenges you can beat!

GH, G

Friday, February 17 1:30pm-3:00pm

FUN SWIM

No school, no problem, come try all the FUN pool activities the Lifeguards have planned!

NSIP, SSIP

Friday, February 17 1:30pm-3:00pm

Pink Shirt Day

Wear your pink shirt to the pool, and swim at our value rate.

Value Swim Admission All Ages
NSIP, SSIP, SSLC

Wednesday, February 22

Spring Break Swims

Two weeks of Games & Prizes!

Regular Admission All Ages
ALL POOLS

Daily March 13 -24 1:30pm-4:00pm

Spring Break Swimming Lessons

We have swim lessons every morning for 2 weeks of Spring Break from Monday to Thursday. Register early for this popular lesson set!

ALL POOLS

March 13-23

St. Patrick's Day Swim

Wear your green to the pool with the Lifeguards!

Regular Admission All Ages
ALL POOLS

Friday, March 17 1:30pm-4:00pm

REMINDER...

SOUTH SURREY HAS TWO POOLS IN OPERATION FOR SWIM LESSONS

PLEASE CHECK YOUR LOCATION BEFORE REGISTERING FOR LESSONS

Parent Participation

Mommy Moves Mom and Baby Aquafit

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

FLEETWOOD 5 Sessions \$45 5-24mos
M 1:00pm-1:45pm Jan 9 4512411

FLEETWOOD 3 Sessions \$27 5-24mos
M 1:00pm-1:45pm Feb 20 4512413

Sport & Leisure Aquatics

GUILDFORD 5 Sessions \$45 5-24mos
W 10:00am-10:45am Feb 8 4512490

GUILDFORD 4 Sessions \$36 5-24mos
W 10:00am-10:45am Jan 11 4512489

Guildford Recreation Centre

SOUTH 5 Sessions \$45 5-24mos
Th 1:30pm-2:15pm Feb 9 4509122

SOUTH 4 Sessions \$36 5-24mos
Th 1:30pm-2:15pm Jan 12 4509121

Grandview Heights Aquatic Centre

SOUTH 5 Sessions \$45 5-24mos
Tu 1:30pm-2:15pm Jan 3 4503488

SOUTH 6 Sessions \$54 5-24mos
Tu 1:30pm-2:15pm Feb 7 4503489

South Surrey Indoor Pool

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.

GUILDFORD 10 Sessions \$41 3yrs+
F 5:30pm-6:00pm Jan 6 4512239

GUILDFORD 8 Sessions \$33 3yrs+
Sa 10:45am-11:15am Jan 7 4512240

M-Th 11:00am-11:30am Mar 13 4512241

Guildford Recreation Centre

NORTH 10 Sessions \$41 3yrs+
Tu, Th 5:30pm-6:00pm Jan 3 4505524

F 5:30pm-6:00pm Jan 6 4505525

Sa-Su 10:30am-11:00am Jan 7 4505526

Tu, Th 5:30pm-6:00pm Feb 7 4505528

NORTH 9 Sessions \$37 3yrs+
W, M 5:30pm-6:00pm Jan 4 4504697

M, W 5:30pm-6:00pm Feb 6 4505527

NORTH 8 Sessions \$33 3yrs+
Sa-Su 10:30am-11:00am Feb 18 4505529

M-Th 11:00am-11:30am Mar 13 4505530

North Surrey Recreation Centre

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

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

FLEETWOOD 10 Sessions \$41 4-36mos

Tu, Th 8:30am-9:00am Jan 3 4507514

Tu, Th 9:30am-10:00am Jan 3 4507515

Tu, Th 6:00pm-6:30pm Jan 3 4507516

Tu, Th 6:30pm-7:00pm Jan 3 4507518

F 8:30am-9:00am Jan 6 4507824

F 9:30am-10:00am Jan 6 4507825

F 5:30pm-6:00pm Jan 6 4507826

F 6:00pm-6:30pm Jan 6 4507827

Sa-Su 10:00am-10:30am Jan 7 4507954

Tu, Th 8:30am-9:00am Feb 7 4507653

Tu, Th 9:30am-10:00am Feb 7 4507654

Tu, Th 6:00pm-6:30pm Feb 7 4507655

Tu, Th 6:30pm-7:00pm Feb 7 4507656

FLEETWOOD 9 Sessions \$37 4-36mos

W, M 8:30am-9:00am Jan 4 4507320

W, M 9:30am-10:00am Jan 4 4507321

W, M 5:30pm-6:00pm Jan 4 4507322

W, M 6:00pm-6:30pm Jan 4 4507323

Sa 11:15am-11:45am Jan 7 4508168

Su 11:15am-11:45am Jan 8 4508169

M, W 8:30am-9:00am Feb 6 4507424

M, W 9:30am-10:00am Feb 6 4507425

M, W 5:30pm-6:00pm Feb 6 4507426

M, W 6:00pm-6:30pm Feb 6 4507427

FLEETWOOD 8 Sessions \$33 4-36mos

Sa-Su 10:00am-10:30am Feb 18 4508023

M-Th 9:00am-9:30am Mar 13 4508228

M-Th 11:00am-11:30am Mar 13 4508232

M-Th 5:30pm-6:00pm Mar 13 4508245

M-Th 6:00pm-6:30pm Mar 13 4508246

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$41 4-36mos
Tu, Th 10:00am-10:30am Jan 3 4510100

Tu, Th 6:00pm-6:30pm Jan 3 4510102

F 10:30am-11:00am Jan 6 4510104

F 6:00pm-6:30pm Jan 6 4510105

Tu, Th 10:00am-10:30am Feb 7 4510107

Tu, Th 6:00pm-6:30pm Feb 7 4510108

GUILDFORD 9 Sessions \$37 4-36mos
W, M 5:00pm-5:30pm Jan 4 4510111

Sa-Su 10:00am-10:30am Jan 7 4510114

M, W 5:00pm-5:30pm Feb 6 4510116

GUILDFORD 8 Sessions \$33 4-36mos
Sa 10:45am-11:15am Jan 7 4510120

Sa-Su 10:00am-10:30am Feb 18 4510122

M-Th 10:00am-10:30am Mar 13 4510124

Guildford Recreation Centre



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 38 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.

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

AQUATICS

NEW

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



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

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

NORTH	10 Sessions \$41	4-36mos
Tu, Th	3:30pm-4:00pm	Jan 3 4509868
Tu, Th	5:30pm-6:00pm	Jan 3 4509870
F	4:00pm-4:30pm	Jan 6 4509872
F	5:00pm-5:30pm	Jan 6 4509873
Sa-Su	10:00am-10:30am	Jan 7 4509874
Sa-Su	11:30am-12noon	Jan 7 4509875
Tu, Th	3:30pm-4:00pm	Feb 7 4509881
Tu, Th	5:30pm-6:00pm	Feb 7 4509883
NORTH	9 Sessions \$37	4-36mos
W, M	10:30am-11:00am	Jan 4 4504682
W, M	5:30pm-6:00pm	Jan 4 4509867
Sa	10:30am-11:00am	Jan 7 4509876
M, W	10:30am-11:00am	Feb 6 4509878
M, W	5:30pm-6:00pm	Feb 6 4509880
NORTH	8 Sessions \$33	4-36mos
Sa-Su	10:00am-10:30am	Feb 18 4509884
Sa-Su	11:30am-12noon	Feb 18 4509885
M-Th	10:30am-11:00am	Mar 13 4509887
M-Th	12noon-12:30pm	Mar 13 4509889

North Surrey Recreation Centre		
SOUTH	10 Sessions \$41	4-36mos
Tu, Th	9:30am-10:00am	Jan 3 4508448
Tu, Th	12:30pm-1:00pm	Jan 3 4508449
Tu, Th	4:30pm-5:00pm	Jan 3 4508450
Tu, Th	6:30pm-7:00pm	Jan 3 4508451
F	9:00am-9:30am	Jan 6 4508541
F	12:30pm-1:00pm	Jan 6 4508543
F	3:00pm-3:30pm	Jan 6 4508545
F	6:30pm-7:00pm	Jan 6 4508546
Tu, Th	9:00am-9:30am	Feb 7 4508698
Tu, Th	12:30pm-1:00pm	Feb 7 4508699
Tu, Th	4:30pm-5:00pm	Feb 7 4508700
Tu, Th	6:30pm-7:00pm	Feb 7 4508701

SOUTH	9 Sessions \$37	4-36mos
W, M	9:00am-9:30am	Jan 4 4502795
W, M	12:30pm-1:00pm	Jan 4 4508381
W, M	4:30pm-5:00pm	Jan 4 4508382
W, M	6:30pm-7:00pm	Jan 4 4508383
Sa	9:45am-10:15am	Jan 7 4509647
Sa	12:30pm-1:00pm	Jan 7 4509648
Su	9:45am-10:15am	Jan 8 4509649
Su	12:30pm-1:00pm	Jan 8 4509650
M, W	9:00am-9:30am	Feb 6 4508616
M, W	12:30pm-1:00pm	Feb 6 4508617
M, W	4:30pm-5:00pm	Feb 6 4508618
M, W	6:30pm-7:00pm	Feb 6 4508619
SOUTH	8 Sessions \$37	4-36mos
M-Th	9:45am-10:15am	Mar 13 4508777
M-Th	12:30pm-1:00pm	Mar 13 4508778

Grandview Heights Aquatic Centre		
SOUTH	9 Sessions \$37	4-36mos
W, M	11:00am-11:30am	Jan 4 4511033
Sa	10:00am-10:30am	Jan 7 4511034
Su	10:00am-10:30am	Jan 8 4511035
M, W	11:00am-11:30am	Feb 6 4511040

South Surrey Indoor Pool		
SOUTH	9 Sessions \$37	4-36mos
W, M	11:00am-11:30am	Jan 4 4511033
Sa	10:00am-10:30am	Jan 7 4511034
Su	10:00am-10:30am	Jan 8 4511035
M, W	11:00am-11:30am	Feb 6 4511040

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.

FLEETWOOD	10 Sessions \$83.75	3-5yrs
Tu, Th	9:00am-9:30am	Jan 3 4507519
Tu, Th	10:00am-10:30am	Jan 3 4507520
Tu, Th	10:30am-11:00am	Jan 3 4507521
Tu, Th	12noon-12:30pm	Jan 3 4507522
Tu, Th	3:00pm-3:30pm	Jan 3 4507523
Tu	3:15pm-3:45pm	Jan 3 4507775
Tu, Th	3:30pm-4:00pm	Jan 3 4507524
Tu, Th	4:00pm-4:30pm	Jan 3 4507525
Tu, Th	4:30pm-5:00pm	Jan 3 4507526
Tu, Th	5:00pm-5:30pm	Jan 3 4507527
Tu, Th	5:30pm-6:00pm	Jan 3 4507528
Tu, Th	6:00pm-6:30pm	Jan 3 4507529
Tu, Th	6:30pm-7:00pm	Jan 3 4507530
Tu, Th	7:00pm-7:30pm	Jan 3 4507531
F	9:30am-10:00am	Jan 6 4507828
F	10:30am-11:00am	Jan 6 4507829
F	11:00am-11:30am	Jan 6 4507830
F	12noon-12:30pm	Jan 6 4507831
F	3:00pm-3:30pm	Jan 6 4507832
F	3:30pm-4:00pm	Jan 6 4507833
F	4:00pm-4:30pm	Jan 6 4507834
F	4:30pm-5:00pm	Jan 6 4507835
F	5:00pm-5:30pm	Jan 6 4507836
F	5:30pm-6:00pm	Jan 6 4507837
F	6:00pm-6:30pm	Jan 6 4507838
F	6:30pm-7:00pm	Jan 6 4507839
F	7:00pm-7:30pm	Jan 6 4507840
Sa-Su	9:00am-9:30am	Jan 7 4507956
Sa-Su	9:30am-10:00am	Jan 7 4507957
Sa-Su	10:00am-10:30am	Jan 7 4507958
Sa-Su	10:30am-11:00am	Jan 7 4507959
Sa-Su	11:00am-11:30am	Jan 7 4507960
Sa-Su	11:30am-12noon	Jan 7 4507961
Sa-Su	12noon-12:30pm	Jan 7 4507962
Sa-Su	12:30pm-1:00pm	Jan 7 4507963
Tu, Th	9:00am-9:30am	Feb 7 4507657
Tu, Th	10:00am-10:30am	Feb 7 4507658
Tu, Th	10:30am-11:00am	Feb 7 4507659
Tu, Th	12noon-12:30pm	Feb 7 4507660
Tu, Th	3:00pm-3:30pm	Feb 7 4507661
Tu, Th	3:30pm-4:00pm	Feb 7 4507662
Tu, Th	4:00pm-4:30pm	Feb 7 4507663
Tu, Th	4:30pm-5:00pm	Feb 7 4507664
Tu, Th	5:00pm-5:30pm	Feb 7 4507665
Tu, Th	5:30pm-6:00pm	Feb 7 4507666
Tu, Th	6:00pm-6:30pm	Feb 7 4507667
Tu, Th	6:30pm-7:00pm	Feb 7 4507668
Tu, Th	7:00pm-7:30pm	Feb 7 4507669



FLEETWOOD 9 Sessions \$75.25 3-5yrs				
W, M	9:30am-10:00am	Jan 4	4507324	
W, M	10:30am-11:00am	Jan 4	4507325	
W, M	11:00am-11:30am	Jan 4	4507326	
W, M	12noon-12:30pm	Jan 4	4507327	
W, M	3:00pm-3:30pm	Jan 4	4507328	
W, M	3:30pm-4:00pm	Jan 4	4507329	
W, M	4:00pm-4:30pm	Jan 4	4507330	
W, M	4:30pm-5:00pm	Jan 4	4507331	
W, M	5:00pm-5:30pm	Jan 4	4507332	
W, M	5:30pm-6:00pm	Jan 4	4507333	
W, M	6:00pm-6:30pm	Jan 4	4507334	
W, M	6:30pm-7:00pm	Jan 4	4507335	
W, M	7:00pm-7:30pm	Jan 4	4507336	
Sa	9:15am-9:45am	Jan 7	4508091	
Sa	9:45am-10:15am	Jan 7	4508093	
Sa	10:15am-10:45am	Jan 7	4508094	
Sa	10:45am-11:15am	Jan 7	4508095	
Sa	11:15am-11:45am	Jan 7	4508096	
Sa	11:45am-12:15pm	Jan 7	4508097	
Sa	12:15pm-12:45pm	Jan 7	4508098	
Sa	12:45pm-1:15pm	Jan 7	4508099	
Su	9:15am-9:45am	Jan 8	4508170	
Su	9:45am-10:15am	Jan 8	4508171	
Su	10:15am-10:45am	Jan 8	4508172	
Su	10:45am-11:15am	Jan 8	4508173	
Su	11:15am-11:45am	Jan 8	4508174	
Su	11:45am-12:15pm	Jan 8	4508175	
Su	12:15pm-12:45pm	Jan 8	4508176	
Su	12:45pm-1:15pm	Jan 8	4508177	
M, W	9:30am-10:00am	Feb 6	4507428	
M, W	10:30am-11:00am	Feb 6	4507429	
M, W	11:00am-11:30am	Feb 6	4507430	
M, W	12noon-12:30pm	Feb 6	4507431	
M, W	3:00pm-3:30pm	Feb 6	4507432	
M, W	3:30pm-4:00pm	Feb 6	4507433	
M, W	4:00pm-4:30pm	Feb 6	4507434	
M, W	4:30pm-5:00pm	Feb 6	4507435	
M, W	5:00pm-5:30pm	Feb 6	4507436	
M, W	5:30pm-6:00pm	Feb 6	4507437	
M, W	6:00pm-6:30pm	Feb 6	4507438	
M, W	6:30pm-7:00pm	Feb 6	4507439	
M, W	7:00pm-7:30pm	Feb 6	4507440	
FLEETWOOD 8 Sessions \$67 3-5yrs				
M	3:15pm-3:45pm	Jan 9	4507737	
Sa-Su	9:00am-9:30am	Feb 18	4508024	
Sa-Su	9:30am-10:00am	Feb 18	4508025	
Sa-Su	10:00am-10:30am	Feb 18	4508026	
Sa-Su	10:30am-11:00am	Feb 18	4508027	
Sa-Su	11:00am-11:30am	Feb 18	4508028	
Sa-Su	11:30am-12noon	Feb 18	4508029	
Sa-Su	12noon-12:30pm	Feb 18	4508030	
Sa-Su	12:30pm-1:00pm	Feb 18	4508031	
M-Th	9:00am-9:30am	Mar 13	4508249	
M-Th	9:30am-10:00am	Mar 13	4508250	
M-Th	10:00am-10:30am	Mar 13	4508251	
M-Th	10:30am-11:00am	Mar 13	4508252	
M-Th	11:00am-11:30am	Mar 13	4508253	
M-Th	11:30am-12noon	Mar 13	4508254	
M-Th	12noon-12:30pm	Mar 13	4508255	
M-Th	12:30pm-1:00pm	Mar 13	4508256	
M-Th	3:00pm-3:30pm	Mar 13	4508257	

M-Th	3:30pm-4:00pm	Mar 13	4508276	
M-Th	4:00pm-4:30pm	Mar 13	4508278	
M-Th	4:30pm-5:00pm	Mar 13	4508279	
M-Th	5:00pm-5:30pm	Mar 13	4508281	
M-Th	5:30pm-6:00pm	Mar 13	4508282	
M-Th	6:00pm-6:30pm	Mar 13	4508283	
M-Th	6:30pm-7:00pm	Mar 13	4508284	
M-Th	7:00pm-7:30pm	Mar 13	4508285	

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$83.75 3-5yrs				
Tu, Th	12noon-12:30pm	Jan 3	4509890	
Tu, Th	3:30pm-4:00pm	Jan 3	4509891	
Tu, Th	4:00pm-4:30pm	Jan 3	4509892	
Tu, Th	5:00pm-5:30pm	Jan 3	4509893	
Tu, Th	5:30pm-6:00pm	Jan 3	4509894	
Tu, Th	6:00pm-6:30pm	Jan 3	4509895	
Tu, Th	6:30pm-7:00pm	Jan 3	4509896	
F	10:00am-10:30am	Jan 6	4509897	
F	3:30pm-4:00pm	Jan 6	4509898	
F	4:30pm-5:00pm	Jan 6	4509899	
Tu, Th	12noon-12:30pm	Feb 7	4509900	
Tu, Th	3:30pm-4:00pm	Feb 7	4509901	
Tu, Th	4:00pm-4:30pm	Feb 7	4509902	
Tu, Th	5:00pm-5:30pm	Feb 7	4509903	
Tu, Th	5:30pm-6:00pm	Feb 7	4509904	
Tu, Th	6:00pm-6:30pm	Feb 7	4509905	
Tu, Th	6:30pm-7:00pm	Feb 7	4509906	

GUILDFORD 9 Sessions \$75.25 3-5yrs				
W, M	3:30pm-4:00pm	Jan 4	4509907	
W, M	4:00pm-4:30pm	Jan 4	4509908	
W, M	4:30pm-5:00pm	Jan 4	4509909	
W, M	5:30pm-6:00pm	Jan 4	4509910	
W, M	6:00pm-6:30pm	Jan 4	4509911	
W, M	6:30pm-7:00pm	Jan 4	4509912	
Sa-Su	9:00am-9:30am	Jan 7	4509914	
Sa-Su	9:30am-10:00am	Jan 7	4509915	
Sa-Su	10:30am-11:00am	Jan 7	4509916	
Sa-Su	11:30am-12noon	Jan 7	4509917	
Sa-Su	12noon-12:30pm	Jan 7	4509918	
Sa-Su	12:30pm-1:00pm	Jan 7	4509919	
Su	10:15am-10:45am	Jan 8	4509920	
Su	11:45am-12:15pm	Jan 8	4509921	
M, W	3:30pm-4:00pm	Feb 6	4509922	
M, W	4:00pm-4:30pm	Feb 6	4509923	
M, W	4:30pm-5:00pm	Feb 6	4509924	
M, W	5:30pm-6:00pm	Feb 6	4509925	
M, W	6:00pm-6:30pm	Feb 6	4509926	
M, W	6:30pm-7:00pm	Feb 6	4509927	

GUILDFORD 8 Sessions \$67 3-5yrs				
Sa	9:45am-10:15am	Jan 7	4509928	
Sa	11:45am-12:15pm	Jan 7	4509929	
Sa-Su	9:00am-9:30am	Feb 18	4509934	
Sa-Su	9:30am-10:00am	Feb 18	4509935	
Sa-Su	10:30am-11:00am	Feb 18	4509936	
Sa-Su	11:30am-12noon	Feb 18	4509937	
Sa-Su	12noon-12:30pm	Feb 18	4509938	
Sa-Su	12:30pm-1:00pm	Feb 18	4509939	
M-Th	9:00am-9:30am	Mar 13	4509940	
M-Th	9:30am-10:00am	Mar 13	4509941	
M-Th	10:30am-11:00am	Mar 13	4509942	
M-Th	11:30am-12noon	Mar 13	4509943	
M-Th	12noon-12:30pm	Mar 13	4509944	
M-Th	12:30pm-1:00pm	Mar 13	4509945	

Guildford Recreation Centre

NORTH 10 Sessions \$83.75 3-5yrs				
Tu, Th	9:30am-10:00am	Jan 3	4509808	
Tu, Th	3:00pm-3:30pm	Jan 3	4509809	
Tu, Th	3:30pm-4:00pm	Jan 3	4509815	
Tu, Th	4:00pm-4:30pm	Jan 3	4509816	
Tu, Th	5:00pm-5:30pm	Jan 3	4509817	
Tu, Th	5:30pm-6:00pm	Jan 3	4509819	
F	10:00am-10:30am	Jan 6	4509820	
F	3:30pm-4:00pm	Jan 6	4509821	
F	4:00pm-4:30pm	Jan 6	4509822	
F	5:00pm-5:30pm	Jan 6	4509823	
Sa-Su	9:00am-9:30am	Jan 7	4509825	
Sa-Su	10:00am-10:30am	Jan 7	4509826	
Sa-Su	10:30am-11:00am	Jan 7	4509827	
Sa-Su	11:30am-12noon	Jan 7	4509828	
Sa-Su	12noon-12:30pm	Jan 7	4509829	
Sa-Su	12:30pm-1:00pm	Jan 7	4509831	
Tu, Th	9:30am-10:00am	Feb 7	4509844	
Tu, Th	3:00pm-3:30pm	Feb 7	4509845	
Tu, Th	3:30pm-4:00pm	Feb 7	4509848	
Tu, Th	4:00pm-4:30pm	Feb 7	4509849	

Tu, Th	5:00pm-5:30pm	Feb 7	4509850	
Tu, Th	5:30pm-6:00pm	Feb 7	4509851	

NORTH 9 Sessions \$75.25 3-5yrs

W, M	11:30am-12noon	Jan 4	4504683	
W, M	3:00pm-3:30pm	Jan 4	4509791	
W, M	3:30pm-4:00pm	Jan 4	4509804	
W, M	4:00pm-4:30pm	Jan 4	4509805	
W, M	5:00pm-5:30pm	Jan 4	4509806	
W, M	6:00pm-6:30pm	Jan 4	4509807	
Sa	9:00am-9:30am	Jan 7	4509833	
Sa	10:00am-10:30am	Jan 7	4509834	
Sa	10:30am-11:00am	Jan 7	4509835	
Sa	11:30am-12noon	Jan 7	4509836	
Sa	12noon-12:30pm	Jan 7	4509837	
M, W	11:30am-12noon	Feb 6	4509838	
M, W	3:00pm-3:30pm	Feb 6	4509839	
M, W	3:30pm-4:00pm	Feb 6	4509840	
M, W	4:00pm-4:30pm	Feb 6	4509841	
M, W	5:00pm-5:30pm	Feb 6	4509842	
M, W	6:00pm-6:30pm	Feb 6	4509843	

NORTH 8 Sessions \$67 3-5yrs

Sa-Su	9:00am-9:30am	Feb 18	4509852	
Sa-Su	10:00am-10:30am	Feb 18	4509853	
Sa-Su	10:30am-11:00am	Feb 18	4509854	
Sa-Su	11:30am-12noon	Feb 18	4509855	
Sa-Su	12noon-12:30pm	Feb 18	4509856	
Sa-Su	12:30pm-1:00pm	Feb 18	4509857	
M-Th	9:00am-9:30am	Mar 13	4509861	
M-Th	10:00am-10:30am	Mar 13	4509864	
M-Th	10:30am-11:00am	Mar 13	4509865	
M-Th	11:30am-12noon	Mar 13	4509866	

North Surrey Recreation Centre

SOUTH 10 Sessions \$83.75 3-5yrs

Tu, Th	9:00am-9:30am	Jan 3	4508452	
Tu, Th	9:30am-10:00am	Jan 3	4508453	
Tu, Th	10:00am-10:30am	Jan 3	4508454	
Tu, Th	10:30am-11:00am	Jan 3	4508455	
Tu, Th	12noon-12:30pm	Jan 3	4508456	
Tu, Th	3:00pm-3:30pm	Jan 3	4508457	
Tu, Th	3:30pm-4:00pm	Jan 3	4508458	
Tu, Th	4:00pm-4:30pm	Jan 3	4508459	
Tu, Th	4:30pm-5:00pm	Jan 3	4508460	
Tu, Th	5:00pm-5:30pm	Jan 3	4508461	
Tu, Th	5:30pm-6:00pm	Jan 3	4508462	
Tu, Th	6:00pm-6:30pm	Jan 3	4508463	
Tu, Th	6:30pm-7:00pm	Jan 3	4508464	
Tu, Th	7:00pm-7:30pm	Jan 3	4508465	
F	9:30am-10:00am	Jan 6	4508549	
F	10:00am-10:30am	Jan 6	4508550	
F	10:30am-11:00am	Jan 6	4508552	
F	11:00am-11:30am	Jan 6	4508553	
F	11:30am-12noon	Jan 6	4508554	
F	12noon-12:30pm	Jan 6	4508555	
F	3:00pm-3:30pm	Jan 6	4508556	
F	3:30pm-4:00pm	Jan 6	4508557	
F	4:00pm-4:30pm	Jan 6	4508558	
F	4:30pm-5:00pm	Jan 6	4508559	
F	5:00pm-5:30pm	Jan 6	4508560	
F	5:30pm-6:00pm	Jan 6	4508561	
F	6:00pm-6:30pm	Jan 6	4508563	
F	6:30pm-7:00pm	Jan 6	4508564	
F	7:00pm-7:30pm	Jan 6	4508566	
Tu, Th	9:30am-10:00am	Feb 7	4508702	
Tu, Th	10:00am-10:30am	Feb 7	4508703	
Tu, Th	10:30am-11:00am	Feb 7	4508704	
Tu, Th	11:30am-12noon	Feb 7	4508705	
Tu, Th	12noon-12:30pm	Feb 7	4508706	
Tu, Th	3:00pm-3:30pm	Feb 7	4508707	
Tu, Th	3:30pm-4:00pm	Feb 7	4508708	
Tu, Th	4:00pm-4:30pm	Feb 7	4508709	
Tu, Th	4:30pm-5:00pm	Feb 7	4508710	
Tu, Th	5:00pm-5:30pm	Feb 7	4508711	
Tu, Th	5:30pm-6:00pm	Feb 7	4508712	
Tu, Th	6:00pm-6:30pm	Feb 7	4508713	
Tu, Th	6:30pm-7:00pm	Feb 7	4508714	
Tu, Th	7:00pm-7:30pm	Feb 7	4508716	

SOUTH 9 Sessions \$75.25 3-5yrs

W, M	9:00am-9:30am	Jan 4	4502784	
W, M	10:00am-10:30am	Jan 4	450	

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.

FLEETWOOD 10 Sessions \$83.75 3-5yrs

Tu, Th	9:00am-9:30am	Jan 3	4507534
Tu, Th	10:00am-10:30am	Jan 3	4507537
Tu, Th	10:30am-11:00am	Jan 3	4507538
Tu, Th	11:00am-11:30am	Jan 3	4507539
Tu, Th	11:30am-12noon	Jan 3	4507540
Tu, Th	12:30pm-1:00pm	Jan 3	4507543
Tu, Th	3:00pm-3:30pm	Jan 3	4507544
Tu, Th	3:30pm-4:00pm	Jan 3	4507545
Tu, Th	4:00pm-4:30pm	Jan 3	4507546
Tu, Th	4:30pm-5:00pm	Jan 3	4507549
Tu	4:45pm-5:15pm	Jan 3	4507779
Tu, Th	5:00pm-5:30pm	Jan 3	4507550
Tu	5:15pm-5:45pm	Jan 3	4507780
Tu, Th	5:30pm-6:00pm	Jan 3	4507551
Tu, Th	6:00pm-6:30pm	Jan 3	4507552
Tu, Th	6:30pm-7:00pm	Jan 3	4507553
Tu	6:30pm-7:00pm	Jan 3	4507781
Tu, Th	7:00pm-7:30pm	Jan 3	4507554
F	9:00am-9:30am	Jan 6	4507841
F	10:00am-11:30am	Jan 6	4507842
F	10:30am-11:00am	Jan 6	4507843
F	11:00am-11:30am	Jan 6	4507844
F	11:30am-12noon	Jan 6	4507845
F	12:30pm-1:00pm	Jan 6	4507846
F	3:00pm-3:30pm	Jan 6	4507847
F	3:30pm-4:00pm	Jan 6	4507848
F	4:00pm-4:30pm	Jan 6	4507849
F	4:30pm-5:00pm	Jan 6	4507850
F	5:00pm-5:30pm	Jan 6	4507851
F	5:30pm-6:00pm	Jan 6	4507852
F	6:00pm-6:30pm	Jan 6	4507853
F	6:30pm-7:00pm	Jan 6	4507854
F	7:00pm-7:30pm	Jan 6	4507855
Sa-Su	9:00am-9:30am	Jan 7	4507964
Sa-Su	9:30am-10:00am	Jan 7	4507965
Sa-Su	10:00am-10:30am	Jan 7	4507966
Sa-Su	10:30am-11:00am	Jan 7	4507967
Sa-Su	11:00am-11:30am	Jan 7	4507968
Sa-Su	11:30am-12noon	Jan 7	4507969
Sa-Su	12noon-12:30pm	Jan 7	4507970
Sa-Su	12:30pm-1:00pm	Jan 7	4507971
Tu, Th	9:00am-9:30am	Feb 7	4507670
Tu, Th	10:00am-10:30am	Feb 7	4507671
Tu, Th	10:30am-11:00am	Feb 7	4507672
Tu, Th	11:00am-11:30am	Feb 7	4507673
Tu, Th	11:30am-12noon	Feb 7	4507674
Tu, Th	12:30pm-1:00pm	Feb 7	4507675
Tu, Th	3:00pm-3:30pm	Feb 7	4507676
Tu, Th	3:30pm-4:00pm	Feb 7	4507677
Tu, Th	4:00pm-4:30pm	Feb 7	4507678
Tu, Th	4:30pm-5:00pm	Feb 7	4507679
Tu, Th	5:00pm-5:30pm	Feb 7	4507680
Tu, Th	5:30pm-6:00pm	Feb 7	4507681
Tu, Th	6:00pm-6:30pm	Feb 7	4507682
Tu, Th	6:30pm-7:00pm	Feb 7	4507683
Tu, Th	7:00pm-7:30pm	Feb 7	4507684

FLEETWOOD 9 Sessions \$75.25 3-5yrs

W, M	9:00am-9:30am	Jan 4	4507337
W, M	10:00am-10:30am	Jan 4	4507338
W, M	10:30am-11:00am	Jan 4	4507339
W, M	11:00am-11:30am	Jan 4	4507340
W, M	11:30am-12noon	Jan 4	4507341
W, M	12:30pm-1:00pm	Jan 4	4507342
W, M	3:00pm-3:30pm	Jan 4	4507343
W, M	3:30pm-4:00pm	Jan 4	4507344
W, M	4:00pm-4:30pm	Jan 4	4507345
W, M	4:30pm-5:00pm	Jan 4	4507346
W, M	5:00pm-5:30pm	Jan 4	4507347
W, M	5:30pm-6:00pm	Jan 4	4507348
W, M	6:00pm-6:30pm	Jan 4	4507356
W, M	6:30pm-7:00pm	Jan 4	4507357
W, M	7:00pm-7:30pm	Jan 4	4507358
Sa	9:15am-9:45am	Jan 7	4508121
Sa	9:45am-10:15am	Jan 7	4508122
Sa	10:15am-10:45am	Jan 7	4508123
Sa	10:45am-11:15am	Jan 7	4508124
Sa	11:15am-11:45am	Jan 7	4508125

Sa	11:45am-12:15pm	Jan 7	4508126
Sa	12:15pm-12:45pm	Jan 7	4508127
Sa	12:45pm-1:15pm	Jan 7	4508128
Su	9:15am-9:45am	Jan 8	4508180
Su	9:45am-10:15am	Jan 8	4508181
Su	10:15am-10:45am	Jan 8	4508182
Su	10:45am-11:15am	Jan 8	4508183
Su	11:15am-11:45am	Jan 8	4508184
Su	11:45am-12:15pm	Jan 8	4508185
Su	12:15pm-12:45pm	Jan 8	4508186
Su	12:45pm-1:15pm	Jan 8	4508187
M, W	9:00am-9:30am	Feb 6	4507441
M, W	10:00am-10:30am	Feb 6	4507442
M, W	10:30am-11:00am	Feb 6	4507443
M, W	11:00am-11:30am	Feb 6	4507444
M, W	11:30am-12noon	Feb 6	4507445
M, W	12:30pm-1:00pm	Feb 6	4507446
M, W	3:00pm-3:30pm	Feb 6	4507447
M, W	3:30pm-4:00pm	Feb 6	4507449
M, W	4:00pm-4:30pm	Feb 6	4507450
M, W	4:30pm-5:00pm	Feb 6	4507451
M, W	5:00pm-5:30pm	Feb 6	4507452
M, W	5:30pm-6:00pm	Feb 6	4507457
M, W	6:00pm-6:30pm	Feb 6	4507458
M, W	6:30pm-7:00pm	Feb 6	4507459
M, W	7:00pm-7:30pm	Feb 6	4507461

FLEETWOOD 8 Sessions \$67 3-5yrs

M	4:45pm-5:15pm	Jan 9	4507759
M	5:15pm-5:45pm	Jan 9	4507760
M	6:30pm-7:00pm	Jan 9	4507764
Sa-Su	9:00am-9:30am	Feb 18	4508032
Sa-Su	9:30am-10:00am	Feb 18	4508033
Sa-Su	10:00am-10:30am	Feb 18	4508034
Sa-Su	10:30am-11:00am	Feb 18	4508035
Sa-Su	11:00am-11:30am	Feb 18	4508036
Sa-Su	11:30am-12noon	Feb 18	4508037
Sa-Su	12noon-12:30pm	Feb 18	4508038
Sa-Su	12:30pm-1:00pm	Feb 18	4508039
M-Th	9:00am-9:30am	Mar 13	4508286
M-Th	9:30am-10:00am	Mar 13	4508287
M-Th	10:00am-10:30am	Mar 13	4508288
M-Th	10:30am-11:00am	Mar 13	4508289
M-Th	11:00am-11:30am	Mar 13	4508293
M-Th	11:30am-12noon	Mar 13	4508294
M-Th	12noon-12:30pm	Mar 13	4508295
M-Th	12:30pm-1:00pm	Mar 13	4508296
M-Th	3:00pm-3:30pm	Mar 13	4508297
M-Th	3:30pm-4:00pm	Mar 13	4508299
M-Th	4:00pm-4:30pm	Mar 13	4508300
M-Th	4:30pm-5:00pm	Mar 13	4508301
M-Th	5:00pm-5:30pm	Mar 13	4508302
M-Th	5:30pm-6:00pm	Mar 13	4508303
M-Th	6:30pm-7:00pm	Mar 13	4508304
M-Th	7:00pm-7:30pm	Mar 13	4508305

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$83.75 3-5yrs

Tu, Th	9:30am-10:00am	Jan 3	4509952
Tu, Th	3:30pm-4:00pm	Jan 3	4509953
Tu, Th	4:00pm-4:30pm	Jan 3	4509954
Tu, Th	5:00pm-5:30pm	Jan 3	4509955
Tu, Th	5:30pm-6:00pm	Jan 3	4509956
Tu, Th	6:00pm-6:30pm	Jan 3	4509957

Tu, Th	6:30pm-7:00pm	Jan 3	4509958
F	9:30am-10:00am	Jan 6	4509959
F	4:00pm-4:30pm	Jan 6	4509960
F	5:00pm-5:30pm	Jan 6	4509961
Tu, Th	9:30am-10:00am	Feb 7	4509962
Tu, Th	3:30pm-4:00pm	Feb 7	4509963
Tu, Th	4:00pm-4:30pm	Feb 7	4509964
Tu, Th	5:00pm-5:30pm	Feb 7	4509965
Tu, Th	5:30pm-6:00pm	Feb 7	4509966
Tu, Th	6:00pm-6:30pm	Feb 7	4509967
Tu, Th	6:30pm-7:00pm	Feb 7	4509968

GUILDFORD 9 Sessions \$75.25 3-5yrs

W, M	3:30pm-4:00pm	Jan 4	4509969
W, M	4:00pm-4:30pm	Jan 4	4509970
W, M	4:30pm-5:00pm	Jan 4	4509971
W, M	5:30pm-6:00pm	Jan 4	4509972
W, M	6:00pm-6:30pm	Jan 4	4509973
W, M	6:30pm-7:00pm	Jan 4	4509974
Sa-Su	9:00am-9:30am	Jan 7	4509975
Sa-Su	9:30am-10:00am	Jan 7	4509976
Sa-Su	10:30am-11:00am	Jan 7	4509977
Sa-Su	11:30am-12noon	Jan 7	4509978
Sa-Su	12noon-12:30pm	Jan 7	4509979
Sa-Su	12:30pm-1:00pm	Jan 7	4509980
Su	9:15am-9:45am	Jan 8	4509981
M, W	3:30pm-4:00pm	Feb 6	4509982
M, W	4:00pm-4:30pm	Feb 6	4509983
M, W	4:30pm-5:00pm	Feb 6	4509984
M, W	5:30pm-6:00pm	Feb 6	4509985
M, W	6:00pm-6:30pm	Feb 6	4509986
M, W	6:30pm-7:00pm	Feb 6	4509987

GUILDFORD 8 Sessions \$67 3-5yrs

Sa	9:15am-9:45am	Jan 7	4509988
Sa	10:15am-10:45am	Jan 7	4509989
Sa	11:15am-11:45am	Jan 7	4509990
Sa-Su	9:00am-9:30am	Feb 18	4509991
Sa-Su	9:30am-10:00am	Feb 18	4509993
Sa-Su	10:30am-11:00am	Feb 18	4509994
Sa-Su	11:30am-12noon	Feb 18	4509996
Sa-Su	12noon-12:30pm	Feb 18	4509997
Sa-Su	12:30pm-1:00pm	Feb 18	4509998
M-Th	9:00am-9:30am	Mar 13	4509999
M-Th	9:30am-10:00am	Mar 13	4510000
M-Th	10:30am-11:00am	Mar 13	4510002
M-Th	11:30am-12noon	Mar 13	4510003
M-Th	12noon-12:30pm	Mar 13	4510004
M-Th	12:30pm-1:00pm	Mar 13	4510005

Guildford Recreation Centre

NORTH 10 Sessions \$83.75 3-5yrs

Tu, Th	10:00am-10:30am	Jan 3	4509410
Tu, Th	3:00pm-3:30pm	Jan 3	4509411
Tu, Th	4:00pm-4:30pm	Jan 3	4509412
Tu, Th	4:30pm-5:00pm	Jan 3	4509413
Tu, Th	5:00pm-5:30pm	Jan 3	4509414
Tu, Th	5:30pm-6:00pm	Jan 3	4509415
Tu, Th	6:00pm-6:30pm	Jan 3	4509416
F	10:30am-11:00am	Jan 6	4509417
F	3:30pm-4:00pm	Jan 6	4509418
F	4:00pm-4:30pm	Jan 6	4509419
F	4:30pm-5:00pm	Jan 6	4509420
F	5:00pm-5:30pm	Jan 6	4509421
F	5:30pm-6:00pm	Jan 6	4509422

Sa-Su	9:00am-9:30am	Jan 7	4509423
Sa-Su	9:30am-10:00am	Jan 7	4509424
Sa-Su	10:00am-10:30am	Jan 7	4509425
Sa-Su	10:30am-11:00am	Jan 7	4509426
Sa-Su	11:30am-12noon	Jan 7	4509427
Sa-Su	12noon-12:30pm	Jan 7	4509428
Sa-Su	12:30pm-1:00pm	Jan 7	4509429
Tu, Th	10:00am-10:30am	Feb 7	4509770
Tu, Th	3:00pm-3:30pm	Feb 7	4509771
Tu, Th	4:00pm-4:30pm	Feb 7	4509772
Tu, Th	4:30pm-5:00pm	Feb 7	4509773
Tu, Th	5:00pm-5:30pm	Feb 7	4509774
Tu, Th	5:30pm-6:00pm	Feb 7	4509775
Tu, Th	6:00pm-6:30pm	Feb 7	4509776

NORTH 9 Sessions \$75.25 3-5yrs

W, M	11:00am-11:30am	Jan 4	4504684
W, M	3:30pm-4:00pm	Jan 4	4509056
W, M	4:00pm-4:30pm	Jan 4	4509058
W, M	4:30pm-5:00pm	Jan 4	4509060
W, M	5:00pm-5:30pm	Jan 4	4509147
W, M	5:30pm-6:00pm	Jan 4	4509148
Sa	9:00am-9:30am	Jan 7	4509430
Sa	10:00am-10:30am	Jan 7	4509474
Sa	10:30am-11:00am	Jan 7	4509475
Sa	11:30am-12noon	Jan 7	4509476
Sa	12noon-12:30pm	Jan 7	4509477
M, W	11:00am-11:30am	Feb 6	4509479
M, W	3:30pm-4:00pm	Feb 6	4509481
M, W	4:00pm-4:30pm	Feb 6	4509482
M, W	4:30pm-5:00pm	Feb 6	4509767
M, W	5:00pm-5:30pm	Feb 6	4509768
M, W	5:30pm-6:00pm	Feb 6	4509769

NORTH 8 Sessions \$67 3-5yrs

Sa-Su	9:00am-9:30am	Feb 18	4509777
Sa-Su	9:30am-10:00am	Feb 18	4509778
Sa-Su	10:00am-10:30am	Feb 18	4509779
Sa-Su	10:30am-11:00am	Feb 18	4509780

W, M	4:00pm-4:30pm	Jan 4	4508401
W, M	4:30pm-5:00pm	Jan 4	4508402
W, M	5:00pm-5:30pm	Jan 4	4508403
W, M	6:00pm-6:30pm	Jan 4	4508404
W, M	7:00pm-7:30pm	Jan 4	4508405
Sa	9:30am-10:00am	Jan 7	4509669
Sa	10:00am-10:30am	Jan 7	4509670
Sa	10:30am-11:00am	Jan 7	4509671
Sa	11:00am-11:30am	Jan 7	4509672
Sa	11:30am-12noon	Jan 7	4509673
Sa	12:30pm-1:00pm	Jan 7	4509674
Su	9:30am-10:00am	Jan 8	4509675
Su	10:00am-10:30am	Jan 8	4509676
Su	10:30am-11:00am	Jan 8	4509677
Su	11:00am-11:30am	Jan 8	4509678
Su	11:30am-12noon	Jan 8	4509679
Su	12:30pm-1:00pm	Jan 8	4509680
M, W	9:00am-9:30am	Feb 6	4508636
M, W	10:00am-10:30am	Feb 6	4508637
M, W	10:30am-11:00am	Feb 6	4508639
M, W	11:30am-12noon	Feb 6	4508640
M, W	3:30pm-4:00pm	Feb 6	4508642
M, W	4:00pm-4:30pm	Feb 6	4508643
M, W	4:30pm-5:00pm	Feb 6	4508644
M, W	5:00pm-5:30pm	Feb 6	4508646
M, W	6:00pm-6:30pm	Feb 6	4508647
M, W	7:00pm-7:30pm	Feb 6	4508649

SOUTH 8 Sessions \$75.25 3-5yrs

M-Th	9:30am-10:00am	Mar 13	4508788
M-Th	10:00am-10:30am	Mar 13	4508792
M-Th	10:30am-11:00am	Mar 13	4508794
M-Th	11:30am-12noon	Mar 13	4508796
M-Th	12:30pm-1:00pm	Mar 13	4508798

Grandview Heights Aquatic Centre

SOUTH 10 Sessions \$83.75 3-5yrs

Tu, Th	9:00am-9:30am	Jan 3	4504545
Tu, Th	10:00am-10:30am	Jan 3	4504546
Tu, Th	11:00am-11:30am	Jan 3	4504547
Tu, Th	3:00pm-3:30pm	Jan 3	4504548
Tu, Th	3:30pm-4:00pm	Jan 3	4504549
Tu, Th	4:00pm-4:30pm	Jan 3	4504550
Tu, Th	4:30pm-5:00pm	Jan 3	4504551
Tu, Th	9:00am-9:30am	Feb 7	4504574
Tu, Th	11:00am-11:30am	Feb 7	4504575
Tu, Th	11:00am-11:30am	Feb 7	4504576
Tu, Th	3:00pm-3:30pm	Feb 7	4504577
Tu, Th	3:30pm-4:00pm	Feb 7	4504578
Tu, Th	4:00pm-4:30pm	Feb 7	4504579
Tu, Th	4:30pm-5:00pm	Feb 7	4504580

SOUTH 9 Sessions \$75.25 3-5yrs

W, M	9:00am-9:30am	Jan 4	4504537
W, M	10:00am-10:30am	Jan 4	4504538
W, M	10:30am-11:00am	Jan 4	4504539
W, M	11:00am-11:30am	Jan 4	4504540
W, M	3:00pm-3:30pm	Jan 4	4504541
W, M	3:30pm-4:00pm	Jan 4	4504542
W, M	4:00pm-4:30pm	Jan 4	4504543
W, M	4:30pm-5:00pm	Jan 4	4504544
Sa	9:30am-10:00am	Jan 7	4504552
Sa	10:00am-10:30am	Jan 7	4504553
Sa	10:30am-11:00am	Jan 7	4504554
Sa	11:00am-11:30am	Jan 7	4504555
Sa	11:30am-12noon	Jan 7	4504556
Sa	12noon-12:30pm	Jan 7	4504557
Su	6:00pm-6:30pm	Jan 8	4504562
Su	6:30pm-7:00pm	Jan 8	4504563
Su	7:00pm-7:30pm	Jan 8	4504564
M, W	9:00am-9:30am	Feb 6	4504565
M, W	10:00am-10:30am	Feb 6	4504566
M, W	10:30am-11:00am	Feb 6	4504567
M, W	11:00am-11:30am	Feb 6	4504568
M, W	3:00pm-3:30pm	Feb 6	4504569
M, W	3:30pm-4:00pm	Feb 6	4504570
M, W	4:00pm-4:30pm	Feb 6	4504571
M, W	4:30pm-5:00pm	Feb 6	4504572

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

Red Cross Preschool 7-8: Crocodile/Whale

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

FLEETWOOD 10 Sessions \$83.75 3-5yrs

Tu, Th	9:30am-10:00am	Jan 3	4507579
Tu, Th	12:15pm-12:45pm	Jan 3	4507580
Tu, Th	3:00pm-3:30pm	Jan 3	4507581
Tu, Th	3:30pm-4:00pm	Jan 3	4507582
Tu, Th	4:00pm-4:30pm	Jan 3	4507583
Tu, Th	4:30pm-5:00pm	Jan 3	4507584
Tu	4:45pm-5:15pm	Jan 3	4507768
Tu, Th	5:00pm-5:30pm	Jan 3	4507585
Tu, Th	5:30pm-6:00pm	Jan 3	4507586
Tu, Th	6:00pm-6:30pm	Jan 3	4507587
Tu, Th	6:30pm-7:00pm	Jan 3	4507588
Tu, Th	7:00pm-7:30pm	Jan 3	4507589
F	10:00am-10:30am	Jan 6	4507904
F	12noon-12:30pm	Jan 6	4507906
F	3:00pm-3:30pm	Jan 6	4507907
F	3:30pm-4:00pm	Jan 6	4507909
F	4:00pm-4:30pm	Jan 6	4507910
F	4:30pm-5:00pm	Jan 6	4507911
F	5:00pm-5:30pm	Jan 6	4507913
F	5:30pm-6:00pm	Jan 6	4507914
F	6:00pm-6:30pm	Jan 6	4507915
F	6:30pm-7:00pm	Jan 6	4507916
F	7:00pm-7:30pm	Jan 6	4507917
Sa-Su	9:00am-9:30am	Jan 7	4507972
Sa-Su	9:30am-10:00am	Jan 7	4507973
Sa-Su	10:30am-11:00am	Jan 7	4507974
Sa-Su	11:00am-11:30am	Jan 7	4507975
Sa-Su	11:30am-12noon	Jan 7	4507976
Sa-Su	12noon-12:30pm	Jan 7	4507977
Sa-Su	12:30pm-1:00pm	Jan 7	4507978
Tu, Th	9:30am-10:00am	Feb 7	4507685
Tu, Th	12:15pm-12:45pm	Feb 7	4507686
Tu, Th	3:00pm-3:30pm	Feb 7	4507687
Tu, Th	3:30pm-4:00pm	Feb 7	4507688
Tu, Th	4:00pm-4:30pm	Feb 7	4507689
Tu, Th	4:30pm-5:00pm	Feb 7	4507690
Tu, Th	5:00pm-5:30pm	Feb 7	4507691
Tu, Th	5:30pm-6:00pm	Feb 7	4507692
Tu, Th	6:00pm-6:30pm	Feb 7	4507693
Tu, Th	6:30pm-7:00pm	Feb 7	4507694
Tu, Th	7:00pm-7:30pm	Feb 7	4507695

FLEETWOOD 9 Sessions \$75.25 3-5yrs

W, M	10:00am-10:30am	Jan 4	4507359
W, M	12noon-12:30pm	Jan 4	4507360
W, M	3:00pm-3:30pm	Jan 4	4507361
W, M	3:30pm-4:00pm	Jan 4	4507363
W, M	4:00pm-4:30pm	Jan 4	4507364
W, M	4:30pm-5:00pm	Jan 4	4507366
W, M	5:00pm-5:30pm	Jan 4	4507367
W, M	5:30pm-6:00pm	Jan 4	4507368
W, M	6:00pm-6:30pm	Jan 4	4507369
W, M	6:30pm-7:00pm	Jan 4	4507370
W, M	7:00pm-7:30pm	Jan 4	4507371
Sa	9:15am-9:45am	Jan 7	4508129
Sa	9:45am-10:15am	Jan 7	4508130
Sa	10:45am-11:15am	Jan 7	4508131
Sa	11:15am-11:45am	Jan 7	4508132
Sa	11:45am-12:15pm	Jan 7	4508133
Sa	12:15pm-12:45pm	Jan 7	4508134
Sa	12:45pm-1:15pm	Jan 7	4508135
Su	9:15am-9:45am	Jan 8	4508188
Su	9:45am-10:15am	Jan 8	4508189
Su	10:45am-11:15am	Jan 8	4508190
Su	11:15am-11:45am	Jan 8	4508191
Su	11:45am-12:15pm	Jan 8	4508192
Su	12:15pm-12:45pm	Jan 8	4508193
Su	12:45pm-1:15pm	Jan 8	4508194
M, W	10:00am-10:30am	Feb 6	4507463
M, W	12noon-12:30pm	Feb 6	4507464
M, W	3:00pm-3:30pm	Feb 6	4507465
M, W	3:30pm-4:00pm	Feb 6	4507466
M, W	4:00pm-4:30pm	Feb 6	4507467
M, W	4:30pm-5:00pm	Feb 6	4507468
M, W	5:00pm-5:30pm	Feb 6	4507469
M, W	5:30pm-6:00pm	Feb 6	4507470
M, W	6:00pm-6:30pm	Feb 6	4507471
M, W	6:30pm-7:00pm	Feb 6	4507472
M, W	7:00pm-7:30pm	Feb 6	4507474

FLEETWOOD 8 Sessions \$67 3-5yrs

M	4:45pm-5:15pm	Jan 9	4507766
Sa-Su	9:00am-9:30am	Feb 18	4508041
Sa-Su	9:30am-10:00am	Feb 18	4508042
Sa-Su	10:30am-11:00am	Feb 18	4508043
Sa-Su	11:00am-11:30am	Feb 18	4508044
Sa-Su	11:30am-12noon	Feb 18	4508045
Sa-Su	12noon-12:30pm	Feb 18	4508046
Sa-Su	12:30pm-1:00pm	Feb 18	4508047
M-Th	9:00am-9:30am	Mar 13	4508306
M-Th	10:00am-10:30am	Mar 13	4508307
M-Th	11:00am-11:30am	Mar 13	4508308
M-Th	12noon-12:30pm	Mar 13	4508309
M-Th	12:30pm-1:00pm	Mar 13	4508310
M-Th	4:00pm-4:30pm	Mar 13	4508311
M-Th	5:00pm-5:30pm	Mar 13	4508312
M-Th	6:00pm-6:30pm	Mar 13	4508313
M-Th	6:30pm-7:00pm	Mar 13	4508314

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$83.75 3-5yrs

Tu, Th	12:30pm-1:00pm	Jan 3	4510040
Tu, Th	4:00pm-4:30pm	Jan 3	4510042
Tu, Th	5:30pm-6:00pm	Jan 3	4510043
Tu, Th	6:30pm-7:00pm	Jan 3	4510044
F	12noon-12:30pm	Jan 6	4510045
F	5:00pm-5:30pm	Jan 6	4510047
Tu, Th	12:30pm-1:00pm	Feb 7	4510050
Tu, Th	4:00pm-4:30pm	Feb 7	4510052
Tu, Th	5:30pm-6:00pm	Feb 7	4510054
Tu, Th	6:30pm-7:00pm	Feb 7	4510055

GUILDFORD 9 Sessions \$75.25 3-5yrs

W, M	4:30pm-5:00pm	Jan 4	4510058
W, M	5:30pm-6:00pm	Jan 4	4510060
W, M	6:30pm-7:00pm	Jan 4	4510061
Sa-Su	9:30am-10:00am	Jan 7	4510064
Sa-Su	10:30am-11:00am	Jan 7	4510065
Sa-Su	11:30am-12noon	Jan 7	4510067
Sa-Su	12:30pm-1:00pm	Jan 7	4510069
Su	9:45am-10:15am	Jan 8	4510071
M, W	4:30pm-5:00pm	Feb 6	4510075
M, W	5:30pm-6:00pm	Feb 6	4510077
M, W	6:30pm-7:00pm	Feb 6	4510079

GUILDFORD 8 Sessions \$67 3-5yrs

Sa	10:15am-10:45am	Jan 7	4510084
Sa	11:15am-11:45am	Jan 7	4510085
Sa-Su	9:30am-10:00am	Feb 18	4510088
Sa-Su	10:30am-11:00am	Feb 18	4510090
Sa-Su	11:30am-12noon	Feb 18	4510091
Sa-Su	12:30pm-1:00pm	Feb 18	4510092
M-Th	9:30am-10:00am	Mar 13	4510094
M-Th	10:30am-11:00am	Mar 13	4510096
M-Th	11:30am-12noon	Mar 13	4510098

Guildford Recreation Centre

NORTH 10 Sessions \$83.75 3-5yrs

Tu, Th	10:30am-11:00am	Jan 3	4509006
Tu, Th	3:30pm-4:00pm	Jan 3	4509007
Tu, Th	4:00pm-4:30pm	Jan 3	4509008
Tu, Th	5:00pm-5:30pm	Jan 3	4509009
Tu, Th	5:30pm-6:00pm	Jan 3	4509011
Tu, Th	6:00pm-6:30pm	Jan 3	4509012
F	11:00am-11:30am	Jan 6	4509013
F	3:30pm-4:00pm	Jan 6	4509014
F	4:00pm-4:30pm	Jan 6	4509015
F	5:00pm-5:30pm	Jan 6	4509016
F	5:30pm-6:00pm	Jan 6	4509017
Sa-Su	9:30am-10:00am	Jan 7	4509018
Sa-Su	10:00am-10:30am	Jan 7	4509019
Sa-Su	11:00am-11:30am	Jan 7	4509020
Sa-Su	11:30am-12noon	Jan 7	4509021
Sa-Su	12noon-12:30pm	Jan 7	4509022
Sa-Su	12:30pm-1:00pm	Jan 7	4509023
Tu, Th	10:30am-11:00am	Feb 7	4509034
Tu, Th	3:30pm-4:00pm	Feb 7	4509035
Tu, Th	4:00pm-4:30pm	Feb 7	4509036
Tu, Th	5:00pm-5:30pm	Feb 7	4509037
Tu, Th	5:30pm-6:00pm	Feb 7	4509038
Tu, Th	6:00pm-6:30pm	Feb 7	4509039

NORTH 9 Sessions \$75.25 3-5yrs

W, M	10:00am-10:30am	Jan 4	4504685
W, M	4:00pm-4:30pm	Jan 4	4509001
W, M	4:30pm-5:00pm	Jan 4	4509002
W, M	5:00pm-5:30pm	Jan 4	4509003
W, M	5:30pm-6:00pm	Jan 4	4509004
Sa	9:00am-9:30am	Jan 7	4509024
Sa	10:00am-10:30am	Jan 7	4509025
Sa	11:00am-11:30am	Jan 7	4509026
Sa	12noon-12:30pm	Jan 7	4509027

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	Jan 3	4507590
Tu, Th	3:30pm-4:00pm	Jan 3	4507591
Tu, Th	4:00pm-4:30pm	Jan 3	4507592
Tu	4:15pm-4:45pm	Jan 3	4507782
Tu	6:15pm-6:45pm	Jan 3	4507783
Tu, Th	4:30pm-5:00pm	Jan 3	4507593
Tu, Th	5:00pm-5:30pm	Jan 3	4507594
Tu, Th	5:30pm-6:00pm	Jan 3	4507595
Tu, Th	6:00pm-6:30pm	Jan 3	4507596
Tu, Th	6:30pm-7:00pm	Jan 3	4507597
Tu, Th	7:00pm-7:30pm	Jan 3	4507598
F	3:00pm-3:30pm	Jan 6	4507920
F	3:30pm-4:00pm	Jan 6	4507921
F	4:00pm-4:30pm	Jan 6	4507922
F	4:30pm-5:00pm	Jan 6	4507924
F	5:00pm-5:30pm	Jan 6	4507925
F	5:30pm-6:00pm	Jan 6	4507926
F	6:00pm-6:30pm	Jan 6	4507927
F	6:30pm-7:00pm	Jan 6	4507928
F	7:00pm-7:30pm	Jan 6	4507930
Sa-Su	9:00am-9:30am	Jan 7	4507979
Sa-Su	9:30am-10:00am	Jan 7	4507980
Sa-Su	10:00am-10:30am	Jan 7	4507981
Sa-Su	10:30am-11:00am	Jan 7	4507982
Sa-Su	11:00am-11:30am	Jan 7	4507983
Sa-Su	11:30am-12:00pm	Jan 7	4507984
Sa-Su	12:00pm-12:30pm	Jan 7	4507985
Sa-Su	12:30pm-1:00pm	Jan 7	4507986
Tu, Th	3:00pm-3:30pm	Feb 7	4507696
Tu, Th	3:30pm-4:00pm	Feb 7	4507697
Tu, Th	4:00pm-4:30pm	Feb 7	4507698
Tu, Th	4:30pm-5:00pm	Feb 7	4507699
Tu, Th	5:00pm-5:30pm	Feb 7	4507700
Tu, Th	5:30pm-6:00pm	Feb 7	4507701
Tu, Th	6:00pm-6:30pm	Feb 7	4507702
Tu, Th	6:30pm-7:00pm	Feb 7	4507703
Tu, Th	7:00pm-7:30pm	Feb 7	4507705
FLEETWOOD 9 Sessions \$57.25		5-12yrs	
W, M	3:00pm-3:30pm	Jan 4	4507373
W, M	3:30pm-4:00pm	Jan 4	4507374
W, M	4:00pm-4:30pm	Jan 4	4507375
W, M	4:30pm-5:00pm	Jan 4	4507376
W, M	5:00pm-5:30pm	Jan 4	4507377
W, M	5:30pm-6:00pm	Jan 4	4507378
W, M	6:00pm-6:30pm	Jan 4	4507379
W, M	6:30pm-7:00pm	Jan 4	4507380
W, M	7:00pm-7:30pm	Jan 4	4507381
Sa	9:15am-9:45am	Jan 7	4508136
Sa	9:45am-10:15am	Jan 7	4508137
Sa	10:15am-10:45am	Jan 7	4508138
Sa	10:45am-11:15am	Jan 7	4508139
Sa	11:15am-11:45am	Jan 7	4508140
Sa	11:45am-12:15pm	Jan 7	4508141
Sa	12:15pm-12:45pm	Jan 7	4508142
Sa	12:45pm-1:15pm	Jan 7	4508143
Su	9:15am-9:45am	Jan 8	4508195
Su	9:45am-10:15am	Jan 8	4508196
Su	10:15am-10:45am	Jan 8	4508197
Su	10:45am-11:15am	Jan 8	4508198
Su	11:15am-11:45am	Jan 8	4508199
Su	11:45am-12:15pm	Jan 8	4508200
Su	12:15pm-12:45pm	Jan 8	4508201
Su	12:45pm-1:15pm	Jan 8	4508202
M, W	3:00pm-3:30pm	Feb 6	4507476
M, W	3:30pm-4:00pm	Feb 6	4507477
M, W	4:00pm-4:30pm	Feb 6	4507479
M, W	4:30pm-5:00pm	Feb 6	4507480
M, W	5:00pm-5:30pm	Feb 6	4507481
M, W	5:30pm-6:00pm	Feb 6	4507482
M, W	6:00pm-6:30pm	Feb 6	4507483
M, W	6:30pm-7:00pm	Feb 6	4507484
M, W	7:00pm-7:30pm	Feb 6	4507485

FLEETWOOD 8 Sessions \$51		5-12yrs	
M	4:15pm-4:45pm	Jan 9	4507746
M	6:15pm-6:45pm	Jan 9	4507750
Sa-Su	9:00am-9:30am	Feb 18	4508048
Sa-Su	9:30am-10:00am	Feb 18	4508049
Sa-Su	10:00am-10:30am	Feb 18	4508050
Sa-Su	10:30am-11:00am	Feb 18	4508051
Sa-Su	11:00am-11:30am	Feb 18	4508052
Sa-Su	11:30am-12:00pm	Feb 18	4508053
Sa-Su	12:00pm-12:30pm	Feb 18	4508054
Sa-Su	12:30pm-1:00pm	Feb 18	4508056
M-Th	9:00am-9:30am	Mar 13	4508422
M-Th	9:30am-10:00am	Mar 13	4508423
M-Th	10:00am-10:30am	Mar 13	4508424
M-Th	10:30am-11:00am	Mar 13	4508425
M-Th	11:00am-11:30am	Mar 13	4508426
M-Th	3:00pm-3:30pm	Mar 13	4508427
M-Th	3:30pm-4:00pm	Mar 13	4508428
M-Th	4:00pm-4:30pm	Mar 13	4508429
M-Th	4:30pm-5:00pm	Mar 13	4508471
M-Th	5:00pm-5:30pm	Mar 13	4508474
M-Th	5:30pm-6:00pm	Mar 13	4508477
M-Th	6:00pm-6:30pm	Mar 13	4508481
M-Th	6:30pm-7:00pm	Mar 13	4508482
M-Th	7:00pm-7:30pm	Mar 13	4508483

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$63.50		5-12yrs	
Tu, Th	3:30pm-4:00pm	Jan 3	4510336
Tu, Th	4:00pm-4:30pm	Jan 3	4510340
Tu, Th	4:30pm-5:00pm	Jan 3	4510341
Tu, Th	5:30pm-6:00pm	Jan 3	4510343
Tu, Th	6:00pm-6:30pm	Jan 3	4510345
Tu, Th	6:30pm-7:00pm	Jan 3	4510346
F	4:00pm-4:30pm	Jan 6	4510381
F	5:00pm-5:30pm	Jan 6	4510382
F	6:30pm-7:00pm	Jan 6	4510384
Tu, Th	3:30pm-4:00pm	Feb 7	4511130
Tu, Th	4:00pm-4:30pm	Feb 7	4511131
Tu, Th	4:30pm-5:00pm	Feb 7	4511132
Tu, Th	5:30pm-6:00pm	Feb 7	4511133
Tu, Th	6:00pm-6:30pm	Feb 7	4511134
Tu, Th	6:30pm-7:00pm	Feb 7	4511135
GUILDFORD 9 Sessions \$57.25		5-12yrs	
W, M	3:30pm-4:00pm	Jan 4	4511136
W, M	4:00pm-4:30pm	Jan 4	4511137
W, M	5:00pm-5:30pm	Jan 4	4511138
W, M	5:30pm-6:00pm	Jan 4	4511139
W, M	6:00pm-6:30pm	Jan 4	4511140
W, M	6:30pm-7:00pm	Jan 4	4511141
Sa-Su	9:00am-9:30am	Jan 7	4511142
Sa-Su	9:30am-10:00am	Jan 7	4511143
Sa-Su	10:00am-10:30am	Jan 7	4511144
Sa-Su	11:00am-11:30am	Jan 7	4511145
Sa-Su	11:30am-12:00pm	Jan 7	4511149
Sa-Su	12:00pm-12:30pm	Jan 7	4511154
Sa-Su	12:30pm-1:00pm	Jan 7	4511155
Su	9:45am-10:15am	Jan 8	4511156
Su	10:45am-11:15am	Jan 8	4511157
Su	11:15am-11:45am	Jan 8	4511159
Su	12:15pm-12:45pm	Jan 8	4511160
M, W	3:30pm-4:00pm	Feb 6	4511161
M, W	4:00pm-4:30pm	Feb 6	4511168
M, W	5:00pm-5:30pm	Feb 6	4511169
M, W	5:30pm-6:00pm	Feb 6	4511170
M, W	6:00pm-6:30pm	Feb 6	4511171
M, W	6:30pm-7:00pm	Feb 6	4511172
GUILDFORD 8 Sessions \$51		5-12yrs	
Sa	10:45am-11:15am	Jan 7	4511173
Sa	11:15am-11:45am	Jan 7	4511174
Sa	11:45am-12:15pm	Jan 7	4511175
Sa	12:45pm-1:15pm	Jan 7	4511176
Sa-Su	9:00am-9:30am	Feb 18	4511178
Sa-Su	9:30am-10:00am	Feb 18	4511179
Sa-Su	10:00am-10:30am	Feb 18	4511180
Sa-Su	11:00am-11:30am	Feb 18	4511181
Sa-Su	11:30am-12:00pm	Feb 18	4511182
Sa-Su	12:00pm-12:30pm	Feb 18	4511183
Sa-Su	12:30pm-1:00pm	Feb 18	4511184
M-Th	9:00am-9:30am	Mar 13	4511185
M-Th	9:30am-10:00am	Mar 13	4511186
M-Th	10:00am-10:30am	Mar 13	4511187
M-Th	11:00am-11:30am	Mar 13	4511188
M-Th	11:30am-12:00pm	Mar 13	4511189
M-Th	12:00pm-12:30pm	Mar 13	4511191
M-Th	12:30pm-1:00pm	Mar 13	4511192

Guildford Recreation Centre

NORTH 10 Sessions \$63.50		5-12yrs	
Tu, Th	3:00pm-3:30pm	Jan 3	4508328
Tu, Th	3:30pm-4:00pm	Jan 3	4508332
Tu, Th	4:00pm-4:30pm	Jan 3	4508333
Tu, Th	4:30pm-5:00pm	Jan 3	4508334
Tu, Th	5:00pm-5:30pm	Jan 3	4508335
Tu, Th	6:00pm-6:30pm	Jan 3	4508336
F	3:00pm-3:30pm	Jan 6	4508337
F	3:30pm-4:00pm	Jan 6	4508338
F	4:00pm-4:30pm	Jan 6	4508339
F	4:30pm-5:00pm	Jan 6	4508340
F	5:30pm-6:00pm	Jan 6	4508341
F	6:00pm-6:30pm	Jan 6	4508342
Sa-Su	9:00am-9:30am	Jan 7	4508343
Sa-Su	9:30am-10:00am	Jan 7	4508344
Sa-Su	10:00am-10:30am	Jan 7	4508347
Sa-Su	10:30am-11:00am	Jan 7	4508346
Sa-Su	11:00am-11:30am	Jan 7	4508348
Sa-Su	11:30am-12:00pm	Jan 7	4508349
Sa-Su	12:00pm-12:30pm	Jan 7	4508350
Sa-Su	12:30pm-1:00pm	Jan 7	4508352
Tu, Th	3:00pm-3:30pm	Feb 7	4508367
Tu, Th	3:30pm-4:00pm	Feb 7	4508368
Tu, Th	4:00pm-4:30pm	Feb 7	4508369
Tu, Th	4:30pm-5:00pm	Feb 7	4508370
Tu, Th	5:30pm-6:00pm	Feb 7	4508371
Tu, Th	6:00pm-6:30pm	Feb 7	4508372

NORTH 9 Sessions \$57.25		5-12yrs	
W, M	3:00pm-3:30pm	Jan 4	4504686
W, M	3:30pm-4:00pm	Jan 4	4508320
W, M	4:30pm-5:00pm	Jan 4	4508324
W, M	5:00pm-5:30pm	Jan 4	4508325
W, M	5:30pm-6:00pm	Jan 4	4508326
W, M	6:00pm-6:30pm	Jan 4	4508327
Sa	9:30am-10:00am	Jan 7	4508353
Sa	10:00am-10:30am	Jan 7	4508354
Sa	10:30am-11:00am	Jan 7	4508356
Sa	11:00am-11:30am	Jan 7	4508357
Sa	11:30am-12:00pm	Jan 7	4508358
Sa	12:00pm-12:30pm	Jan 7	4508359
M, W	3:00pm-3:30pm	Feb 6	4508361
M, W	3:30pm-4:00pm	Feb 6	4508362
M, W	4:30pm-5:00pm	Feb 6	4508363
M, W	5:00pm-5:30pm	Feb 6	4508364
M, W	5:30pm-6:00pm	Feb 6	4508365
M, W	6:00pm-6:30pm	Feb 6	4508366

NORTH 8 Sessions \$51		5-12yrs	
Sa-Su	9:00am-9:30am	Feb 18	4508373
Sa-Su	9:30am-10:00am	Feb 18	4508374
Sa-Su	10:00am-10:30am	Feb 18	4508375
Sa-Su	10:30am-11:00am	Feb 18	4508989
Sa-Su	11:00am-11:30am	Feb 18	4508990
Sa-Su	11:30am-12:00pm	Feb 18	4508991
Sa-Su	12:00pm-12:30pm	Feb 18	4508992
Sa-Su	12:30pm-1:00pm	Feb 18	4508993
M-Th	9:00am-9:30am	Mar 13	4508994
M-Th	9:30am-10:00am	Mar 13	4508995
M-Th	10:00am-10:30am	Mar 13	4508996
M-Th	10:30am-11:00am	Mar 13	4508997
M-Th	11:00am-11:30am	Mar 13	4508998
M-Th	11:30am-12:00pm	Mar 13	4508999
M-Th	12:00pm-12:30pm	Mar 13	4509000

North Surrey Recreation Centre

SOUTH 10 Sessions \$63.50		5-12yrs	
Tu, Th	3:00pm-3:30pm	Jan 3	4508489
Tu, Th	3:30pm-4:00pm	Jan 3	4508490
Tu, Th	4:00pm-4:30pm	Jan 3	4508491
Tu, Th	4:30pm-5:00pm	Jan 3	4508492
Tu, Th	5:00pm-5:30pm	Jan 3	4508494
Tu, Th	5:30pm-6:00pm	Jan 3	4508496
Tu, Th	6:00pm-6:30pm	Jan 3	4508497
Tu, Th	6:30pm-7:00pm	Jan 3	4508499
Tu, Th	7:00pm-7:30pm	Jan 3	4508500
F	3:00pm-3:30pm	Jan 6	4508583
F	3:30pm-4:00pm	Jan 6	4508584
F	4:00pm-4:30pm	Jan 6	4508585
F	4:30pm-5:00pm	Jan 6	4508586
F	5:00pm-5:30pm	Jan 6	4508587
F	5:30pm-6:00pm	Jan 6	4508588
F	6:00pm-6:30pm	Jan 6	4508589
F	6:30pm-7:00pm	Jan 6	4508590
F	7:00pm-7:30pm	Jan 6	4508591

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 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.

FLEETWOOD 10 Sessions \$63.50 5-12yrs

Tu, Th	3:00pm-3:30pm	Jan 3	4507599
Tu, Th	3:30pm-4:00pm	Jan 3	4507600
Tu, Th	4:00pm-4:30pm	Jan 3	4507601
Tu, Th	4:30pm-5:00pm	Jan 3	4507602
Tu, Th	5:00pm-5:30pm	Jan 3	4507603
Tu, Th	5:30pm-6:00pm	Jan 3	4507604
Tu, Th	6:00pm-6:30pm	Jan 3	4507605
Tu, Th	6:30pm-7:00pm	Jan 3	4507606
Tu, Th	7:00pm-7:30pm	Jan 3	4507607
Tu	3:45pm-4:15pm	Jan 3	4507791
Tu	6:45pm-7:15pm	Jan 3	4507792
F	3:00pm-3:30pm	Jan 6	4507933
F	3:30pm-4:00pm	Jan 6	4507934
F	4:00pm-4:30pm	Jan 6	4507935
F	4:30pm-5:00pm	Jan 6	4507936
F	5:00pm-5:30pm	Jan 6	4507937
F	5:30pm-6:00pm	Jan 6	4507938
F	6:00pm-6:30pm	Jan 6	4507939
F	6:30pm-7:00pm	Jan 6	4507940
F	7:00pm-7:30pm	Jan 6	4507941
Sa-Su	9:00am-9:30am	Jan 7	4507987
Sa-Su	9:30am-10:00am	Jan 7	4507988
Sa-Su	10:00am-10:30am	Jan 7	4507989
Sa-Su	10:30am-11:00am	Jan 7	4507990
Sa-Su	11:00am-11:30am	Jan 7	4507992
Sa-Su	11:30am-12noon	Jan 7	4507993
Sa-Su	12noon-12:30pm	Jan 7	4507994
Sa-Su	12:30pm-1:00pm	Jan 7	4507995
Tu, Th	3:00pm-3:30pm	Feb 7	4507706
Tu, Th	3:30pm-4:00pm	Feb 7	4507707
Tu, Th	4:00pm-4:30pm	Feb 7	4507708
Tu, Th	4:30pm-5:00pm	Feb 7	4507709
Tu, Th	5:00pm-5:30pm	Feb 7	4507711
Tu, Th	5:30pm-6:00pm	Feb 7	4507712
Tu, Th	6:00pm-6:30pm	Feb 7	4507713
Tu, Th	6:30pm-7:00pm	Feb 7	4507714
Tu, Th	7:00pm-7:30pm	Feb 7	4507715

FLEETWOOD 9 Sessions \$57.25 5-12yrs

W, M	3:00pm-3:30pm	Jan 4	4507382
W, M	3:30pm-4:00pm	Jan 4	4507383
W, M	4:00pm-4:30pm	Jan 4	4507384
W, M	4:30pm-5:00pm	Jan 4	4507385
W, M	5:00pm-5:30pm	Jan 4	4507386
W, M	5:30pm-6:00pm	Jan 4	4507387
W, M	6:00pm-6:30pm	Jan 4	4507388
W, M	6:30pm-7:00pm	Jan 4	4507389
W, M	7:00pm-7:30pm	Jan 4	4507390
Sa	9:15am-9:45am	Jan 7	4508144
Sa	9:45am-10:15am	Jan 7	4508145
Sa	10:15am-10:45am	Jan 7	4508146
Sa	10:45am-11:15am	Jan 7	4508147
Sa	11:15am-11:45am	Jan 7	4508148
Sa	11:45am-12:15pm	Jan 7	4508149
Sa	12:15pm-12:45pm	Jan 7	4508150
Sa	12:45pm-1:15pm	Jan 7	4508151
Su	9:15am-9:45am	Jan 8	4508203
Su	9:45am-10:15am	Jan 8	4508204
Su	10:15am-10:45am	Jan 8	4508205
Su	10:45am-11:15am	Jan 8	4508206
Su	11:15am-11:45am	Jan 8	4508207
Su	11:45am-12:15pm	Jan 8	4508208
Su	12:15pm-12:45pm	Jan 8	4508209
Su	12:45pm-1:15pm	Jan 8	4508210

M, W	3:00pm-3:30pm	Feb 6	4507486
M, W	3:30pm-4:00pm	Feb 6	4507487
M, W	4:00pm-4:30pm	Feb 6	4507488
M, W	4:30pm-5:00pm	Feb 6	4507489
M, W	5:00pm-5:30pm	Feb 6	4507490
M, W	5:30pm-6:00pm	Feb 6	4507491
M, W	6:00pm-6:30pm	Feb 6	4507492
M, W	6:30pm-7:00pm	Feb 6	4507493
M, W	7:00pm-7:30pm	Feb 6	4507495

FLEETWOOD 8 Sessions \$51 5-12yrs

M	3:45pm-4:15pm	Jan 9	4507741
M	6:45pm-7:15pm	Jan 9	4507744
Sa-Su	9:00am-9:30am	Feb 18	4508057
Sa-Su	9:30am-10:00am	Feb 18	4508058
Sa-Su	10:00am-10:30am	Feb 18	4508061
Sa-Su	10:30am-11:00am	Feb 18	4508063
Sa-Su	11:00am-11:30am	Feb 18	4508064
Sa-Su	11:30am-12noon	Feb 18	4508066
Sa-Su	12noon-12:30pm	Feb 18	4508067
Sa-Su	12:30pm-1:00pm	Feb 18	4508069
M-Th	11:30am-12noon	Mar 13	4508493
M-Th	12noon-12:30pm	Mar 13	4508495
M-Th	12:30pm-1:00pm	Mar 13	4508498
M-Th	3:00pm-3:30pm	Mar 13	4508505
M-Th	3:30pm-4:00pm	Mar 13	4508507
M-Th	4:00pm-4:30pm	Mar 13	4508510
M-Th	4:30pm-5:00pm	Mar 13	4508512
M-Th	5:00pm-5:30pm	Mar 13	4508514
M-Th	5:30pm-6:00pm	Mar 13	4508516
M-Th	6:00pm-6:30pm	Mar 13	4508519
M-Th	6:30pm-7:00pm	Mar 13	4508522
M-Th	7:00pm-7:30pm	Mar 13	4508524

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$63.50 5-12yrs

Tu, Th	3:30pm-4:00pm	Jan 3	4511200
Tu, Th	4:00pm-4:30pm	Jan 3	4511209
Tu, Th	4:30pm-5:00pm	Jan 3	4511210
Tu, Th	5:30pm-6:00pm	Jan 3	4511220
Tu, Th	6:00pm-6:30pm	Jan 3	4511221
Tu, Th	6:30pm-7:00pm	Jan 3	4511222
F	4:30pm-5:00pm	Jan 6	4511223
F	5:30pm-6:00pm	Jan 6	4511224
F	6:00pm-6:30pm	Jan 6	4511225
Tu, Th	3:30pm-4:00pm	Feb 7	4511227
Tu, Th	4:00pm-4:30pm	Feb 7	4511228
Tu, Th	4:30pm-5:00pm	Feb 7	4511229
Tu, Th	5:30pm-6:00pm	Feb 7	4511230
Tu, Th	6:00pm-6:30pm	Feb 7	4511232
Tu, Th	6:30pm-7:00pm	Feb 7	4511233

GUILDFORD 9 Sessions \$57.25 5-12yrs

W, M	3:30pm-4:00pm	Jan 4	4511234
W, M	4:00pm-4:30pm	Jan 4	4511235
W, M	5:00pm-5:30pm	Jan 4	4511237
W, M	5:30pm-6:00pm	Jan 4	4511238
W, M	6:00pm-6:30pm	Jan 4	4511239
W, M	6:30pm-7:00pm	Jan 4	4511240
Sa-Su	9:00am-9:30am	Jan 7	4511241
Sa-Su	9:30am-10:00am	Jan 7	4511242
Sa-Su	10:00am-10:30am	Jan 7	4511243
Sa-Su	11:00am-11:30am	Jan 7	4511244
Sa-Su	11:30am-12noon	Jan 7	4511246
Sa-Su	12noon-12:30pm	Jan 7	4511247
Sa-Su	12:30pm-1:00pm	Jan 7	4511248
Su	9:15am-9:45am	Jan 8	4511254
Su	11:15am-11:45am	Jan 8	4511256
Su	11:45am-12:15pm	Jan 8	4511258
Su	12:45pm-1:15pm	Jan 8	4511259
M, W	3:30pm-4:00pm	Feb 6	4511261
M, W	4:00pm-4:30pm	Feb 6	4511262
M, W	5:00pm-5:30pm	Feb 6	4511266
M, W	5:30pm-6:00pm	Feb 6	4511275
M, W	6:00pm-6:30pm	Feb 6	4511276
M, W	6:30pm-7:00pm	Feb 6	4511277

GUILDFORD 8 Sessions \$51 5-12yrs

Sa	9:15am-9:45am	Jan 7	4511278
Sa	10:15am-10:45am	Jan 7	4511279
Sa	11:45am-12:15pm	Jan 7	4511280
Sa-Su	9:00am-9:30am	Feb 18	4511281
Sa-Su	9:30am-10:00am	Feb 18	4511282
Sa-Su	10:00am-10:30am	Feb 18	4511283
Sa-Su	11:00am-11:30am	Feb 18	4511286
Sa-Su	11:30am-12noon	Feb 18	4511287
Sa-Su	12noon-12:30pm	Feb 18	4511288
Sa-Su	12:30pm-1:00pm	Feb 18	4511289

M-Th	9:00am-9:30am	Mar 13	4511290
M-Th	9:30am-10:00am	Mar 13	4511291
M-Th	10:00am-10:30am	Mar 13	4511292
M-Th	11:00am-11:30am	Mar 13	4511297
M-Th	11:30am-12noon	Mar 13	4511298
M-Th	12noon-12:30pm	Mar 13	4511299
M-Th	12:30pm-1:00pm	Mar 13	4511300

Guildford Recreation Centre

NORTH 10 Sessions \$63.50 5-12yrs

Tu, Th	3:00pm-3:30pm	Jan 3	4507878
Tu, Th	3:30pm-4:00pm	Jan 3	4507879
Tu, Th	4:00pm-4:30pm	Jan 3	4507880
Tu, Th	4:30pm-5:00pm	Jan 3	4507881
Tu, Th	5:00pm-5:30pm	Jan 3	4507882
Tu, Th	5:30pm-6:00pm	Jan 3	4507883
F	3:00pm-3:30pm	Jan 6	4507884
F	3:30pm-4:00pm	Jan 6	4507885
F	4:30pm-5:00pm	Jan 6	4507886
F	5:00pm-5:30pm	Jan 6	4507887
F	5:30pm-6:00pm	Jan 6	4507888
F	6:00pm-6:30pm	Jan 6	4507889
Sa-Su	9:00am-9:30am	Jan 7	4507891
Sa-Su	9:30am-10:00am	Jan 7	4507890
Sa-Su	10:00am-10:30am	Jan 7	4507892
Sa-Su	10:30am-11:00am	Jan 7	4507893
Sa-Su	11:00am-11:30am	Jan 7	4507894
Sa-Su	11:30am-12noon	Jan 7	4507895
Sa-Su	12noon-12:30pm	Jan 7	4507896
Sa-Su	12:30pm-1:00pm	Jan 7	4507897
Tu, Th	3:00pm-3:30pm	Feb 7	4507923
Tu, Th	3:30pm-4:00pm	Feb 7	4507929
Tu, Th	4:00pm-4:30pm	Feb 7	4507932
Tu, Th	4:30pm-5:00pm	Feb 7	4508258
Tu, Th	5:00pm-5:30pm	Feb 7	4508259
Tu, Th	5:30pm-6:00pm	Feb 7	4508260

NORTH 9 Sessions \$57.25 5-12yrs

W, M	3:30pm-4:00pm	Jan 4	4504687
W, M	4:00pm-4:30pm	Jan 4	4507874
W, M	4:30pm-5:00pm	Jan 4	4507875
W, M	5:30pm-6:00pm	Jan 4	4507876
W, M	6:00pm-6:30pm	Jan 4	4507877
Sa	9:30am-10:00am	Jan 7	4507898
Sa	10:00am-10:30am	Jan 7	4507899
Sa	10:30am-11:00am	Jan 7	4507900
Sa	11:00am-11:30am	Jan 7	4507901
Sa	11:30am-12noon	Jan 7	4507902
Sa	12noon-12:30pm	Jan 7	4507903
M, W	3:30pm-4:00pm	Feb 6	4507905
M, W	4:00pm-4:30pm	Feb 6	4507908
M, W	4:30pm-5:00pm	Feb 6	4507912
M, W	5:30pm-6:00pm	Feb 6	4507918
M, W	6:00pm-6:30pm	Feb 6	4507919

NORTH 8 Sessions \$51 5-12yrs

Sa-Su	9:00am-9:30am	Feb 18	4508261
Sa-Su	9:30am-10:00am	Feb 18	4508262
Sa-Su	10:00am-10:30am	Feb 18	4508263
Sa-Su	10:30am-11:00am	Feb 18	4508266
Sa-Su	11:00am-11:30am	Feb 18	4508269
Sa-Su	11:30am-12noon	Feb 18	4508270
Sa-Su	12noon-12:30pm	Feb 18	4508271
Sa-Su	12:30pm-1:00pm	Feb 18	4508272
M-Th	9:30am-10:00am	Mar 13	4508290
M-Th	10:00am-10:30am	Mar 13	4508291
M-Th	10:30am-11:00am	Mar 13	4508292
M-Th	11:00am-11:30am	Mar 13	4508298
M-Th	11:30am-12noon	Mar 13	4508318
M-Th	12noon-12:30pm	Mar 13	4508319

North Surrey Recreation Centre

SOUTH 10 Sessions \$63.50 5-12yrs

Tu, Th	3:00pm-3:30pm	Jan 3	4508501
Tu, Th	3:30pm-4:00pm	Jan 3	4508502
Tu, Th	4:00pm-4:30pm	Jan 3	4508503
Tu, Th	4:30pm-5:00pm	Jan 3	4508504
Tu, Th	5:00pm-5:30pm	Jan 3	4508506
Tu, Th	5:30pm-6:00pm	Jan 3	4508508
Tu, Th	6:00pm-6:30pm	Jan 3	4508509
Tu, Th	6:30pm-7:00pm	Jan 3	4508511
Tu, Th	7:00pm-7:30pm	Jan 3	4508513
F	3:00pm-3:30pm	Jan 6	4508592
F	3:30pm-4:00pm	Jan 6	4508593
F	4:00pm-4:30pm	Jan 6	4508594
F	4:30pm-5:00pm	Jan 6	4508595
F	5:00pm-5:30pm	Jan 6	4508596
F	5:30pm-6:00pm	Jan 6	4508597
F	6:00pm-6:30pm	Jan 6	4508598
F	6:30pm-7:00pm	Jan 6	4508599
F	7:00pm-7:30pm	Jan 6	4508600

Tu, Th	3:00pm-3:30pm	Feb 7	
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Red Cross Swim Kids 5-7

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

FLEETWOOD 10 Sessions \$83.50 5-12yrs			
Tu, Th	3:30pm-4:15pm	Jan 3	4507608
Tu, Th	4:15pm-5:00pm	Jan 3	4507609
Tu, Th	5:00pm-5:45pm	Jan 3	4507610
Tu, Th	5:45pm-6:30pm	Jan 3	4507611
Tu, Th	6:30pm-7:15pm	Jan 3	4507612
Tu, Th	7:15pm-8:00pm	Jan 3	4507613
Tu	3:15pm-4:00pm	Jan 3	4507769
Tu	5:45pm-6:30pm	Jan 3	4507770
F	3:30pm-4:15pm	Jan 6	4507942
F	4:15pm-5:00pm	Jan 6	4507943
F	5:00pm-5:45pm	Jan 6	4507944
F	5:45pm-6:30pm	Jan 6	4507945
F	6:30pm-7:15pm	Jan 6	4507946
F	7:15pm-8:00pm	Jan 6	4507947
Sa-Su	9:00am-9:45am	Jan 7	4507998
Sa-Su	9:45am-10:30am	Jan 7	4507999
Sa-Su	10:30am-11:15am	Jan 7	4508000
Sa-Su	11:15am-12noon	Jan 7	4508001
Sa-Su	12noon-12:45pm	Jan 7	4508002
Tu, Th	3:30pm-4:15pm	Feb 7	4507716
Tu, Th	4:15pm-5:00pm	Feb 7	4507717
Tu, Th	5:00pm-5:45pm	Feb 7	4507719
Tu, Th	5:45pm-6:30pm	Feb 7	4507720
Tu, Th	6:30pm-7:15pm	Feb 7	4507721
Tu, Th	7:15pm-8:00pm	Feb 7	4507722
FLEETWOOD 9 Sessions \$75 5-12yrs			
W, M	3:30pm-4:15pm	Jan 4	4507391
W, M	4:15pm-5:00pm	Jan 4	4507392
W, M	5:00pm-5:45pm	Jan 4	4507393
W, M	5:45pm-6:30pm	Jan 4	4507394
W, M	6:30pm-7:15pm	Jan 4	4507395
W, M	7:15pm-8:00pm	Jan 4	4507396
Sa	9:15am-10:00am	Jan 7	4508152
Sa	10:00am-10:45am	Jan 7	4508153
Sa	10:45am-11:30am	Jan 7	4508154
Sa	11:30am-12:15pm	Jan 7	4508155
Sa	12:15pm-1:00pm	Jan 7	4508156
Su	9:15am-10:00am	Jan 8	4508214
Su	10:00am-10:45am	Jan 8	4508215
Su	10:45am-11:30am	Jan 8	4508216
Su	11:30am-12:15pm	Jan 8	4508217
Su	12:15pm-1:00pm	Jan 8	4508218
M, W	3:30pm-4:15pm	Feb 6	4507497
M, W	4:15pm-5:00pm	Feb 6	4507498
M, W	5:00pm-5:45pm	Feb 6	4507499
M, W	5:45pm-6:30pm	Feb 6	4507500
M, W	6:30pm-7:15pm	Feb 6	4507501
M, W	7:15pm-8:00pm	Feb 6	4507502

FLEETWOOD 8 Sessions \$66.75 5-12yrs			
M	3:15pm-4:00pm	Jan 9	4507732
M	4:45pm-5:30pm	Jan 9	4507733
Sa-Su	9:00am-9:45am	Feb 18	4508074
Sa-Su	9:45am-10:30am	Feb 18	4508075
Sa-Su	10:30am-11:15am	Feb 18	4508076
Sa-Su	11:15am-12noon	Feb 18	4508077
Sa-Su	12noon-12:45pm	Feb 18	4508078
M-Th	9:00am-9:45am	Mar 13	4508531
M-Th	9:45am-10:30am	Mar 13	4508533
M-Th	10:30am-11:15am	Mar 13	4508535
M-Th	11:15am-12noon	Mar 13	4508537
M-Th	12noon-12:45pm	Mar 13	4508539
M-Th	3:30pm-4:15pm	Mar 13	4508540
M-Th	4:15pm-5:00pm	Mar 13	4508542
M-Th	5:00pm-5:45pm	Mar 13	4508544
M-Th	5:45pm-6:30pm	Mar 13	4508547
M-Th	6:30pm-7:15pm	Mar 13	4508548
M-Th	7:15pm-8:00pm	Mar 13	4508551

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$83.50 5-12yrs			
Tu, Th	3:30pm-4:15pm	Jan 3	4511314
Tu, Th	4:15pm-5:00pm	Jan 3	4511315
Tu, Th	5:30pm-6:15pm	Jan 3	4511316
Tu, Th	6:15pm-7:00pm	Jan 3	4511318
F	3:30pm-4:15pm	Jan 6	4511319
F	4:15pm-5:00pm	Jan 6	4511320
Tu, Th	3:30pm-4:15pm	Feb 7	4511321
Tu, Th	4:15pm-5:00pm	Feb 7	4511322
Tu, Th	5:30pm-6:15pm	Feb 7	4511325
Tu, Th	6:15pm-7:00pm	Feb 7	4511326
GUILDFORD 9 Sessions \$75 5-12yrs			
W, M	3:15pm-4:00pm	Jan 4	4511327
W, M	4:00pm-4:45pm	Jan 4	4511328
W, M	5:30pm-6:15pm	Jan 4	4511329
W, M	6:15pm-7:00pm	Jan 4	4511331
Sa-Su	9:00am-9:45am	Jan 7	4511332
Sa-Su	9:45am-10:30am	Jan 7	4511333
Sa-Su	10:30am-11:15am	Jan 7	4511334
Sa-Su	11:45am-12:30pm	Jan 7	4511336
Sa-Su	12:30pm-1:15pm	Jan 7	4511337
Su	10:15am-11:00am	Jan 8	4511338
M, W	3:15pm-4:00pm	Feb 6	4511341
M, W	4:00pm-4:45pm	Feb 6	4511342
M, W	5:30pm-6:15pm	Feb 6	4511343
M, W	6:15pm-7:00pm	Feb 6	4511346
GUILDFORD 8 Sessions \$66.75 5-12yrs			
Sa	10:00am-10:45am	Jan 7	4511347
Sa	12:15pm-1:00pm	Jan 7	4511348
Sa-Su	9:00am-9:45am	Feb 18	4511349
Sa-Su	9:45am-10:30am	Feb 18	4511350
Sa-Su	10:30am-11:15am	Feb 18	4511351
Sa-Su	11:45am-12:30pm	Feb 18	4511352
Sa-Su	12:30pm-1:15pm	Feb 18	4511353
M-Th	9:00am-9:45am	Mar 13	4511359
M-Th	9:45am-10:30am	Mar 13	4511360
M-Th	10:30am-11:15am	Mar 13	4511361

M-Th	11:45am-12:30pm	Mar 13	4511362
M-Th	12:30pm-1:15pm	Mar 13	4511369

Guildford Recreation Centre

NORTH 10 Sessions \$83.50 5-12yrs			
Tu, Th	3:15pm-4:00pm	Jan 3	4507798
Tu, Th	4:15pm-5:00pm	Jan 3	4507804
Tu, Th	5:00pm-5:45pm	Jan 3	4507805
Tu, Th	5:45pm-6:30pm	Jan 3	4507806
F	3:15pm-4:00pm	Jan 6	4507807
F	5:00pm-5:45pm	Jan 6	4507808
F	5:45pm-6:30pm	Jan 6	4507809
Sa-Su	9:00am-9:45am	Jan 7	4507810
Sa-Su	9:45am-10:30am	Jan 7	4507811
Sa-Su	10:30am-11:15am	Jan 7	4507812
Sa-Su	11:15am-12noon	Jan 7	4507813
Sa-Su	12noon-12:45pm	Jan 7	4507814
Tu, Th	3:15pm-4:00pm	Feb 7	4507861
Tu, Th	4:15pm-5:00pm	Feb 7	4507862
Tu, Th	5:00pm-5:45pm	Feb 7	4507863
Tu, Th	5:45pm-6:30pm	Feb 7	4507864
NORTH 9 Sessions \$75 5-12yrs			
W, M	3:15pm-4:00pm	Jan 4	4504688
W, M	4:00pm-4:45pm	Jan 4	4507794
W, M	4:45pm-5:30pm	Jan 4	4507795
W, M	5:30pm-6:15pm	Jan 4	4507796
Sa	9:15am-10:00am	Jan 7	4507815
Sa	10:30am-11:15am	Jan 7	4507816
Sa	11:15am-12noon	Jan 7	4507817
Sa	12noon-12:45pm	Jan 7	4507856
M, W	3:15pm-4:00pm	Feb 6	4507857
M, W	4:00pm-4:45pm	Feb 6	4507858
M, W	4:45pm-5:30pm	Feb 6	4507859
M, W	5:30pm-6:15pm	Feb 6	4507860
NORTH 8 Sessions \$66.75 5-12yrs			
Sa-Su	9:00am-9:45am	Feb 18	4507865
Sa-Su	9:45am-10:30am	Feb 18	4507866
Sa-Su	10:30am-11:15am	Feb 18	4507867
Sa-Su	11:15am-12noon	Feb 18	4507868
Sa-Su	12noon-12:45pm	Feb 18	4507869
M-Th	9:00am-9:45am	Mar 13	4507870
M-Th	10:00am-10:45am	Mar 13	4507871
M-Th	11:00am-11:45am	Mar 13	4507872
M-Th	11:45am-12:30pm	Mar 13	4507873
North Surrey Recreation Centre			
SOUTH 10 Sessions \$83.50 5-12yrs			
Tu, Th	3:00pm-3:45pm	Jan 3	4508515
Tu, Th	3:45pm-4:30pm	Jan 3	4508517
Tu, Th	4:30pm-5:15pm	Jan 3	4508518
Tu, Th	5:15pm-6:00pm	Jan 3	4508520
Tu, Th	6:00pm-6:45pm	Jan 3	4508521
Tu, Th	6:45pm-7:30pm	Jan 3	4508523
F	3:00pm-3:45pm	Jan 6	4508601
F	3:45pm-4:30pm	Jan 6	4508602
F	4:30pm-5:15pm	Jan 6	4508603
F	5:15pm-6:00pm	Jan 6	4508604
F	6:00pm-6:45pm	Jan 6	4508605
F	6:45pm-7:30pm	Jan 6	4508606

Tu, Th	3:00pm-3:45pm	Feb 7	4508761
Tu, Th	3:45pm-4:30pm	Feb 7	4508762
Tu, Th	4:30pm-5:15pm	Feb 7	4508763
Tu, Th	5:15pm-6:00pm	Feb 7	4508764
Tu, Th	6:00pm-6:45pm	Feb 7	4508765
Tu, Th	6:45pm-7:30pm	Feb 7	4508766

SOUTH 9 Sessions \$75 5-12yrs

W, M	3:00pm-3:45pm	Jan 4	4502791
W, M	3:45pm-4:30pm	Jan 4	4508410
W, M	4:30pm-5:15pm	Jan 4	4508411
W, M	5:15pm-6:00pm	Jan 4	4508412
W, M	6:00pm-6:45pm	Jan 4	4508413
W, M	6:45pm-7:30pm	Jan 4	4508414
Sa	9:00am-9:45am	Jan 7	4509718
Sa	9:45am-10:30am	Jan 7	4509719
Sa	10:30am-11:15am	Jan 7	4509720
Sa	11:15am-12noon	Jan 7	4509721
Sa	12noon-12:45pm	Jan 7	4509722
Su	9:00am-9:45am	Jan 8	4509723
Su	9:45am-10:30am	Jan 8	4509724
Su	10:30am-11:15am	Jan 8	4509725
Su	11:15am-12noon	Jan 8	4509726
Su	12noon-12:45pm	Jan 8	4509727
M, W	3:00pm-3:45pm	Feb 6	4508682
M, W	3:45pm-4:30pm	Feb 6	4508683
M, W	4:30pm-5:15pm	Feb 6	4508684
M, W	5:15pm-6:00pm	Feb 6	4508685
M, W	6:00pm-6:45pm	Feb 6	4508686
M, W	6:45pm-7:30pm	Feb 6	4508687

SOUTH 8 Sessions \$75 5-12yrs

M-Th	9:00am-9:45am	Mar 13	4508826
M-Th	9:45am-10:30am	Mar 13	4508827
M-Th	10:30am-11:15am	Mar 13	4508828
M-Th	11:15am-12noon	Mar 13	4508829
M-Th	12noon-12:45pm	Mar 13	4508830

Grandview Heights Aquatic Centre

SOUTH 10 Sessions \$95 5-12yrs

Tu, Th	3:30pm-4:15pm	Jan 3	4509078
Tu, Th	4:15pm-5:00pm	Jan 3	4509079
Tu, Th	6:30pm-7:15pm	Jan 3	4509080
Tu, Th	3:30pm-4:15pm	Feb 7	4509089
Tu, Th	4:15pm-5:00pm	Feb 7	4509090
Tu, Th	6:30pm-7:15pm	Feb 7	4509091

SOUTH 9 Sessions \$85.75 5-12yrs

W, M	3:30pm-4:15pm	Jan 4	4507821
W, M	4:15pm-5:00pm	Jan 4	4509077
Sa	9:30am-10:00am	Jan 7	4509081
Sa	10:15am-11:00am	Jan 7	4509082
Sa	11:00am-11:45am	Jan 7	4509083
Sa	11:45am-12noon	Jan 7	4509084
Sa	12:30pm-1:15pm	Jan 7	4509085
Su	7:00pm-7:45pm	Jan 8	4509086
M, W	3:30pm-4:15pm	Feb 6	4509087
M, W	4:15pm-5:00pm	Feb 6	4509088

South Surrey Indoor Pool

Adapted Swim Lessons

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.

GUILDFORD 8 Sessions \$66.75 Jan 7			
Sa	9:00am-9:30am	4509948	4-7yrs
Sa	9:30am-10:00am	4509949	7-9yrs
Sa	10:00am-10:30am	4509950	8-10yrs
Sa	10:45am-11:15am	4509951	9-12yrs

Guildford Recreation Centre

FLEETWOOD 9 Sessions \$75.25 Jan 7			
Sa	9:00am-9:30am	4511211	4-7yrs
Sa	9:30am-10:00am	4511212	7-9yrs
Sa	10:00am-10:30am	4511213	8-10yrs
Sa	10:45am-11:15am	4511214	9-12yrs

Surrey Sport and Leisure Complex

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 9 Sessions \$47.75 19yrs+			
W, M	10:30am-11:00am	Jan 4	4509930
M, W	10:30am-11:00am	Feb 6	4509932

Individuals with physical disabilities:

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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	Jan 3	4507614
Tu, Th	4:15pm-5:00pm	Jan 3	4507615
Tu, Th	5:00pm-5:45pm	Jan 3	4507616
Tu, Th	5:45pm-6:30pm	Jan 3	4507617
Tu, Th	6:30pm-7:15pm	Jan 3	4507618
Tu, Th	7:15pm-8:00pm	Jan 3	4507619
Tu	4:00pm-4:45pm	Jan 3	4507773
F	3:30pm-4:15pm	Jan 6	4507948
F	4:15pm-5:00pm	Jan 6	4507949
F	5:00pm-5:45pm	Jan 6	4507950
F	5:45pm-6:30pm	Jan 6	4507951
F	6:30pm-7:15pm	Jan 6	4507952
F	7:15pm-8:00pm	Jan 6	4507953

Sa-Su	9:00am-9:45am	Jan 7	4508005
Sa-Su	9:45am-10:30am	Jan 7	4508006
Sa-Su	10:30am-11:15am	Jan 7	4508007
Sa-Su	12noon-12:45pm	Jan 7	4508008
Tu, Th	3:30pm-4:15pm	Feb 7	4507724
Tu, Th	4:15pm-5:00pm	Feb 7	4507725
Tu, Th	5:00pm-5:45pm	Feb 7	4507727
Tu, Th	5:45pm-6:30pm	Feb 7	4507728
Tu, Th	6:30pm-7:15pm	Feb 7	4507729
Tu, Th	7:15pm-8:00pm	Feb 7	4507730

FLEETWOOD 9 Sessions \$75 5-12yrs

W, M	3:30pm-4:15pm	Jan 4	4507404
W, M	4:15pm-5:00pm	Jan 4	4507405
W, M	5:00pm-5:45pm	Jan 4	4507406
W, M	5:45pm-6:30pm	Jan 4	4507409
W, M	6:30pm-7:15pm	Jan 4	4507410
W, M	7:15pm-8:00pm	Jan 4	4507411
Sa	9:15am-10:00am	Jan 7	4508157
Sa	10:00am-10:45am	Jan 7	4508158
Sa	10:45am-11:30am	Jan 7	4508159
Sa	11:30am-12:15pm	Jan 7	4508160
Sa	12:15pm-1:00pm	Jan 7	4508161
Su	9:15am-10:00am	Jan 8	4508219
Su	10:00am-10:45am	Jan 8	4508220
Su	10:45am-11:30am	Jan 8	4508221
Su	11:30am-12:15pm	Jan 8	4508222
Su	12:15pm-1:00pm	Jan 8	4508223
M, W	3:30pm-4:15pm	Feb 6	4507505
M, W	4:15pm-5:00pm	Feb 6	4507507
M, W	5:00pm-5:45pm	Feb 6	4507508
M, W	5:45pm-6:30pm	Feb 6	4507509
M, W	6:30pm-7:15pm	Feb 6	4507512
M, W	7:15pm-8:00pm	Feb 6	4507513

FLEETWOOD 8 Sessions \$66.75 5-12yrs

M	4:00pm-4:45pm	Jan 9	4507735
Sa-Su	9:00am-9:45am	Feb 18	4508079
Sa-Su	9:45am-10:30am	Feb 18	4508080
Sa-Su	10:30am-11:15am	Feb 18	4508082
Sa-Su	12noon-12:45pm	Feb 18	4508084
M-Th	9:00am-9:45am	Mar 13	4508562
M-Th	9:45am-10:30am	Mar 13	4508565
M-Th	11:15am-12noon	Mar 13	4508634
M-Th	12noon-12:45pm	Mar 13	4508635
M-Th	3:30pm-4:15pm	Mar 13	4508638
M-Th	4:15pm-5:00pm	Mar 13	4508641
M-Th	5:45pm-6:30pm	Mar 13	4508645
M-Th	6:30pm-7:15pm	Mar 13	4508648
M-Th	7:15pm-8:00pm	Mar 13	4508650

Sport & Leisure Aquatics



GUILDFORD 10 Sessions \$83.50 5-12yrs

Tu, Th	3:30pm-4:15pm	Jan 3	4511391
Tu, Th	4:15pm-5:00pm	Jan 3	4511392
Tu, Th	5:30pm-6:15pm	Jan 3	4511393
Tu, Th	6:15pm-7:00pm	Jan 3	4511394
F	3:30pm-4:15pm	Jan 6	4511401
F	6:15pm-7:00pm	Jan 6	4511403
Tu, Th	3:30pm-4:15pm	Feb 7	4511404
Tu, Th	4:15pm-5:00pm	Feb 7	4511406
Tu, Th	5:30pm-6:15pm	Feb 7	4511408
Tu, Th	6:15pm-7:00pm	Feb 7	4511410

GUILDFORD 9 Sessions \$75 5-12yrs

W, M	3:15pm-4:00pm	Jan 4	4511414
W, M	4:00pm-4:45pm	Jan 4	4511415
W, M	5:30pm-6:15pm	Jan 4	4511416
W, M	6:15pm-7:00pm	Jan 4	4511418
Sa-Su	9:45am-10:30am	Jan 7	4511419
Sa-Su	10:30am-11:15am	Jan 7	4511420
Sa-Su	11:45am-12:30pm	Jan 7	4511422
Su	10:00am-10:45am	Jan 8	4511424
M, W	3:15pm-4:00pm	Feb 6	4511428
M, W	4:00pm-4:45pm	Feb 6	4511430
M, W	5:30pm-6:15pm	Feb 6	4511432
M, W	6:15pm-7:00pm	Feb 6	4511433

GUILDFORD 8 Sessions \$66.75 5-12yrs

Sa	10:00am-10:45am	Jan 7	4511439
Sa	11:30am-12:15pm	Jan 7	4511440
Sa-Su	9:45am-10:30am	Feb 18	4511448
Sa-Su	10:30am-11:15am	Feb 18	4511449
Sa-Su	11:45am-12:30pm	Feb 18	4511450
M-Th	9:45am-10:30am	Mar 13	4511457
M-Th	10:30am-11:15am	Mar 13	4511462
M-Th	11:45am-12:30pm	Mar 13	4511463

Guildford Recreation Centre

NORTH 10 Sessions \$83.50 5-12yrs

Tu, Th	3:30pm-4:15pm	Jan 3	4507649
Tu, Th	4:15pm-5:00pm	Jan 3	4507723
Tu, Th	5:00pm-5:45pm	Jan 3	4507726
Tu, Th	5:45pm-6:30pm	Jan 3	4507731
F	3:15pm-4:00pm	Jan 6	4507734
F	5:00pm-5:45pm	Jan 6	4507736
F	5:45pm-6:30pm	Jan 6	4507738
Sa-Su	9:00am-9:45am	Jan 7	4507739
Sa-Su	9:45am-10:30am	Jan 7	4507740
Sa-Su	10:30am-11:15am	Jan 7	4507742
Sa-Su	11:15am-12noon	Jan 7	4507743
Sa-Su	12:15pm-1:00pm	Jan 7	4507745
Tu, Th	3:30pm-4:15pm	Feb 7	4507767
Tu, Th	4:15pm-5:00pm	Feb 7	4507771
Tu, Th	5:00pm-5:45pm	Feb 7	4507772
Tu, Th	5:45pm-6:30pm	Feb 7	4507774

NORTH 9 Sessions \$75 5-12yrs

W, M	3:15pm-4:00pm	Jan 4	4504689
W, M	4:15pm-5:00pm	Jan 4	4507647
W, M	6:00pm-6:45pm	Jan 4	4507648

Sa	9:30am-10:15am	Jan 7	4507749
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Sa	11:00am-11:45am	Jan 7	4507757
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Sa	12noon-12:45pm	Jan 7	4507758
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M, W	3:15pm-4:00pm	Feb 6	4507761
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M, W	4:15pm-5:00pm	Feb 6	4507762
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M, W	6:00pm-6:45pm	Feb 6	4507765
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NORTH 8 Sessions \$66.75 5-12yrs

Sa-Su	9:00am-9:45am	Feb 18	4507784
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Sa-Su	9:45am-10:30am	Feb 18	4507785
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Sa-Su	10:30am-11:15am	Feb 18	4507786
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Sa-Su	11:15am-12noon	Feb 18	4507787
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Sa-Su	12:15pm-1:00pm	Feb 18	4507788
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M-Th	9:30am-10:15am	Mar 13	4507789
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M-Th	10:30am-11:15am	Mar 13	4507790
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M-Th	11:30am-12:15pm	Mar 13	4507793
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North Surrey Recreation Centre

SOUTH 10 Sessions \$83.50 5-12yrs

Tu, Th	3:00pm-3:45pm	Jan 3	4508525
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Tu, Th	3:45pm-4:30pm	Jan 3	4508526
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Tu, Th	4:30pm-5:15pm	Jan 3	4508527
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Tu, Th	5:15pm-6:00pm	Jan 3	4508528
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Tu, Th	6:00pm-6:45pm	Jan 3	4508529
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Tu, Th	6:45pm-7:30pm	Jan 3	4508530
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F	3:00pm-3:45pm	Jan 6	4508607
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F	3:45pm-4:30pm	Jan 6	4508608
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F	4:30pm-5:15pm	Jan 6	4508609
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F	5:15pm-6:00pm	Jan 6	4508610
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F	6:00pm-6:45pm	Jan 6	4508611
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F	6:45pm-7:30pm	Jan 6	4508612
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Tu, Th	3:00pm-3:45pm	Feb 7	4508767
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Tu, Th	3:45pm-4:30pm	Feb 7	4508768
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Tu, Th	4:30pm-5:15pm	Feb 7	4508769
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Tu, Th	5:15pm-6:00pm	Feb 7	4508770
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Tu, Th	6:00pm-6:45pm	Feb 7	4508771
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Tu, Th	6:45pm-7:30pm	Feb 7	4508772
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SOUTH 9 Sessions \$75 5-12yrs

W, M	3:00pm-3:45pm	Jan 4	4502792
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W, M	3:45pm-4:30pm	Jan 4	4508415
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W, M	4:30pm-5:15pm	Jan 4	4508416
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W, M	5:15pm-6:00pm	Jan 4	4508417
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W, M	6:00pm-6:45pm	Jan 4	4508418
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W, M	6:45pm-7:30pm	Jan 4	4508419
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Sa	9:00am-9:45am	Jan 7	4509728
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Sa	9:45am-10:30am	Jan 7	4509729
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Sa	10:30am-11:15am	Jan 7	4509730
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Sa	11:15am-12noon	Jan 7	4509731
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Sa	12noon-12:45pm	Jan 7	4509732
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Su	9:00am-9:45am	Jan 8	4509733
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Su	9:45am-10:30am	Jan 8	4509734
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Su	10:30am-11:15am	Jan 8	4509735
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Su	11:15am-12noon	Jan 8	4509736
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Su	12noon-12:45pm	Jan 8	4509737
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M, W	3:00pm-3:45pm	Feb 6	4508688
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M, W	3:45pm-4:30pm	Feb 6	4508689
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M, W	4:30pm-5:15pm	Feb 6	4508690
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M, W	5:15pm-6:00pm	Feb 6	4508691
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M, W	6:00pm-6:45pm	Feb 6	4508692
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M, W	6:45pm-7:30pm	Feb 6	4508693
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SOUTH 8 Sessions \$75 5-12yrs

M-Th	9:00am-9:45am	Mar 13	4508831
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M-Th	9:45am-10:30am	Mar 13	4508832
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M-Th	10:30am-11:15am	Mar 13	4508834
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M-Th	11:15am-12noon	Mar 13	4508835
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M-Th	12noon-12:45pm	Mar 13	4508836
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Grandview Heights Aquatic Centre

SOUTH 10 Sessions \$95 5-12yrs

Tu, Th	3:30pm-4:15pm	Jan 3	4509447
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Tu, Th	4:15pm-5:00pm	Jan 3	4509450
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Swim Clinic

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

GUILDFORD 1 Session \$6.50 Up to 12yrs			
Tu	6:30pm-7:00pm	Jan 3	4512627
Th	6:30pm-7:00pm	Jan 5	4512646
Sa	1:15pm-1:45pm	Jan 7	4512662
Tu	6:30pm-7:00pm	Jan 10	4512628
Th	6:30pm-7:00pm	Jan 12	4512647
Tu	6:30pm-7:00pm	Jan 17	4512629
Th	6:30pm-7:00pm	Jan 19	4512648
Sa	1:15pm-1:45pm	Jan 21	4512664
Tu	6:30pm-7:00pm	Jan 24	4512633
Th	6:30pm-7:00pm	Jan 26	4512649
Sa	1:15pm-1:45pm	Jan 28	4512665
Tu	6:30pm-7:00pm	Jan 31	4512634
Th	6:30pm-7:00pm	Feb 2	4512650
Sa	1:15pm-1:45pm	Feb 4	4512666
Tu	6:30pm-7:00pm	Feb 7	4512636
Th	6:30pm-7:00pm	Feb 9	4512655
Tu	6:30pm-7:00pm	Feb 14	4512638
Th	6:30pm-7:00pm	Feb 16	4512656
Sa	1:15pm-1:45pm	Feb 18	4512707
Tu	6:30pm-7:00pm	Feb 21	4512639
Th	6:30pm-7:00pm	Feb 23	4512657
Sa	1:15pm-1:45pm	Feb 25	4512709
Tu	6:30pm-7:00pm	Feb 28	4512640
Th	6:30pm-7:00pm	Mar 2	4512658
Sa	1:15pm-1:45pm	Mar 4	4512710
Tu	6:30pm-7:00pm	Mar 7	4512641
Th	6:30pm-7:00pm	Mar 9	4512659
Sa	1:15pm-1:45pm	Mar 11	4512711

Guildford Recreation Centre

NORTH 1 Session \$6.50 7-12yrs			
Tu	6:30pm-7:00pm	Jan 3	4504690
Th	6:30pm-7:00pm	Jan 5	4505681
Su	1:00pm-1:30pm	Jan 8	4507634
Tu	6:30pm-7:00pm	Jan 10	4505672
Th	6:30pm-7:00pm	Jan 12	4507624
Su	1:00pm-1:30pm	Jan 15	4507639
Tu	6:30pm-7:00pm	Jan 17	4505673
Th	6:30pm-7:00pm	Jan 19	4507625
Su	1:00pm-1:30pm	Jan 22	4507640
Tu	6:30pm-7:00pm	Jan 24	4505674
Th	6:30pm-7:00pm	Jan 26	4507626
Su	1:00pm-1:30pm	Jan 29	4507641
Tu	6:30pm-7:00pm	Jan 31	4505675
Th	6:30pm-7:00pm	Feb 2	4507627
Su	1:00pm-1:30pm	Feb 5	4507642
Tu	6:30pm-7:00pm	Feb 7	4505676
Th	6:30pm-7:00pm	Feb 9	4507628
Tu	6:30pm-7:00pm	Feb 14	4505677
Th	6:30pm-7:00pm	Feb 16	4507629
Su	1:00pm-1:30pm	Feb 19	4507643
Tu	6:30pm-7:00pm	Feb 21	4505678
Th	6:30pm-7:00pm	Feb 23	4507630
Su	1:00pm-1:30pm	Feb 26	4507644
Tu	6:30pm-7:00pm	Feb 28	4505679
Th	6:30pm-7:00pm	Mar 2	4507631
Su	1:00pm-1:30pm	Mar 5	4507645
Tu	6:30pm-7:00pm	Mar 7	4505680
Th	6:30pm-7:00pm	Mar 9	4507632
Su	1:00pm-1:30pm	Mar 12	4507646

North Surrey Recreation Centre

Stroke Enhancement RCSK 3-4

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

SOUTH 10 Sessions \$83.75 6-12yrs			
Tu, Th	3:00pm-3:30pm	Jan 3	4511944
Tu, Th	3:00pm-3:30pm	Feb 7	4511950
SOUTH 9 Sessions \$75.25 6-12yrs			
W, M	3:00pm-3:30pm	Jan 4	4511943
Sa	9:30am-10:00am	Jan 7	4511951
Su	7:00pm-7:30pm	Jan 8	4511953
M, W	3:00pm-3:30pm	Feb 6	4511948

South Surrey Indoor Pool

Stroke Enhancement RCSK 5-7

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

SOUTH 10 Sessions \$83.75 All Ages			
Tu, Th	4:00pm-4:30pm	Jan 3	4512164
Tu, Th	4:00pm-4:30pm	Feb 7	4512181
SOUTH 9 Sessions \$75.25 All Ages			
W, M	4:00pm-4:30pm	Jan 4	4512161
Sa	10:00am-10:30am	Jan 7	4512168
Su	6:30pm-7:00pm	Jan 8	4512169
M, W	4:00pm-4:30pm	Feb 6	4512170

South Surrey Indoor Pool

Stroke Enhancement RCSK 8-10

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

SOUTH 10 Sessions \$83.75 All Ages			
Tu, Th	4:30pm-5:00pm	Jan 3	4512186
Su	7:30pm-8:00pm	Jan 8	4512198
Tu, Th	4:30pm-5:00pm	Feb 7	4512200
SOUTH 9 Sessions \$75.25 All Ages			
W, M	3:30pm-4:00pm	Jan 4	4512185
Sa	10:30am-11:00am	Jan 7	4512188
M, W	3:30pm-4:00pm	Feb 6	4512199

South Surrey Indoor Pool

Diving I-3

This diving class works at the participants individual skill level. Participants will experience diving safety, fitness and diving skills from basic to intermediate.

SOUTH 9 Sessions \$75 5-12yrs			
Sa	9:30am-10:15am	Jan 7	4502874
Sa	10:15am-11:00am	Jan 7	4502875

South Surrey Indoor Pool

Lifesaver Level I

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

NORTH 10 Sessions \$83.50 6-12yrs			
Sa-Su	12noon-12:45pm	Jan 7	4504907
NORTH 9 Sessions \$75 6-12yrs			
W, M	4:00pm-4:45pm	Jan 4	4504723
M, W	4:00pm-4:45pm	Feb 6	4504908
NORTH 8 Sessions \$66.75 6-12yrs			
Sa-Su	12noon-12:45pm	Feb 18	4504909
M-Th	9:15am-10:00am	Mar 13	4504910

North Surrey Recreation Centre

SOUTH 9 Sessions \$75 6-12yrs			
Sa	10:15am-11:00am	Jan 7	4512151
Sa	11:00am-11:45am	Jan 7	4512153

South Surrey Indoor Pool

Lifesaver Level 2

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

NORTH 10 Sessions \$83.50 6-12yrs			
Sa-Su	12noon-12:45pm	Jan 7	4504911
NORTH 9 Sessions \$75 6-12yrs			
W, M	4:00pm-4:45pm	Jan 4	4504724
M, W	4:00pm-4:45pm	Feb 6	4504912
NORTH 8 Sessions \$66.75 6-12yrs			
Sa-Su	12noon-12:45pm	Feb 18	4504913
M-Th	9:15am-10:00am	Mar 13	4504914

North Surrey Recreation Centre

Youth

Red Cross Teen Basics I-2

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

FLEETWOOD 10 Sessions \$79.25 13-18yrs			
Tu, Th	5:45pm-6:30pm	Jan 3	4507622
F	5:45pm-6:30pm	Jan 6	4507801
Sa-Su	12noon-12:45pm	Jan 7	4508009
Tu, Th	5:45pm-6:30pm	Feb 7	4507650

FLEETWOOD 9 Sessions \$71.50 13-18yrs			
W, M	5:45pm-6:30pm	Jan 4	4507417
Sa	10:45am-11:30am	Jan 7	4508162
Su	10:45am-11:30am	Jan 8	4508225
M, W	5:45pm-6:30pm	Feb 6	4507418

FLEETWOOD 8 Sessions \$63.50 13-18yrs			
Sa-Su	12noon-12:45pm	Feb 18	4508022
M-Th	9:45am-10:30am	Mar 13	4508653
M-Th	5:00pm-5:45pm	Mar 13	4508655

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$83.50 13-18yrs			
F	6:15pm-7:00pm	Jan 6	4512157

GUILDFORD 9 Sessions \$75 13-18yrs			
Sa-Su	12:30pm-1:15pm	Jan 7	4512163

GUILDFORD 8 Sessions \$66.75 13-18yrs			
Sa-Su	12:30pm-1:15pm	Feb 18	4512237
M-Th	12:30pm-1:15pm	Mar 13	4512238

Guildford Recreation Centre

SOUTH 10 Sessions \$79.25 13-18yrs			
Tu, Th	5:15pm-6:00pm	Jan 3	4508532
F	5:15pm-6:00pm	Jan 6	4508534
Tu, Th	5:15pm-6:00pm	Feb 7	4508695

SOUTH 9 Sessions \$71.50 13-18yrs			
W, M	5:15pm-6:00pm	Jan 4	4502797
Sa	11:15am-12noon	Jan 7	4509738
Su	11:15am-12noon	Jan 8	4509739
M, W	5:15pm-6:00pm	Feb 6	4508694

SOUTH 8 Sessions \$71.50 13-18yrs			
M-Th	11:45am-12:30pm	Mar 13	4508837

Grandview Heights Aquatic Centre

SOUTH 10 Sessions \$83.50 13-18yrs			
Tu, Th	7:15pm-8:00pm	Jan 3	4512124
Su	7:15pm-8:00pm	Jan 8	4512136
Tu, Th	7:15pm-8:00pm	Feb 7	4512125

SOUTH 9 Sessions \$75 13-18yrs			
Sa	10:45am-11:30am	Jan 7	4512126

South Surrey Indoor Pool

Adults

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.

GUILDFORD 4 Sessions \$44 13yrs+			
Th	8:30pm-9:30pm	Jan 12	4512496

GUILDFORD 5 Sessions \$55 13yrs+			
Th	8:30pm-9:30pm	Feb 9	4512498

Guildford Recreation Centre

SOUTH 5 Sessions \$55 13yrs+			
W	6:30pm-7:30pm	Feb 8	4509134

SOUTH 4 Sessions \$44 13yrs+			
W	6:30pm-7:30pm	Jan 11	4509133

Grandview Heights Aquatic Centre

AquaZumba

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

SOUTH 8 Sessions \$52.50 13yrs+			
M	6:45pm-7:45pm	Jan 9	4511057

Grandview Heights Aquatic Centre



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.

SOUTH 10 Sessions Member \$59.25 Non-member \$65.50 55yrs+			
Tu, Th	12:30pm-1:15pm	Jan 3	4509272
Tu, Th	12:30pm-1:15pm	Feb 7	4509273

Grandview Heights Aquatic Centre

SOUTH 9 Sessions Member \$44.25 Non-member \$59 55yrs+			
W, M	12:30pm-1:15pm	Jan 4	4503476
M, W	12:30pm-1:15pm	Feb 6	4503477

South Surrey Indoor Pool

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.

NORTH 1 Session \$6.50 13yrs+			
Tu	9:15pm-9:45pm	Jan 3	4504701
Th	9:15pm-9:45pm	Jan 5	4504926
Tu	9:15pm-9:45pm	Jan 10	4504915
Th	9:15pm-9:45pm	Jan 12	4504927
Tu	9:15pm-9:45pm	Jan 17	4504916
Th	9:15pm-9:45pm	Jan 19	4504929
Tu	9:15pm-9:45pm	Jan 24	4504917
Th	9:15pm-9:45pm	Jan 26	4504930
Tu	9:15pm-9:45pm	Jan 31	4504918
Th	9:15pm-9:45pm	Feb 2	4504931
Tu	9:15pm-9:45pm	Feb 7	4504919
Th	9:15pm-9:45pm	Feb 9	4504932
Tu	9:15pm-9:45pm	Feb 14	4504920
Th	9:15pm-9:45pm	Feb 16	4504933
Tu	9:15pm-9:45pm	Feb 21	4504921
Th	9:15pm-9:45pm	Feb 23	4504934
Tu	9:15pm-9:45pm	Feb 28	4504922
Th	9:15pm-9:45pm	Mar 2	4504935
Tu	9:15pm-9:45pm	Mar 7	4504923
Th	9:15pm-9:45pm	Mar 9	4504936
Tu	9:15pm-9:45pm	Mar 14	4504924
Th	9:15pm-9:45pm	Mar 16	4504937
Tu	9:15pm-9:45pm	Mar 21	4504925
Th	9:15pm-9:45pm	Mar 23	4504938

North Surrey Recreation Centre

NORTH 10 Sessions \$79.25 13yrs+			
Sa-Su	12noon-12:45pm	Jan 7	4504783
Tu, Th	6:00pm-6:45pm	Feb 7	4504785

NORTH 9 Sessions \$71.50 13yrs+			
W, M	6:00pm-6:45pm	Jan 4	4504726

NORTH 8 Sessions \$63.50 13yrs+			
Sa-Su	12noon-12:45pm	Feb 18	4504795
M-Th	11:45am-12:30pm	Mar 13	4504802

North Surrey Recreation Centre

Red Cross Adult and Teen Sports

Red Cross Adult and Teen Strokes

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

FLEETWOOD	10 Sessions \$79.25	13yrs+
Tu, Th 6:30pm-7:15pm	Jan 3	4507623
Tu, Th 7:15pm-8:00pm	Jan 3	4507633
F 6:30pm-7:15pm	Jan 6	4507802
F 7:15pm-8:00pm	Jan 6	4507803
Sa-Su 9:45am-10:30am	Jan 7	4508011
Sa-Su 11:15am-12noon	Jan 7	4508013
Tu, Th 6:30pm-7:15pm	Feb 7	4507651
Tu, Th 7:15pm-8:00pm	Feb 7	4507652
FLEETWOOD	9 Sessions \$71.50	13yrs+
W, M 6:30pm-7:15pm	Jan 4	4507415
W, M 7:15pm-8:00pm	Jan 4	4507416
Sa 9:00am-9:45am	Jan 7	4508164
Sa 12:15pm-1:00pm	Jan 7	4508165
Su 9:00am-9:45am	Jan 8	4508226
Su 12:15pm-1:00pm	Jan 8	4508227
M, W 6:30pm-7:15pm	Feb 6	4507422
M, W 7:15pm-8:00pm	Feb 6	4507423
FLEETWOOD	8 Sessions \$63.50	13yrs+
Sa-Su 9:45am-10:30am	Feb 18	4508018
Sa-Su 11:15am-12noon	Feb 18	4508019
M-Th 9:45am-10:30am	Mar 13	4508663
M-Th 11:15am-12noon	Mar 13	4508665
M-Th 5:00pm-5:45pm	Mar 13	4508667
M-Th 7:15pm-8:00pm	Mar 13	4508668

Sport & Leisure Aquatics

GUILDFORD	10 Sessions \$79.25	13yrs+
Tu, Th 7:00pm-7:45pm	Jan 3	4511482
F 6:15pm-7:00pm	Jan 6	4511484
Tu, Th 7:00pm-7:45pm	Feb 7	4511485
GUILDFORD	9 Sessions \$71.50	13yrs+
W, M 7:00pm-7:45pm	Jan 4	4511488
Sa-Su 9:00am-9:45am	Jan 7	4511491
Su 12:15pm-1:00pm	Jan 8	4511493
M, W 7:00pm-7:45pm	Feb 6	4511496
GUILDFORD	8 Sessions \$63.50	13yrs+
Sa 12:15pm-1:00pm	Jan 7	4511503
Sa-Su 9:00am-9:45am	Feb 18	4511511
M-Th 9:00am-9:45am	Mar 13	4511514

Guildford Recreation Centre

NORTH	10 Sessions \$79.25	13yrs+
Tu, Th 4:45pm-5:30pm	Jan 3	4504940
Tu, Th 7:30pm-8:15pm	Jan 3	4504942
F 4:15pm-5:00pm	Jan 6	4504943
Sa-Su 8:15am-9:00am	Jan 7	4504944
Sa-Su 10:30am-11:15am	Jan 7	4505359
Tu, Th 4:45pm-5:30pm	Feb 7	4505413
Tu, Th 7:30pm-8:15pm	Feb 7	4505419
NORTH	9 Sessions \$71.50	13yrs+
W, M 4:45pm-5:30pm	Jan 4	4504700
W, M 7:30pm-8:15pm	Jan 4	4504939
M, W 4:45pm-5:30pm	Feb 6	4505397
M, W 7:30pm-8:15pm	Feb 6	4505404
NORTH	8 Sessions \$63.50	13yrs+
Sa-Su 8:15am-9:00am	Feb 18	4505430
Sa-Su 10:30am-11:15am	Feb 18	4505434
M-Th 11:00am-11:45am	Mar 13	4505435

North Surrey Recreation Centre

SOUTH	10 Sessions \$79.25	13yrs+
Tu, Th 7:30pm-8:15pm	Jan 3	4508480
F 7:30pm-8:15pm	Jan 6	4508536
Tu, Th 7:30pm-8:15pm	Feb 7	4508697
SOUTH	9 Sessions \$71.50	13yrs+
W, M 7:30pm-8:15pm	Jan 4	4502796
M, W 12noon-12:45pm	Feb 6	4508614
M, W 7:30pm-8:15pm	Feb 6	4508615

Grandview Heights Aquatic Centre

SOUTH	10 Sessions \$79.25	13yrs+
Tu, Th 10:00am-10:45am	Jan 3	4512082
Tu, Th 7:15pm-8:00pm	Jan 3	4512080
Su 7:15pm-8:00pm	Jan 8	4512085
Tu, Th 10:00am-10:45am	Feb 7	4512100
Su 7:15pm-8:00pm	Feb 12	4512101
SOUTH	9 Sessions \$71.50	13yrs+
W, M 12:30pm-1:15pm	Jan 4	4512079
M, W 12:30pm-1:15pm	Feb 6	4512099

South Surrey Indoor Pool

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.

FLEETWOOD	10 Sessions \$79.25	18yrs+
Tu, Th 11:15am-12noon	Jan 3	4507635
Tu, Th 6:30pm-7:15pm	Jan 3	4507620
Tu, Th 7:15pm-8:00pm	Jan 3	4507621
F 8:45am-9:30am	Jan 6	4507797
F 6:30pm-7:15pm	Jan 6	4507799
F 7:15pm-8:00pm	Jan 6	4507800
Sa-Su 9:45am-10:30am	Jan 7	4508010
Tu, Th 11:15am-12noon	Feb 7	4507636
Tu, Th 6:30pm-7:15pm	Feb 7	4507637
Tu, Th 7:15pm-8:00pm	Feb 7	4507638
FLEETWOOD	9 Sessions \$71.50	18yrs+
W, M 8:45am-9:30am	Jan 4	4507412
W, M 6:30pm-7:15pm	Jan 4	4507413
W, M 7:15pm-8:00pm	Jan 4	4507414
Sa 9:00am-9:45am	Jan 7	4508163
Su 9:00am-9:45am	Jan 8	4508224
M, W 8:45am-9:30am	Feb 6	4507419
M, W 6:30pm-7:15pm	Feb 6	4507420
M, W 7:15pm-8:00pm	Feb 6	4507421

FLEETWOOD	8 Sessions \$63.50	18yrs+
Sa-Su 9:45am-10:30am	Feb 18	4508021
M-Th 11:15am-12noon	Mar 13	4508658
M-Th 7:15pm-8:00pm	Mar 13	4508660

Sport & Leisure Aquatics

GUILDFORD	10 Sessions \$79.25	18yrs+
Tu, Th 11:00am-11:45am	Jan 3	4511522
Tu, Th 7:00pm-7:45pm	Jan 3	4511524
F 12:30pm-1:15pm	Jan 6	4511526
Tu, Th 11:00am-11:45am	Feb 7	4511529
Tu, Th 7:00pm-7:45pm	Feb 7	4511530
GUILDFORD	9 Sessions \$71.50	18yrs+
W, M 7:00pm-7:45pm	Jan 4	4511536
Sa-Su 9:00am-9:45am	Jan 7	4511537
Su 12:15pm-1:00pm	Jan 8	4511547
M, W 7:00pm-7:45pm	Feb 6	4511548

GUILDFORD	8 Sessions \$63.50	18yrs+
Sa 12:15pm-1:00pm	Jan 7	4511554
Sa-Su 9:00am-9:45am	Feb 18	4511555
M-Th 9:00am-9:45am	Mar 13	4511556

Guildford Recreation Centre

NORTH	10 Sessions \$79.25	13yrs+
Tu, Th 12:30pm-1:15pm	Jan 3	4505439
Tu, Th 7:30pm-8:15pm	Jan 3	4505443
Sa-Su 8:15am-9:00am	Jan 7	4505499
Tu, Th 12:30pm-1:15pm	Feb 7	4505520
Tu, Th 7:30pm-8:15pm	Feb 7	4505521
NORTH	9 Sessions \$71.50	13yrs+
W, M 12noon-12:45pm	Jan 4	4504699
W, M 7:30pm-8:15pm	Jan 4	4505436
M, W 12noon-12:45pm	Feb 6	4505518
M, W 7:30pm-8:15pm	Feb 6	4505519

NORTH	8 Sessions \$63.50	13yrs+
Sa-Su 8:15am-9:00am	Feb 18	4505522
M-Th 12noon-12:45pm	Mar 13	4505523

North Surrey Recreation Centre

SOUTH	10 Sessions \$79.25	18yrs+
Tu, Th 7:30pm-8:15pm	Jan 3	4508447
F 7:30pm-8:15pm	Jan 6	4508538
Tu, Th 7:30pm-8:15pm	Feb 7	4508696
SOUTH	9 Sessions \$71.50	18yrs+
W, M 12noon-12:45pm	Jan 4	4502793
W, M 7:30pm-8:15pm	Jan 4	4508446
Sa 9:00am-9:45am	Jan 7	4509645
Su 9:00am-9:45am	Jan 8	4509646
M, W 7:30pm-8:15pm	Feb 6	4508613

SOUTH	8 Sessions \$71.50	18yrs+
M-Th 9:00am-9:45am	Mar 13	4508776

Grandview Heights Aquatic Centre

SOUTH	10 Sessions \$79.25	13yrs+
Tu, Th 10:00am-10:45am	Jan 3	4512045
Tu, Th 7:15pm-8:00pm	Jan 3	4512047
Tu, Th 10:00am-10:45am	Feb 7	4512060
Tu, Th 7:15pm-8:00pm	Feb 7	4512061
SOUTH	9 Sessions \$71.50	13yrs+
W, M 12:30pm-1:15pm	Jan 4	4512041
Su 7:15pm-8:00pm	Jan 8	4512050
M, W 12:30pm-1:15pm	Feb 6	4512057

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 I 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

Make an Investment IN YOURSELF & YOUR FUTURE

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

I have always had a passion for helping people and making a difference in the community. Lifeguarding has given me the chance to pursue my passion, and discover what it takes to be a leader.

Daniel, Lifeguard, Dancer and Musician



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) <i>Prerequisite: 13yrs or Bronze Star</i>
13 years & up	Bronze Cross (BC) <i>Prerequisite: BM</i>
14 years & up	Standard First Aid (SFA)
	Water Safety Instructor (WSI) Module 1 & Module 2 <i>Prerequisite: 15yrs, either Emergency First Aid or Bronze Cross, and Stroke Assessment Certificate prior to taking module 1.</i>
15 years & up	National Lifeguard Pool (NL) <i>Prerequisite: BM, BC & SFA</i>
16 years & up	National Lifeguard (NL) Waterpark <i>Prerequisite: Current NL</i> <i>Strongly recommended: CPR-C current</i>

LIFESAVING INSTRUCTOR

	Bronze Medallion (BM) <i>Prerequisite: 13yrs or Bronze Star</i>
	Bronze Cross (BC) <i>Prerequisite: BM</i>
	Lifesaving Instructor (LSI) <i>Prerequisite: 16yrs, BC or NL</i> <i>Strongly recommended: WSI</i>

BCRPA AQUAFIT INSTRUCTOR

	Emergency First Aid (EFA) OR Standard First Aid (SFA)
	Fitness Theory Module <i>Prerequisite: 16yrs</i>
	Instructor Aquafit Module <i>Prerequisite: Fitness Theory, Fitness Theory Exam completed, Registered with BCRPA, First Aid must be current</i>

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

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	Jan 18	4513265
Grandview Heights Aquatic Centre		
GUILDFORD	1 Session	10yrs+
Th 6:00pm-7:00pm	Feb 23	4513267
Guildford Recreation Centre		
FLEETWOOD	1 Session	10yrs+
Tu 6:00pm-7:00pm	Mar 7	4513268
Sport & Leisure Aquatics		
NEWTON	1 Session	10yrs+
Su 6:00pm-7:00pm	Mar 19	4513271
Newton Recreation Centre		

BE PART OF OUR TEAM

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

PARENTS WELCOME

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

DISCOVER OUR AQUATIC VOLUNTEER OPPORTUNITIES

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



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

CITY OF SURREY ANNUAL RECREATION PASS

BUY A 1 YEAR PASS BETWEEN DECEMBER 1 AND JANUARY 31 - RECEIVE AN EXTRA MONTH FREE!

www.surrey.ca/recreation

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
 Tu, Th 4:30pm-7:00pm Jan 24 4513929
 M, W 5:15pm-7:45pm Feb 20 4513930

FLEETWOOD 3 Sessions \$79.50 10-13yrs
 M,W,F 4:30pm-8:00pm Mar 6 4513932
Sport & Leisure Aquatics

GUILDFORD 3 Sessions \$79.50 10-13yrs
 F 4:30pm-8:00pm Jan 13 4513926

GUILDFORD 4 Sessions \$79.50 10-13yrs
 Tu 5:00pm-7:30pm Feb 7 4513925
Guildford Recreation Centre

NORTH 4 Sessions \$79.50 10-13yrs
 Th 5:00pm-7:30pm Feb 9 4513931
North Surrey Recreation Centre

SOUTH 4 Sessions \$79.50 10-13yrs
 Tu, Th 4:30pm-7:00pm Feb 28 4513927
Grandview Heights Aquatic Centre

SOUTH 4 Sessions \$79.50 10-13yrs
 Tu, Th 4:00pm-6:30pm Jan 10 4513928
South Surrey Indoor Pool

Bronze Medallion

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

FLEETWOOD 5 Sessions \$190.70 13yrs+
 M, W 4:30pm-8:30pm Jan 9 4513852
FLEETWOOD 3 Sessions \$190.70 13yrs+
 Sa-M 9:30am-5:00pm Feb 11 4513849
 M-W 10:00am-5:30pm Mar 13 4513853
Sport & Leisure Aquatics

GUILDFORD 6 Sessions \$190.70 13yrs+
 M,W,F 5:00pm-8:30pm Feb 20 4513855

GUILDFORD 3 Sessions \$190.70 13yrs+
 F-Su 4:00pm-9:00pm Feb 3 4513854

GUILDFORD 3 Sessions \$190.70 13yrs+
 F-Su 5:00pm-9:00pm Feb 24 4513858
Guildford Recreation Centre

NORTH 3 Sessions \$190.70 13yrs+
 Sa-Su 9:00am-4:30pm Jan 14 4513861
 M-W 9:00am-4:30pm Mar 20 4513860
North Surrey Recreation Centre

SOUTH 5 Sessions \$190.70 13yrs+
 Tu, Th 4:30pm-8:30pm Jan 10 4513847
 M, W 4:30pm-8:30pm Feb 6 4513848
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 \$361.95 13yrs+
 M, W 4:30pm-8:30pm Jan 9 4513947

FLEETWOOD 6 Sessions \$361.95 13yrs+
 Sa-M, F 9:30am-5:00pm Feb 11 4513946

FLEETWOOD 5 Sessions \$361.95 13yrs+
 M-F 10:00am-5:30pm Mar 13 4513945
Sport & Leisure Aquatics

GUILDFORD 6 Sessions \$361.95 13yrs+
 F-Su 5:00pm-9:00pm Feb 24 4514297
Guildford Recreation Centre

NORTH 6 Sessions \$361.95 13yrs+
 Sa-Su 9:00am-4:30pm Jan 14 4513948

NORTH 5 Sessions \$361.95 13yrs+
 M-F 9:00am-4:30pm Mar 20 4514298
North Surrey Recreation Centre

SOUTH 10 Sessions \$361.95 13yrs+
 Tu, Th 4:30pm-8:30pm Jan 10 4513944
 M, W 4:30pm-8:30pm Feb 6 4514296
Grandview Heights Aquatic Centre

Bronze Cross with CPR C

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

FLEETWOOD 5 Sessions \$176.25 13yrs+
 W, M 4:30pm-8:30pm Jan 25 4513878

FLEETWOOD 3 Sessions \$176.25 13yrs+
 F-Su 9:30am-5:00pm Feb 17 4513879
 W-F 10:00am-5:30pm Mar 15 4513876
Sport & Leisure Aquatics

GUILDFORD 3 Sessions \$176.25 13yrs+
 F-Su 5:00pm-9:00pm Mar 3 4513874

GUILDFORD 3 Sessions \$176.25 13yrs+
 F-Su 5:00pm-9:00pm Mar 3 4513874
Guildford Recreation Centre

NORTH 3 Sessions \$176.25 13yrs+
 Su, Sa 9:00am-4:30pm Jan 22 4513870

NORTH 3 Sessions \$176.25 13yrs+
 W-F 9:00am-4:30pm Mar 22 4513871
North Surrey Recreation Centre

SOUTH 5 Sessions \$176.25 13yrs+
 Th, Tu 4:30pm-8:30pm Jan 26 4513868

SOUTH 5 Sessions \$176.25 13yrs+
 W, M 4:30pm-8:30pm Feb 22 4513869
Grandview Heights Aquatic Centre

CPR C and AED

Training includes care of infants, children, and adults. Skills include: CPR, AED (automated external defibrillator) use, emergency scene management, assisting with medication, choking procedures, treatment for: shock, chest pain and stroke.

CLOVERDALE 1 Session \$96.75 14yrs+
 Su 9:00am-2:00pm Jan 8 4514314

CLOVERDALE 1 Session \$96.75 14yrs+
 Su 9:00am-2:00pm Mar 12 4514316
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$96.75 14yrs+
 Su 9:00am-2:00pm Feb 5 4514315

Sport & Leisure Aquatics

GUILDFORD 1 Session \$96.75 14yrs+
 Sa 9:00am-2:00pm Feb 18 4514317

Guildford Recreation Centre

CPR C and AED Recertification

Recertify your CPR 'C' certificate. Review skills and get updated in new standards. Current certification must be presented to instructor at the beginning of class from a credible provider.

CLOVERDALE 1 Session \$63.20 16yrs+
 Su 2:00pm-5:00pm Jan 8 4514318

CLOVERDALE 1 Session \$63.20 16yrs+
 Su 2:00pm-5:00pm Mar 12 4514319
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$63.20 16yrs+
 Th 6:00pm-9:00pm Jan 19 4514320

FLEETWOOD 1 Session \$63.20 16yrs+
 Su 2:00pm-5:00pm Feb 5 4514321

FLEETWOOD 1 Session \$63.20 16yrs+
 Tu 6:00pm-9:00pm Mar 21 4514322
Sport & Leisure Aquatics

GUILDFORD 1 Session \$63.20 16yrs+
 Sa 2:00pm-5:00pm Feb 18 4514324

GUILDFORD 1 Session \$63.20 16yrs+
 Th 6:00pm-9:00pm Mar 2 4514323
Guildford Recreation Centre

NORTH 1 Session \$63.20 16yrs+
 M 5:00pm-8:00pm Jan 30 4514326

NORTH 1 Session \$63.20 16yrs+
 Tu 6:00pm-9:00pm Feb 7 4514325

NORTH 1 Session \$63.20 16yrs+
 M 6:00pm-9:00pm Feb 27 4514327
North Surrey Recreation Centre

SOUTH 1 Session \$63.20 16yrs+
 Th 5:00pm-8:00pm Feb 23 4514328

SOUTH 1 Session \$63.20 16yrs+
 Th 5:00pm-8:00pm Feb 23 4514328
Grandview Heights Aquatic Centre

SOUTH 1 Session \$63.20 16yrs+
 Su 1:30pm-4:30pm Jan 22 4514329

SOUTH 1 Session \$63.20 16yrs+
 Su 1:30pm-4:30pm Jan 22 4514329
South Surrey Indoor Pool

Standard First Aid (SFA) - Online

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

CLOVERDALE 1 Session \$178.65 14yrs+
 Su 9:00am-5:00pm Mar 5 4513924

CLOVERDALE 1 Session \$178.65 14yrs+
 Su 9:00am-5:00pm Mar 5 4513924
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$178.65 14yrs+
 Su 9:00am-5:00pm Jan 8 4513923

FLEETWOOD 1 Session \$178.65 14yrs+
 Su 9:00am-5:00pm Jan 8 4513923
Sport & Leisure Aquatics

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 10:30am-6:30pm Feb 4 4513910

CLOVERDALE 2 Sessions \$182.25 14yrs+
 Sa-Su 9:00am-5:00pm Mar 4 4513911
Cloverdale Recreation Centre

FLEETWOOD 4 Sessions \$182.25 14yrs+
 Th, Tu 5:30pm-9:30pm Feb 16 4513916

FLEETWOOD 2 Sessions \$182.25 14yrs+
 Sa-Su 9:00am-5:00pm Jan 7 4513913

FLEETWOOD 2 Sessions \$182.25 14yrs+
 Th-F 9:00am-5:00pm Feb 23 4513914

FLEETWOOD 2 Sessions \$182.25 14yrs+
 Su 9:00am-5:00pm Mar 26 4513915
Sport & Leisure Aquatics

GUILDFORD 2 Sessions \$182.25 14yrs+
 Th-F 8:30am-4:30pm Jan 26 4513917

GUILDFORD 2 Sessions \$182.25 14yrs+
 Th-F 8:30am-4:30pm Jan 26 4513917
Guildford Recreation Centre

NEWTON 2 Sessions \$182.25 14yrs+
 Sa-Su 9:00am-5:00pm Mar 11 4513918

NEWTON 2 Sessions \$182.25 14yrs+
 Sa-Su 9:00am-5:00pm Mar 11 4513918
Newton Recreation Centre

SOUTH 2 Sessions \$182.25 14yrs+
 Sa-Su 9:00am-5:00pm Jan 21 4513920

SOUTH 2 Sessions \$182.25 14yrs+
 Sa-Su 9:00am-5:00pm Jan 21 4513920
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 10:30am-6:30pm Feb 5 4513936

CLOVERDALE 1 Session \$90.75 14yrs+
 Su 9:00am-5:00pm Mar 5 4513935
Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$90.75 14yrs+
 Th, Tu 5:30pm-9:30pm Feb 23 4513939

FLEETWOOD 1 Session \$90.75 14yrs+
 Su 9:00am-5:00pm Jan 8 4513937

FLEETWOOD 1 Session \$90.75 14yrs+
 F 9:00am-5:00pm Feb 24 4513938

FLEETWOOD 1 Session \$90.75 14yrs+
 Su 9:00am-5:00pm Apr 2 4513942
Sport & Leisure Aquatics

GUILDFORD 1 Session \$90.75 14yrs+
 F 8:30am-4:30pm Jan 27 4513940

GUILDFORD 1 Session \$90.75 14yrs+
 F 8:30am-4:30pm Jan 27 4513940
Guildford Recreation Centre

NEWTON 1 Session \$90.75 14yrs+
 Su 9:00am-5:00pm Mar 12 4513941

NEWTON 1 Session \$90.75 14yrs+
 Su 9:00am-5:00pm Mar 12 4513941
Newton Recreation Centre

SOUTH 1 Session \$90.75 14yrs+
 Su 9:00am-5:00pm Jan 22 4513943

SOUTH 1 Session \$90.75 14yrs+
 Su 9:00am-5:00pm Jan 22 4513943
Grandview Heights Aquatic Centre

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

AQUATIC LEADERSHIP & FIRST AID

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. **January to March schedule:**

NORTH	SOUTH	SPORT & LEISURE	GUILDFORD	GRANDVIEW HEIGHTS
Tuesday /Thursday	Saturday	Tuesday /Thursday	Friday	Monday/Wednesday
3:30pm-4pm	1pm-2pm	5:30pm-6:30pm	4pm-5pm	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 Feb 27 4512668
Sport & Leisure Aquatics

GUILDFORD 2 Sessions \$303.75 15yrs+
F 4:00pm-8:00pm Feb 3 4512538
Guildford Recreation Centre

NORTH 2 Sessions \$303.75 15yrs+
Sa-Su 12:30pm-4:30pm Jan 14 4512651
North Surrey Recreation Centre

SOUTH 2 Sessions \$303.75 15yrs+
Su 1:00pm-5:00pm Jan 8 4512530
M 4:00pm-8:00pm Feb 27 4512510
Grandview Heights Aquatic Centre

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

FLEETWOOD 10 Sessions \$626.25 15yrs+
M-F Feb 27 - Mar 24 4512841
Sport & Leisure Aquatics

GUILDFORD 8 Sessions \$626.25 15yrs+
F-Su Feb 3 - Mar 5 4513014
Guildford Recreation Centre

NORTH 8 Sessions \$626.25 15yrs+
Sa-Su Jan 14 - Feb 12 4513139
North Surrey Recreation Centre

SOUTH 10 Sessions \$626.25 15yrs+
M-F Feb 27 - Mar 24 4514295

SOUTH 8 Sessions \$626.25 15yrs+
Su Jan 8 - Mar 5 4512840
Grandview Heights Aquatic Centre

Water Safety Instructor (WSI) - Module 2

FLEETWOOD 8 Sessions \$332.25 15yrs+
Tu-F Mar 14 - Mar 24 4512564
Sport & Leisure Aquatics

GUILDFORD 6 Sessions \$332.25 15yrs+
Sa-Su Feb 18 - Mar 5 4512578
Guildford Recreation Centre

NORTH 6 Sessions \$332.25 15yrs+
Sa-Su Jan 28 - Feb 12 4512796
North Surrey Recreation Centre

SOUTH 8 Sessions \$332.25 15yrs+
Tu-F Mar 14 - Mar 24 4512554

SOUTH 6 Sessions \$332.25 15yrs+
Sa Jan 28 - Mar 4 4512824
Su Jan 29 - Mar 5 4512569
Grandview Heights Aquatic Centre

Water Safety Instructor (WSI) Recertification

FLEETWOOD 1 Session \$119.50 16yrs+
Tu 4:30pm-9:30pm Feb 28 4513883
Th 4:30pm-9:30pm Mar 30 4514308
Sport & Leisure Aquatics

GUILDFORD 1 Session \$119.50 16yrs+
Tu 4:30pm-9:30pm Jan 31 4513884
Guildford Recreation Centre

NORTH 1 Session \$119.50 16yrs+
W 4:00pm-9:00pm Feb 22 4514307
Su 4:00pm-9:00pm Mar 26 4513887
North Surrey Recreation Centre

SOUTH 1 Session \$119.50 16yrs+
W 4:30pm-9:30pm Jan 25 4513886
Grandview Heights Aquatic Centre



National Lifeguard (NL) - Pool

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

FLEETWOOD 6 Sessions \$436.30 16yrs+
Su-F 10:00am-6:00pm Mar 19 4513149
Sport & Leisure Aquatics

GUILDFORD 6 Sessions \$436.30 16yrs+
Su 9:30am-5:30pm Jan 15 4513164
Su-F 9:00am-5:00pm Mar 19 4513167
Guildford Recreation Centre

NORTH 6 Sessions \$436.30 16yrs+
Sa-Su 9:00am-5:00pm Feb 18 4513259
Su-F 9:00am-5:00pm Mar 12 4513262
North Surrey Recreation Centre

SOUTH 9 Sessions \$436.30 16yrs+
F 4:30pm-10:00pm Jan 13 4513154

SOUTH 6 Sessions \$436.30 16yrs+
Su-F 9:00am-5:00pm Mar 12 4513161
Grandview Heights Aquatic Centre

SOUTH 6 Sessions \$436.30 16yrs+
Sa-M, F 10:00am-6:00pm Feb 11 4513269
South Surrey Indoor Pool

National Lifeguard (NL) - Waterpark

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

FLEETWOOD 4 Sessions \$285.50 16yrs+
F-M 5:00pm-9:00pm Feb 10 4513144
Sport & Leisure Aquatics

GUILDFORD 4 Sessions \$285.50 16yrs+
Sa-Su 9:30am-5:00pm Mar 25 4514310
Guildford Recreation Centre

National Lifeguard (NL) - Waterpark - Recertification

Re-certification for NL waterpark award. Prerequisite: NL waterpark. Proof must be shown at course.

FLEETWOOD 1 Session \$95 16yrs+
Su 9:00am-5:00pm Feb 12 4513893
Sport & Leisure Aquatics

GUILDFORD 1 Session \$95 16yrs+
Su 9:00am-5:00pm Apr 2 4514311
Guildford Recreation 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 \$125.90 16yrs+
Su 9:00am-5:30pm Jan 22 4513894
Su 9:00am-5:30pm Feb 19 4513895
Sport & Leisure Aquatics

GUILDFORD 1 Session \$125.90 16yrs+
Su 9:00am-5:30pm Mar 12 4513902
Guildford Recreation Centre

NORTH 1 Session \$125.90 16yrs+
Su 8:30am-5:00pm Jan 8 4513900
M 8:30am-5:00pm Feb 13 4513899
Su 8:30am-5:00pm Mar 19 4513898
North Surrey Recreation 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.



Lifeguard NEW

DEVELOPMENT SCHOOL

Career training for prospective lifeguards and for current aquatic professionals wanting to further develop their skillset. Each module has a theme but no two sessions are the same. The topics and activities change each time.

WE ARE CURRENTLY OFFERING 4 MODULES:

- Leadership and Communication
- Training and Fitness
- Swim Instruction
- First Aid

Leadership and Communication

This module focuses on further developing your skills as a leader and teaches you strategies to manage difficult Public Relations scenarios while maintaining professional and providing excellent customer service.

FLEETWOOD 1 Session \$8.50 16yrs+
 Su 2:00pm-4:00pm Jan 22 4516433
 Su 2:00pm-4:00pm Feb 26 4516434
Sport & Leisure Aquatics

Training and Fitness

Further develop your skills with scanning drills, practice your physical standards, review aquatic rescue procedures such as spinal and get challenged with complex rescue scenarios. Prerequisite: NL Pool award.

SOUTH 1 Session \$8.50 16yrs+
 M 7:30pm-9:30pm Jan 16 4516116
 Su 5:30pm-7:30pm Feb 5 4516437
Grandview Heights Aquatic Centre

FLEETWOOD 1 Session \$8.50 16yrs+
 Th 7:00pm-9:00pm Jan 12 4516435
 M 7:00pm-9:00pm Feb 13 4516436
 W 6:30pm-8:30pm Mar 15 4514343
Sport & Leisure Aquatics

Swim Instruction

Participants will learn strategies for instructing swim lessons under the guidance of BC's top Water Safety Instructor Trainers. The Lifeguard Development program prepares candidates for employment in any aquatic organization by supplementing the candidates WSI certificate with ongoing instructional skill development and must-have knowledge and skills needed to be successful in today's aquatic work environment.

GUILDFORD 1 Session \$8.50 16yrs+
 Th 5:30pm-7:30pm Feb 9 4513922
 M 5:30pm-7:30pm Mar 20 4514344
Guildford Recreation Centre

First Aid Module

This module focuses on further developing your skills and knowledge as a first aid attendant. Review your scene assessment, primary survey and secondary survey and get challenged with complex rescue scenarios. Prerequisite: Standard First Aid

FLEETWOOD 1 Session \$8.50 16yrs+
 M 5:00pm-7:00pm Jan 9 4513921
 W 5:00pm-7:00pm Feb 8 4516438
 Tu 5:00pm-7:00pm Mar 7 4514345
Sport & Leisure Aquatics

Lifesaving Instructor (LSI)

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

FLEETWOOD 4 Sessions \$294.20 16yrs+
 Sa-Su 10:00am-5:00pm Jan 14 4513337

FLEETWOOD 3 Sessions \$294.20 16yrs+
 F-Su 9:00am-5:30pm Feb 17 4513885
Sport & Leisure Aquatics

GUILDFORD 4 Sessions \$294.20 16yrs+
 M,Tu,Th,F 9:30am-4:00pm Mar 13 4513877
Guildford Recreation Centre

SOUTH 4 Sessions \$294.20 16yrs+
 M-Th 3:00pm-9:00pm Mar 20 4513281
Grandview Heights Aquatic Centre

SOUTH 4 Sessions \$294.20 16yrs+
 Sa-Su 10:00am-5:00pm Jan 28 4513888
South Surrey Indoor Pool

Lifesaving Instructor (LSI) Recertification

This four hour clinic re-certifies your Lifesaving Instructor Award. Proof of LSI must be shown at course.

FLEETWOOD 1 Session \$124 16yrs+
 Th 5:00pm-9:00pm Mar 9 4513881
Sport & Leisure Aquatics

GUILDFORD 1 Session \$124 16yrs+
 Sa 2:00pm-6:00pm Jan 21 4513882
Guildford Recreation Centre

SOUTH 1 Session \$124 16yrs+
 Tu 5:00pm-9:00pm Feb 21 4513880
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 \$114.55 14yrs+
 Sa 9:00am-5:00pm Jan 14 4513905
 Su 9:00am-5:00pm Mar 26 4514330
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$114.55 14yrs+
 Th 9:00am-5:00pm Mar 9 4513903
Sport & Leisure Aquatics

GUILDFORD 1 Session \$114.55 14yrs+
 W 9:00am-5:00pm Feb 15 4513904
Guildford Recreation Centre

Emergency First Aid and CPR C

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

CLOVERDALE 1 Session \$120.15 14yrs+
 Sa 10:30am-6:30pm Feb 4 4514341
 Sa 9:00am-5:00pm Mar 4 4514342

Cloverdale Recreation Centre

FLEETWOOD 2 Sessions 120.15 14yrs+
 Th, Tu 5:30pm-9:30pm Feb 16 4513908

FLEETWOOD 1 Session \$120.15 14yrs+
 Sa 9:00am-5:00pm Jan 7 4513906
 Th 9:00am-5:00pm Feb 23 4513907
 Su 9:00am-5:00pm Mar 26 4514338

Sport & Leisure Aquatics

GUILDFORD 1 Session \$120.15 14yrs+
 Th 8:30am-4:30pm Jan 26 4513909

Guildford Recreation Centre

NEWTON 1 Session \$120.15 14yrs+
 Sa 9:00am-5:00pm Mar 11 4514745

Newton Recreation Centre

SOUTH 1 Session \$120.15 14yrs+
 Sa 9:00am-5:00pm Jan 21 4514340

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 10:30am-6:30pm Feb 4 4514334
 Sa 9:00am-5:00pm Mar 4 4514335

Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$80 14yrs+
 Th, Tu 5:30pm-9:30pm Feb 16 4514333

FLEETWOOD 1 Session \$80 14yrs+
 Sa 9:00am-5:00pm Jan 7 4514331
 Th 9:00am-5:00pm Feb 23 4514332
 Su 9:00am-5:00pm Mar 26 4514339

Sport & Leisure Aquatics

GUILDFORD 1 Session \$80 14yrs+
 Th 8:30am-4:30pm Jan 26 4514337

Guildford Recreation Centre

NEWTON 1 Session \$80 14yrs+
 Sa 9:00am-5:00pm Mar 11 4514744

Newton Recreation Centre

SOUTH 1 Session \$80 14yrs+
 Sa 9:00am-5:00pm Jan 21 4514336

Grandview Heights Aquatic Centre

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 \$414.75 16yrs+
 Tu,Th,Sa Jan 10 - Jan 21 4513273

Sport & Leisure Aquatics

Instructor Aquafit Module

This is the fitness module required to complete registration as a BCRPA Aquacise Instructor. Includes 4 practicum hours. Theory course is a prerequisite.

FLEETWOOD 3 Sessions \$309.75 16yrs+
 Sa, Su Mar 11 - Mar 18 4513274

Sport & Leisure Aquatics

Time to RE-CERTIFY?

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

Arenas

www.surrey.ca/arenas

Lace-up Those Skates

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

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

CLOVERDALE ARENA

604-502-6410 6090 176 Street

NORTH SURREY RECREATION CENTRE

604-502-6300 10275 City Parkway

NEWTON ARENA

604-501-5044 7120 136B Street

SURREY SPORT AND LEISURE COMPLEX

604-501-5881 16555 Fraser Hwy

SOUTH SURREY ARENA

604-502-6200 2199 148 Street

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.

NO SKATES? NO PROBLEM!

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



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.

CLOVERDALE ARENA 6090 176 Street **604-502-6410**

Effective January 2 - March 10

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Skate	10:45am - 12:15pm				6:15pm - 7:45pm		
Family Skate							2:00pm - 3:30pm
Parent & Child Hockey <input checked="" type="checkbox"/>							12:30pm - 1:45pm
Recreational Hockey <input checked="" type="checkbox"/>				12noon - 1:30pm			
Youth Hockey					8:00pm - 9:15pm		
All programs cancelled on:	Cancelled Jan 2						

NEWTON ARENA 7120 136B Street **604-501-5044**

Effective January 2 - March 10

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Skate	11:30am - 12:45pm Cancelled Jan 2						12noon - 1:30pm
Family Skate					6:30pm - 8:00pm		
Parent & Tot		9:30am - 11:00am		9:30am - 11:00am			
Adult Skate			11:30am - 12:45pm				

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

Effective January 2 - March 10

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Skate	11:15am - 12:45pm Cancelled Jan 2		6:30pm - 8:00pm		11:15am - 12:45pm 8:15pm - 9:30pm	12noon - 1:30pm	
Family Skate					6:30pm - 8:00pm	1:45pm - 3:15pm	
Stick and Puck <input checked="" type="checkbox"/>			11:45am - 1:15pm				
Power Skating Level 2			6:15pm - 7:00pm				
Recreational Hockey <input checked="" type="checkbox"/>	11:45am - 1:15pm				11:45am - 1:15pm		
Youth Hockey			7:15pm - 8:30pm				
All programs cancelled on:						Cancelled Mar 11	

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

Effective January 2 - March 10

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Skate				4:30pm - 5:45pm		1:00pm - 2:30pm	
Parent & Tot	9:00am - 11:00am 1:00pm - 2:00pm		9:00am - 11:00am 1:00pm - 2:00pm				
Adult Skate		11:45am - 1:00pm					
Stick and Puck <input checked="" type="checkbox"/>					11:45am - 1:00pm		
All programs cancelled on:	Cancelled Jan 2				Cancelled Feb 17	Cancelled Feb 25	

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

Effective January 2 - March 10

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

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.

Arena Rentals

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

Birthday Parties

Seasonal - Fall to Spring.

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

CITY OF SURREY **ANNUAL**
RECREATION PASS
BUY A 1 YEAR PASS BETWEEN DECEMBER 1 AND JANUARY 31 - RECEIVE AN EXTRA MONTH FREE!
www.surrey.ca/recreation



PRESCHOOL

Skate Lessons

CHANGES

SPORT & LEISURE ARENAS SOUTH SURREY ARENA

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

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

Skate Lessons



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

See page 42 for more information.

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* for parent and child.**

CLOVERDALE	10 Sessions \$83	2-3yrs
W	3:15pm-3:45pm	Jan 4 4510397
W	4:45pm-5:15pm	Jan 4 4510393
W	5:15pm-5:45pm	Jan 4 4510396
CLOVERDALE	9 Sessions \$74.75	2-3yrs
Sa	12:45pm-1:15pm	Jan 7 4510388
Sa	1:15pm-1:45pm	Jan 7 4510389
Sa	2:45pm-3:15pm	Jan 7 4510394

Cloverdale Arena

FLEETWOOD	10 Sessions \$83	2-3yrs
M, W	9:30am-10:00am	Feb 6 4510401
FLEETWOOD	9 Sessions \$74.75	2-3yrs
W, M	9:30am-10:00am	Jan 4 4510400
FLEETWOOD	8 Sessions \$66.50	2-3yrs
M-Th	10:00am-10:30am	Mar 13 4510410
FLEETWOOD	7 Sessions \$58.25	2-3yrs
Sa	9:45am-10:15am	Jan 7 4510403
Sa	10:15am-10:45am	Jan 7 4510409
Sa	10:45am-11:15am	Jan 7 4510404
Sa	11:15am-11:45am	Jan 7 4510405

Sport & Leisure Arenas

NEWTON	9 Sessions \$74.75	2-3yrs
Su	2:00pm-2:30pm	Jan 8 4510415
M	6:00pm-6:30pm	Jan 9 4510417

Newton Arena

NORTH	8 Sessions \$66.50	2-3yrs
Su	9:45am-10:15am	Jan 8 4510411
Su	10:45am-11:15am	Jan 8 4510412

North Surrey Arena

SOUTH	10 Sessions \$83	2-3yrs
M, W	9:00am-9:30am	Feb 6 4510419

SOUTH	9 Sessions \$74.75	2-3yrs
W, M	9:00am-9:30am	Jan 4 4510420

SOUTH	8 Sessions \$66.50	2-3yrs
Sa	10:45am-11:15am	Jan 7 4510422

Sa	11:15am-11:45am	Jan 7 4510423
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Sa	11:45am-12:15pm	Jan 7 4510424
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Sa	12:15pm-12:45pm	Jan 7 4510425
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South Surrey Arena

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

CITY OF SURREY ^{ANNUAL} RECREATION PASS

BUY A 1 YEAR PASS BETWEEN DECEMBER 1 AND JANUARY 31 - RECEIVE AN EXTRA MONTH FREE!

www.surrey.ca/recreation

19TH ANNUAL

Winter ICE PALACE

at Cloverdale Arena 6090 176 Street

Dec 17, 2016 - Jan 2, 2017

The arena will be transformed into a winter wonderland, complete with an old fashioned pond - fun for the whole family!

SUN	MON	TUE	WED	THU	FRI	SAT
						Dec 17 1pm - 6:30pm
Dec 18 12pm - 6pm	Dec 19 11am - 6pm	Dec 20 11am - 7pm	Dec 21 12pm - 6:30pm	Dec 22 12pm - 6:30pm	Dec 23 12pm - 6:30pm	Dec 24 12pm - 3pm
Dec 25 12pm - 3pm	Dec 26 2:45pm - 6:30pm	Dec 27 12pm - 8pm	Dec 28 12noon - 8pm	Dec 29 12pm - 8pm	Dec 30 12pm - 8pm	Dec 31 12pm - 4pm
Jan 1 12pm - 4pm	Jan 2 12pm - 5pm					

\$4.50 per person | \$3.25 skate rentals | \$1.75 Helmet Rentals

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.

CLOVERDALE	10 Sessions \$83	3-5yrs
W	3:15pm-3:45pm	Jan 4 4510687
W	4:15pm-4:45pm	Jan 4 4510688
CLOVERDALE	9 Sessions \$74.75	3-5yrs
Sa	12:45pm-1:15pm	Jan 7 4510691
Sa	1:45pm-2:15pm	Jan 7 4510692
Sa	2:45pm-3:15pm	Jan 7 4510693

Cloverdale Arena

FLEETWOOD	10 Sessions \$83	3-5yrs
M, W	4:00pm-4:30pm	Feb 6 4510714
M, W	4:30pm-5:00pm	Feb 6 4510716
M, W	5:30pm-6:00pm	Feb 6 4510719
FLEETWOOD	9 Sessions \$74.75	3-5yrs
W, M	4:00pm-4:30pm	Jan 4 4510713
W, M	4:30pm-5:00pm	Jan 4 4510717
W, M	5:30pm-6:00pm	Jan 4 4510721

FLEETWOOD	8 Sessions \$66.50	3-5yrs
M-Th	9:00am-9:30am	Mar 13 4510720
M-Th	10:00am-10:30am	Mar 13 4513625
M-Th	11:00am-11:30am	Mar 13 4513627

FLEETWOOD	7 Sessions \$58.25	3-5yrs
Sa	9:45am-10:15am	Jan 7 4510709
Sa	10:45am-11:15am	Jan 7 4510710

Sport & Leisure Arenas

NEWTON	10 Sessions \$83	3-5yrs
Tu, Th	9:30am-10:00am	Jan 3 4510738
Tu, Th	10:00am-10:30am	Jan 3 4510733
Tu, Th	10:30am-11:00am	Jan 3 4510732
Tu, Th	9:30am-10:00am	Feb 7 4510739
Tu, Th	10:00am-10:30am	Feb 7 4510735
Tu, Th	10:30am-11:00am	Feb 7 4510734
NEWTON	9 Sessions \$74.75	3-5yrs
Su	2:00pm-2:30pm	Jan 8 4510744
Su	3:00pm-3:30pm	Jan 8 4510746
M	6:00pm-6:30pm	Jan 9 4510741
M	6:30pm-7:00pm	Jan 9 4510742

Newton Arena

NORTH	8 Sessions \$66.50	3-5yrs
Tu, Th	5:15pm-5:45pm	Jan 3 4510726
Tu, Th	6:15pm-6:45pm	Jan 3 4510725
Su	9:45am-10:15am	Jan 8 4510728
Su	10:45am-11:15am	Jan 8 4510729

NORTH	6 Sessions \$49.75	3-5yrs
Tu, Th	5:15pm-5:45pm	Jan 31 4510724
Tu, Th	6:15pm-6:45pm	Jan 31 4510727
Tu, Th	5:15pm-5:45pm	Feb 21 4512936
Tu, Th	6:15pm-6:45pm	Feb 21 4512937

North Surrey Arena

SOUTH	9 Sessions \$74.75	3-5yrs
W, M	5:00pm-5:30pm	Jan 4 4510771
W, M	6:00pm-6:30pm	Jan 4 4510772
M, W	5:00pm-5:30pm	Feb 6 4510769
M, W	6:00pm-6:30pm	Feb 6 4510770

SOUTH	8 Sessions \$66.50	3-5yrs
Sa	10:45am-11:15am	Jan 7 4510775
Sa	11:45am-12:15pm	Jan 7 4510776

South Surrey Arena

Skate Preschool - Lev. 1

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.**

FLEETWOOD	10 Sessions \$83	3-5yrs
M, W	9:30am-10:00am	Feb 6 4510795
M, W	10:30am-11:00am	Feb 6 4510796
M, W	12:30pm-1:00pm	Feb 6 4510800

FLEETWOOD	9 Sessions \$74.75	3-5yrs
W, M	9:30am-10:00am	Jan 4 4510793
W, M	10:30am-11:00am	Jan 4 4510794
W, M	12:30pm-1:00pm	Jan 4 4510799

Sport & Leisure Arenas

SOUTH	10 Sessions \$83	3-5yrs
M, W	9:00am-9:30am	Feb 6 4510789
M, W	10:00am-10:30am	Feb 6 4510790
M, W	1:00pm-1:30pm	Feb 6 4510792

SOUTH	9 Sessions \$74.75	3-5yrs
W, M	9:00am-9:30am	Jan 4 4510787
W, M	10:00am-10:30am	Jan 4 4510788
W, M	1:00pm-1:30pm	Jan 4 4513434

South Surrey Arena

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	10 Sessions \$83	3-5yrs
M, W	10:00am-10:30am	Feb 6 4510809
M, W	11:00am-11:30am	Feb 6 4510811
M, W	12:30pm-1:00pm	Feb 6 4510815

FLEETWOOD	9 Sessions \$74.75	3-5yrs
W, M	10:00am-10:30am	Jan 4 4510808
W, M	11:00am-11:30am	Jan 4 4510812
W, M	12:30pm-1:00pm	Jan 4 4510814

Sport & Leisure Arenas

SOUTH	10 Sessions \$83	3-5yrs
M, W	9:30am-10:00am	Feb 6 4510802
M, W	10:30am-11:00am	Feb 6 4510805
M, W	1:00pm-1:30pm	Feb 6 4510806

SOUTH	9 Sessions \$74.75	3-5yrs
W, M	9:30am-10:00am	Jan 4 4510804
W, M	10:30am-11:00am	Jan 4 4510803
W, M	1:00pm-1:30pm	Jan 4 4513439

South Surrey Arena



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

See page 42 for more information.

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	10 Sessions \$83	3-5yrs
M, W	10:00am-10:30am	Feb 6 4512998
M, W	11:00am-11:30am	Feb 6 4512999
M, W	12:30pm-1:00pm	Feb 6 4513003

FLEETWOOD	9 Sessions \$74.75	3-5yrs
W, M	10:00am-10:30am	Jan 4 4512996
W, M	11:00am-11:30am	Jan 4 4512997
W, M	12:30pm-1:00pm	Jan 4 4513002

Sport & Leisure Arenas

SOUTH	10 Sessions \$83	3-5yrs
M, W	9:30am-10:00am	Feb 6 4512990
M, W	10:30am-11:00am	Feb 6 4512991
M, W	1:00pm-1:30pm	Feb 6 4512994

SOUTH	9 Sessions \$74.75	3-5yrs
W, M	9:30am-10:00am	Jan 4 4512992
W, M	10:30am-11:00am	Jan 4 4512993
W, M	1:00pm-1:30pm	Jan 4 4513468

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	10 Sessions \$83	3-5yrs
M, W	10:30am-11:00am	Feb 6 4510836
M, W	1:00pm-1:30pm	Feb 6 4510839

FLEETWOOD	9 Sessions \$74.75	3-5yrs
W, M	10:30am-11:00am	Jan 4 4510835
W, M	1:00pm-1:30pm	Jan 4 4510838

Sport & Leisure Arenas

SOUTH	10 Sessions \$83	3-5yrs
M, W	10:00am-10:30am	Feb 6 4510832
M, W	1:30pm-2:00pm	Feb 6 4510834

SOUTH	9 Sessions \$74.75	3-5yrs
W, M	10:00am-10:30am	Jan 4 4510833
W, M	1:30pm-2:00pm	Jan 4 4513469

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	10 Sessions \$83	3-5yrs
M, W	10:30am-11:00am	Feb 6 4510845
M, W	1:00pm-1:30pm	Feb 6 4510849

FLEETWOOD	9 Sessions \$74.75	3-5yrs
W, M	10:30am-11:00am	Jan 4 4510844
W, M	1:00pm-1:30pm	Jan 4 4510847

Sport & Leisure Arenas

SOUTH	10 Sessions \$83	3-5yrs
M, W	10:00am-10:30am	Feb 6 4510841
M, W	1:30pm-2:00pm	Feb 6 4510843

SOUTH	9 Sessions \$74.75	3-5yrs
W, M	10:00am-10:30am	Jan 4 4510842
W, M	1:30pm-2:00pm	Jan 4 4513490

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	10 Sessions \$83	3-5yrs
M, W	10:00am-10:30am	Feb 6 4510855
M, W	1:00pm-1:30pm	Feb 6 4510858

FLEETWOOD	9 Sessions \$74.75	3-5yrs
W, M	10:00am-10:30am	Jan 4 4510853
W, M	1:00pm-1:30pm	Jan 4 4510856

Sport & Leisure Arenas

SOUTH	10 Sessions \$83	3-5yrs
M, W	9:30am-10:00am	Feb 6 4510850
M, W	1:30pm-2:00pm	Feb 6 4510852

SOUTH	9 Sessions \$74.75	3-5yrs
W, M	9:30am-10:00am	Jan 4 4510851
W, M	1:30pm-2:00pm	Jan 4 4513494

South Surrey Arena

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.**

FLEETWOOD	10 Sessions \$83	3-5yrs
M, W	10:00am-10:30am	Feb 6 4510864
M, W	1:00pm-1:30pm	Feb 6 4510867

FLEETWOOD	9 Sessions \$74.75	3-5yrs
W, M	10:00am-10:30am	Jan 4 4510862
W, M	1:00pm-1:30pm	Jan 4 4510865

Sport & Leisure Arenas

SOUTH	10 Sessions \$83	3-5yrs
M, W	9:30am-10:00am	Feb 6 4510859
M, W	1:30pm-2:00pm	Feb 6 4510861

SOUTH	9 Sessions \$74.75	3-5yrs
W, M	9:30am-10:00am	Jan 4 4510860
W, M	1:30pm-2:00pm	Jan 4 4513495

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.**

FLEETWOOD	10 Sessions \$83	3-5yrs
M, W	10:00am-10:30am	Feb 6 4510871
M, W	1:00pm-1:30pm	Feb 6 4510877

FLEETWOOD	9 Sessions \$74.75	3-5yrs
W, M	10:00am-10:30am	Jan 4 4510869
W, M	1:00pm-1:30pm	Jan 4 4510875

Sport & Leisure Arenas

SOUTH	10 Sessions \$83	3-5yrs
M, W	9:30am-10:00am	Feb 6 4510872
M, W	1:30pm-2:00pm	Feb 6 4510874

SOUTH	9 Sessions \$7
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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.

FLEETWOOD	9 Sessions \$74.25	Jan 4
W, M	4:00pm-4:30pm	4513128 6-9yrs
W, M	4:30pm-5:00pm	4513125 10-13yrs
W, M	5:00pm-5:30pm	4513114 7-9yrs
W, M	5:30pm-6:00pm	4513113 4-6yrs
W, M	6:00pm-6:30pm	4513115 10-12yrs
W, M	6:30pm-7:00pm	4513116 13-18yrs
FLEETWOOD	10 Sessions \$83	Feb 6
M, W	4:00pm-4:30pm	4513127 6-9yrs
M, W	4:30pm-5:00pm	4513129 10-13yrs
M, W	5:00pm-5:30pm	4513118 7-9yrs
M, W	5:30pm-6:00pm	4513117 4-6yrs
M, W	6:00pm-6:30pm	4513119 10-12yrs
M, W	6:30pm-7:00pm	4513120 13-18yrs

Surrey Sport and Leisure Complex



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

See page 42 for more information.

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	Feb 17 4512307

Sport & Leisure Arenas

**LOOKING FOR
SPRING BREAK
DAY CAMPS?
SEE PAGES 67 - 69**

Skate

This is a 7 level learn to skate program designed to introduce your child to the wonderful world of skating. **CSA certified Helmet* required.**

CLOVERDALE	10 Sessions \$76	6-16yrs
W	3:45pm-4:15pm	Jan 4 4510439
W	4:45pm-5:15pm	Jan 4 4510440
W	5:15pm-5:45pm	Jan 4 4510441
CLOVERDALE	9 Sessions \$68.50	6-16yrs
Sa	1:15pm-1:45pm	Jan 7 4510445
Sa	2:15pm-2:45pm	Jan 7 4510446
Sa	3:15pm-3:45pm	Jan 7 4510447

Cloverdale Arena

FLEETWOOD	10 Sessions \$76	6-16yrs
M, W	5:00pm-5:30pm	Feb 6 4510451
M, W	6:00pm-6:30pm	Feb 6 4510452
M, W	6:30pm-7:00pm	Feb 6 4510453
M, W	7:00pm-7:30pm	Feb 6 4510454

FLEETWOOD	9 Sessions \$68.50	6-16yrs
W, M	5:00pm-5:30pm	Jan 4 4510457
W, M	6:00pm-6:30pm	Jan 4 4510458
W, M	6:30pm-7:00pm	Jan 4 4510459
W, M	7:00pm-7:30pm	Jan 4 4510464

FLEETWOOD	8 Sessions \$61	6-16yrs
M-Th	9:30am-10:00am	Mar 13 4510466
M-Th	10:30am-11:00am	Mar 13 4513622
M-Th	11:30am-12noon	Mar 13 4513624

FLEETWOOD	7 Sessions \$53.50	6-16yrs
Sa	10:15am-10:45am	Jan 7 4510455
Sa	11:15am-11:45am	Jan 7 4510456
Sa	11:45am-12:15pm	Jan 7 4510462

Sport & Leisure Arenas

NEWTON	9 Sessions \$68.50	6-16yrs
Su	2:30pm-3:00pm	Jan 8 4510490
Su	3:00pm-3:30pm	Jan 8 4510496
Su	3:30pm-4:00pm	Jan 8 4510491
Su	4:00pm-4:30pm	Jan 8 4510492
M	7:00pm-7:30pm	Jan 9 4510484
M	7:30pm-8:00pm	Jan 9 4510486
M	8:00pm-8:30pm	Jan 9 4510485

Newton Arena

NORTH	8 Sessions \$61	6-16yrs
Tu, Th	5:45pm-6:15pm	Jan 3 4510469
Tu, Th	6:45pm-7:15pm	Jan 3 4510470
Tu, Th	7:15pm-7:45pm	Jan 3 4510471
Su	10:15am-10:45am	Jan 8 4510478
Su	11:15am-11:45am	Jan 8 4510479
Su	11:45am-12:15pm	Jan 8 4510480

NORTH	6 Sessions \$45.75	6-16yrs
Tu, Th	5:45pm-6:15pm	Jan 31 4510472
Tu, Th	6:45pm-7:15pm	Jan 31 4510473
Tu, Th	7:15pm-7:45pm	Jan 31 4510474
Tu, Th	5:45pm-6:15pm	Feb 21 4512943
Tu, Th	6:45pm-7:15pm	Feb 21 4512944
Tu, Th	7:15pm-7:45pm	Feb 21 4512945

North Surrey Arena

SOUTH	9 Sessions \$68.50	6-16yrs
W, M	4:30pm-5:00pm	Jan 4 4510509
W, M	5:30pm-6:00pm	Jan 4 4510500
W, M	6:30pm-7:00pm	Jan 4 4510501
M, W	4:30pm-5:00pm	Feb 6 4510504
M, W	5:30pm-6:00pm	Feb 6 4510498
M, W	6:30pm-7:00pm	Feb 6 4510499

SOUTH	8 Sessions \$61	6-16yrs
Sa	11:15am-11:45am	Jan 7 4510505
Sa	12:15pm-12:45pm	Jan 7 4510506

South Surrey Arena



Homeschool

This program is for homeschool children aged 4 years and up. It is a 30 minute class with extra time to practice.

CSA certified Helmet* required.

FLEETWOOD	10 Sessions \$76	4-18yrs
Th	1:00pm-2:30pm	Jan 5 4510512

Sport & Leisure Arenas

Youth

Skate

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

FLEETWOOD	10 Sessions \$76	12-16yrs
M, W	7:00pm-7:30pm	Feb 6 4510778

FLEETWOOD	9 Sessions \$68.50	12-16yrs
W, M	7:00pm-7:30pm	Jan 4 4510777

FLEETWOOD	7 Sessions \$53.50	12-16yrs
Sa	11:45am-12:15pm	Jan 7 4510785

Sport & Leisure Arenas

NEWTON	9 Sessions \$68.50	12-16yrs
Su	3:30pm-4:00pm	Jan 8 4510783

Newton Arena

NORTH	8 Sessions \$61	12-16yrs
Tu, Th	5:15pm-5:45pm	Jan 3 4510780

NORTH	6 Sessions \$45.75	12-16yrs
Tu, Th	5:15pm-5:45pm	Jan 31 4512938
Tu, Th	5:15pm-5:45pm	Feb 21 4512939

North Surrey Arena

Adults

Skate

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

CSA certified Helmet* required.

CLOVERDALE	9 Sessions \$81	12yrs+
Sa	3:15pm-3:45pm	Jan 7 4510356

Cloverdale Arena

FLEETWOOD	10 Sessions \$90.25	16yrs+
M, W	11:00am-11:30am	Feb 6 4510359
M, W	7:00pm-7:30pm	Feb 6 4510362

FLEETWOOD	9 Sessions \$81	16yrs+
W, M	11:00am-11:30am	Jan 4 4510358
W, M	7:00pm-7:30pm	Jan 4 4510361

Sport & Leisure Arenas

NEWTON	9 Sessions \$81	16yrs+
Su	4:00pm-4:30pm	Jan 8 4510371
M	8:00pm-8:30pm	Jan 9 4510369

Newton Arena

NORTH	8 Sessions \$72	16yrs+
Tu, Th	7:15pm-7:45pm	Jan 3 4510364
Su	11:45am-12:15pm	Jan 8 4510367

NORTH	6 Sessions \$54	16yrs+
Tu, Th	7:15pm-7:45pm	Jan 31 4510365
Tu, Th	7:15pm-7:45pm	Feb 21 4512940

North Surrey Arena

SOUTH	10 Sessions \$90.25	16yrs+
M, W	10:30am-11:00am	Feb 6 4510373

SOUTH	9 Sessions \$81	16yrs+
W, M	10:30am-11:00am	Jan 4 4510374
W, M	6:30pm-7:00pm	Jan 4 4510377

SOUTH	9 Sessions \$81	16yrs+
M, W	6:30pm-7:00pm	Feb 6 4510376

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.

FLEETWOOD 6 Sessions \$44.25 3-5yrs
Su 8:45am-9:45am Jan 8 4511323

FLEETWOOD 5 Sessions \$37 3-5yrs
M-F 11:00am-12noon Mar 20 4511504
M-F 11:00am-12noon Mar 27 4511509
Sport & Leisure Arenas

SOUTH 9 Sessions \$66.25 3-5yrs
Sa 2:45pm-3:45pm Jan 7 4511339
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.

CLOVERDALE 5 Sessions \$46 6-12yrs
F 4:45pm-6:00pm Jan 6 4511284
F 4:45pm-6:00pm Feb 10 4511285
Cloverdale Arena

FLEETWOOD 6 Sessions \$55.25 6-12yrs
Su 10:00am-11:15am Jan 8 4511302

FLEETWOOD 5 Sessions \$37 6-12yrs
M-F 12:15pm-1:30pm Mar 13 4511301
M-F 12:15pm-1:30pm Mar 20 4511304
Sport & Leisure Arenas

SOUTH 9 Sessions \$82.75 6-12yrs
Sa 4:00pm-5:15pm Jan 7 4511307
South Surrey Arena

Power Skating - Level 1

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

FLEETWOOD 6 Sessions \$71.75 6yrs+
Tu 3:30pm-4:15pm Jan 3 4511426

FLEETWOOD 5 Sessions \$59.75 6yrs+
Tu 3:30pm-4:15pm Feb 14 4511427
Sport & Leisure Arenas

Power Skating Level 2

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

FLEETWOOD 6 Sessions \$71.75 6yrs+
Tu 4:15pm-5:00pm Jan 3 4511434
Tu 5:15pm-6:00pm Jan 3 4511435

FLEETWOOD 5 Sessions \$59.75 6yrs+
Tu 4:15pm-5:00pm Feb 14 4511436
Tu 5:15pm-6:00pm Feb 14 4511437

M-F 10:00am-10:45am Mar 20 4511516
M-F 10:00am-10:45am Mar 27 4511519

Sport & Leisure Arenas

SOUTH 8 Sessions \$95.25 6yrs+
Sa 5:30pm-6:15pm Jan 7 4511455
South Surrey Arena

NOW AVAILABLE FOR DAILY REGISTRATION

NORTH 6 Sessions \$71.75 6yrs+
W 6:15pm-7:00pm Jan 4 4512107

NORTH 5 Sessions \$59.75 6yrs+
W 6:15pm-7:00pm Feb 15 4512108

North Surrey Arena

Scrimmage

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.

CLOVERDALE 11 Sessions \$74.25 13-18yrs
F 8:00pm-9:15pm Jan 6 4511317

Cloverdale Arena

NORTH 11 Sessions \$74.25 13-18yrs
W 7:15pm-8:30pm Jan 4 4512001

North Surrey Arena

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.

FLEETWOOD 7 Sessions \$64.50 6yrs+
Sa 2:15pm-3:30pm Jan 7 4509604

Sport & Leisure Arenas

Co-ed Learn to Play - Level 1

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

FLEETWOOD 6 Sessions \$60 19yrs+
Su 11:30am-12:45pm Jan 8 4511309

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

NEWTON 10 Sessions \$199 6-10yrs
Sa 12:45pm-2:00pm Jan 7 4511378

Newton Arena

Goalies - Children

For Children's Powerplay Hockey League Goalies.

NEWTON 10 Sessions \$100 6-10yrs
Sa 12:45pm-2:00pm Jan 7 4511402

Newton Arena

Powerplay - Youth

NEWTON 10 Sessions \$199 11-15yrs
Sa 3:45pm-5:00pm Jan 7 4511405

Newton Arena

Goalies - Youth

For Youth wanting to play goal for Powerplay Hockey League.

NEWTON 10 Sessions \$100 11-15yrs
Sa 3:45pm-5:00pm Jan 7 4511409

Newton Arena

INFORMATION
604-501-5875

REGISTER
604-501-5100

Co-ed Learn to Play - Level 2

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

NEWTON 6 Sessions \$60 19yrs+
W 8:00pm-9:15pm Feb 8 4511313

NEWTON 5 Sessions \$50.25 19yrs+
W 8:00pm-9:15pm Jan 4 4511311

Newton Arena

Sports

www.surrey.ca/recreation

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.

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 6 Sessions \$33.25 3-5yrs
Sa 11:15am-12noon Jan 28 4511208

CLOVERDALE 6 Sessions \$41.50 5-7yrs
Sa 11:00am-12noon Jan 28 4506541

Cloverdale Recreation Centre

CLOVERDALE 8 Sessions \$44.25 3-5yrs
W 10:15am-11:00am Jan 18 4511207

Don Christian Recreation Centre

GUILDFORD 6 Sessions \$33.25 3-5yrs
Th 4:30pm-5:15pm Feb 2 4513138

GUILDFORD 6 Sessions \$41.50 6-8yrs
Th 3:15pm-4:15pm Feb 2 4513356

Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$41.50 6-9yrs
Sa 2:00pm-3:00pm Jan 21 4510235

GUILDFORD 5 Sessions \$27.75 3-5yrs
Su 11:15am-12noon Jan 22 4511114

Guildford Recreation Centre

NEWTON 8 Sessions \$55.25 6-12yrs
Sa 4:00pm-5:00pm Jan 21 4510637

NEWTON 4 Sessions \$22.25 3-5yrs
Tu 10:15am-11:00am Feb 14 4512535

Newton Recreation Centre

SOUTH 9 Sessions \$49.75 3-4yrs
W 9:45am-10:30am Jan 11 4512494

SOUTH 9 Sessions \$49.75 3-5yrs
F 10:00am-10:45am Jan 13 4512491

SOUTH 9 Sessions \$49.75 3-5yrs
F 3:15pm-4:00pm Jan 13 4512493

SOUTH 9 Sessions \$49.75 4-5yrs
Tu 11:00am-11:45am Jan 10 4512492

SOUTH 9 Sessions \$62 5-7yrs
W 3:00pm-4:00pm Jan 11 4512081

SOUTH 8 Sessions \$44.25 3-4yrs
Sa 10:00am-10:45am Jan 14 4512495

South Surrey Recreation & Arts Centre

I AM Game Introduction to Sport

PARENT PARTICIPATION REQUIRED

CLOVERDALE 6 Sessions \$25 2-3yrs

Sa 10:15am-11:00am Jan 28 4511265

Cloverdale Recreation Centre

CLOVERDALE 7 Sessions \$29 1.5-3yrs

Sa 9:00am-9:45am Jan 21 4511263

Hazelgrove Elementary

GUILDFORD 6 Sessions \$25 2-3yrs

W 6:15pm-7:00pm Jan 18 4511092

Guildford Recreation Centre

NEWTON 4 Sessions \$16.75 1.5-3yrs

Tu 9:15am-10:00am Feb 14 4512532

Newton Recreation Centre

SOUTH 9 Sessions \$37.25 2-3yrs

Tu 10:00am-10:45am Jan 10 4512504

W 10:45am-11:30am Jan 11 4512503

W 5:15pm-6:00pm Jan 11 4512499

SOUTH 9 Sessions \$37.25 1.5-2yrs

F 9:00am-9:45am Jan 13 4512500

SOUTH 8 Sessions \$33.25 1.5-2yrs

Sa 9:00am-9:45am Jan 14 4512501

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 Jan 24 4509633

Cloverdale 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. Learn the basic skills and strategies through games and activities. Delivered in partnership with SportAbility.

NEWTON 8 Sessions \$55.25 6yrs+

M 4:15pm-5:30pm Jan 23 4509603

To Be Determined

Table Tennis

Learn basic skills. Improve fitness and coordination. Footwork, backhand and forehand strokes will be introduced.

SOUTH 9 Sessions \$62 8-11yrs

Tu 3:15pm-4:15pm Jan 10 4512063

SOUTH 9 Sessions \$62 11-14yrs

Tu 4:15pm-5:15pm Jan 10 4512064

South Surrey Recreation & Arts Centre

Badminton

Learn basic defensive and offensive shots. Learn about scoring, rules and strategy through introductory level game play.

FLEETWOOD 8 Sessions \$55.25 6-9yrs
F 3:30pm-4:30pm Jan 20 4509742

FLEETWOOD 8 Sessions \$55.25 10-13yrs
F 4:30pm-5:30pm Jan 20 4509743
Fleetwood Community Centre

GUILDFORD 9 Sessions \$62 6-8yrs
Tu 3:15pm-4:15pm Jan 10 4512418

GUILDFORD 9 Sessions \$62 9-12yrs
Tu 4:30pm-5:30pm Jan 10 4512419
Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$41.50 6-12yrs
Sa 10:30am-11:30am Jan 21 4510198
Guildford Recreation Centre

NEWTON 8 Sessions \$55.25 6-9yrs
W 4:00pm-5:00pm Jan 18 4510215

NEWTON 8 Sessions \$55.25 10-12yrs
W 5:00pm-6:00pm Jan 18 4510216

NEWTON 8 Sessions \$45.50 13-18yrs
W 6:00pm-7:00pm Jan 18 4511305
Newton Recreation Centre

NORTH 6 Sessions \$41.50 6-12yrs
Tu 4:15pm-5:15pm Jan 24 4513422

NORTH 6 Sessions \$34.25 13-18yrs
Tu 5:30pm-6:30pm Jan 24 4513344
Chuck Bailey Recreation Centre

SOUTH 9 Sessions \$62 6-9yrs
Tu 3:15pm-4:15pm Jan 10 4511464

SOUTH 9 Sessions \$62 9-12yrs
Tu 4:15pm-5:15pm Jan 10 4511465

SOUTH 8 Sessions \$55.25 6-9yrs
Sa 9:00am-10:00am Jan 14 4511466

SOUTH 9 Sessions \$51.25 13-16yrs
Tu 5:15pm-6:15pm Jan 10 4511384

SOUTH 8 Sessions \$45.50 13-16yrs
Sa 12noon-1:00pm Jan 14 4511385

SOUTH 9 Sessions \$42 18yrs+
Tu 12noon-1:00pm Jan 10 4504035

SOUTH 8 Sessions \$37.25 18yrs+
M 8:30am-9:30am Jan 9 4504034
South Surrey Recreation & Arts Centre

Pickle Ball

Learn basic Pickle Ball skills and rules. Improve fitness, balance, and agility.

CLOVERDALE 8 Sessions \$53.25 18yrs+
Tu 9:00am-10:30am Jan 17 4513953
Cloverdale Recreation Centre

SOUTH 9 Sessions \$59.75 19yrs+
F 10:00am-11:30am Jan 13 4503981

SOUTH 8 Sessions \$53.25 19yrs+
Sa 1:15pm-2:45pm Jan 14 4503982

SOUTH 8 Sessions \$37.25 19yrs+
M 9:45am-10:45am Jan 9 4503984

M 6:45pm-7:45pm Jan 9 4503983
South Surrey Recreation & Arts Centre

Fencing

Learn the latest techniques in basic footwork, parry maneuvers and rules.

GUILDFORD 7 Sessions \$98.50 10-12yrs
Sa 1:15pm-2:45pm Jan 14 4512345

GUILDFORD 7 Sessions \$98.50 13-18yrs
Sa 11:45am-1:15pm Jan 14 4512346

GUILDFORD 7 Sessions \$98.50 19yrs+
Sa 11:45am-1:15pm Jan 14 4512344
Guildford Recreation Centre

Horseback Riding

Introduction to English horseback riding and horsemanship in an indoor arena.

SOUTH 7 Sessions \$350 8-18yrs
Tu 6:15pm-7:15pm Jan 17 4512541
Tu 6:15pm-7:15pm Mar 7 4512542
Semiahmoo Stables

Horseback Riding

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

SOUTH 7 Sessions \$350 18yrs+
Tu 7:30pm-8:30pm Jan 17 4512539
Tu 7:30pm-8:30pm Mar 7 4512540
Semiahmoo Stables

Horseback Riding

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

PARENT PARTICIPATION IS REQUIRED
SOUTH 7 Sessions \$299 4-7yrs
Sa 1:00pm-2:00pm Jan 21 4512544
Su 1:00pm-2:00pm Jan 22 4512543
Sa 1:00pm-2:00pm Mar 11 4512546
Su 1:00pm-2:00pm Mar 12 4512545
Semiahmoo Stables

Ku Yu Kai - Level 1

Have fun learning traditional Go-Ju-Ryu karate. Chief instructor brings over 35 years experience. Students learn at their own pace with a focus on self discipline.

NORTH 19 Sessions \$133 6-12yrs
M, W 6:00pm-7:00pm Jan 9 4509283

NORTH 19 Sessions \$152 13-18yrs
M, W 7:00pm-8:30pm Jan 9 4509277

NORTH 10 Sessions \$100 13-18yrs
W 7:00pm-8:30pm Jan 11 4509279

NORTH 9 Sessions \$90 13-18yrs
M 7:00pm-8:30pm Jan 9 4509278

NORTH 19 Sessions \$152 19yrs+
M, W 7:00pm-8:30pm Jan 9 4508104

NORTH 10 Sessions \$100 19yrs+
W 7:00pm-8:30pm Jan 11 4508107

NORTH 9 Sessions \$90 19yrs+
M 7:00pm-8:30pm Jan 9 4508106
Chuck Bailey Recreation Centre

Ku Yu Kai - Level 2

Have fun learning traditional Go-Ju-Ryu karate. Chief instructor brings over 35 years experience. Students learn at their own pace with a focus on self discipline.

NORTH 19 Sessions \$152 6-12yrs
M, W 7:00pm-8:30pm Jan 9 4509285

Chuck Bailey Recreation Centre

Kyokushin Karate

Self-defence, conditioning and stretching will be emphasized in this program.

NEWTON 9 Sessions \$40 6-12yrs
W, M 6:00pm-7:00pm Mar 1 4510894

NEWTON 9 Sessions \$50 13yrs+
W, M 7:00pm-9:00pm Mar 1 4510905

NEWTON 8 Sessions \$40 6-12yrs
W, M 6:00pm-7:00pm Jan 4 4510892

NEWTON 8 Sessions \$50 13yrs+
W, M 7:00pm-9:00pm Jan 4 4510903

NEWTON 7 Sessions \$40 6-12yrs
W, M 6:00pm-7:00pm Feb 1 4510893

NEWTON 7 Sessions \$50 13yrs+
W, M 7:00pm-9:00pm Feb 1 4510904

To Be Determined

Yoshinkan Karate-Do

This powerful, dynamic martial art emphasizes natural body movements and the total development of the individual. Challenging workouts are complemented with relaxation techniques and stress management.

FLEETWOOD 16 Sessions \$105 17yrs+
W 7:00pm-8:00pm Jan 18 4512205
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.

GUILDFORD 19 Sessions \$131 14-18yrs
F 7:00pm-8:00pm Jan 6 4512552
Tu 8:15pm-9:15pm

GUILDFORD 19 Sessions \$130.75 19yrs+
F 7:00pm-8:00pm Jan 6 4512574
Tu 8:15pm-9:15pm
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.

GUILDFORD 19 Sessions \$131 8-13yrs
Sa 11:15am-12:15pm Jan 7 4510250
Th 5:45pm-6:45pm
Guildford Recreation Centre

Tae Kwon Do Level 2

This is an intermediate program in which participants will continue to learn basic self-defense techniques, develop physical conditioning, and build individual self-esteem.

GUILDFORD 19 Sessions \$131 7-13yrs
Sa 12:30pm-1:30pm Jan 7 4510251
Tu 5:45pm-6:45pm

Sa 1:45pm-2:45pm Jan 7 4510252
Th 7:00pm-8:00pm

GUILDFORD 19 Sessions \$131 14-18yrs
Sa 4:15pm-5:15pm Jan 7 4512553
Th 8:15pm-9:15pm

GUILDFORD 19 Sessions \$130.75 19yrs+
Sa 4:15pm-5:15pm Jan 7 4512575
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.

GUILDFORD 19 Sessions \$131 7-13yrs
Sa 3:00pm-4:00pm Jan 7 4510254
Tu 7:00pm-8:00pm

GUILDFORD 18 Sessions \$124 7-13yrs
W, F 5:45pm-6:45pm Jan 11 4510255
Guildford Recreation Centre

Gymnastics

Explore a variety of movements that build coordination, balance, and flexibility. Learn basic gymnastic skills and terminology.

SOUTH 9 Sessions \$62 5-7yrs
Th 3:15pm-4:15pm Jan 12 4511038

SOUTH 9 Sessions \$62 8-10yrs
Th 4:15pm-5:15pm Jan 12 4511039

SOUTH 8 Sessions \$55.25 5-7yrs
Sa 1:30pm-2:30pm Jan 14 4511036

SOUTH 8 Sessions \$55.25 8-10yrs
Sa 2:30pm-3:30pm Jan 14 4511037
South Surrey Recreation & Arts Centre

Basketball

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

CLOVERDALE 7 Sessions \$48.25 6-7yrs
W 3:30pm-4:30pm Jan 25 4506523

CLOVERDALE 7 Sessions \$48.25 8-10yrs
W 4:45pm-5:45pm Jan 25 4506524

CLOVERDALE 7 Sessions \$48.25 10-12yrs
W 6:00pm-7:00pm Jan 25 4506525

CLOVERDALE 6 Sessions \$33.25 4-6yrs
F 3:15pm-4:00pm Jan 27 4511245

CLOVERDALE 6 Sessions \$41.50 5-7yrs
Sa 12:15pm-1:15pm Jan 28 4506537
Cloverdale Recreation Centre

CLOVERDALE 7 Sessions \$38.75 3-5yrs
Sa 10:00am-10:45am Jan 21 4511257

CLOVERDALE 7 Sessions \$48.25 5-7yrs
Sa 11:00am-12noon Jan 21 4506533
Hazelgrove Elementary

FLEETWOOD 6 Sessions \$33.25 4-6yrs
Sa 11:30am-12:15pm Jan 21 4513299
Fleetwood Community Centre

FLEETWOOD 7 Sessions \$48.25 8-12yrs
M 5:00pm-6:00pm Jan 16 4509750
Walnut Road Elementary School

GUILDFORD 6 Sessions \$33.25 3-5yrs
Tu 4:45pm-5:30pm Jan 24 4512467

GUILDFORD 6 Sessions \$41.50 6-8yrs
Tu 3:30pm-4:30pm Jan 24 4512464

GUILDFORD 6 Sessions \$41.50 9-12yrs
Tu 5:45pm-6:45pm Jan 24 4512465
Fraser Heights Recreation Centre

GUILDFORD 8 Sessions \$55.25 6-8yrs
Tu 3:15pm-4:15pm Jan 17 4510209

GUILDFORD 8 Sessions \$55.25 9-12yrs
Tu 4:30pm-5:30pm Jan 17 4510210

GUILDFORD 8 Sessions \$44.25 13-18yrs
Tu 5:45pm-6:45pm Jan 17 4512338

GUILDFORD 5 Sessions \$34.50 6-8yrs
Su 2:15pm-3:15pm Jan 22 4510208

GUILDFORD 5 Sessions \$34.50 9-12yrs
Su 3:30pm-4:30pm Jan 22 4510207
Guildford Recreation Centre

NEWTON 8 Sessions \$55.25 6-9yrs
Sa 11:30am-12:30pm Jan 21 4510274

Sa 12:30pm-1:30pm Jan 21 4510275

NEWTON 8 Sessions \$55.25 10-12yrs
Sa 1:30pm-2:30pm Jan 21 4510276

NEWTON 8 Sessions \$44.25 13-18yrs
Sa 2:45pm-3:45pm Jan 21 4511373
Newton Recreation Centre

NORTH 6 Sessions \$41.50 6-12yrs
W 3:30pm-4:30pm Jan 25 4513440
Chuck Bailey Recreation Centre

SOUTH 8 Sessions \$44.25 3-5yrs
Su 2:45pm-3:30pm Jan 8 4509790

SOUTH 8 Sessions \$44.25 4-6yrs
Su 3:45pm-4:30pm Jan 8 4509789

SOUTH 8 Sessions \$55.25 6-9yrs
Su 4:30pm-5:30pm Jan 8 4509792

SOUTH 8 Sessions \$55.25 9-12yrs
Su 5:30pm-6:30pm Jan 8 4509794
Kensington Prairie Community Centre

SOUTH 9 Sessions \$62 6-9yrs
Tu 3:15pm-4:15pm Jan 10 4511557

SOUTH 9 Sessions \$62 9-12yrs
Tu 4:15pm-5:15pm Jan 10 4511561

SOUTH 9 Sessions \$49.75 13-18yrs
Tu 6:15pm-7:15pm Jan 10 4511517

SOUTH 8 Sessions \$55.25 6-9yrs
Sa 9:00am-10:00am Jan 14 4511563

Sa 10:00am-11:00am Jan 14 4511558

SOUTH 8 Sessions \$55.25 9-12yrs
Sa 11:00am-12noon Jan 14 4511562
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 Jan 24 4509632
Cloverdale Recreation Centre

Basketball for Girls

Skill building and fun game play for girls only. For beginner level players.

CLOVERDALE 7 Sessions \$48.25 8-11yrs
W 3:30pm-4:30pm Jan 25 4506526
Cloverdale Recreation Centre

SOUTH 9 Sessions \$62 8-12yrs
Tu 5:15pm-6:15pm Jan 10 4512056
South Surrey Recreation & Arts 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 Jan 22 4512247

FLEETWOOD 8 Sessions \$55.25 10-13yrs
Su 4:00pm-5:00pm Jan 22 4512249
Fleetwood Community Centre

GUILDFORD 6 Sessions \$33.25 4-6yrs
Sa 11:30am-12:15pm Jan 21 4513148
Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$41.50 6-8yrs
Th 3:15pm-4:15pm Jan 19 4510223

GUILDFORD 6 Sessions \$41.50 9-12yrs
Th 4:30pm-5:30pm Jan 19 4510224
Guildford Recreation Centre

NEWTON 7 Sessions \$48.25 6-9yrs
M 4:00pm-5:00pm Jan 16 4510590

NEWTON 7 Sessions \$48.25 10-12yrs
M 5:10pm-6:10pm Jan 16 4510591
Newton Recreation Centre

SOUTH 9 Sessions \$49.75 4-6yrs
W 3:15pm-4:00pm Jan 11 4512527

SOUTH 9 Sessions \$62 5-7yrs
W 4:15pm-5:15pm Jan 11 4512007

SOUTH 9 Sessions \$62 8-10yrs
W 5:30pm-6:30pm Jan 11 4512008
South Surrey Recreation & Arts 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 6 Sessions \$33.25 4-6yrs
F 4:15pm-5:00pm Jan 27 4511260

CLOVERDALE 6 Sessions \$41.50 6-9yrs
F 5:00pm-6:00pm Jan 27 4506529
Cloverdale Recreation Centre

CLOVERDALE 6 Sessions \$41.50 6-8yrs
Th 3:15pm-4:15pm Jan 26 4506530

CLOVERDALE 6 Sessions \$41.50 9-12yrs
Th 4:30pm-5:30pm Jan 26 4506531
Don Christian Recreation Centre

GUILDFORD 6 Sessions \$33.25 3-5yrs
Sa 10:45am-11:30am Jan 21 4511113
Guildford Recreation Centre

Floorball

PARENT PARTICIPATION IS REQUIRED.

GUILDFORD 6 Sessions \$25 2-3yrs
Sa 9:45am-10:30am Jan 21 4511090
Guildford Recreation Centre

Soccer Indoor

Learn basic soccer skills in a fun and co-operative way.

CLOVERDALE 6 Sessions \$33.25 3-5yrs
F 4:00pm-4:45pm Jan 27 4511202

F 6:00pm-6:45pm Jan 27 4511203
Sa 12:15pm-1:00pm Jan 28 4511201

CLOVERDALE 6 Sessions \$41.50 5-6yrs
M 4:15pm-5:15pm Jan 23 4506519

CLOVERDALE 6 Sessions \$41.50 7-9yrs
M 5:30pm-6:30pm Jan 23 4506520

CLOVERDALE 6 Sessions \$41.50 9-12yrs
M 6:45pm-7:45pm Jan 23 4506521
Cloverdale Recreation Centre

CLOVERDALE 7 Sessions \$48.25 5-7yrs
Sa 12noon-1:00pm Jan 21 4506534
Hazelgrove Elementary

FLEETWOOD 8 Sessions \$55.25 6-9yrs
W 4:15pm-5:15pm Jan 18 4512300

FLEETWOOD 8 Sessions \$55.25 10-13yrs
W 6:15pm-7:15pm Jan 18 4512302

FLEETWOOD 6 Sessions \$33.25 3-5yrs
Sa 10:30am-11:15am Jan 21 4512598
Fleetwood Community Centre

GUILDFORD 6 Sessions \$33.25 3-5yrs
F 4:30pm-5:15pm Jan 27 4513425

GUILDFORD 6 Sessions \$41.50 6-8yrs
M 4:30pm-5:30pm Jan 23 4512440

M 5:45pm-6:45pm Jan 23 4512439
Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$41.50 6-8yrs
F 3:15pm-4:15pm Jan 20 4510248

GUILDFORD 6 Sessions \$41.50 9-12yrs
F 4:30pm-5:30pm Jan 20 4510249

GUILDFORD 5 Sessions \$27.75 3-5yrs
Su 12:15pm-1:00pm Jan 22 4511117

Su 1:15pm-2:00pm Jan 22 4511118
Guildford Recreation Centre

NEWTON 8 Sessions \$44.25 3-5yrs
Su 12noon-12:45pm Jan 22 4511992

NEWTON 8 Sessions \$55.25 6-9yrs
Su 1:00pm-2:00pm Jan 22 4510675

Su 2:00pm-3:00pm Jan 22 4510676
NEWTON 8 Sessions \$55.25 10-12yrs

Su 3:00pm-4:00pm Jan 22 4510677
Newton Recreation Centre

NORTH 6 Sessions \$41.50 9-12yrs
Sa 10:15am-11:15am Jan 21 4513290
Bridgeview Community Centre

NORTH 6 Sessions \$41.50 6-12yrs
M 3:30pm-4:30pm Jan 23 4513482
Chuck Bailey Recreation Centre

SOUTH 8 Sessions \$44.25 4-6yrs
Sa 10:00am-10:45am Jan 14 4512517

SOUTH 8 Sessions \$55.25 6-9yrs
Sa 10:45am-11:45am Jan 14 4512129
Jessie Lee Elementary School

SOUTH 8 Sessions \$44.25 3-5yrs
Tu 5:30pm-6:15pm Jan 10 4509810

SOUTH 7 Sessions \$38.75 3-5yrs
M 4:45pm-5:30pm Jan 9 4509799

SOUTH 7 Sessions \$38.75 4-6yrs
M 5:30pm-6:15pm Jan 9 4509800
Kensington Prairie Community Centre

SOUTH 9 Sessions \$49.75 4-5yrs
Tu 9:00am-9:45am Jan 10 4512515

W 11:45am-12:30pm Jan 11 4512516
F 4:15pm-5:00pm Jan 13 4512511

SOUTH 9 Sessions \$49.75 4-6yrs
Th 3:15pm-4:00pm Jan 12 4512513

F 11:00am-11:45am Jan 13 4512518
SOUTH 9 Sessions \$49.75 5-6yrs

F 5:00pm-5:45pm Jan 13 4512514
SOUTH 9 Sessions \$62 5-7yrs

Th 4:15pm-5:15pm Jan 12 4512130
SOUTH 9 Sessions \$62 6-9yrs

W 4:00pm-5:00pm Jan 11 4512217
SOUTH 9 Sessions \$62 8-12yrs

Th 5:15pm-6:15pm Jan 12 4512131
SOUTH 8 Sessions \$44.25 4-6yrs

Sa 11:00am-11:45am Jan 14 4512512
South Surrey Recreation & Arts Centre

Soccer Indoor

PARENT PARTICIPATION IS REQUIRED.

CLOVERDALE 6 Sessions \$25 2-3yrs
F 5:00pm-5:45pm Jan 27 4511204
Cloverdale Recreation Centre

CLOVERDALE 8 Sessions \$33.25 2-4yrs
W 9:15am-10:00am Jan 18 4511205
Don Christian Recreation Centre

FLEETWOOD 6 Sessions \$25 2-3yrs
Sa 9:30am-10:15am Jan 21 4512474
Fleetwood Community Centre

GUILDFORD 6 Sessions \$25 2-3yrs
Sa 10:30am-11:15am Jan 21 4513146
Fraser Heights Recreation Centre

NEWTON 8 Sessions \$33.25 2-3yrs
Su 11:00am-11:45am Jan 22 4511960
Newton Recreation Centre

SOUTH 8 Sessions \$33.25 2-3yrs
Sa 9:00am-9:45am Jan 14 4512524
Jessie Lee Elementary School

SOUTH 8 Sessions \$33.25 2-3yrs
Tu 4:45pm-5:30pm Jan 10 4509802

SOUTH 7 Sessions \$29 2-3yrs
M 6:15pm-7:00pm Jan 9 4509801
Kensington Prairie Community Centre

SOUTH 8 Sessions \$33.25 2-3yrs
Sa 11:45am-12:30pm Jan 14 4512526
South Surrey Recreation & Arts Centre

Soccer Indoor for Girls

CLOVERDALE 6 Sessions \$41.50 7-11yrs
Sa 1:15pm-2:15pm Jan 28 4506528
Cloverdale Recreation Centre

FLEETWOOD 8 Sessions \$55.25 8-13yrs
W 3:15pm-4:15pm Jan 18 4512304
Fleetwood Community Centre

Power Soccer

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.

CLOVERDALE 8 Sessions \$55.25 6yrs+
Su 1:00pm-2:15pm Jan 22 4509631
Cloverdale Recreation Centre

Volleyball

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

CLOVERDALE 7 Sessions \$48.25 8-12yrs
Tu 7:00pm-8:00pm Jan 24 4506532
A.J. McLellan Elementary School

GUILDFORD 8 Sessions \$55.25 8-12yrs
Th 5:45pm-6:45pm Jan 19 4513162

GUILDFORD 8 Sessions \$45.50 13-18yrs
Th 7:00pm-8:00pm Jan 19 4506455
Fraser Heights Recreation Centre

GUILDFORD 8 Sessions \$55.25 9-12yrs
W 3:30pm-4:30pm Jan 18 4510256

GUILDFORD 8 Sessions \$45.50 13-18yrs
W 5:00pm-6:00pm Jan 18 4512348
Guildford Recreation Centre

NORTH 6 Sessions \$41.50 10-12yrs
Th 4:15pm-5:15pm Jan 26 4513491
Chuck Bailey Recreation Centre

SOUTH 8 Sessions \$55.25 6-8yrs
F 3:30pm-4:30pm Jan 13 4510430

SOUTH 8 Sessions \$55.25 9-12yrs
F 4:30pm-5:30pm Jan 13 4510431
Kensington Prairie Community Centre

SOUTH 8 Sessions \$55.25 8-12yrs
M 4:30pm-5:30pm Jan 9 4512043

SOUTH 8 Sessions \$45.50 13-18yrs
M 5:30pm-6:30pm Jan 9 4512052
South Surrey Recreation & Arts Centre

Volleyball for Girls

CLOVERDALE 7 Sessions \$48.25 9-12yrs
W 5:00pm-6:00pm Jan 25 4506527
Cloverdale Recreation Centre

SOUTH 8 Sessions \$55.25 9-12yrs
F 5:30pm-6:30pm Jan 13 4511330
Kensington Prairie Community Centre

SOUTH 8 Sessions \$55.25 9-12yrs
M 3:15pm-4:15pm Jan 9 4512049

SOUTH 8 Sessions \$45.50 13-18yrs
M 6:30pm-7:30pm Jan 9 4512078
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 6 Sessions \$41.50 6-9yrs
W 3:15pm-4:15pm Jan 18 4510236
Guildford Recreation Centre

NEWTON 8 Sessions \$55.25 6-12yrs
Sa 5:00pm-6:00pm Jan 21 4510668
Newton Recreation Centre

Badminton Intermediate

Learn intermediate badminton skills, including single and double game play.

GUILDFORD 9 Sessions \$103.50 13-18yrs
F 3:15pm-4:45pm Jan 13 4503987

GUILDFORD 8 Sessions \$78.25 9-12yrs
M 5:15pm-6:15pm Jan 9 4512434
Fraser Heights Recreation Centre

GUILDFORD 8 Sessions \$92 13-18yrs
W 4:30pm-6:00pm Jan 18 4512229

GUILDFORD 6 Sessions \$58.75 6-12yrs
Th 3:15pm-4:15pm Jan 19 4510200

Sa 9:15am-10:15am Jan 21 4510199
Guildford Recreation Centre

SOUTH 8 Sessions \$78.25 9-12yrs
Sa 10:00am-11:00am Jan 14 4511535

SOUTH 5 Sessions \$32.75 19yrs+
Tu 1:15pm-2:15pm Feb 7 4504127

SOUTH 4 Sessions \$26.25 19yrs+
Tu 1:15pm-2:15pm Jan 10 4504126
South Surrey Recreation & Arts Centre

Badminton Performance

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

GUILDFORD 10 Sessions \$218.25 13-18yrs
Su 12:15pm-3:15pm Jan 8 4503989

GUILDFORD 8 Sessions \$92 13-18yrs
M 3:30pm-5:00pm Jan 9 4503988
Fraser Heights Recreation Centre

GUILDFORD 7 Sessions \$68.50 6-12yrs
Th 4:30pm-5:30pm Jan 19 4510202

GUILDFORD 7 Sessions \$56.50 13-18yrs
Th 5:45pm-6:45pm Jan 19 4512335

GUILDFORD 6 Sessions \$58.75 6-12yrs
Sa 9:15am-10:15am Jan 21 4510201
Guildford Recreation Centre

SOUTH 8 Sessions \$78.25 9-12yrs
Sa 11:00am-12noon Jan 14 4511550
South Surrey Recreation & Arts Centre



Pickle Ball Intermediate

Learn intermediate Pickle Ball skills. Improving fitness through structured game play.

CLOVERDALE 8 Sessions \$74.50 18yrs+
Tu 10:45am-12:15pm Jan 17 4513952
Cloverdale Recreation Centre

SOUTH 5 Sessions \$46.75 19yrs+
F 12noon-1:30pm Feb 10 4503986

SOUTH 4 Sessions \$37.25 19yrs+
F 12noon-1:30pm Jan 13 4503985
South Surrey Recreation & Arts Centre

AthElite Basketball League

All levels welcome to play in this 3 tiered fun, yet competitive basketball league. All coaches are NCCP certified.

CLOVERDALE 22 Sessions \$169 6-8yrs
Sa, Th 4:00pm-5:00pm Jan 14 4513959

CLOVERDALE 22 Sessions \$169 9-10yrs
Sa, Th 5:00pm-6:00pm Jan 14 4513960

CLOVERDALE 22 Sessions \$169 11-12yrs
Sa, Th 6:00pm-7:00pm Jan 14 4513961

Girls Only

CLOVERDALE 22 Sessions \$169 6-8yrs
Su, Th 3:00pm-4:00pm Jan 15 4513962

CLOVERDALE 22 Sessions \$169 9-10yrs
Su, Th 4:00pm-5:00pm Jan 15 4513963

CLOVERDALE 22 Sessions \$169 11-12yrs
Su, Th 5:00pm-6:00pm Jan 15 4513964
Cloverdale Recreation Centre

GUILDFORD 18 Sessions \$169 6-8yrs
Sa 12noon-1:00pm Jan 7 4514229
M 3:30-4:30pm

GUILDFORD 18 Sessions \$169 9-10yrs
Sa 1:00pm-2:00pm Jan 7 4514230
M 4:30-5:30pm

GUILDFORD 18 Sessions \$169 11-12yrs
Sa 2:00pm-3:00pm Jan 7 4514231
M 5:30-6:30pm
Guildford Recreation Centre

SOUTH 20 Sessions \$169 6-8yrs
Su 11:15am-12:15pm Jan 15 4514232
M 3:15pm-4:05pm

SOUTH 20 Sessions \$169 9-10yrs
Su 11:15am-12:15pm Jan 15 4514233
M 4:05pm-5:00pm

SOUTH 20 Sessions \$169 11-12yrs
Su 12:15pm-1:15pm Jan 15 4514234
M 5:00pm-6:00pm
South Surrey Recreation & Arts Centre

Basketball Intermediate

Learn new skills, practice drills and improve your game. For players with some basketball experience.

SOUTH 9 Sessions \$77.50 8-10yrs
F 3:30pm-4:30pm Jan 13 4512149

SOUTH 9 Sessions \$77.50 10-12yrs
F 4:30pm-5:30pm Jan 13 4512150
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 \$152.50 18yrs+
Tu, Th 8:10pm-9:55pm Jan 3 4512053
Coyote Creek Elementary School

GUILDFORD 8 Sessions \$52.25 19yrs+
W 6:00pm-7:30pm Jan 18 4514223
Guildford Recreation Centre

Pickle Ball Tournament

Competitive and recreational tournament

CLOVERDALE 1 Session \$14 13yrs+
Sa 9:00am-3:00pm Jan 7 4503631
Sa 9:00am-3:00pm Jan 7 4503632
Cloverdale Recreation Centre

Soccer Indoor Recreational Play for Women

Build your soccer skills and enjoy indoor game play for women only.

CLOVERDALE 10 Sessions \$66 18yrs+
M 8:00pm-9:30pm Jan 9 4513956
Martha Currie Elementary School

Volleyball Co-ed League

Consists of multiple levels of competition, playoffs and league awards.

GUILDFORD 10 Sessions \$375 19yrs+
M 7:00pm-9:45pm Jan 9 4513840
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 Jan 17 4513957
A.J. McLellan Elementary School

Indoor Tennis Courts NEW

Surrey Tennis Centre 5891 144 Street 778-598-7960

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

Outdoor Tennis Courts

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

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

CITY OF SURREY

ANNUAL

RECREATION PASS

BUY A 1 YEAR PASS BETWEEN DECEMBER 1 AND JANUARY 31 - RECEIVE AN EXTRA MONTH FREE!

www.surrey.ca/recreation



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.

GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 AVENUE Effective January 2 - March 27, 2017							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton – Adult				<input checked="" type="checkbox"/> 6:45pm-8:15pm <input checked="" type="checkbox"/> 8:15pm-9:45pm		<input checked="" type="checkbox"/> 5:45pm-7:45pm	<input checked="" type="checkbox"/> 4:45pm-6:15pm <input checked="" type="checkbox"/> 6:15pm-7:45pm
Badminton – Family							9:00am-12noon
Badminton – 55+ ⁹	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 11:45am-1:00pm	6:15am-8:30am 11:45am-1:00pm	6:15am-8:30am		
Badminton – Youth					5:45pm-7:45pm		12noon-2:00pm
Basketball – Adult		6:00pm - 8:00pm 8:00pm - 9:45pm	<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 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+ ⁹	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				2:45pm-4:30pm
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. ⁹ City-Wide/Town-Centre Seniors Membership required to participate and additional fees may apply.

BRIDGEVIEW COMMUNITY CENTRE 604-592-7081 11475 126A STREET Effective January - March, 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 - 8:00pm				6:00pm - 9:00pm		

Schedule subject to change. Please call ahead to confirm and reserve spots.

FRASER HEIGHTS RECREATION CENTRE 604-592-6920 10588 160 STREET Effective January - March, 2017							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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			12:15pm-2:15pm	10:30am-12noon
Sports – Youth Member	11:00am - 12noon	11:00am - 12noon	11:00am - 12noon	11:00am - 12noon	11:00am - 12noon 7:00pm-10:30pm	11:00am - 12noon 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 January - March, 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			
Basketball – Open	12noon - 2:00pm		1:00pm - 2:00pm			9:15am-11:15am	
Soccer – Adult			12noon-1:00pm <input checked="" type="checkbox"/> 7:00pm-9:00pm				
Pickleball – 55+ ⁹		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+ ⁹		1:00pm-4:00pm		1:00pm-4:00pm			
Sport Pre-teen Membership					4:00pm-5:30pm	4:00pm-5:30pm	
Sport Youth Membership					5:45pm-7:15pm 7:30pm-9:00pm	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 ⁹ City-Wide/Town-Centre Seniors Membership required to participate and additional fees may apply.

CLOVERDALE RECREATION CENTRE 604-598-7960 6188 176 STREET Effective January - March, 2017

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	11:15am - 12:45pm	9:45am - 11:45am	10:30am - 12:30pm	9:15am - 11:15am	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					7:30am - 10:30am	
Pickle Ball – 55+ [‡]	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			6:15pm - 7:45pm
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+ [‡]		1:00pm - 3:00pm		1:30pm - 3:30pm	1:00pm - 3:00pm		
Volleyball – Adult				<input checked="" type="checkbox"/> 8:00pm - 9:45pm			6:15pm - 7:45pm
VALUE TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton	6:00am - 8:45am	6:00am - 8:45am		6:00am - 8:45am	6:00am - 8:45am		
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.
[‡]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 Effective January 3 - March 12, 2017

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton – Adult			<input checked="" type="checkbox"/> 7:00pm - 9:00pm**				8:00am - 9:30am** 9:35am - 11:00am**
Badminton – Family							11:15am - 1:15pm**
Badminton – 55+ [‡]				12:30pm - 3:00pm			
Gym – Family							1:30pm - 3:00pm**
Basketball – Adult							3:15pm - 5:30pm**
Basketball – (grades 5-7)		5:00pm - 7:00pm†		5:00pm - 7:00pm†			
Basketball – (grades 8-12)		7:00pm - 8:30pm†		7:00pm - 8:30pm†		6:00pm - 9:00pm**	3:15pm - 5:30pm**
Volleyball – Adult	7:30pm - 9:30pm**			<input checked="" type="checkbox"/> 7:30pm - 9:30pm**			

Schedule may subject to change. Please call 604-501-5540 to confirm and reserve. Recommended to confirm 24 hours prior for successful registration.
 **Princess Margaret Secondary 12870 72 Avenue †Location to be determined ‡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 Jan 3 - Mar 12, 2017

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton – 55+ [‡]	7:00am-10:30am	7:30am-10:30am	12:45pm-2:45pm*	7:30am-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			
Soccer – Open			7:00pm-9:00pm				
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+ [‡]	12:30pm-2:30pm*	10:45am-12:45am	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+ [‡]		1:00pm-3:00pm		12:45pm-3:00pm			
Table Tennis – Open					7:15pm-9:30pm		1:00pm-4:00pm
Volleyball – Youth	6:00pm-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.
[‡]City-Wide/Town-Centre Seniors Membership required to participate and additional fees may apply.



Fitness & Wellness

www.surrey.ca/register

Get fit with us!

Whether you want to work out in a fully equipped weight room or take a group fitness class, we're ready to help you meet your goals, seven days a week. Our certified instructors can provide personal training sessions or simply help you learn the equipment.

Book your Drop-in spot
Online



You can now sign up early for select drop-ins using our registration website. Just look for this symbol beside the drop-in activity you want to attend.

Look online for the most up-to-date schedule information.
www.surrey.ca/recreation

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. First step to becoming a fitness instructor

FLEETWOOD 6 Sessions \$376 16yrs+
 Tu, Th, Sa 5:30pm-10:00pm Jan 10 4513273
 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.

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 trainers will give you the tips to get started on a safe, balanced and effective workout.

Personal Training

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

	Single	Semi-Private
Initial Consultation (90 minutes)	\$81	\$81 (per person)
Ongoing Sessions (1 hour)	\$54	\$81/group
5 Swipe Pass (for the price of 4)	\$216	\$324/group

Completion of the ParQ+ medical screening form is required before personal training sessions begins. 24 hours advanced notification is required to cancel or re-schedule training sessions.

Weight Rooms

Our state-of-the-art fitness centres are equipped with an assortment of the latest cardio and weight equipment. Look online for a detailed list at your local facility.

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.

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

BOLLYWOOD AEROBICS	Cardio workout combining Indian dance moves to Bollywood music. Family Bollywood - age 6yrs+ welcome.
BOOTCAMP	Increase your strength, stamina, and flexibility with a variety of fitness and athletic conditioning drills.
CARDIO COMBO	Combines a variety of formats such as step, hi/lo, cardio drills or cardio kickbox, including muscle conditioning.
CARDIO KICKBOX	Punch, kick, and sweat your way to improved fitness.
DANCE FIT	Cardio workout featuring dance steps from a variety of dance styles.
HIGH/LOW AEROBICS	Cardio workout combining high and low intensity.
STEP INTERVAL	A high energy workout combining step intervals and muscle conditioning exercises.
SYNRGY CIRCUIT	A full body workout using the multi-station Synrgy functional training unit featuring a variety equipment including TRX.
ZUMBA	A combination of fast and slow aerobic dance rhythms to tone and sculpt the body.

CARDIO: INDOOR CYCLING

SPIN AND STRENGTH	A non-impact cardio workout! The instructor will guide your ride through a terrain of hills and drills. Adjust the intensity to suit your comfort level throughout the ride. Includes muscle conditioning.
SPIN	A non-impact cardio workout! The instructor will guide your ride through a terrain of hills and drills. Adjust the intensity to suit your comfort level throughout the ride.

NON CARDIO

BARRE	Using classical Ballet and Pilates movements, this class will help you strengthen, tone, and stabilize those hard to target areas including the core.
BODY SCULPT	Emphasis is placed on proper technique while working on muscle strength, endurance and flexibility training.
CORE CONDITIONING	Emphasis is placed on your core muscles. Work on proper balance, posture, and stability.
FUNCTIONAL TRAINING	Enhance day to day functionality through high intensity interval training, balance training and core strength using a variety of equipment.
TRX	A body weight strength based workout featuring TRX suspension trainer to build muscle, increase flexibility and strengthen core muscles.

ADULT 55+

BALL, BALANCE AND STRENGTH 55+	This class will introduce you to balance & strength training through the use of stability balls, hand weights and other equipment.
FIT 55+	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.
FIT 55+ LITE (CHAIR EXERCISES)	A low intensity class designed for adults with physical limitations. Class uses both upper and lower body movements and the exercises are done in and out of chairs- with no floor work. Improve circulation and respiration as well as balance, strength and flexibility.
GENTLE FIT 55+	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.
SENIOR CIRCUIT 55+	In this weight room based group exercise program you will use cardio and strength training machines. A great way to familiarize yourself with the weight room equipment.
YOGA 55+	An introduction to yoga. Focuses on stretching and relaxing exercises using a variety of techniques. May include a meditation component.

MIND BODY

YOGA	An introduction to yoga. Focuses on stretching and relaxing exercises using a variety of techniques. May include a meditation component.
GENTLE YOGA	A slower paced class using supported postures and modifications to improve balance, strength and flexibility.
YOGA AND MEDITATION	A traditional Hatha Yoga followed by a structured meditation component to help achieve a clear mind, improve concentration.
FITNESS YOGA	A blend of yoga postures, pilates exercises and fitness moves bringing the mind body element to fitness conditioning.
FITNESS PILATES	Stretching and strengthening movements combined with specific techniques to produce natural, balanced muscle conditioning.
FLOW YOGA	A dynamic series of flowing postures connected by rhythmic breathing almost dance-like, for an invigorating body-mind workout.

Parent Participation

Yoga - Parent and Tot

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

SOUTH	5 Sessions \$30	2-5yrs
Su	10:00am-10:45am	Jan 8 4511412
SOUTH	4 Sessions \$24	2-5yrs
Su	10:00am-10:45am	Feb 19 4511413

South Surrey Recreation & Arts Centre

Yoga - Family

Children and parents (or aunts, uncles, grandparents...) do Yoga together. Yoga poses, breathing exercises, relaxation and games. A great way for families to be active together.

CLOVERDALE	4 Sessions \$14	6yrs+
F	6:30pm-7:30pm	Jan 6 4513811
F	6:30pm-7:30pm	Feb 3 4513812
F	6:30pm-7:30pm	Mar 4 4513813

Cloverdale Recreation Centre

GUILDFORD	4 Sessions \$14	6yrs+
Su	11:00am-12noon	Jan 22 4514256
Su	11:00am-12noon	Feb 19 4514257

Guildford Recreation Centre

SOUTH	8 Sessions \$28	6yrs+
Th	7:00pm-8:00pm	Jan 19 4510622

Kensington Prairie Community Centre

SOUTH	9 Sessions \$23.75	6yrs+
Su	11:15am-12noon	Jan 8 4504678

SOUTH	8 Sessions \$28	6yrs+
M	6:30pm-7:30pm	Jan 9 4504677

South Surrey Recreation & Arts Centre

Children

Dance Fit

Combine the inspiring music of Latin, Hip Hop and other International music with Dance Fitness.

GUILDFORD	6 Sessions \$60	6-12yrs
F	3:30pm-4:30pm	Jan 20 4510219

Guildford Recreation Centre

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!

GUILDFORD	6 Sessions \$60	7-12yrs
F	4:45pm-5:45pm	Jan 20 4510222

Guildford Recreation Centre

Yoga

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

GUILDFORD	6 Sessions \$60	6-12yrs
Su	12:15pm-1:15pm	Jan 22 4510257

Guildford Recreation Centre

SOUTH	5 Sessions \$50	6-12yrs
F	3:30pm-4:30pm	Jan 13 4504675

SOUTH	4 Sessions \$40	6-12yrs
F	3:30pm-4:30pm	Feb 17 4504676

South Surrey Recreation & Arts Centre

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.

SOUTH	6 Sessions \$48	13-18yrs
Th	4:00pm-5:00pm	Jan 5 4509111
Th	4:00pm-5:00pm	Feb 16 4509112

Grandview Heights Aquatic Centre

Weight Training

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

SOUTH	6 Sessions \$48	13-18yrs
Tu	4:00pm-5:00pm	Jan 3 4512243
Tu	4:00pm-5:00pm	Feb 14 4512245

Grandview Heights Aquatic Centre

SOUTH	5 Sessions \$40	13-18yrs
Th	4:00pm-5:00pm	Jan 12 4503524
Th	4:00pm-5:00pm	Feb 16 4503527

South Surrey Recreation & Arts Centre

Yoga

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

SOUTH	5 Sessions \$40	13-18yrs
F	4:45pm-5:45pm	Jan 13 4504680

SOUTH	4 Sessions \$32	13-18yrs
F	4:45pm-5:45pm	Feb 17 4504681

South Surrey Recreation & Arts Centre

Adults & 55+

Bootcamp

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

GUILDFORD	7 Sessions \$46	18yrs+
M	7:30pm-8:30pm	Jan 9 4507747
Su	9:30am-10:30am	Jan 15 4510933
M	7:30pm-8:30pm	Mar 6 4507763

Fraser Heights Recreation Centre

SOUTH	7 Sessions \$46	13yrs+
W, M	5:15pm-6:15pm	Jan 4 4509075
M, W	5:15pm-6:15pm	Jan 30 4509076
M, W	5:15pm-6:15pm	Feb 27 4509096

Grandview Heights Aquatic Centre

Bootcamp Level 2

An advanced level workout that increases strength, stamina and flexibility with a variety of fitness and athletic conditioning drills.

SOUTH	8 Sessions \$52.50	13yrs+
M, W	6:30pm-7:30pm	Feb 27 4509095

SOUTH	7 Sessions \$46	13yrs+
W, M	6:30pm-7:30pm	Jan 4 4509092
M, W	6:30pm-7:30pm	Jan 30 4509093

Grandview Heights Aquatic 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.



Sun Run 10K Clinic

Co-sponsored by the Sports Medicine Council of B.C. This 13 week program of progressive training will prepare you to running or walking the Sun Run. Price includes event day registration and t-shirt, technical training shirt, log book, guest speakers and training buddies.

CLOVERDALE	13 Sessions \$151.25	13yrs+
Tu	6:30pm-8:30pm	Jan 24 4504333

Cloverdale Recreation Centre

FLEETWOOD	13 Sessions \$151.25	13yrs+
Sa	8:30am-10:30am	Jan 21 4515975

Fleetwood Community Centre

GUILDFORD	13 Sessions \$151.25	13yrs+
Sa	9:30am-11:30am	Jan 21 4504651

Fraser Heights Recreation Centre

NORTH	13 Sessions \$151.25	13yrs+
Sa	9:30am-11:30am	Jan 21 4504241

Chuck Bailey Recreation Centre

SOUTH	13 Sessions \$151.25	13yrs+
Su	8:30am-10:30am	Jan 22 4514425

South Surrey Recreation & Arts Centre

Zumba

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

GUILDFORD	8 Sessions \$52.50	13yrs+
M	7:00pm-8:00pm	Jan 16 4514214
Sa	8:30am-9:30am	Jan 21 4514213

Guildford Recreation Centre

NEWTON	10 Sessions \$69	13yrs+
Th	6:00pm-7:00pm	Jan 12 4513480

To Be Determined

NORTH	6 Sessions \$39.50	13yrs+
Th	6:15pm-7:15pm	Jan 5 4508717
Su	10:15am-11:15am	Jan 8 4508720
Th	6:15pm-7:15pm	Feb 16 4508718
Su	10:15am-11:15am	Feb 19 4508721

NORTH	5 Sessions \$32.75	13yrs+
Th	6:15pm-7:15pm	Mar 30 4508719

NORTH	4 Sessions \$26.25	13yrs+
Su	10:15am-11:15am	Apr 2 4508722

Bridgeview Community Centre

SOUTH	9 Sessions \$59	15yrs+
W	6:00pm-7:00pm	Jan 11 4509832

Kensington Prairie Community Centre

Zumba - D.A.E Enterprises

Zumba routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Classes are taught by Daniela Endersby and her associate instructors.

CLOVERDALE	5 Sessions \$42.50	All Ages
W	7:00pm-8:00pm	Mar 1 4513633

CLOVERDALE	4 Sessions \$34	All Ages
W	7:00pm-8:00pm	Jan 4 4513629
M	6:00pm-7:00pm	Jan 9 4513628
W	7:00pm-8:00pm	Feb 1 4513631
M	6:00pm-7:00pm	Feb 6 4513630
M	6:00pm-7:00pm	Mar 6 4513632

Cloverdale Recreation Centre

Spin for Beginners

Learn the basics of this non-impact cycling workout that features a variety of drills including hills, sprints and intervals.

GUILDFORD	8 Sessions \$39.50	13yrs+
Sa	9:00am-9:45am	Jan 21 4514249

Guildford Recreation Centre

SOUTH	10 Sessions \$49.25	15yrs+
W	7:30pm-8:15pm	Jan 4 4504458

SOUTH	8 Sessions \$39.50	15yrs+
M	7:30pm-8:15pm	Jan 9 4504457

South Surrey Recreation & Arts Centre

Spin

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

GUILDFORD	8 Sessions \$39.50	13yrs+
W	6:30pm-7:15pm	Jan 18 4514211
Sa	10:00am-10:45am	Jan 21 4514212

GUILDFORD	7 Sessions \$34.50	13yrs+
M	6:30pm-7:15pm	Jan 16 4514210

Guildford Recreation Centre

Spin and Strength

55+

Build power & strength in a new fun atmosphere! Begin with a 1/2 hr indoor cardio cycle suited for seniors! Then, magnify your training effects with a 1/2 hour of strength training exercises.

GUILDFORD	4 Sessions Member \$19.75	Non-member \$26.25
M	9:30am-10:30am	Jan 16 4514205

Guildford Recreation Centre

Circuit Weight Training

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

GUILDFORD	8 Sessions Member \$39.50	Non-member \$52.50	18yrs+
M, W	9:15am-10:15am	Jan 2 4512849	
M, W	9:15am-10:15am	Jan 30 4512851	
M, W	9:15am-10:15am	Mar 6 4512852	

GUILDFORD	6 Sessions \$39.50	18yrs+
Su	9:30am-10:30am	Jan 15 4512848

Fraser Heights Recreation Centre

SOUTH	8 Sessions \$52.50	18yrs+
M, W	6:30pm-7:30pm	Feb 27 4503506

SOUTH	7 Sessions \$46	15yrs+
M, W	6:30pm-7:30pm	Jan 30 4503505

SOUTH	7 Sessions \$46	18yrs+
W, M	6:30pm-7:30pm	Jan 4 4503504

SOUTH	6 Sessions \$39.50	18yrs+
Tu	1:00pm-2:00pm	Jan 3 4503512
F	11:45am-12:45pm	Jan 6 4503514
Tu	1:00pm-2:00pm	Feb 14 4503513
F	11:45am-12:45pm	Feb 17 4503515

South Surrey Recreation & Arts Centre

Circuit Weight Training

55+

Circuit Training is a time-efficient method of training both your cardio and muscles. This group exercise format will help you become acquainted with weight room exercises.

- CLOVERDALE 10 Sessions Member \$49.25 Non-member \$65.50**
 Tu, Th 9:15am-10:15am Jan 31 4513716
 Tu, Th 10:30am-11:30am Jan 31 4513717
- CLOVERDALE 8 Sessions Member \$39.50 Non-member \$52.50**
 Tu, Th 9:15am-10:15am Jan 3 4513714
 Tu, Th 10:30am-11:30am Jan 3 4513715
 Tu, Th 9:15am-10:15am Mar 7 4513718
 Tu, Th 10:30am-11:30am Mar 7 4513719
Cloverdale Recreation Centre
- GUILDFORD 8 Sessions Member \$39.50 Non-member \$52.50**
 M, W 10:30am-11:30am Jan 2 4510133
 M, W 10:30am-11:30am Jan 30 4510134
Fraser Heights Recreation Centre
- SOUTH 8 Sessions Member \$39.50 Non-member \$52.50**
 M, W 8:00am-9:00am Feb 27 4509099
- SOUTH 7 Sessions Member \$34.50 Non-member \$46**
 W, M 8:00am-9:00am Jan 4 4509097
 M, W 8:00am-9:00am Jan 30 4509098
Grandview Heights Aquatic Centre
- SOUTH 8 Sessions Member \$39.50 Non-member \$52.50**
 Tu, Th 9:15am-10:15am Jan 3 4503088
 Tu, Th 10:30am-11:30am Jan 3 4503091
 Tu, Th 9:15am-10:15am Jan 31 4503089
 Tu, Th 10:30am-11:30am Jan 31 4503092
 M, W 9:15am-10:15am Feb 27 4503103
 M, W 10:30am-11:30am Feb 27 4503095
 Tu, Th 9:15am-10:15am Feb 28 4503090
 Tu, Th 10:30am-11:30am Feb 28 4503096
- SOUTH 7 Sessions Member \$34.50 Non-member \$46**
 W, M 9:15am-10:15am Jan 4 4503100
 W, M 10:30am-11:30am Jan 4 4503093
 M, W 9:15am-10:15am Jan 30 4503101
 M, W 10:30am-11:30am Jan 30 4503094
- SOUTH 6 Sessions Member \$29.50 Non-member \$39.50**
 W 11:30am-12:30pm Jan 4 4503516
 W 11:30am-12:30pm Feb 15 4503517
South Surrey Recreation & Arts Centre

Weight Training

Discover the best ways to keep in shape! These training sessions will teach you everything you need to know to design your own weight training program. Dress for a work out!

- SOUTH 6 Sessions \$39.50 13yrs+**
 F 12noon-1:00pm Jan 6 4509114
 F 12noon-1:00pm Feb 17 4509115
Grandview Heights Aquatic Centre

Weight Training

55+

Develop muscular strength and endurance through effective strength-training exercises using hand weights and elastic resistance with a certified instructor.

- SOUTH 6 Sessions Member \$29.50 Non-member \$39.50**
 F 1:00pm-2:00pm Jan 6 4503518
 F 1:00pm-2:00pm Feb 17 4503523
South Surrey Recreation & Arts Centre

Weight Training for Women*

Learn use of weight training machines, free weights and cardio equipment as well as theory in a program for women.

- GUILDFORD 8 Sessions \$52.50 13yrs+**
 Tu 10:15am-11:15am Jan 17 4514215
Guildford Recreation Centre
- SOUTH 8 Sessions \$52.50 13yrs+**
 Tu, Th 5:30pm-6:30pm Jan 3 4509116
 Tu, Th 5:30pm-6:30pm Jan 31 4509117
 Tu, Th 5:30pm-6:30pm Feb 28 4509118
Grandview Heights Aquatic Centre
- SOUTH 8 Sessions \$52.50 15yrs+**
 M, W 5:15pm-6:15pm Feb 27 4503510
- SOUTH 7 Sessions \$46 15yrs+**
 W, M 5:15pm-6:15pm Jan 4 4503508
 M, W 5:15pm-6:15pm Jan 30 4503509
South Surrey Recreation & Arts Centre

Functional Training Synrgy Circuit

A full body circuit workout using the multi-station Synrgy functional training unit featuring a variety of cable, band, medicine ball and TRX exercises.

- GUILDFORD 7 Sessions \$46 13yrs+**
 M 5:30pm-6:30pm Jan 16 4514206
Guildford Recreation Centre
- SOUTH 8 Sessions \$52.50 13yrs+**
 Tu, Th 7:30pm-8:30pm Jan 3 4509101
 Tu, Th 7:30pm-8:30pm Jan 31 4509102
 M, W 10:00am-11:00am Feb 27 4509108
 Tu, Th 7:30pm-8:30pm Feb 28 4509103
- SOUTH 7 Sessions \$46 13yrs+**
 W, M 10:00am-11:00am Jan 4 4509106
 M, W 10:00am-11:00am Jan 30 4509107
- SOUTH 6 Sessions \$39.50 13yrs+**
 Sa 8:30am-9:30am Jan 7 4509104
 Sa 8:30am-9:30am Feb 18 4509105
Grandview Heights Aquatic 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 Mar 1 4513549
- CLOVERDALE 5 Sessions \$33 19yrs+**
 F 6:30pm-7:30pm Mar 3 4513552
- CLOVERDALE 4 Sessions \$31.75 19yrs+**
 W 7:45pm-9:00pm Jan 4 4513547
 W 7:45pm-9:00pm Feb 1 4513548
- CLOVERDALE 4 Sessions \$26.50 19yrs+**
 F 6:30pm-7:30pm Jan 6 4513550
 F 6:30pm-7:30pm Feb 3 4513551
Cloverdale Recreation Centre
- FLEETWOOD 6 Sessions \$39.75 18yrs+**
 F 8:00pm-9:00pm Jan 6 4512182
 F 8:00pm-9:00pm Feb 24 4512183
- FLEETWOOD 6 Sessions \$31.75 18yrs+**
 Sa 8:00am-8:45am Jan 7 4512184
- FLEETWOOD 4 Sessions \$21.25 18yrs+**
 Sa 8:00am-8:45am Feb 18 4512189
Fleetwood Community Centre
- GUILDFORD 6 Sessions \$39.75 18yrs+**
 F 5:00pm-6:00pm Jan 13 4512814
 F 5:00pm-6:00pm Feb 24 4512825
Fraser Heights Recreation Centre
- SOUTH 8 Sessions \$52.75 19yrs+**
 M 5:15pm-6:15pm Jan 9 4504460
South Surrey Recreation & Arts Centre

Prenatal & Postnatal PROGRAMS

Prenatal Yoga

Emphasis on pelvic openers, breathing exercises and postures to reduce low back discomfort and help prepare for the birth of your baby.

- CLOVERDALE 7 Sessions \$57.50 All Ages**
 Th 6:00pm-7:15pm Jan 5 4512642
- CLOVERDALE 7 Sessions \$46 All Ages**
 Th 4:45pm-5:45pm Jan 5 4512644
- CLOVERDALE 6 Sessions \$49.25 All Ages**
 Th 6:00pm-7:15pm Feb 23 4512643
- CLOVERDALE 6 Sessions \$39.50 All Ages**
 Th 4:45pm-5:45pm Feb 23 4512645
Cloverdale Recreation Centre
- GUILDFORD 8 Sessions \$52.50 19yrs+**
 Sa 10:00am-11:00am Jan 21 4514250
Guildford Recreation Centre
- SOUTH 10 Sessions \$65.50 15yrs+**
 W 6:15pm-7:15pm Jan 4 4504250
- SOUTH 8 Sessions \$52.50 16yrs+**
 M 7:10pm-8:10pm Jan 9 4504251
Kwomais Point Park
- SOUTH 10 Sessions \$65.50 15yrs+**
 F 6:00pm-7:00pm Jan 6 4504249
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 10 Sessions \$135 16yrs+**
 W, M 12noon-1:00pm Feb 1 4511355
- SOUTH 8 Sessions \$108 16yrs+**
 W, M 12noon-1:00pm Jan 4 4511354
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 postnatal fitness specialist. Parmed X form required.

- SOUTH 8 Sessions \$108 18yrs+**
 M 7:45pm-8:45pm Jan 9 4511375
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 10 Sessions \$135 16yrs+**
 F 2:00pm-3:00pm Jan 6 4511344
South Surrey Recreation & Arts Centre



*Childminding will be extended until 11:30am for participants with children.



Barre, Strength and Stretch

An interval training program using classical Ballet and Pilates movements. These small isometric movements will help you strengthen, tone, and stabilize those hard to target areas including the core.

CLOVERDALE 5 Sessions \$48 13yrs+
 Sa 9:30am-10:30am Jan 7 4512587
 Sa 9:30am-10:30am Feb 11 4512588
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$57.50 13yrs+
 M 7:30pm-8:30pm Jan 23 4513634
 W 6:15pm-7:15pm Jan 25 4513636
Sport & Leisure Aquatics

GUILDFORD 8 Sessions \$76.75 13yrs+
 Th 7:00pm-8:00pm Jan 19 4514245
 Su 8:30am-9:30am Jan 22 4514243
Guildford Recreation Centre

SOUTH 10 Sessions \$96 15yrs+
 W 7:00am-8:00am Jan 4 4504242
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 13yrs+
 Tu, Th 11:15am-12:30pm Jan 3 4514743
 Tu, Th 11:15am-12:30pm Feb 7 4515407
Grandview Heights Aquatic 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 10 Sessions \$287 16yrs+
 Tu 8:00am-9:00am Jan 3 4504256
 Tu 9:00am-10:00am Jan 3 4504254
 W 7:00am-8:00am Jan 4 4504259
 W 8:00am-9:00am Jan 4 4504255
 W 5:15pm-6:15pm Jan 4 4504260
 W 7:45pm-8:45pm Jan 4 4504261
 Th 5:10pm-6:10pm Jan 5 4504262
 Th 6:15pm-7:15pm Jan 5 4504263
 F 7:00am-8:00am Jan 6 4504258
 F 8:00am-9:00am Jan 6 4504257
SOUTH 8 Sessions \$229.50 16yrs+
 M 4:00pm-5:00pm Jan 9 4504264
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 \$46 16yrs+
 Tu 6:15pm-7:15pm Jan 3 4514288
 Tu 7:15pm-8:15pm Jan 3 4514285
CLOVERDALE 6 Sessions \$39.50 16yrs+
 Tu 6:15pm-7:15pm Feb 21 4514289
 Tu 7:15pm-8:15pm Feb 21 4514286
Cloverdale Recreation Centre

CLOVERDALE 7 Sessions \$46 16yrs+
 F 12noon-1:00pm Jan 6 4514287
CLOVERDALE 6 Sessions \$39.50 16yrs+
 F 12noon-1:00pm Feb 24 4514290
Don Christian Recreation Centre

GUILDFORD 8 Sessions \$52.50 13yrs+
 Tu 5:00pm-6:00pm Jan 17 4514216
Guildford Recreation Centre

NEWTON 9 Sessions \$109 19yrs+
 M 6:35pm-7:35pm Jan 9 4513170
To Be Determined

SOUTH 10 Sessions \$65.50 15yrs+
 Th 7:30pm-8:30pm Jan 5 4504247
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 8 Sessions \$52.50 13yrs+
 Tu 6:15pm-7:15pm Jan 17 4514217
Guildford Recreation Centre

NEWTON 9 Sessions \$109 19yrs+
 M 5:30pm-6:30pm Jan 9 4513260
To Be Determined

SOUTH 10 Sessions \$65.50 15yrs+
 W 6:30pm-7:30pm Jan 4 4504248
South Surrey Recreation & Arts Centre

Yoga

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

CLOVERDALE 5 Sessions \$32.75 18yrs+
 Tu 5:15pm-6:15pm Jan 3 4513606
CLOVERDALE 4 Sessions \$26.25 18yrs+
 Tu 5:15pm-6:15pm Feb 7 4513607
 Tu 5:15pm-6:15pm Mar 7 4513610
Clayton Hall

CLOVERDALE 5 Sessions \$49.25 18yrs+
 Tu 9:15am-10:45am Jan 3 4513603
CLOVERDALE 4 Sessions \$39.50 18yrs+
 Tu 9:15am-10:45am Feb 7 4513609
 Tu 9:15am-10:45am Mar 7 4513612

CLOVERDALE 4 Sessions \$32.75 18yrs+
 Th 9:15am-10:30am Jan 5 4513604
 Th 9:15am-10:30am Feb 9 4513605
 Th 9:15am-10:30am Mar 9 4513613
Cloverdale Recreation Centre

CLOVERDALE 7 Sessions \$57.50 18yrs+
 Th 6:00pm-7:15pm Jan 5 4513608

CLOVERDALE 6 Sessions \$49.25 18yrs+
 Th 6:00pm-7:15pm Feb 23 4513611
Don Christian Recreation Centre

FLEETWOOD 6 Sessions \$39.50 19yrs+
 Th 6:30pm-7:30pm Jan 5 4512196
 Th 7:40pm-8:40pm Jan 5 4512190
 M 4:30pm-5:30pm Feb 20 4512194
 M 5:40pm-6:40pm Feb 20 4512195
 Th 6:30pm-7:30pm Feb 23 4512197
 Th 7:40pm-8:40pm Feb 23 4512191

FLEETWOOD 5 Sessions \$32.75 19yrs+
 M 4:30pm-5:30pm Jan 9 4512193
 M 5:40pm-6:40pm Jan 9 4512192
Fleetwood Community Centre

GUILDFORD 8 Sessions \$65.50 13yrs+
 W 8:15pm-9:30pm Jan 18 4514225

GUILDFORD 4 Sessions \$32.75 13yrs+
 Su 9:30am-10:45am Jan 22 4514227
 Su 9:30am-10:45am Feb 19 4514254
Guildford Recreation Centre

NEWTON 10 Sessions \$65.50 19yrs+
 Tu 5:00pm-6:00pm Jan 10 4513359
 Tu 6:05pm-7:05pm Jan 10 4513358
 Th 6:00pm-7:00pm Jan 12 4513365
To Be Determined

NORTH 6 Sessions \$49.25 13yrs+
 Tu 6:30pm-7:45pm Jan 10 4508773
 Tu 6:30pm-7:45pm Feb 21 4508774

NORTH 4 Sessions \$32.75 13yrs+
 Tu 6:30pm-7:45pm Apr 4 4508775
Bridgeview Community Centre

SOUTH 10 Sessions \$82 15yrs+
 W 11:00am-12:15pm Jan 4 4504462

SOUTH 10 Sessions \$65.50 15yrs+
 Th 7:30pm-8:30pm Jan 5 4504463
 F 10:30am-11:30am Jan 6 4504464

SOUTH 9 Sessions \$59 15yrs+
 Su 10:30am-11:30am Jan 8 4504465

SOUTH 8 Sessions \$52.50 15yrs+
 M 11:00am-12noon Jan 9 4504467
 M 6:00pm-7:00pm Jan 9 4504466
Kwomais Point Park

Yoga

Just for seniors! A gentler paced class using supported yoga postures and breathing to improve strength and flexibility.

CLOVERDALE 5 Sessions Member \$24.75 Non-member \$32.75
 Th 11:45am-12:45pm Mar 2 4513810

CLOVERDALE 4 Sessions Member \$19.75 Non-member \$26.25
 Th 11:45am-12:45pm Jan 5 4513808
 Th 11:45am-12:45pm Feb 2 4513809
Cloverdale Recreation Centre

SOUTH 8 Sessions Member \$39.50 Non-member \$52.50
 M 9:45am-10:45am Jan 9 4504673
Kwomais Point Park

SOUTH 10 Sessions Member \$49.25 Non-member \$65.50
 Th 8:00am-9:00am Jan 5 4504674
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 8 Sessions \$52.50 13yrs+
 Th 5:30pm-6:30pm Jan 19 4514236
Guildford Recreation Centre

SOUTH 9 Sessions \$59 16yrs+
 Th 4:30pm-5:30pm Jan 12 4509824
Kensington Prairie Community Centre

SOUTH 10 Sessions \$65.50 15yrs+
 Tu 6:00pm-7:00pm Jan 3 4504472
 Th 6:15pm-7:15pm Jan 5 4504474

SOUTH 8 Sessions \$52.50 15yrs+
 M 12:15pm-1:15pm Jan 9 4504473
Kwomais Point Park

Yoga Level 2

An advanced programs that develops strength, flexibility and good body alignment while completing a combination of postures through breathing.

NEWTON 10 Sessions \$98.25 19yrs+
 Th 7:15pm-8:45pm Jan 12 4513430
To Be Determined

SOUTH 10 Sessions \$82 15yrs+
 Th 6:00pm-7:15pm Jan 5 4504641

SOUTH 10 Sessions \$65.50 15yrs+
 W 7:30pm-8:30pm Jan 4 4504642
Kwomais Point Park

Fitness Yoga

A blend of yoga postures bringing the mind-body element to fitness conditioning.

NEWTON 10 Sessions \$65.50 19yrs+
 Sa 9:00am-10:00am Jan 14 4513352
To Be Determined

CITY OF SURREY **ANNUAL**

RECREATION PASS

BUY A 1 YEAR PASS BETWEEN DECEMBER 1 AND JANUARY 31 - RECEIVE AN EXTRA MONTH FREE!

www.surrey.ca/recreation

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 9 Sessions \$59 16yrs+
Th 5:45pm-6:45pm Jan 12 4509818
Kensington Prairie Community Centre

SOUTH 10 Sessions \$65.50 15yrs+
Tu 6:00pm-7:00pm Jan 3 4504461
Kwomais Point Park

Restorative Yoga

Adapts classical yoga postures with an emphasis on healing through gentle, supported postures to improve well-being through the release of tension and gentle re-alignment.

CLOVERDALE 5 Sessions \$41 19yrs+
Tu 6:30pm-7:45pm Jan 3 4513460
F 12noon-1:15pm Jan 6 4513459

CLOVERDALE 4 Sessions \$32.75 19yrs+
Tu 6:30pm-7:45pm Feb 7 4513461
F 12noon-1:15pm Feb 10 4513462
Tu 6:30pm-7:45pm Mar 7 4513464
F 12noon-1:15pm Mar 10 4513463
Clayton Hall

CLOVERDALE 5 Sessions \$41 19yrs+
Tu 4:45pm-6:00pm Jan 3 4513456
F 4:45pm-6:00pm Mar 3 4513467

CLOVERDALE 4 Sessions \$32.75 19yrs+
Tu 4:45pm-6:00pm Feb 7 4513457
Tu 4:45pm-6:00pm Mar 7 4513458
Cloverdale Recreation Centre

SOUTH 10 Sessions \$82 16yrs+
W 9:30am-10:45am Jan 4 4504252
Kwomais Point Park

Tai Chi

Gain flexibility, balance and strength using non stressful movements to restore the internal energy of 'Chi'.

GUILDFORD 8 Sessions \$52.50 19yrs+
Th 7:00pm-8:00pm Jan 19 4514248
Guildford Recreation Centre

Tai Chi

Introduction to this Chinese system of gentle exercise that promotes better health through slow, rhythmic, non-stressful movement.

CLOVERDALE 6 Sessions Member \$11.75 Non-member \$46.50
F 9:00am-10:30am Jan 6 4504386
F 9:00am-10:30am Feb 17 4504387
Clayton Hall

GUILDFORD 8 Sessions Member \$39.50 Non-member \$52.50
Tu 9:30am-10:30am Jan 17 4514221
Guildford Recreation Centre

NORTH 11 Sessions Member \$54.25 Non-member \$72.25
F 10:30am-11:30am Jan 13 4513140
F 11:45am-12:45pm Jan 13 4513141
Chuck Bailey Recreation Centre

SOUTH 9 Sessions Member \$44.25 Non-member \$59
Tu 11:45am-12:45pm Jan 10 4503978
South Surrey Recreation & Arts Centre

Chair Yoga Level 1

Gain confidence with your balance and mobility through the use of a chair for support during yoga postures.

CLOVERDALE 5 Sessions Member \$19.50 Non-member \$26
Tu 12:15pm-1:00pm Jan 3 4513645

CLOVERDALE 4 Sessions Member \$15.50 Non-member \$20.75
Tu 12:15pm-1:00pm Feb 7 4513646
Tu 12:15pm-1:00pm Mar 7 4513647
Cloverdale Recreation Centre

SOUTH 5 Sessions Member \$24.75 Non-member \$33
F 10:30am-11:30am Jan 6 4504649
F 10:30am-11:30am Feb 10 4504650
South Surrey Recreation & Arts Centre

Chair Yoga Level 2

Gain confidence with your balance and mobility through the use of a chair for support during yoga postures. Participants must complete Chair Yoga Level 1 or have been screened by the instructor prior to registration.

NORTH 5 Sessions Member \$24.75 Non-member \$33
W 10:20am-11:20am Mar 1 4509235

NORTH 4 Sessions Member \$19.75 Non-member \$26.50
W 10:20am-11:20am Jan 4 4509232
M 10:20am-11:20am Jan 9 4509230
W 10:20am-11:20am Feb 1 4509233
M 10:20am-11:20am Mar 6 4509234

NORTH 3 Sessions Member \$15 Non-member \$19.75
M 10:20am-11:20am Feb 6 4509231
Chuck Bailey Recreation 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.

NORTH 5 Sessions Member \$24.75 Non-member \$33
Tu 10:45am-11:45am Jan 3 4509222
Th 10:45am-11:45am Mar 2 4509227

NORTH 4 Sessions Member \$19.75 Non-member \$26.50
Th 10:45am-11:45am Jan 5 4509225
Th 10:45am-11:45am Feb 2 4509226
Tu 10:45am-11:45am Feb 7 4509223
Tu 10:45am-11:45am Mar 7 4509224
Chuck Bailey Recreation Centre

SOUTH 5 Sessions Member \$24.75 Non-member \$33
W 10:30am-11:30am Jan 4 4504647
W 10:30am-11:30am Feb 8 4504648
South Surrey Recreation & Arts Centre

Osteoarthritis Fitness

Focus is on joint stability, posture, light resistance training and safe stretching.

CLOVERDALE 5 Sessions Member \$24.75 Non-member \$33 19yrs+
Tu 11:00am-12noon Jan 3 4512612
F 11:00am-12noon Jan 6 4512630

CLOVERDALE 4 Sessions Member \$19.75 Non-member \$26.50 19yrs+
Tu 11:00am-12noon Feb 7 4512631
F 11:00am-12noon Feb 10 4512635
Tu 11:00am-12noon Mar 7 4512632
F 11:00am-12noon Mar 10 4512637
Cloverdale Recreation Centre

SOUTH 10 Sessions Member \$49.25 Non-member \$65.50 19yrs+
Tu 10:30am-11:30am Jan 3 4515554

SOUTH 9 Sessions Member \$44.25 Non-member \$59 19yrs+
Th 10:30am-11:30am Jan 5 4515555
South Surrey Recreation & Arts Centre

Osteofit Level 1

A gentle exercise program designed by the BC Women's Hospital & Health Centre, which is safe for people with osteoporosis and low bone mass. Focus is to improve strength, quality of life and reduce the risk of falls and fractures for those new to exercise.

GUILDFORD 9 Sessions Member \$44.50 Non-member \$59.25 19yrs+
Tu, Th 1:15pm-2:15pm Jan 3 4509575
Th, Tu 1:15pm-2:15pm Mar 2 4509577

GUILDFORD 8 Sessions Member \$39.50 Non-member \$52.75 19yrs+
Th, Tu 1:15pm-2:15pm Feb 2 4509576
Guildford Recreation Centre

Osteofit Level 2

An ongoing exercise program designed by the BC Women's Hospital & Health Centre, which is safe for those with osteoporosis and low bone mass. Focus is to improve balance, muscle strength and functional abilities. Participants must complete Osteofit Level 1 or have been screened by the instructor prior to registration.

GUILDFORD 9 Sessions Member \$44.50 Non-member \$59.25
W, M 10:30am-11:30am Mar 1 4509584

GUILDFORD 8 Sessions Member \$39.50 Non-member \$52.75
W, M 10:30am-11:30am Jan 4 4509582

GUILDFORD 7 Sessions Member \$34.50 Non-member \$46
W, M 10:30am-11:30am Feb 1 4509583
Guildford Recreation Centre

Workshop - Arthritis 101

Tips, Tricks and Tools to Manage Your Joints You may have arthritis, but it doesn't have YOU! While arthritis can make daily activities challenging and painful, this interactive workshop will provide information about the many tools, gadgets and techniques to help make daily tasks easier. Join us for information and tips to help you take control of your arthritis.

SOUTH 1 Session
W 6:30pm-8:30pm Jan 25 4515493
South Surrey Recreation & Arts Centre

Cardiac Rehabilitation Program: Low-Moderate Risk

This program is for individuals living with or at high risk of heart disease. Supervised by a cardiac exercise specialist and a cardiac nurse. Doctor's referral required.

GUILDFORD 9 Sessions \$85 19yrs+
Tu, Th 1:00pm-2:30pm Jan 3 4509548
Th, Tu 1:00pm-2:30pm Mar 2 4509546

GUILDFORD 8 Sessions \$85 19yrs+
Th, Tu 1:00pm-2:30pm Feb 2 4509547
Guildford Recreation Centre

NEWTON 10 Sessions \$85 19yrs+
W, F 11:00am-12:30pm Mar 1 4513152

NEWTON 9 Sessions \$85 19yrs+
W, F 11:00am-12:30pm Jan 4 4513150

NEWTON 8 Sessions \$85 19yrs+
W, F 11:00am-12:30pm Feb 1 4513151
Newton Recreation Centre

Cardiac Rehabilitation Program: Maintenance

This course is designed for those individuals that have progressed from the Cardiac Rehab Level 2 programs.

GUILDFORD 9 Sessions \$60 19yrs+
Tu, Th 11:30am-1:00pm Jan 3 4509554
Tu, Th 2:30pm-4:00pm Jan 3 4509563

GUILDFORD 8 Sessions \$60 19yrs+
Th, Tu 11:30am-1:00pm Mar 2 4509552
Th, Tu 2:30pm-4:00pm Mar 2 4509565

GUILDFORD 8 Sessions \$60 19yrs+
Th, Tu 11:30am-1:00pm Feb 2 4509560
Th, Tu 2:30pm-4:00pm Feb 2 4509558
Guildford Recreation Centre

NEWTON 8 Sessions \$60 19yrs+
W, F 9:00am-10:30am Jan 4 4513132
W, F 9:00am-10:30am Feb 1 4513133
W, F 9:00am-10:30am Mar 1 4513134
Newton Recreation Centre

Meditation

Develop consciousness and awareness using meditation techniques.

GUILDFORD 8 Sessions \$52.50 19yrs+
W 5:45pm-6:45pm Jan 18 4514222
Guildford Recreation Centre

SOUTH 9 Sessions \$59 14yrs+
Su 9:15am-10:15am Jan 8 4504244

SOUTH 8 Sessions \$52.50 14yrs+
M 8:15pm-9:15pm Jan 9 4504243
Kwomais Point Park

Minds in Motion

'Minds in Motion' is a partnership program between the BC Alzheimer's Society and the City of Surrey. This program offers 45 minutes of fitness followed by an hour of social interaction. Participants register with a care partner.

GUILDFORD 8 Sessions Member \$29.50 Non-member \$39.50
Tu 1:15pm-2:00pm Jan 17 4509574
Guildford Recreation Centre



Arts & General Interest

www.surrey.ca/register

Parent Participation

AGE NEWBORN - 6 YEARS

These programs are designed for parent and child to participate together in a safe, fun and supportive environment. Activities include music and movement, singing and story time.

One Day Wonders

Winter Fun

Celebrate winter, snow and the warmth of the indoors. Enjoy an afternoon of arts, crafts songs games and a special treat.

GUILDFORD 1 Session \$8.25 1.5-3yrs
Su 9:45am-11:15am Jan 22 4511095
Guildford Recreation Centre

SOUTH 1 Session \$8.25 1-3yrs
F 9:30am-11:00am Jan 20 4512614
Meridian Centre

SOUTH 1 Session \$8.25 1-3yrs
Su 9:30am-11:00am Jan 15 4512613
South Surrey Recreation & Arts Centre

Chinese New Year Celebration

Children will discover the wonders of China as they make a Chinese dragon to take home, play games, write Chinese numbers and more!

GUILDFORD 1 Session \$8.25 1.5-3yrs
Su 9:45am-11:15am Jan 29 4511093
Guildford Recreation Centre

SOUTH 1 Session \$8.25 2-3yrs
Sa 9:30am-11:00am Jan 28 4509877
Kensington Prairie Community Centre

SOUTH 1 Session \$8.25 2-3yrs
F 9:30am-11:00am Jan 27 4513272
Meridian Centre

SOUTH 1 Session \$8.25 2-3yrs
Su 9:30am-11:00am Jan 29 4513270
South Surrey Recreation & Arts Centre

Kids in Space

Blast off to find out about the moon, planets and what astronauts eat in space.

SOUTH 1 Session \$8.25 1-2yrs
F 9:30am-11:00am Feb 3 4513288
Meridian Centre

SOUTH 1 Session \$8.25 1-2yrs
Su 9:30am-11:00am Jan 22 4513287
South Surrey Recreation & Arts Centre

Farm Tots: Tom Kitten

Little ones dress up fancy like Beatrix Potter's Tom Kitten, and learn how naughty some kitties can be! Crafts, games and a mouse hunt round out the fun.

CITYWIDE 1 Session \$5 1-3yrs
Th 10:30am-11:30am Feb 2 4512654
F 10:30am-11:30am Feb 3 4512661
Historic Stewart Farm

Valentine's Day Fun

Join 'Cupid' for Valentine fun. Enjoy crafts, songs, munchies and more.

GUILDFORD 1 Session \$8.25 1.5-3yrs
Sa 12:15pm-1:45pm Feb 18 4513018
Fraser Heights Recreation Centre

GUILDFORD 1 Session \$8.25 1.5-3yrs
Su 9:45am-11:15am Feb 12 4511094
Guildford Recreation Centre

NORTH 1 Session \$9.25 1.5-3yrs
Tu 6:00pm-7:30pm Feb 14 4513844
Chuck Bailey Recreation Centre

SOUTH 1 Session \$8.25 1.5-3yrs
F 2:00pm-3:30pm Feb 10 4509862
Kensington Prairie Community Centre

SOUTH 1 Session \$8.25 1.5-3yrs
F 9:30am-11:00am Feb 10 4513301
Meridian Centre

SOUTH 1 Session \$8.25 1.5-3yrs
Su 9:30am-11:00am Feb 5 4513300
South Surrey Recreation & Arts Centre

Dinosaur Days

Roar! T-Rex, Brontosaurus, Stegosaurus! Calling all budding Paleontologists. Explore the fascinating world of dinosaurs through fun indoor and outdoor activities including a 'dinosaur dig'.

SOUTH 1 Session \$8.25 2-3yrs
F 9:30am-11:00am Feb 17 4513306
Meridian Centre

SOUTH 1 Session \$8.25 2-3yrs
Su 9:30am-11:00am Feb 19 4513305
South Surrey Recreation & Arts Centre

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FITNESS & WELLNESS Page 55, 56

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.



Animal Safari

Explore the wild kingdom through games, songs, and crafts as we will learn more about our animal friends.

SOUTH 1 Session \$8.25 2-3yrs
F 9:30am-11:00am Feb 24 4513315
Meridian Centre

SOUTH 1 Session \$8.25 2-3yrs
Su 9:30am-11:00am Feb 26 4513314
South Surrey Recreation & Arts Centre

Hibernating Animals

Learn how bears, racoons, birds and other animals live in the winter. Explore different animal tracks and sing songs.

SOUTH 1 Session \$8.25 2-3yrs
Sa 9:30am-11:00am Feb 25 4513554
Kensington Prairie Community Centre

Farm Tots: Farm Friends

Does a rooster say moo? Cock-a-doodle-do! Little farmers learn about big animals through stories, games and crafts. Explore the pole barn and corral balloon pigs into a pen. No live animals.

CITYWIDE 1 Session \$5 1-3yrs
Th 10:30am-11:30am Mar 2 4511551
F 10:30am-11:30am Mar 3 4511552
Historic Stewart Farm

Under The Sea

All the little mermaids and king triton are having a party! Join us as we discover hidden treasure, undersea crafts and creatures.

SOUTH 1 Session \$8.25 2-4yrs
F 9:30am-11:00am Mar 3 4513367
Meridian Centre

SOUTH 1 Session \$8.25 2-4yrs
Su 9:30am-11:00am Mar 5 4513366
South Surrey Recreation & Arts Centre

Visual Arts

Art Explorers

Experience the world of art with your child. Enjoy hands-on art projects that you and your preschooler will delight in.

GUILDFORD 4 Sessions \$22.75 2-3yrs
M 4:00pm-4:45pm Jan 16 4512381
Fraser Heights Recreation Centre

NEWTON 8 Sessions \$45.25 1.5-3yrs
Su 10:45am-11:30am Jan 22 4512051
Newton Recreation Centre

SOUTH 4 Sessions \$27.50 5-1.5yrs
M 9:00am-10:00am Jan 9 4511542
M 9:00am-10:00am Feb 6 4511544

SOUTH 4 Sessions \$27.50 1.5-3yrs
M 10:30am-11:30am Jan 9 4511543
M 10:30am-11:30am Feb 6 4511545
Meridian Centre

SOUTH 4 Sessions \$22.75 2-3yrs
M 5:00pm-5:45pm Jan 9 4511538
Sa 10:15am-11:00am Jan 14 4511539
M 5:00pm-5:45pm Feb 6 4511540
Sa 10:15am-11:00am Feb 18 4511541
South Surrey Recreation & Arts Centre

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 Jan 22 4504295
Surrey 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.

CLOVERDALE 6 Sessions \$37.75 2-5yrs
Sa 9:30am-10:15am Jan 28 4511124
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$37.75 2-5yrs
F 3:30pm-4:15pm Jan 20 4512421
Fleetwood Community Centre

Music

Rhythm and Rhyme

This is an opportunity for you and your child to experience movement to music, songs, rhythmic instruments and musical games.

CLOVERDALE 8 Sessions \$33.25 1.5-3yrs
Th 10:00am-10:45am Jan 19 4511231
Don Christian 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 Jan 17 4512525
Newton Recreation Centre

SOUTH 8 Sessions \$33.25 2-3yrs
M 10:15am-11:00am Jan 9 4511959

SOUTH 8 Sessions \$33.25 1.5-2yrs
M 9:15am-10:00am Jan 9 4511958
Kwomais Point Park

Exploring Music

This is an opportunity for parents and children to enjoy music through musical stories, rhythm, rhymes and instruments.

CLOVERDALE 8 Sessions \$33.25 1-3yrs
Th 9:00am-9:45am Jan 19 4511226
Don Christian Recreation Centre

FLEETWOOD 6 Sessions \$25 1-17mos
Th 9:15am-10:00am Jan 19 4512441

FLEETWOOD 6 Sessions \$25 1.5-3yrs
Th 10:15am-11:00am Jan 19 4512443
Fleetwood Community Centre

GUILDFORD 6 Sessions \$25 1.5-3yrs
W 3:00pm-3:45pm Jan 18 4512589
Fraser Heights Recreation Centre

SOUTH 4 Sessions \$16.75 5-17mos
Th 9:15am-10:00am Jan 12 4511954
Th 9:15am-10:00am Feb 9 4511956

SOUTH 4 Sessions \$16.75 1.5-3yrs
Th 10:15am-11:00am Jan 12 4511955
Th 10:15am-11:00am Feb 9 4511957
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 9 Sessions \$150
Sibling rate \$100 1-5yrs
W 10:00am-11:00am Jan 11 4512858
W 11:00am-12noon Jan 11 4512859
Cloverdale Recreation Centre

SOUTH 9 Sessions \$150
Sibling rate \$90 1-5yrs
W 9:30am-10:15am Jan 11 4512111
W 10:30am-11:15am Jan 11 4512112
F 9:30am-10:15am Jan 13 4512115
F 10:30am-11:15am Jan 13 4512116
Elgin Hall

SOUTH 9 Sessions \$150
Sibling rate \$90 1-5yrs
Tu 9:30am-10:15am Jan 10 4512113
Tu 10:30am-11:15am Jan 10 4512114
Tu 11:30am-12:15pm Jan 10 4512117
Kwomais Point Park

SOUTH 9 Sessions \$150
Sibling rate \$90 1-5yrs
Th 5:30pm-6:15pm Jan 12 4512118
South Surrey Recreation & Arts Centre

Dance

Ballet

Share some time with your 'little one' learning the basics of ballet! This program is designed especially for both of you. No special equipment is required.

CLOVERDALE 8 Sessions \$33.25 2-3yrs
Sa 9:45am-10:30am Jan 14 4511194
Sa 10:45am-11:30am Jan 14 4511193
Tu 9:30am-10:15am Jan 17 4511195
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$25 2-3yrs
Th 5:45pm-6:30pm Jan 19 4512407
Th 6:45pm-7:30pm Jan 19 4512408
Fleetwood Community Centre

GUILDFORD 8 Sessions \$33.25 2-3yrs
F 10:30am-11:15am Jan 20 4513017
Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$25 2-3yrs
Sa 9:30am-10:15am Jan 21 4511088
Guildford Recreation Centre

NEWTON 8 Sessions \$33.25 1.5-3yrs
Sa 10:30am-11:15am Jan 21 4512568
Newton Recreation Centre

SOUTH 9 Sessions \$37.25 2-3yrs
W 9:15am-10:00am Jan 11 4512127
Th 10:30am-11:15am Jan 12 4512128
Th 4:00pm-4:45pm Jan 12 4515886
South Surrey Recreation & Arts Centre

Creative Dance Moves

Children will explore the basic fundamentals of dance through rhythm and music. Emphasis will be on fun and using your imagination.

CLOVERDALE 7 Sessions \$29 2-3yrs
M 9:00am-9:45am Jan 16 4511158
Don Christian Recreation Centre

SOUTH 9 Sessions \$37.25 2-3yrs
F 10:30am-11:15am Jan 13 4512138
F 5:00pm-5:45pm Jan 13 4512137

SOUTH 8 Sessions \$33.25 2-3yrs
Sa 9:00am-9:45am Jan 14 4512139
South Surrey Recreation & Arts Centre

Pottery Parent & Tot

Enjoy slippery, squishy fun with your little one in this parent-participation pottery class. Encourage your child's imagination and develop their fine motor skills while, together, you will explore texture, shape and colour in clay. Parent participation is mandatory.

SOUTH 6 Sessions \$75 3-5yrs
Th 10:00am-11:00am Feb 2 4507574
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 9 Sessions \$95 3-5yrs
Tu 10:00am-10:45am Jan 10 4507547
South Surrey Recreation & Arts Centre

Wee-Dance: Moves and Grooves

Come and join Royal Academy of Dance instructor Shelby Kargl for this fun and creative introduction to dance. Students will explore the joy of movement by learning traditional and contemporary dance skills as well as singing songs, playing games, and dancing with delight!

SOUTH 8 Sessions \$104 20-3yrs
Th 10:15am-11:00am Jan 12 4507556
Th 11:00am-11:45am Jan 12 4507557
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**

Bridgeview Community Centre
Saturday 9:00am-10:00am

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
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

South Surrey Recreation and Arts Centre
M/W/F 9:00am-12noon
Tu 9:00am-11:30am
Th 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 this fun weekly drop-in program! Our leader will engage children in outdoor play with nature arts and exploration, storytelling, games, and child-led free play.

Parent participation required.

Surrey Nature Centre **3-5yrs**
Saturdays 9:30am-11:00am

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.

FLEETWOOD 6 Sessions \$48.75 1.5-4yrs
Tu 6:00pm-7:30pm Jan 3 4516095
Tu 6:00pm-7:30pm Feb 21 4516096
Fleetwood Community Centre

GUILDFORD 6 Sessions \$48.75 1.5-4yrs
Th 5:45pm-6:30pm Jan 19 4511091
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 Jan 18 4512600
Fraser Heights 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 Jan 20 4512475
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 8 Sessions \$77.75 2-3yrs
Th 9:30am-11:00am Jan 19 4511105
Cloverdale Recreation Centre

CLOVERDALE 8 Sessions \$77.25 2-3yrs
F 9:15am-10:45am Jan 13 4511104
Don Christian Recreation Centre

SOUTH 9 Sessions \$87.50 2-4yrs
Tu 11:00am-12:30pm Jan 10 4512180

SOUTH 9 Sessions \$87.50 1-3yrs
Tu 9:15am-10:45am Jan 10 4512179
Meridian Centre

SOUTH 9 Sessions \$87.50 2-4yrs
W 9:15am-10:45am Jan 11 4512174

W 11:00am-12:30pm Jan 11 4512176

F 9:15am-10:45am Jan 13 4512175

F 11:00am-12:30pm Jan 13 4512178

SOUTH 8 Sessions \$77.75 2-4yrs
M 9:15am-10:45am Jan 9 4512173

SOUTH 8 Sessions \$77.75 1.5-2yrs
M 11:00am-12:30pm Jan 9 4512177
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!

SOUTH 9 Sessions \$97.25 2-3yrs
F 9:30am-11:00am Jan 13 4512142

SOUTH 9 Sessions \$126.50 2-4yrs
W 9:30am-11:30am Jan 11 4512148

SOUTH 9 Sessions \$97.25 1.5-3yrs
Th 9:30am-11:00am Jan 12 4512143
Kwomais Point Park

SOUTH 4 Sessions \$24 1.5-3yrs
M 6:00pm-6:45pm Jan 9 4512145

F 5:30pm-6:15pm Jan 13 4512147

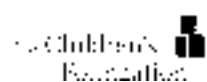
M 6:00pm-6:45pm Feb 6 4512144

F 5:30pm-6:15pm Feb 17 4512146
South Surrey Recreation & Arts Centre

Parenting Classes **FREE**

To register call 604-586-3351 or at www.surreyearlychildhood.ca

Childminding & bus tickets provided if needed



COMMUNITIES CARING FOR CHILDREN

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)

One Day Wonders

Winter Fun

Celebrate winter, snow and the warmth of the indoors. Enjoy an afternoon of arts, crafts, songs, games and a special treat.

GUILDFORD 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Jan 22 4511123
Guildford Recreation Centre

SOUTH 1 Session \$9.25 4-6yrs
F 12:30pm-2:00pm Jan 20 4513169
Meridian Centre

SOUTH 1 Session \$9.25 3-4yrs
Su 11:30am-1:00pm Jan 15 4513168
South Surrey Recreation & Arts Centre

Chinese New Year Celebration

Preschoolers discover the wonders of China as they make a Chinese dragon to take home, play games, write Chinese numbers and more!

GUILDFORD 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Jan 29 4511121
Guildford Recreation Centre

SOUTH 1 Session \$9.25 3-5yrs
Sa 11:30am-1:00pm Jan 28 4509879
Kensington Prairie Community Centre

SOUTH 1 Session \$9.25 3-5yrs
F 12:30pm-2:00pm Jan 27 4513276
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Jan 29 4513275
South Surrey Recreation & Arts Centre

Discovery Science

Young scientists join us for a day of exciting activities and experiments that you can try at home!

CLOVERDALE 4 Sessions \$22.75 3-5yrs
Th 3:15pm-4:00pm Feb 2 4511236
Cloverdale Recreation Centre

NORTH 1 Session \$9.50 3-5yrs
Su 10:00am-11:30am Jan 22 4513846
North Surrey Recreation Centre

Kids in Space

Blast off to find out about the moon, planets and what astronauts eat in space.

SOUTH 1 Session \$9.25 3-5yrs
F 12:30pm-2:00pm Feb 3 4513294
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Jan 22 4513293
South Surrey Recreation & Arts Centre

Farm Tykes: Sweethearts

Preschoolers explore an old-fashioned Valentine's Day through song, activities and card-making. Decorate a sugar cookie too!

CITYWIDE 1 Session \$5 3-5yrs
Sa 11:00am-12noon Feb 11 4511443
Historic Stewart Farm

Tots Celebrate: Be Mine Valentine

Go on a heart hunt in the gallery, read a story and make some Valentine crafts as you learn about the day we tell friends and family we love them.

CITYWIDE 1 Session \$11.75 3-5yrs
Sa 10:00am-11:30am Feb 11 4513284
Surrey Museum

Valentine's Day Fun

Join 'Cupid' for Valentine fun. Enjoy crafts, songs, munchies and more.

CLOVERDALE 1 Session \$7 3-5yrs
Sa 10:00am-11:00am Feb 11 4511148
Cloverdale Recreation Centre

GUILDFORD 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Feb 12 4511122
Guildford Recreation Centre

NEWTON 1 Session \$7 3-5yrs
Su 11:45am-12:45pm Feb 12 4511423
Newton Recreation Centre

NORTH 1 Session \$9.25 3-5yrs
Su 10:30am-12noon Feb 5 4513842
North Surrey Recreation Centre

SOUTH 1 Session \$9.25 3-5yrs
F 3:30pm-5:00pm Feb 10 4509869
Kensington Prairie Community Centre

SOUTH 1 Session \$9.25 3-5yrs
F 11:30am-1:00pm Feb 10 4513303
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Feb 5 4513302
South Surrey Recreation & Arts Centre

Dinosaur Days

Roar! T-Rex, Brontosaurus, Stegosaurus! Calling all budding Paleontologists. Explore the fascinating world of dinosaurs through fun indoor and outdoor activities including a 'dinosaur dig'.

SOUTH 1 Session \$9.25 3-5yrs
F 12:30pm-2:00pm Feb 17 4513311
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Feb 19 4513310
South Surrey Recreation & Arts 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 Feb 24 4513349
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Feb 26 4513348
South Surrey Recreation & Arts Centre

Hibernating Animals

Learn where animals go in winter, how they survive and more. Through games, songs and crafts we will honour our animal friends.

SOUTH 1 Session \$9.25 3-5yrs
Sa 11:30am-1:00pm Feb 25 4513555
Kensington Prairie Community Centre



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 48 - 53

FITNESS & WELLNESS Page 55, 56

ARTS & GENERAL INTEREST *Preschool*

Under the Sea

All the little mermaids and king triton are having a party! Join us as we discover hidden treasure, undersea crafts and creatures.

SOUTH 1 Session \$9.25 3-4yrs
F 12:30pm-2:00pm Mar 3 4513371
Meridian Centre

SOUTH 1 Session \$9.25 3-4yrs
Su 11:30am-1:00pm Mar 5 4513370
South Surrey Recreation & Arts Centre

St. Patrick's Day Fun

Follow the colours of the rainbow and watch your child's eyes fill with joy as the magic begins. This preschool party is full of activities and games to keep your little one busy.

NORTH 1 Session \$9.50 3-5yrs
Su 10:30am-12noon Mar 5 4513845
North Surrey Recreation Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Mar 12 4509871
Kensington Prairie Community Centre

Farm Tykes: Wonderland

Tykes travel with Alice to Wonderland to make a shrinking potion, meet the Queen of Hearts and have a Mad-Hatter tea party.

CITYWIDE 1 Session \$5 3-5yrs
Sa 11:00am-12noon Mar 11 4511886
Historic Stewart Farm

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 Mar 8 4509268
Surrey Museum

Visual Arts

Art Explosion

Budding artists will boost their creativity and build self-confidence as they explore art using a wide array of materials in new and unusual ways. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 7 Sessions \$61 3-5yrs
Sa 3:00pm-4:00pm Jan 21 4504297

CITYWIDE 6 Sessions \$52 3-5yrs
Su 2:00pm-3:00pm Jan 22 4504296
Surrey Arts Centre

Art Explorers

Children will be encouraged to explore many different art mediums using paint, paper, glitter, glue and much more!

GUILDFORD 4 Sessions \$22.75 3-5yrs
M 3:00pm-3:45pm Jan 16 4512388
Fraser Heights Recreation Centre

NEWTON 8 Sessions \$54.75 3-5yrs
Su 11:45am-12:45pm Jan 22 4512062
Newton Recreation Centre

SOUTH 4 Sessions \$27.50 3-5yrs
M 3:45pm-4:45pm Jan 9 4512382
M 3:45pm-4:45pm Feb 6 4512385

SOUTH 4 Sessions \$22.75 4-6yrs
Sa 11:15am-12noon Jan 14 4512383
Sa 11:15am-12noon Feb 18 4512384
South Surrey Recreation & Arts Centre

Paint, Paste, Pour

Paint, Paste and Pour your day away. Come have fun while exploring different ways to show your artistic ability.

CLOVERDALE 7 Sessions \$81.50 3-5yrs
M 11:30am-1:30pm Jan 16 4511103
Don Christian Recreation 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 7 Sessions \$61 4-5yrs
Tu 3:30pm-4:30pm Jan 24 4504305

CITYWIDE 6 Sessions \$52 4-5yrs
Su 3:30pm-4:30pm Jan 22 4504304
Surrey Arts Centre

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.

NORTH 4 Sessions \$19.50 3-5yrs
Sa 11:30am-12:15pm Jan 14 4513837
Sa 11:30am-12:15pm Feb 18 4513838
Chuck Bailey Recreation Centre

SOUTH 4 Sessions \$19.50 3-5yrs
F 3:15pm-4:00pm Jan 13 4512458
F 3:15pm-4:00pm Feb 17 4512459

SOUTH 4 Sessions \$19.50 4-6yrs
F 4:15pm-5:00pm Jan 13 4512460
F 4:15pm-5:00pm Feb 17 4512461
South Surrey Recreation & Arts Centre

Dance

Dance Sampler

This lively sampler of dance moves introduces students to the basics of Hip Hop, Jazz, Line dance and more.

CLOVERDALE 6 Sessions \$33.25 3-5yrs
M 10:15am-11:00am Jan 23 4511152
Cloverdale Recreation Centre

SOUTH 9 Sessions \$49.75 4-6yrs
Th 3:00pm-3:45pm Jan 12 4512469
South Surrey Recreation & Arts Centre

Bhangra

This introductory dance class will teach you the basic Bhangra steps, a popular, traditional Punjabi dance. Instructor speaks English and Punjabi.

GUILDFORD 5 Sessions \$27.75 3-5yrs
Su 10:45am-11:30am Jan 22 4511112
Guildford Recreation Centre

NEWTON 8 Sessions \$44.25 3-5yrs
W 4:45pm-5:30pm Jan 18 4511832
To Be Determined

Hip Hop

Cool dancing for little ones! Emphasis is on fun. Boys and girls welcome.

CLOVERDALE 6 Sessions \$33.25 3-5yrs
W 3:15pm-4:00pm Jan 25 4511219
Don Christian Recreation Centre

GUILDFORD 6 Sessions \$33.25 3-5yrs
Th 3:30pm-4:15pm Feb 2 4512989
Fraser Heights Recreation Centre

NEWTON 7 Sessions \$38.75 3-5yrs
M 4:15pm-5:00pm Jan 16 4511830
To Be Determined

NORTH 5 Sessions \$27.75 3-5yrs
Su 11:15am-12noon Jan 8 4512555
Su 11:15am-12noon Feb 19 4512556
Su 11:15am-12noon Mar 26 4512557
Bridgeview Community Centre

NORTH 5 Sessions \$27.75 3-5yrs
Tu 4:00pm-4:45pm Feb 7 4513834

NORTH 4 Sessions \$22.25 3-5yrs
Tu 4:00pm-4:45pm Jan 10 4513833
Sa 10:30am-11:15am Jan 14 4513831
Sa 10:30am-11:15am Feb 18 4513832
Chuck Bailey Recreation Centre

SOUTH 4 Sessions \$22.25 3-4yrs
M 3:00pm-3:45pm Jan 9 4512470
M 3:00pm-3:45pm Feb 6 4512472

SOUTH 4 Sessions \$22.25 4-6yrs
M 4:00pm-4:45pm Jan 9 4512471
M 4:00pm-4:45pm Feb 6 4512473
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 6 Sessions \$33.25 3-5yrs
M 9:15am-10:00am Jan 23 4511150
Cloverdale Recreation Centre

GUILDFORD 6 Sessions \$33.25 3-6yrs
Sa 1:30pm-2:15pm Jan 21 4511115
Sa 2:30pm-3:15pm Jan 21 4511116
Guildford Recreation Centre

Ballet Level I

This class will introduce your child to basic ballet movements. Children will be encouraged to be creative in this fun and friendly atmosphere.

CLOVERDALE 8 Sessions \$44.25 3-5yrs
Sa 11:45am-12:30pm Jan 14 4511163
Sa 1:45pm-2:30pm Jan 14 4511164

Tu 10:30am-11:15am Jan 17 4511167
Tu 12:30pm-1:15pm Jan 17 4511162
Cloverdale Recreation Centre

CLOVERDALE 7 Sessions \$38.75 3-5yrs
M 10:00am-10:45am Jan 16 4511165
M 11:00am-11:45am Jan 16 4511166
Don Christian Recreation Centre

FLEETWOOD 6 Sessions \$33.25 3-5yrs
W 11:45am-12:30pm Jan 18 4512479
W 12:45pm-1:30pm Jan 18 4512478

FLEETWOOD 6 Sessions \$33.25 3-4yrs
Sa 9:30am-10:15am Jan 21 4512476

FLEETWOOD 6 Sessions \$33.25 4-5yrs
Sa 10:30am-11:15am Jan 21 4512477
Fleetwood Community Centre

GUILDFORD 8 Sessions \$44.25 3-5yrs
F 11:30am-12:15pm Jan 20 4513015
Fraser Heights Recreation Centre

GUILDFORD 8 Sessions \$44.25 3-5yrs
W 3:15pm-4:00pm Jan 18 4511108

GUILDFORD 7 Sessions \$38.75 3-5yrs
M 2:15pm-3:00pm Jan 16 4511106

GUILDFORD 6 Sessions \$33.25 3-5yrs
Sa 10:30am-11:15am Jan 21 4511107
Guildford Recreation Centre

NEWTON 8 Sessions \$44.25 3-5yrs
Sa 11:30am-12:15pm Jan 21 4512565
Newton Recreation Centre

NORTH 5 Sessions \$27.75 3-5yrs
Su 10:15am-11:00am Feb 19 4512548
Su 10:15am-11:00am Mar 26 4512549
Bridgeview Community Centre

NORTH 5 Sessions \$27.75 3-5yrs
Tu 4:00pm-4:45pm Feb 7 4513787

NORTH 4 Sessions \$22.25 3-5yrs
Tu 4:00pm-4:45pm Jan 10 4513786
Sa 9:30am-10:15am Jan 14 4513784
Sa 9:30am-10:15am Feb 18 4513785
Chuck Bailey Recreation Centre

SOUTH 9 Sessions \$49.75 3-4yrs
W 11:15am-12noon Jan 11 4512218
F 11:30am-12:15pm Jan 13 4512222

SOUTH 9 Sessions \$49.75 3-5yrs
Th 9:30am-10:15am Jan 12 4512219
Th 12:30pm-1:15pm Jan 12 4512220
Th 3:00pm-3:45pm Jan 12 4515887

F 12:30pm-1:15pm Jan 13 4512221
W 10:15am-11:00am Jan 16 4512224

SOUTH 9 Sessions \$49.75 4-6yrs
F 3:00pm-3:45pm Jan 13 4512225

SOUTH 8 Sessions \$44.25 3-5yrs
Sa 10:00am-10:45am Jan 14 4512223
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 Jan 17 4511196
 Tu 1:30pm-2:15pm Jan 17 4511197

CLOVERDALE 8 Sessions \$44.25 4-6yrs
 Sa 12:45pm-1:30pm Jan 14 4511198
 Cloverdale Recreation Centre

GUILDFORD 8 Sessions \$44.25 4-5yrs
 F 12:30pm-1:15pm Jan 20 4513016
 Fraser Heights Recreation Centre

GUILDFORD 7 Sessions \$38.75 4-5yrs
 M 3:15pm-4:00pm Jan 16 4511110

GUILDFORD 6 Sessions \$33.25 4-5yrs
 Sa 11:30am-12:15pm Jan 21 4511109
 Guildford Recreation Centre

NEWTON 8 Sessions \$44.25 3-5yrs
 Sa 12:30pm-1:15pm Jan 21 4512567
 Newton Recreation Centre

NORTH 5 Sessions \$27.75 3-5yrs
 Tu 4:00pm-4:45pm Feb 7 4513807

NORTH 4 Sessions \$22.25 3-5yrs
 Tu 4:00pm-4:45pm Jan 10 4513806
 Sa 9:30am-10:15am Jan 14 4513804
 Sa 9:30am-10:15am Feb 18 4513805
 Chuck Bailey Recreation Centre

SOUTH 9 Sessions \$49.75 4-5yrs
 W 12:15pm-1:00pm Jan 11 4512231
 Th 11:30am-12:15pm Jan 12 4512232
 Th 1:30pm-2:15pm Jan 12 4512236
 F 1:30pm-2:15pm Jan 13 4512233

SOUTH 9 Sessions \$49.75 4-6yrs
 F 4:00pm-4:45pm Jan 13 4512235

SOUTH 8 Sessions \$44.25 4-5yrs
 Sa 11:00am-11:45am Jan 14 4512234
 South Surrey Recreation & Arts Centre

Ballet Level 3

This is the next step in our Ballet program. Instruction is based on skill level. Ballet Level 2 is required.

GUILDFORD 6 Sessions \$33.25 4-6yrs
 Sa 12:30pm-1:15pm Jan 21 4511111
 Guildford Recreation 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 Jan 12 4512390
 Th 11:15am-12noon Feb 9 4512391
 Kwomais Point Park

SOUTH 4 Sessions \$22.25 3-5yrs
 Sa 9:15am-10:00am Jan 14 4512392
 Sa 9:15am-10:00am Feb 18 4512393
 South Surrey Recreation & Arts 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 Jan 12 4507555
 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.

GUILDFORD 6 Sessions \$41.50 3-5yrs
 W 4:00pm-5:00pm Feb 1 4512065
 Fraser Heights Recreation Centre

NEWTON 4 Sessions \$22.25 3-5yrs
 Tu 10:15am-11:00am Jan 17 4512529
 Newton Recreation Centre

SOUTH 8 Sessions \$44.25 3-5yrs
 M 11:15am-12noon Jan 9 4512066
 Kwomais Point Park

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 15 Sessions \$249.75 3-5yrs
 W, F 9:00am-11:00am Jan 18 4511129
 Clayton Park

NORTH 16 Sessions \$266.50 3-5yrs
 Tu, Th 9:00am-11:00am Jan 17 4512663
 Surrey Nature Centre

General Interest

Science

Have you ever wondered how popcorn pops? How chocolate is made? How a ship floats? These and many other questions will be answered in this mini science program.

NEWTON 6 Sessions \$48 4-6yrs
 Su 9:30am-10:30am Jan 22 4512005
 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 10:45am-11:45am Jan 28 4511127
 Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$69.25 3-5yrs
 Th 4:30pm-5:45pm Jan 19 4512482
 Fleetwood Community Centre

GUILDFORD 4 Sessions \$46.25 4-6yrs
 Sa 9:45am-11:00am Jan 21 4513008
 Fraser Heights Recreation Centre

NORTH 4 Sessions \$40.50 4-6yrs
 Sa 10:30am-11:30am Jan 7 4512558
 Sa 10:30am-11:30am Feb 4 4512559
 Sa 10:30am-11:30am Mar 4 4512560
 Sa 10:30am-11:30am Apr 1 4512563
 Bridgeview Community Centre

SOUTH 4 Sessions \$52 3-5yrs
 M 1:30pm-3:00pm Jan 9 4509795
 M 1:30pm-3:00pm Feb 6 4509796
 Kensington Prairie Community Centre

CHILDREN
 the **Heart** of the
MATTER 20 years

Friday, February 17, 2017
 6:30 p.m.

Doors open at 5:30 p.m.

Sheraton Guildford Hotel
 15269 104 Ave
 Surrey, BC

PARENT EDUCATION EVENING

You're Not The Boss Of Me:
 Understanding Resistance
 and Opposition in Children

Dr. Deborah MacNamara

REGISTRATION

www.childcareoptions.ca and click on
 CONFERENCE.

Questions? Call 604.572.8032

TICKETS
 \$20



Ministry of
 Children and Family
 Development

childcareoptions.ca



Preschool OPEN HOUSES

Tuesday, January 24 1:00pm-3:00pm	Newton Athletic Pavilion 12755 128 Street
Wednesday, January 25 5:30pm-7:30pm	Cloverdale Recreation Centre 6188 176 Street Don Christian Recreation Centre 6220 184 Street Cloverdale Mini Rec 17635 58 Avenue
Wednesday, January 25 5:30pm-7:30pm	Guildford Recreation Centre 15105 105 Avenue
Wednesday, January 25 5:00pm-7:00pm	Newton Recreation Centre 7120 136B Street
Wednesday, January 25 5:00pm-7:00pm	South Surrey Recreation & Art Centre 14601 20 Avenue Elgin Centre 3530 144 Street
Thursday, January 26 5:30pm-7:30pm	Fraser Heights Recreation Centre 10588 160 Street
Thursday, January 26 5:30pm-7:30pm	Chuck Bailey Recreation Centre 13458 107A Avenue
Thursday, January 26 5:00pm-7:00pm	Kensington Prairie Community Centre 16824 32 Avenue
Saturday, January 28 1:00pm-3:00pm	Fleetwood Community Centre 15996 84 Avenue

Preschool EARLY REGISTRATION

Thursday, February 2 | 8:30am

- Register early for the 2017-2018 school year.
- Year long programs run September 2017 to June 2018.
- Scheduled monthly payment options available.
- Childcare subsidy is available.



Preschool Programs

Preschool Social Recreation and Pre-Kindergarten programs are based on responsive curriculum where the educators offer an exciting, reflective program based on children's interests. Our approach focuses on the five areas of healthy child development: social, emotional, physical, creative and cognitive. Based on our responsive approach, programs include a wide variety of learning opportunities open ended activities, free play and exploration. Parent participation field trip opportunities may be a part of the program.

Social Recreation 3 YEAR OLD PRESCHOOL

All children must be 3 years old by December 31 of the current school year to enroll.

Social Rec Seasonal

CLOVERDALE 8 Sessions \$122.25 3-5yrs Tu 9:30am-11:30am Jan 17 4511125 Cloverdale Recreation Centre
CLOVERDALE 8 Sessions \$122.25 3-5yrs F 11:45am-1:45pm Jan 13 4511126 Don Christian Recreation Centre
GUILDFORD 18 Sessions \$324.75 3-5yrs Tu Th 9:00am-11:30am Jan 10 4513163 Fraser Heights Recreation Centre
NEWTON 8 Sessions \$144.50 3-5yrs Sa 9:00am-11:30am Jan 14 4510685 Newton Recreation Centre

Social Rec Year Long Licensed

CLOVERDALE 98 Sessions \$1767.75 MWF 12:30pm-3:00pm 4469093 Cloverdale Recreation Centre
GUILDFORD 98 Sessions \$1767.75 MWF 9:00am-11:30am 4467035 Fraser Heights Recreation Centre
GUILDFORD 98 Sessions \$2039.75 MWF 9:00am-12noon 4469894 Guildford Recreation Centre
GUILDFORD 72 Sessions \$14980.50 Tu Th 9:00am-12noon 4469895 Guildford Recreation Centre
GUILDFORD 72 Sessions \$14980.50 Tu Th 12:30pm-3:30pm 4469896 Guildford Recreation Centre

NEWTON 71 Sessions \$1477.75 Tu Th 12noon-3:00pm 4469506 Bear Creek Elementary
NEWTON 71 Sessions \$1477.75 Tu Th 12noon-3:00pm 4469498 Cougar Creek Elementary
NEWTON 72 Sessions \$1498.50 Tu Th 9:00am-12noon 4469502 Newton Athletic Pavilion
NEWTON 72 Sessions \$1498.50 Tu Th 8:45am-11:45am 4469500 Newton Recreation Centre
NEWTON 71 Sessions \$1477.75 Tu Th 12noon-3:00pm 4469499 Westerman Elementary
NEWTON 96 Sessions \$1731.75 MWF 11:45am-2:15pm 4469504 Boundary Park Elementary
NEWTON 72 Sessions \$1298.75 Tu Th 12:15pm-2:45pm 4469501 Newton Recreation Centre
NEWTON 89 Sessions \$1605.50 MWF 1:15pm-3:45pm 4515410 Newton Recreation Centre
Fleetwood 72 Sessions \$1298.75 Tu Th 9:00am-11:30am 4469411 Fleetwood Community Centre
Fleetwood 72 Sessions \$1298.75 Tu Th 9:00am-11:30am 4469412 Fleetwood Community Centre
Fleetwood 31 Sessions \$559.25 Sa 9:00am-11:30am 4469414 Fleetwood Community Centre

Pre-Kindergarten 4 YEAR OLD PRESCHOOL

All children must be 4 years old by December 31 of the current school year and entering Kindergarten the following September to enroll.

Pre-K Year Long Licensed

CLOVERDALE 98 Sessions \$2719.50 MWF 9:15am-1:15pm 4469216 Cloverdale Mini Rec
CLOVERDALE 72 Sessions \$1498.50 Tu Th 12:15pm-3:15pm 4469214 Cloverdale Recreation Centre
GUILDFORD 98 Sessions \$2039.75 MWF 12:30pm-3:30pm 4469216 Guildford Recreation Centre
NEWTON 98 Sessions \$2719.50 MWF 9:00am-1:00pm 4469255 Newton Recreation Centre
NEWTON 98 Sessions \$2719.50 MWF 10:00am-2:00pm 4469257 Newton Athletic Pavilion
NEWTON 96 Session \$1998 MWF 12noon-3:00pm 4469494 Cougar Creek Elementary
NEWTON 96 Sessions \$1748.25 MWF 12noon-3:00pm 4469256 W.E Kinvig Elementary
NEWTON 96 Sessions \$1748.25 MWF 12noon-3:00pm 4469485 Westerman Elementary
NEWTON 71 Sessions \$1970.25 TuTh 9:00am-1:00pm 4469254 Boundary Park Elementary

FLEETWOOD 31 Sessions \$645.25 Tu Th 9:00am-12noon 4469249 Fleetwood Community Centre
FLEETWOOD 98 Sessions \$2039.75 MWF 12noon-3:00pm 4469250 Fleetwood Community Centre
FLEETWOOD 72 Sessions \$1498.50 Tu Th 12noon-3:00pm 4469251 Fleetwood Community Centre
FLEETWOOD 72 Sessions \$1498.50 Tu Th 12noon-3:00pm 4469410 Fleetwood Community Centre

Pre-K Extended Hours Licensed

GUILDFORD Sessions \$2488.50 4-5yrs Tu Th 9:00am-2:00pm 4467387 Fraser Heights Recreation Centre



SPRING BREAK

Day Camps

Preschool

Spring Break Adventures

Children will have the opportunity to play games, sing songs, create arts and crafts projects and learn through cooperative games. Don't miss out on the fun!

CLOVERDALE 5 Sessions \$76.50 3-5yrs
 M-F 9:00am-11:00am Mar 13 4511096
 M-F 12noon-2:00pm Mar 13 4511098
 M-F 9:00am-11:00am Mar 20 4511100
 M-F 12noon-2:00pm Mar 20 4511101
Cloverdale Recreation Centre

FLEETWOOD 5 Sessions \$76.50 3-5yrs
 M-F 9:00am-11:00am Mar 13 4512603
 M-F 9:00am-11:00am Mar 20 4512604
Fleetwood Community Centre

GUILDFORD 5 Sessions \$76.50 3-5yrs
 M-F 9:15am-11:15am Mar 13 4513155
 M-F 12noon-2:00pm Mar 13 4513156
 M-F 9:15am-11:15am Mar 20 4513157
 M-F 12noon-2:00pm Mar 20 4513158
Fraser Heights Recreation Centre

GUILDFORD 5 Sessions \$76.50 3-5yrs
 M-F 9:00am-11:00am Mar 13 4511119
 M-F 11:30am-1:30pm Mar 13 4512505
 M-F 9:00am-11:00am Mar 20 4511120
 M-F 11:30am-1:30pm Mar 20 4512507
Guildford Recreation Centre

NEWTON 5 Sessions \$104.25 3-5yrs
 M-F 9:00am-12noon Mar 13 4510327
 M-F 9:00am-12noon Mar 20 4510329

NEWTON 5 Sessions \$90.25 3-5yrs
 M-F 12:30pm-3:00pm Mar 13 4510328
 M-F 12:30pm-3:00pm Mar 20 4510330
Newton Recreation Centre

NORTH 5 Sessions \$76.50 3-5yrs
 M-F 9:30am-11:30am Mar 13 4515539
 M-F 9:30am-11:30am Mar 20 4515540
Chuck Bailey Recreation Centre

SOUTH 5 Sessions \$76.50 3-5yrs
 M-F 9:30am-11:30am Mar 13 4512570
 M-F 9:30am-11:30am Mar 20 4512572

SOUTH 5 Sessions \$76.50 4-6yrs
 M-F 12:30pm-2:30pm Mar 13 4512571
 M-F 12:30pm-2:30pm Mar 20 4512573
South Surrey Recreation & Arts Centre

Science and Nature

Every day is a journey into the world of science! Your 'young einstein' will spend the week exploring fascinating subjects in science and nature .

SOUTH 5 Sessions \$66.50 3-5yrs
 M-F 9:30am-11:00am Mar 20 4512579
SOUTH 5 Sessions \$66.50 4-6yrs
 M-F 12:30pm-2:00pm Mar 20 4512580
South Surrey Recreation & Arts Centre

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.

CLOVERDALE 5 Sessions \$83.25 3-5yrs
 M-F 9:15am-11:15am Mar 13 4516736
Clayton Park

NORTH 5 Sessions \$83.25 3-5yrs
 M-F 9:15am-11:15am Mar 20 4516735
Surrey Nature Centre

Art Ventures

Young children will be introduced to a variety of mediums and will learn basic art skills.

SOUTH 5 Sessions \$60 3-5yrs
 M-F 9:30am-11:00am Mar 13 4512576

SOUTH 5 Sessions \$60 4-6yrs
 M-F 12:30pm-2:00pm Mar 13 4512577
South Surrey Recreation & Arts Centre

Dance

Have fun learning rhythm, timing, and different dance moves in this dance camp.

FLEETWOOD 5 Sessions \$52 3-5yrs
 M-F 1:00pm-2:30pm Mar 13 4512599
 M-F 1:00pm-2:30pm Mar 20 4512601
Fleetwood Community Centre

SOUTH 5 Sessions \$52 3-5yrs
 M-F 1:00pm-2:30pm Mar 13 4512581
 M-F 1:00pm-2:30pm Mar 20 4512582
South Surrey Recreation & Arts Centre

Kid Hop

Kid Hop teaches the basic principles of movement through the fun and dynamic genre of Hip Hop dance. Creative moves and hip hop beats adds a fresh take to young children's movement education.

SOUTH 5 Sessions \$105 4-6yrs
 M-F 10:00am-12noon Mar 13 4507401

SOUTH 5 Sessions \$105 6-9yrs
 M-F 10:00am-12noon Mar 20 4507402
South Surrey Recreation & Arts Centre

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.

SOUTH 3 Sessions \$33.50 3-5yrs
 Tu-Th 9:00am-10:30am Mar 14 4512583
 Tu-Th 9:00am-10:30am Mar 21 4512585

SOUTH 3 Sessions \$33.50 4-6yrs
 Tu-Th 10:45am-12:15pm Mar 14 4512584
 Tu-Th 10:45am-12:15pm Mar 21 4512586
South Surrey Recreation & Arts Centre

Children

Fun Zone

Join the fun zone this spring break. Camp programs include sports, arts, crafts, music, dance and games. Theme related activities will be featured each week. Swimming may be included in the weekly events. Please check with the Town Centre in your area for specific details. Camp Connections are available for extended camp hours.

CLOVERDALE 5 Sessions \$116.75 6-9yrs
 M-F 9:00am-3:00pm Mar 13 4507036
 M-F 9:00am-3:00pm Mar 20 4507037
Don Christian Recreation Centre

GUILDFORD 5 Sessions \$125.75 6-12yrs
 M-F 8:30am-3:00pm Mar 13 4513159

GUILDFORD 5 Sessions \$125.75 6-12yrs
 M-F 8:30am-3:00pm Mar 20 4513160
Fraser Heights Recreation Centre

GUILDFORD 5 Sessions \$116.75 6-12yrs
 M-F 9:00am-3:00pm Mar 13 4510270
 M-F 9:00am-3:00pm Mar 20 4510271
Guildford Recreation Centre

NEWTON 5 Sessions \$116.75 6-12yrs
 M-F 9:00am-3:00pm Mar 13 4510311
 M-F 9:00am-3:00pm Mar 20 4510312
Newton Recreation Centre

NORTH 5 Sessions \$116.75 6-12yrs
 M-F 9:00am-3:00pm Mar 13 4513530
 M-F 9:00am-3:00pm Mar 20 4513531
Chuck Bailey Recreation Centre

SOUTH 5 Sessions \$116.75 6-9yrs
 M-F 9:00am-3:00pm Mar 13 4512226
 M-F 9:00am-3:00pm Mar 20 4512227
South Surrey Recreation & Arts Centre

One to One Support SPRING BREAK DAY CAMPS

For children with disabilities 6-13yrs

The City of Surrey offers one-to-one staff support for children with disabilities to participate in Surrey Parks, Recreation & Culture spring break day camps. There is no additional fee for this service.

Children who receive support typically meet one or more of the following criteria:

- Extra support is required in school;
- Additional support or assistance is required at home for basic care;
- A physical, developmental and/or learning disability exists that affects the safety of the participant in a program;
- The participant is currently associated with a support agency.

In order for a participant to receive support:

STEP 1:

Register in a Surrey Parks, Recreation & Culture day camp and ensure that the day camp:

- Runs during the weeks of spring break, March 13-24, 2017
- 13 year olds must register in a Preteen Camp
- Runs the full week Monday through Friday (5 days) from 9:00am-3:00pm.

STEP 2:

Register for one-to-one support:

Ensure that you register for support, during the same week you are registered in a camp.

M-F	9:00am-3:00pm	Mar 13-17	4509568
M-F	9:00am-3:00pm	Mar 20-24	4509569

Registration is on a first come, first serve basis. Participants can register for a maximum of one week of one to one support for spring break in order to provide this service to as many children as possible.

Preteen Fun Zone

Camp activities include age appropriate programming for children ages 10- 12. Weekly themed activities will include sports, arts and crafts, music, dance and games. Swimming may be included in the weekly events. Camp connections for some locations may be available for extended hours. Please contact the Town Center in your area for more details.

CLOVERDALE 5 Sessions \$116.75 10-13yrs
M-F 9:00am-3:00pm Mar 13 4515419
M-F 9:00am-3:00pm Mar 20 4515420
Cloverdale Recreation Centre

SOUTH 5 Sessions \$116.75 10-13yrs
M-F 9:00am-3:00pm Mar 13 4512801
South Surrey Recreation & Arts Centre

Time Machine Travellers

Kids explore Victorian children's tales as they race through the woods of Sherwood Forest with Robin Hood, talk to the animals like Dr. Dolittle, and explore the magic of nature in The Secret Garden.

CITYWIDE 4 Sessions \$116.75 6-12yrs
Tu-F 9:00am-3:00pm Mar 14 4511903
Historic Stewart Farm

Leadership Camp

This camp will provide participants with leadership training, personal and life skill development and to build their awareness of civic responsibility and community involvement.

SOUTH 5 Sessions \$146 10-13yrs
M-F 9:00am-3:00pm Mar 20 4512829
South Surrey Recreation & Arts Centre

Creepy Crawlies

Do you love all things icky in nature? Go on a bug safari, meet a salamander and make slime. Play outdoor games and seek out great adventures. Go fishing at Green Timbers lake too! Extended hours may be available.

NORTH 5 Sessions \$166.75 6-9yrs
M-F 9:00am-3:00pm Mar 20 4513317
Surrey Nature Centre

Forest Adventures

Adventures abound in this camp! Have fun developing your outdoor awareness through shelter-building and orienteering using a compass. Go fishing at Green Timbers Lake too! Extended hours may be available.

NORTH 5 Sessions \$166.75 6-9yrs
M-F 9:00am-3:00pm Mar 13 4513304
Surrey Nature Centre

Preteen Eco Heroes

Become a nature steward! Get your hands dirty with habitat restoration projects as you develop your skills to care for plants and animals. Enjoy a fishing trip to Green Timbers Lake. Extended hours may be available.

NORTH 5 Sessions \$166.75 10-12yrs
M-F 9:00am-3:00pm Mar 20 4513323
Surrey Nature Centre

Preteen Forest Adventures

Complete fun challenges in the forest as you discover your wild neighbours. Create a map, learn to navigate in the woods, test your knot-tying skills and go fishing. Extended hours may be available.

NORTH 5 Sessions \$166.75 10-12yrs
M-F 9:00am-3:00pm Mar 13 4513309
Surrey Nature Centre

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.

SOUTH 5 Sessions \$215.50 6-9yrs
M-F 9:00am-3:00pm Mar 13 4512760
SOUTH 5 Sessions \$215.50 9-12yrs
M-F 9:00am-3:00pm Mar 20 4512761
Kwomais Point Park

Kids Who Cook

The pantry is open! Children will learn to create a variety of healthy and fun foods. You will even make your own recipe book.

NORTH 5 Sessions \$116.25 6-12yrs
M-F 9:00am-12noon Mar 13 4513327
M-F 12noon-3:00pm Mar 20 4513328
Bridgeview Community Centre

Guitar Level I

Have lots of fun learning to play the guitar. You will learn to play notes and chords, as well as strumming a few easy songs.

GUILDFORD 5 Sessions \$104.75 6-8yrs
M-F 9:00am-12noon Mar 13 4510264
Guildford Recreation Centre

Art Ventures

Explore the wonderful world of arts and crafts. Create all kinds of things from masks to jewelry to pottery. For more details on themes or program content please contact facility.

CLOVERDALE 5 Sessions \$194.50 7-10yrs
M-F 9:00am-3:00pm Mar 13 4506796
M-F 9:00am-3:00pm Mar 20 4506799
Cloverdale Recreation Centre

FLEETWOOD 5 Sessions \$194.50 6-13yrs
M-F 9:00am-3:00pm Mar 13 4512313
M-F 9:00am-3:00pm Mar 20 4512314
Fleetwood Community Centre

Ready, Set, Paint

This fun camp will lead you on a paint-filled journey. Let your imagination run wild as you explore themes such as animals, portraiture and nature. Create with paint, pastels and collage while learning a variety of run techniques under the guidance of practicing artist Cara Guri.

SOUTH 5 Sessions \$105 7-11yrs
M-F 10:00am-12noon Mar 20 4507362
South Surrey Recreation & Arts Centre

Create with the Masters

Looking at the art of artists from different art movements, students will learn techniques and do projects in specific styles. Learn about art history and art movements such as impressionism, action painting, surrealism and many more. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 5 Sessions \$186.75 6-9yrs
M-F 9:00am-3:00pm Mar 20 4513560
CITYWIDE 5 Sessions \$186.75 9-12yrs
M-F 9:00am-3:00pm Mar 20 4513565
Surrey Arts Centre

Mixed Media Cartoon Art

Learn creative art skills and develop your own cartooning style with artist Nicci Battilana. This course focuses on the concepts of cartoon image creations through under-sketching, inking, collage & painting techniques. Bring your imagination to life! Each student will choose one of their pieces to bring home framed. Wear your painting clothes!

SOUTH 5 Sessions \$115 7-11yrs
M-F 10:00am-12noon Mar 13 4507397
South Surrey Recreation & Arts Centre

Clay Days

A full week of fun clay projects! Learn techniques like slab construction, pinch pots, coil building, and sculpture. You'll also have a chance to try some other fun arts and crafts like painting, jewellery making, and paper sculpture. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 5 Sessions \$186.75 6-9yrs
M-F 9:00am-3:00pm Mar 13 4504437
CITYWIDE 5 Sessions \$186.75 9-12yrs
M-F 9:00am-3:00pm Mar 13 4504438
Surrey Arts 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.



Pottery Explorations

Experience the fun of creating with clay! Kids will learn pinch, slab, coil and sculpt clay methods while creating functional and sculptural pieces.

SOUTH	5 Sessions \$115	5-9yrs
M-F	10:00am-12noon	Mar 20 4507351
SOUTH	4 Sessions \$92	4-7yrs
M-Th	10:00am-12noon	Mar 13 4507349
SOUTH	4 Sessions \$103	7-11yrs
M-Th	12:30pm-3:00pm	Mar 13 4507350
South Surrey Recreation & Arts Centre		

Musical Theatre

Musical Theatre incorporates acting, dancing, and singing into one exciting genre. This class with instructor Melanie Reich introduces students to the exploration of each skill while letting their creative impulses flourish into theatrical creation.

Disney Favourites

SOUTH	5 Sessions \$105	7-12yrs
M-F	12:30pm-3:00pm	Mar 13 4507398
South Surrey Recreation & Arts Centre		

On-Camera Acting

Wanna be in the movies? Or TV? The first step is learning the basics of acting for the camera. From commercial auditions to movie scenes, this class gives students the foundational skills they need to succeed.

SOUTH	5 Sessions \$105	7-12yrs
M-F	12:30pm-3:00pm	Mar 20 4507407
South Surrey Recreation & Arts Centre		

Preteen Acting Extreme

Ready to break a leg? Young actors will have a blast as they experience the excitement of bringing a play to life in a week. Families and friends are invited to the fun and inspired final performance!

CITYWIDE	5 Sessions \$199	8-12yrs
M-F	9:00am-3:00pm	Mar 13 4512042
Surrey Arts Centre		

BYTE Camp - Introduction to Coding

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online.

CITYWIDE	5 Sessions \$295	9-12yrs
M-F	9:00am-3:00pm	Mar 13 4513559
Surrey Arts Centre		

Sports

Play soccer, basketball and more! You name it, we can play it! Bring your friends and your energy for sports galore!

CLOVERDALE	5 Sessions \$90.75	6-8yrs
M-F	9:00am-12noon	Mar 20 4506820
CLOVERDALE	5 Sessions \$90.75	9-12yrs
M-F	12:30pm-3:30pm	Mar 20 4506821
Cloverdale Recreation Centre		

Badminton

Improve fitness and speed while learning fundamental badminton skills, including forehand and backhand grips and serving.

FLEETWOOD	5 Sessions \$168.50	6-13yrs
M-F	9:00am-3:00pm	Mar 13 4512315
M-F	9:00am-3:00pm	Mar 20 4512316
Fleetwood Community Centre		

SOUTH	5 Sessions \$64.75	9-12yrs
M-F	1:30pm-3:30pm	Mar 13 4512625
South Surrey Recreation & Arts Centre		

Basketball

Learn new skills or improve on your existing ones. Slam dunk your spring break and join us for some fun!

CLOVERDALE	5 Sessions \$90.75	6-8yrs
M-F	9:00am-12noon	Mar 13 4506804
CLOVERDALE	5 Sessions \$90.75	9-12yrs
M-F	12:30pm-3:30pm	Mar 13 4506807
Cloverdale Recreation Centre		

SOUTH	5 Sessions \$52	6-9yrs
M-F	1:30pm-3:00pm	Mar 20 4512671
SOUTH	5 Sessions \$52	9-12yrs
M-F	3:00pm-4:30pm	Mar 20 4512673
South Surrey Recreation & Arts Centre		

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	5 Sessions \$153	7-9yrs
M-F	9:00am-3:00pm	Mar 13 4512292
M-F	9:00am-3:00pm	Mar 20 4512294

FLEETWOOD	5 Sessions \$153	10-12yrs
M-F	9:00am-3:00pm	Mar 13 4512293
M-F	9:00am-3:00pm	Mar 20 4512295
Sport & Leisure Arenas		

Camp Connections

We are offering extended afternoon hours for the day camps. This is designed for working parents.

NORTH	5 Sessions \$36.50	6-12yrs
M-F	3:00pm-4:30pm	Mar 13 4513336
M-F	3:00pm-4:30pm	Mar 20 4513335
Surrey Nature Centre		

Skateboarding

Focusing on basic maneuvers like pushing, turning, stopping, ollies, skate park etiquette, safety, theory, mechanics, and history.

NORTH	5 Sessions \$162	6-12yrs
M-F	9:00am-3:00pm	Mar 13 4516108
M-F	9:00am-3:00pm	Mar 20 4516111
Chuck Bailey Recreation Centre		

Horseback Riding

Learn about horse safety and behaviour, stable management, proper grooming, feeding and handling techniques. Develop basic riding skills in a fun, positive environment.

SOUTH	5 Sessions \$365	8-16yrs
M-F	9:30am-12:30pm	Mar 13 4512550
M-F	9:30am-12:30pm	Mar 20 4512551
Semiahmoo Stables		

Youth

Creative Painting and Drawing

Express yourself in this engaging camp that focuses on creativity, ideas and fun techniques. Learn how to blend and shade while channeling your artistic vision. Experiment with charcoal, pastels, and other media with the guidance of practicing artist Cara Guri.

SOUTH	5 Sessions \$119	11-16yrs
M-F	12:30pm-3:00pm	Mar 20 4507365
South Surrey Recreation & Arts Centre		

Mixed Media Manga

Create your own unique Manga style characters with instruction from artist, Nicci Battilana. You will learn the basics of proportion and perspective, while developing skills in under-sketching, collage, watercolour, and acrylic painting. Bring your imagination to life! Each student will choose one of their pieces to bring home framed. Wear your painting clothes.

SOUTH	5 Sessions \$125	10-16yrs
M-F	12:30pm-3:00pm	Mar 13 4507372
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	5 Sessions \$129	10-17yrs
M-F	12:30pm-3:00pm	Mar 20 4513454
South Surrey Recreation & Arts Centre		

Pottery

Create mugs, vases, and bowls in clay using the potter's wheel and hand-building techniques. You'll have the chance to explore glazing and other decorative techniques. Course includes tool use, glazes, firing and a bag of clay. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE	5 Sessions \$119.75	12-17yrs
M-F	1:00pm-4:00pm	Mar 20 4504439
Surrey Arts Centre		

Badminton

Improve fitness and speed while learning fundamental badminton skills, including forehand and backhand grips and serving.

SOUTH	5 Sessions \$64.75	13-18yrs
M-F	3:00pm-5:00pm	Mar 13 4513424
South Surrey Recreation & Arts Centre		

Basketball

Five day mini basketball camp will introduce young players to the fundamentals of the game. Learn skills, team concepts and develop fair play.

SOUTH	5 Sessions \$52	13-18yrs
M-F	4:30pm-6:00pm	Mar 20 4512836
South Surrey Recreation & Arts Centre		



Children

We've got a wide variety of activities that will keep your children active and engaged, learning new skills and having fun.

SCHOOL'S OUT CHILD & YOUTH
FUNPASS
 DROP-IN FOR FUN ALL SPRING BREAK

ON SALE
FEB 13
 \$10/PERSON

www.surrey.ca/recreation

QUICK FIND

CHECK OUT OUR **NEW** SECTIONS

SPORTS Pages 48 - 53

FITNESS & WELLNESS Page 55, 56

One Day Wonders

Winter Fun

Celebrate winter, snow and the warmth of the indoors. Enjoy an afternoon of arts, crafts, songs, games and a special treat.

GUILDFORD 1 Session \$9.25 6-9yrs
 Su 1:15pm-2:45pm Jan 22 4510269
 Guildford Recreation Centre

SOUTH 1 Session \$9.25 5-8yrs
 Su 1:30pm-3:00pm Jan 15 4516097
 South Surrey Recreation & Arts Centre

Kids in Space

Blast off to find out about the moon, planets and what astronauts eat in space.

SOUTH 1 Session \$9.25 5-8yrs
 Su 1:30pm-3:00pm Jan 22 4516098
 South Surrey Recreation & Arts Centre

Chinese New Year Celebration

Children will discover the wonders of China as they make a Chinese dragon to take home, play games, write Chinese numbers and more!

GUILDFORD 1 Session \$9.25 6-9yrs
 Su 1:15pm-2:45pm Jan 29 4510267
 Guildford Recreation Centre

SOUTH 1 Session \$9.25 5-7yrs
 Sa 1:30pm-3:00pm Jan 28 4509882
 Kensington Prairie Community Centre

SOUTH 1 Session \$9.25 5-8yrs
 Su 1:30pm-3:00pm Jan 29 4516099
 South Surrey Recreation & Arts Centre

Discovery Science

Young scientists join us for a day of exciting activities and experiments that you can try at home!

CLOVERDALE 4 Sessions \$27.50 6-8yrs
 Th 4:15pm-5:15pm Feb 2 4510511
 Cloverdale Recreation Centre

Valentine Crafts

Create crafts and gifts for your valentine.

CLOVERDALE 1 Session \$7 6-8yrs
 Sa 11:15am-12:15pm Feb 11 4510514
 Cloverdale Recreation Centre

GUILDFORD 1 Session \$9.25 6-9yrs
 Su 1:15pm-2:45pm Feb 12 4510268
 Guildford Recreation Centre

Be My Valentine

Have fun in the kitchen making chocolate treats and valentine crafts.

NEWTON 1 Session \$9.25 6-12yrs
 Su 1:00pm-2:30pm Feb 12 4511255
 Newton Recreation Centre

SOUTH 1 Session \$9.25 6-9yrs
 Tu 3:00pm-4:30pm Feb 14 4509886

SOUTH 1 Session \$9.25 9-12yrs
 Tu 4:45pm-6:15pm Feb 14 4509888
 Kensington Prairie Community Centre

SOUTH 1 Session \$9.25 6-8yrs
 Su 1:30pm-3:00pm Feb 5 4516100

SOUTH 1 Session \$9.25 9-12yrs
 Su 3:30pm-5:00pm Feb 5 4516101
 South Surrey Recreation & Arts Centre

Hibernating Animals

Learn where animals go in winter, how they survive and more. Through games, songs and crafts we will honour our animal friends.

SOUTH 1 Session \$9.25 5-7yrs
 Sa 1:30pm-3:00pm Feb 25 4513557
 Kensington Prairie Community Centre

Crafts

Handwoven Bracelets, Belts and Bands

Kids learn new skills from old techniques as they weave bright threads on simple, portable inkle looms. Create colourful and unique woven bands to decorate bags and backpacks.

CITYWIDE 3 Sessions \$51.75 8-12yrs
 Tu-Th 1:00pm-3:00pm Mar 14 4509269
 Surrey Museum

Kids Can Batik

Kids learn the ancient Indonesian art of batik as they use dye and wax to create their own colourful small wall hanging. Supply fee \$10.

CITYWIDE 2 Sessions \$36 8-12yrs
 Sa 1:00pm-4:00pm Feb 25 4509267
 Surrey Museum

Kids Can Knit: Beginners

Our patient instructor shows kids how to turn sticks and strings into cool bookmarks and small bags with a few basic techniques. Your kids will be delighted with their new skills!

CITYWIDE 5 Sessions \$58 8-12yrs
 W 4:00pm-5:30pm Feb 8 4509263
 Surrey Museum

Kids Can Sew: Hand Sewing

Let our stitchery wiz teach your child basic hand sewing skills. They'll take home a stitch sampler, a small stuffed animal, and new sewing know-how. Supply fee \$10.

CITYWIDE 4 Sessions \$42 8-12yrs
 Th 4:00pm-6:00pm Feb 9 4509264
 Surrey Museum

Visual Arts

Art Express

Explore art and express yourself by experimenting with different techniques, ideas, and materials. You'll learn to combine the elements of colour, line, texture, and shape through a variety of weekly projects that include drawing, painting, mixed media, and sculpture. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 7 Sessions \$84.50 5-8yrs
 Sa 10:30am-12noon Jan 21 4504298
 Sa 1:00pm-2:30pm Jan 21 4504299
 W 5:00pm-6:30pm Jan 25 4504300
 Surrey Arts Centre

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.

CLOVERDALE 6 Sessions \$41 6-7yrs
M 3:15pm-4:15pm Jan 23 4506759

CLOVERDALE 6 Sessions \$41 8-10yrs
M 4:30pm-5:30pm Jan 23 4506760
Don Christian Recreation Centre

FLEETWOOD 8 Sessions \$54.75 6-9yrs
W 4:00pm-5:00pm Jan 18 4509526
Fleetwood Community Centre

NORTH 4 Sessions \$27.50 6-12yrs
Th 2:35pm-3:35pm Jan 26 4514293
Forsyth Road Elementary School

NEWTON 8 Sessions \$54.75 6-12yrs
Su 1:30pm-2:30pm Jan 22 4510194
Newton Recreation Centre

SOUTH 9 Sessions \$61.50 5-7yrs
Tu 3:00pm-4:00pm Jan 10 4512209
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 7 Sessions \$65.25 7-10yrs
Th 5:45pm-7:25pm Jan 26 4504302
Surrey Arts Centre

Cartooning Level 1

Learn the basics of drawing cartoons. The instructor will cover the basic techniques and steps to designing animation.

FLEETWOOD 8 Sessions \$68.50 9-13yrs
Tu 4:00pm-5:00pm Jan 17 4509752
Fleetwood Community Centre

SOUTH 8 Sessions \$68.50 6-9yrs
M 3:30pm-4:30pm Jan 9 4512171

SOUTH 8 Sessions \$68.50 9-12yrs
M 4:30pm-5:30pm Jan 9 4512172
South Surrey Recreation & 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 7 Sessions \$84.50 6-8yrs
Sa 3:00pm-4:30pm Jan 21 4504303
Surrey Arts Centre

Sci-fi Ceramics

We're taking inspiration from the world of science fiction to make some weird and wonderful clay artwork - pinch, coil, roll, and squish your way to ceramic robots, lunar landscapes, and alien figurines. Get your hands dirty and tell stories through art! Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 7 Sessions \$87.25 8-12yrs
Tu 5:00pm-6:30pm Jan 24 4515405
Surrey Arts Centre

Claymation

Kids will have an opportunity to create stop-motion animations using modelling clay. They will learn how to mix colours, and build characters and objects out of clay. This class is great fun for kids who like to work with their hands! Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 7 Sessions \$65.25 8-12yrs
Th 4:00pm-5:30pm Jan 26 4513556
Surrey Arts Centre

Clayworks

Enjoy being creative with your hands and imagination as you make unique creatures and things with clay manipulation.

FLEETWOOD 8 Sessions \$77.75 6-9yrs
Tu 5:00pm-6:00pm Jan 17 4509754

FLEETWOOD 8 Sessions \$77.75 10-13yrs
Tu 6:00pm-7:00pm Jan 17 4509755
Fleetwood Community Centre

SOUTH 8 Sessions \$77.75 6-9yrs
M 3:15pm-4:15pm Jan 9 4511997
South Surrey Recreation & 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 7 Sessions \$87.25 9-13yrs
Sa 12:30pm-2:00pm Jan 21 4504306
Surrey 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.

GUILDFORD 7 Sessions \$68 6-8yrs
M 5:00pm-6:00pm Jan 16 4512389
Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$58.50 6-9yrs
M 3:15pm-4:15pm Jan 16 4510220

GUILDFORD 6 Sessions \$58.50 10-12yrs
M 4:30pm-5:30pm Jan 16 4510221
Guildford Recreation Centre

SOUTH 9 Sessions \$87.50 6-9yrs
Tu 4:15pm-5:15pm Jan 10 4512210

SOUTH 9 Sessions \$87.50 9-12yrs
Tu 5:15pm-6:15pm Jan 10 4512211
South Surrey Recreation & 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 7 Sessions \$87.25 9-13yrs
Sa 10:30am-12noon Jan 21 4504307
W 5:00pm-6:30pm Jan 25 4504308
Surrey Arts Centre

After School

DROP-IN

8-12YRS

MYzone

\$40

PER SCHOOL YEAR
PER SITE

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

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, W, F Kensington Prairie Community Centre

M - F Newton Recreation Centre

Tu - F South Surrey Recreation & Arts Centre

Just Paint

Explore the many creative possibilities of working with paint. Learn about painting styles and colour theory while creating expressive projects using a variety of paint types and surface mediums. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 6 Sessions \$74.50 8-11yrs
Su 12:30pm-2:00pm Jan 22 4515408
Surrey Arts Centre

Printmaking Play

Use your imagination to create colourful images! Make one-of-a-kind monoprints abstracts in minutes using this exciting form of printmaking. Create small pieces of art that can be used in a variety of ways. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 1 Session \$25 7-10yrs
Sa 10:00am-12noon Mar 25 4513620
Surrey Arts Centre

Watercolour Painting

Watercolour is the perfect medium to jot down quick observations, or to spend hours of exploration doing, seeing, and imagining. In this class we will use the fundamental elements of art making - line, colour, shape, value, tone, texture, space, and form - to develop and grow your painting skills. Surrey Art Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 6 Sessions \$67.50 9-13yrs
Tu 4:45pm-6:15pm Jan 24 4504452
Surrey Arts Centre

Paint at the Play

Let your kids have fun and get their hands dirty with a variety of creative art projects while you have some time to yourself. Scheduled to coincide with a matinee performance of the Arts Club On Tour series of entertaining, live professional theatre. Paint at the Play is free with the purchase of a theatre ticket. Preregistration is required.

CITYWIDE 1 Session \$24 6-11yrs
Sa 3:30pm-6:30pm Jan 14 4512055
Sa 3:30pm-6:30pm Feb 25 4512059
Surrey Arts Centre

Paint/Draw and Sculpt

Students will explore different styles 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 both traditional and through 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 7 Sessions \$87.25 6-9yrs
Th 4:30pm-6:00pm Jan 26 4513558

CITYWIDE 7 Sessions \$87.25 8-12yrs
F 4:00pm-5:30pm Jan 27 4504426
Surrey Arts Centre

Home School Explore and Create

Inspired by an exploration of the gallery's lively exhibitions home learners will engage in exciting art projects that encourage self-exploration, creative discovery, and artistic expression while building knowledge and developing new skills through experimentation with materials and techniques. One parent per family is welcome to participate. Supplies included. Surrey Art Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 4 Sessions \$77.25 6-17yrs
F 1:15pm-3:15pm Jan 20 4504442
F 1:15pm-3:15pm Feb 17 4504443
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 \$150	5-9yrs
Tu	10:00am-11:30am Jan 10	4507575
SOUTH	8 Sessions \$160	10-17yrs
Tu	12noon-2:00pm Jan 10	4507576

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	7 Sessions \$105	7-11yrs
Sa	10:00am-11:30am Jan 21	4507562

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! Semiahmoo Arts instructors are practicing artists and experienced art educators.

SOUTH	8 Sessions \$130	8-12yrs
Tu	4:00pm-5:30pm Jan 10	4507564

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! Semiahmoo Arts instructors are practicing artists and experienced art educators.

SOUTH	8 Sessions \$105	4-7yrs
W	3:30pm-5:00pm Jan 11	4507558
SOUTH	8 Sessions \$105	7-11yrs
W	5:00pm-6:30pm Jan 11	4507559

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 Jan 12	4507560
SOUTH	8 Sessions \$120	7-11yrs
Th	5:00pm-6:30pm Jan 12	4507561

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	9 Sessions \$103	6-8yrs
F	3:30pm-4:30pm Jan 13	4507577

South Surrey Recreation & 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	8 Sessions \$149	9-15yrs
Tu	3:30pm-5:30pm Jan 17	4514641

Surrey Arts Centre

Musical Theatre

Sing and dance like a Broadway star with this fun and entertaining combination of acting, singing and dancing.

CLOVERDALE	7 Sessions \$48.25	6-8yrs
M	5:30pm-6:30pm Jan 16	4506682
CLOVERDALE	7 Sessions \$48.25	9-12yrs
M	6:30pm-7:30pm Jan 16	4506683

Cloverdale Recreation Centre

CLOVERDALE	7 Sessions \$48.25	8-12yrs
M	2:45pm-3:45pm Jan 16	4506701

Martha Currie Elementary School

SOUTH	9 Sessions \$62	5-7yrs
Th	3:30pm-4:30pm Jan 12	4512104

South Surrey Recreation & Arts Centre

Theatre

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	9-13yrs
Sa	11:30am-12:30pm Jan 21	4512246

Fleetwood Community Centre

NEWTON	8 Sessions \$48.50	6-12yrs
Sa	2:15pm-3:15pm Jan 21	4510561

Newton Recreation Centre

SOUTH	4 Sessions \$24.25	6-9yrs
F	5:00pm-6:00pm Jan 13	4512154
F	5:00pm-6:00pm Feb 17	4512155

South Surrey Recreation & Arts Centre

Theatre Sports

Our incredible instructors will help you learn improvisation and theatre. Build your self esteem and dramatic flair!

SOUTH	9 Sessions \$62	8-12yrs
Th	4:30pm-5:30pm Jan 12	4512141

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 Jan 21	4509764
FLEETWOOD	8 Sessions \$55.25	10-13yrs
Sa	2:00pm-3:00pm Jan 21	4509765

Fleetwood Community Centre

SOUTH	9 Sessions \$62	6-8yrs
Th	3:45pm-4:45pm Jan 12	4512086
SOUTH	9 Sessions \$62	9-12yrs
Th	4:45pm-5:45pm Jan 12	4512087

South Surrey Recreation & Arts Centre

Bhangra Dance - Family

Learn basic Indian dance moves to Bhangra music.

GUILDFORD	7 Sessions \$48.25	All Ages
Su	2:30pm-3:30pm Jan 15	4510520

Fraser Heights Recreation Centre

NEWTON	10 Sessions \$69	All Ages
Th	5:00pm-6:00pm Jan 12	4510521

To Be Determined

Bhangra Dance

This introductory dance class will teach you the basic Bhangra steps, a popular, traditional Punjabi dance.

GUILDFORD	5 Sessions \$34.50	6-12yrs
Su	11:45am-12:45pm Jan 22	4510211

Guildford Recreation Centre

NEWTON	8 Sessions \$55.25	6-9yrs
W	5:30pm-6:30pm Jan 18	4510292
NEWTON	6 Sessions \$55.25	10-12yrs
W	6:30pm-7:30pm Jan 18	4510293

To Be Determined

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	6 Sessions \$41.50	6-8yrs
W	4:15pm-5:15pm Jan 25	4506629
CLOVERDALE	6 Sessions \$41.50	8-10yrs
W	5:30pm-6:30pm Jan 25	4506630

Don Christian Recreation Centre

GUILDFORD	6 Sessions \$41.50	6-9yrs
Th	4:30pm-5:30pm Feb 2	4512417

Fraser Heights Recreation Centre

GUILDFORD	6 Sessions \$41.50	6-8yrs
Su	1:00pm-2:00pm Jan 22	4510233
GUILDFORD	6 Sessions \$41.50	9-12yrs
Su	2:15pm-3:15pm Jan 22	4510234

Guildford Recreation Centre

NEWTON	7 Sessions \$48.25	6-9yrs
M	5:15pm-6:15pm Jan 16	4510613
NEWTON	7 Sessions \$48.25	10-12yrs
M	6:15pm-7:15pm Jan 16	4510614

To Be Determined

SOUTH	9 Sessions \$62	6-9yrs
Tu	3:15pm-4:15pm Jan 10	4512212
SOUTH	9 Sessions \$62	9-12yrs
Tu	4:15pm-5:15pm Jan 10	4512213

South Surrey Recreation & Arts Centre

Breakdance

It's back in style! Want to learn new moves? This breaking class is hot! Sign up now and be the coolest dancer in your school.

FLEETWOOD	6 Sessions \$41.50	8-12yrs
F	7:00pm-8:00pm Jan 20	4509751

Fleetwood Community Centre

NORTH	6 Sessions \$41.50	6-9yrs
W	3:30pm-4:30pm Jan 18	4513295

NORTH	6 Sessions \$41.50	10-12yrs
W	4:30pm-5:30pm Jan 18	4513296

Bridgeview Community Centre

Ballet Level 1

This program is 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 Jan 17	4506631

Cloverdale Recreation Centre

GUILDFORD	8 Sessions \$55.25	5-7yrs
W	4:15pm-5:15pm Jan 18	4510205

GUILDFORD	7 Sessions \$48.25	7-9yrs
M	4:15pm-5:15pm Jan 16	4510206

Guildford Recreation Centre

NEWTON	8 Sessions \$55.25	6-12yrs
Sa	1:00pm-2:00pm Jan 21	4510242

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 \$55.25	6-8yrs
Tu	4:00pm-5:00pm Jan 17	4506636

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	7 Sessions \$48.25	6-8yrs
M	3:15pm-4:15pm Jan 16	4510203

GUILDFORD	7 Sessions \$48.25	9-12yrs
M	4:30pm-5:30pm Jan 16	4510204

Guildford Recreation Centre

Music

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	6 Sessions \$26.25	6yrs+
Su	11:00am-12noon Jan 22	4511429

Fraser Heights Recreation Centre

GUILDFORD	6 Sessions \$26.25	6yrs+
Sa	11:30am-12:30pm Jan 21	4510231

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 7 Sessions \$48.25 8-12yrs
Tu 3:30pm-4:30pm Jan 24 4506708
Cloverdale Recreation Centre

FLEETWOOD 7 Sessions \$48.25 6-9yrs
M 4:30pm-5:30pm Jan 16 4512251

FLEETWOOD 7 Sessions \$48.25 9-12yrs
M 5:30pm-6:30pm Jan 16 4512253
Fleetwood Community Centre

GUILDFORD 6 Sessions \$41.50 8-12yrs
Su 9:45am-10:45am Jan 22 4511438
Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$41.50 8-12yrs
Sa 9:00am-10:00am Jan 21 4510230
Guildford Recreation Centre

NEWTON 8 Sessions \$55.25 8-12yrs
Sa 10:00am-11:00am Jan 21 4510611
Newton Recreation Centre

SOUTH 9 Sessions \$62 9-12yrs
F 3:30pm-4:30pm Jan 13 4512162
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 7 Sessions \$48.25 8-12yrs
Tu 4:45pm-5:45pm Jan 24 4506714
Cloverdale Recreation Centre

FLEETWOOD 7 Sessions \$48.25 8-12yrs
M 6:30pm-7:30pm Jan 16 4512257
Fleetwood Community Centre

GUILDFORD 6 Sessions \$41.50 8-12yrs
Sa 10:15am-11:15am Jan 21 4510232
Guildford Recreation Centre

NEWTON 8 Sessions \$55.25 8-12yrs
Sa 11:15am-12:15pm Jan 21 4510612
Newton Recreation Centre

SOUTH 9 Sessions \$62 9-12yrs
F 4:30pm-5:30pm Jan 13 4512166
South Surrey Recreation & Arts Centre

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 8 Sessions \$55.25 6-9yrs
Tu 3:45pm-4:45pm Jan 17 4512270

FLEETWOOD 8 Sessions \$55.25 10-13yrs
Tu 4:45pm-5:45pm Jan 17 4512272
Fleetwood Community Centre

GUILDFORD 8 Sessions \$55.25 6-8yrs
W 4:00pm-5:00pm Jan 18 4510239

GUILDFORD 8 Sessions \$55.25 9-12yrs
W 5:15pm-6:15pm Jan 18 4510240
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 6 Sessions \$26.25 6yrs+
Su 12:30pm-1:30pm Jan 22 4510244
Su 1:45pm-2:45pm Jan 22 4510245
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 8 Sessions \$55.25 6-9yrs
Tu 5:45pm-6:45pm Jan 17 4512296

FLEETWOOD 8 Sessions \$55.25 10-13yrs
Tu 6:45pm-7:45pm Jan 17 4512298
Fleetwood Community Centre

GUILDFORD 8 Sessions \$55.25 9-12yrs
W 6:30pm-7:30pm Jan 18 4510246
Guildford Recreation 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 Jan 14 4509533

CLOVERDALE 1 Session \$17.50 6-12yrs
Snow Day
Sa 1:30pm-4:30pm Jan 14 4509534

Little Chefs
Sa 1:30pm-4:30pm Jan 21 4509535

Dinosaur Days
Sa 1:30pm-4:30pm Jan 28 4509536

Cupid's Surprise
Sa 1:30pm-4:30pm Feb 4 4509537

In a land far, far away
Sa 1:30pm-4:30pm Feb 18 4509538

A Bugs Life
Sa 1:30pm-4:30pm Feb 25 4509539

Games Galore
Sa 1:30pm-4:30pm Mar 4 4509540
Cloverdale Recreation Centre

Personal Development

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 Jan 28 4508315
Su 9:00am-12noon Feb 12 4508316
Th 10:00am-1:00pm Mar 16 4508317
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$27.50 10-13yrs
Sa 10:00am-1:00pm Feb 4 4512259
Fleetwood Community Centre

GUILDFORD 1 Session \$27.50 10-13yrs
Sa 10:00am-1:00pm Feb 25 4512371
Guildford Recreation Centre

SOUTH 1 Session \$27.50 10-13yrs
Tu 1:00pm-5:00pm Mar 21 4515561
Kensington Prairie Community Centre

SOUTH 1 Session \$27.50 10-13yrs
Sa 11:00am-2:00pm Jan 28 4512214
Sa 11:00am-2:00pm Mar 11 4512215
South Surrey Recreation & Arts Centre

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 Jan 19 4510247
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 8 Sessions \$64 8-12yrs
Tu 5:30pm-6:30pm Jan 17 4512462
Fraser Heights Recreation Centre

GUILDFORD 8 Sessions \$64 9-12yrs
Th 4:30pm-5:30pm Jan 19 4510214

GUILDFORD 6 Sessions \$48 9-12yrs
M 5:45pm-6:45pm Jan 16 4510213
Guildford Recreation Centre

NEWTON 8 Sessions \$64 8-12yrs
Sa 1:00pm-2:00pm Jan 21 4510518
Newton Recreation Centre

SOUTH 8 Sessions \$64 8-12yrs
M 4:30pm-5:30pm Jan 9 4512187
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 7 Sessions \$55 7-11yrs
W 5:45pm-6:45pm Jan 25 4506756
Cloverdale Recreation Centre

GUILDFORD 6 Sessions \$47.25 6-8yrs
F 3:30pm-4:30pm Jan 20 4510225

GUILDFORD 6 Sessions \$47.25 9-12yrs
F 4:45pm-5:45pm Jan 20 4510226
Guildford Recreation Centre

Japanese

Children learn the alphabet, numbers and basic phrases, and emphasis will be on conversational Japanese

GUILDFORD 8 Sessions \$59 7-12yrs
Tu 5:45pm-6:45pm Jan 17 4510237
Guildford Recreation Centre

Chess

Build your creativity, concentration and critical thinking while learning the game of chess.

GUILDFORD 7 Sessions \$56.75 6-8yrs
Su 9:30am-10:30am Jan 15 4511441

GUILDFORD 7 Sessions \$56.75 9-12yrs
Su 10:45am-11:45am Jan 15 4511442
Fraser Heights Recreation Centre

GUILDFORD 5 Sessions \$40.50 6-8yrs
Su 3:30pm-4:30pm Jan 22 4510212
Guildford Recreation Centre

SOUTH 8 Sessions \$64.75 6-9yrs
Tu 3:15pm-4:15pm Jan 10 4509846

SOUTH 8 Sessions \$64.75 9-12yrs
Tu 4:15pm-5:15pm Jan 10 4509847
Kensington Prairie Community Centre

Jr. Scientist: Cross My Heart

Pump up the fun this Valentine's Day, from making stethoscopes to watching cool chemical reactions. We'll do science experiments that will raise your pulse!

CITYWIDE 1 Session \$11.75 6-8yrs
Sa 10:00am-11:30am Feb 11 4513264
Surrey Museum

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 8 Sessions \$64 6-8yrs
Tu 3:15pm-4:15pm Jan 17 4510259

GUILDFORD 8 Sessions \$64 9-12yrs
Tu 4:30pm-5:30pm Jan 17 4510260
Guildford Recreation Centre

General Interest

Learn to Fish

Join the Freshwater Fisheries Society of BC for a hands-on, educational program about fish habitat and conservation, and learn where, when and how to catch fish! Equipment is provided and includes time to fish on the lake. Call the Surrey Nature Centre to register 604-502-6065. Rain or shine. Parent participation required.

NORTH 1 Session 5-15yrs
\$5 / person suggested donation
W 10:00am-12noon Mar 15 4513147
W 10:00am-12noon Mar 22 4513721
Green Timbers Urban Forest Lake
Parking lot 14600 block 100 Avenue

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.

CLOVERDALE 6 Sessions \$78 6-8yrs
F 4:30pm-6:00pm Jan 27 4506744
Don Christian Recreation Centre

CLOVERDALE 6 Sessions \$69.25 5-8yrs
F 2:45pm-4:00pm Jan 27 4506754

CLOVERDALE 6 Sessions \$69.25 9-12yrs
F 4:15pm-5:30pm Jan 27 4506755
Katzie Elementary School

GUILDFORD 4 Sessions \$52 7-12yrs
Sa 11:30am-1:00pm Jan 28 4513011
Fraser Heights Recreation Centre

NEWTON 4 Sessions \$52 8-12yrs
Su 3:00pm-4:30pm Jan 22 4510347
Su 3:00pm-4:30pm Feb 19 4510349
Newton Recreation Centre

NORTH 6 Sessions \$78 6-9yrs
Su 10:00am-11:30am Jan 22 4513320

NORTH 6 Sessions \$78 10-12yrs
Tu 4:30pm-6:00pm Jan 17 4513318
Bridgeview Community Centre

SOUTH 7 Sessions \$90.75 6-9yrs
M 3:15pm-4:45pm Jan 9 4509797

SOUTH 7 Sessions \$90.75 9-12yrs
M 4:45pm-6:15pm Jan 9 4509798
Kensington Prairie Community Centre

SOUTH 4 Sessions \$52 6-9yrs
Sa 10:30am-12noon Jan 14 4511889
Sa 10:30am-12noon Feb 18 4511890

SOUTH 4 Sessions \$52 9-12yrs
Sa 12:30pm-2:00pm Jan 14 4511891
Sa 12:30pm-2:00pm Feb 18 4511892
South Surrey Recreation & Arts 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. Theme related activities will be featured each week. Please check with the Town Centre in your area for specific details. Camp Connections are available for extended camp hours.

CLOVERDALE 1 Session \$29.25 6-12yrs
F 9:00am-3:00pm Feb 17 4507048
Don Christian Recreation Centre

GUILDFORD 1 Session \$29.25 6-12yrs
F 9:00am-3:00pm Feb 17 4510227
Guildford Recreation Centre

NEWTON 1 Session \$29.25 6-12yrs
F 9:00am-3:00pm Feb 17 4510305
Newton Recreation Centre

NORTH 1 Session \$29.25 6-12yrs
F 9:00am-3:00pm Feb 17 4513496
Chuck Bailey Recreation Centre

SOUTH 1 Session \$29.25 6-12yrs
F 9:00am-3:00pm Feb 17 4509858
Kensington Prairie Community Centre

SOUTH 1 Session \$29.25 6-12yrs
M 9:00am-3:00pm Feb 20 4512201
South Surrey Recreation & Arts Centre

Blue Bin Sculptures

Did you know you can create portraits and crazy creatures from junk? Reduce, reuse and create as you make a relief work and 3D sculpture from blue bin materials.

CITYWIDE 1 Session \$30.50 8-10yrs
F 9:30am-3:30pm Feb 17 4513278
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.

NORTH 1 Session \$48.25 6-9yrs
F 9:00am-4:00pm Feb 17 4513289
Surrey Nature Centre

Heritage: Be a Pioneer!

Kids channel their inner pioneer as they become farm kids from 100 years ago. They'll roll up their sleeves for farm chores and woodstove baking, and practice their sewing skills.

CITYWIDE 1 Session \$30.50 6-12yrs
F 9:00am-3:00pm Feb 17 4511487
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.

CITYWIDE 1 Session \$42.50 6-11yrs
F 9:00am-3:00pm Feb 17 4504430
Surrey Arts Centre

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.

CLOVERDALE 8 Sessions \$132.75 6-9yrs
Tu 2:45pm-4:45pm Jan 17 4515416

CLOVERDALE 8 Sessions \$132.75 10-12yrs
Tu 2:45pm-4:45pm Jan 17 4515417

CLOVERDALE 7 Sessions \$116.25 6-9yrs
M 2:45pm-4:45pm Jan 16 4515414

CLOVERDALE 7 Sessions \$116.25 10-12yrs
M 2:45pm-4:45pm Jan 16 4515415
Adams Road Elementary School

Flavours of the World

Travel the world in our kitchen. Learn about different cultures and the foods they enjoy by cooking and tasting them.

CLOVERDALE 1 Session \$13 8-12yrs
W 3:30pm-5:00pm Mar 8 4506743
Cloverdale Recreation Centre

Asian

Enjoy the hands on experience of preparing, cooking and sampling a selection of dishes from Asia.

CLOVERDALE 1 Session \$13 8-12yrs
W 3:30pm-5:00pm Jan 25 4506721
Cloverdale Recreation Centre

Sushi Level I

Learn the basics of making your own Sushi, including California Rolls and Kappa Maki!

GUILDFORD 1 Session \$13 8-12yrs
Sa 12:30pm-2:00pm Jan 28 4514738
Guildford Recreation Centre

Snack Attack

Create your snack cookbook and make your own simple, nutritious and tasty snacks.

CLOVERDALE 1 Session \$13 8-12yrs
W 3:30pm-5:00pm Feb 22 4506742
Cloverdale Recreation Centre

FLEETWOOD 8 Sessions \$80.75 6-9yrs
Th 3:30pm-4:30pm Jan 19 4509760

FLEETWOOD 8 Sessions \$80.75 10-13yrs
Th 4:30pm-5:30pm Jan 19 4509761
Fleetwood Community Centre

Cooking and Crafts

Learn the basics of creating in the kitchen. Children will be taught snacks, table setting, manners and cleanup. Each week includes a fun craft.

SOUTH 1 Session \$39 6-12yrs
F 9:00am-3:00pm Feb 17 4512242
Kensington Prairie Community Centre

Cupcake Decorating

Learn techniques that will help you create special treats for family and friends for all occasions.

GUILDFORD 1 Session \$10.25 8-12yrs
Sa 12:30pm-2:00pm Feb 11 4513862
Guildford Recreation Centre

Desserts

Get in touch with your inner baker! This class will focus on baking different desserts and pastries, while also trying out different decorating techniques.

CLOVERDALE 1 Session \$13 8-12yrs
W 3:30pm-5:00pm Feb 8 4506741
Cloverdale Recreation Centre

LOOK IN THE ARENAS & POOLS SECTIONS FOR MORE SCHOOL'S-OUT CAMPS

PRE-TEEN Dances

10-12YRS

MEET FRIENDS AT ONE OF SURREY'S GREAT PRE-TEEN DANCES!

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!

\$5.25
IN ADVANCE

\$7.50
DAY OF DANCE

DON CHRISTIAN RECREATION CENTRE

F 7:00pm-9:30pm Jan 6 4507453
F 7:00pm-9:30pm Feb 3 4507454
F 7:00pm-9:30pm Mar 3 4507455
Save by purchasing 3 sessions \$14.25
F 7:00pm-9:30pm Jan 6 4507460

FLEETWOOD COMMUNITY CENTRE

F 7:00pm-9:30pm Jan 20 4512866
F 7:00pm-9:30pm Feb 17 4512867
F 7:00pm-9:30pm Mar 17 4512868

GUILDFORD RECREATION CENTRE

F 7:00pm-9:30pm Jan 27 4512414
F 7:00pm-9:30pm Feb 24 4512415

NEWTON Location To Be Determined

F 7:00pm-9:30pm Jan 20 4511505
F 7:00pm-9:30pm Feb 17 4511506
F 7:00pm-9:30pm Mar 17 4511507
Save by purchasing 3 sessions \$14.25
F 7:00pm-9:30pm Jan 20 4511829

CHUCK BAILEY RECREATION CENTRE

F 7:00pm-9:30pm Jan 13 4502745
F 7:00pm-9:30pm Feb 10 4502746
F 7:00pm-9:30pm Mar 10 4502747
Save by purchasing 3 sessions \$14.25
F 7:00pm-9:30pm Jan 13 4502749

SOUTH SURREY RECREATION & ARTS CENTRE

F 7:00pm-9:30pm Jan 13 4512377
F 7:00pm-9:30pm Feb 10 4512386
F 7:00pm-9:30pm Mar 10 4512387

Celebrating A BIRTHDAY?

Party before the preteen dance to celebrate your special day, then dance the night away after!

See page 20 & 21 for party details.

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 stylized 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 7 Sessions \$65.25 12-15yrs
 Th 7:30pm-9:00pm Jan 26 4504440
Surrey Arts Centre

Focus on Drawing

Do you love to draw and want to further develop your skills? Drawing is the basic skill needed for most forms of visual art. Use charcoal, conté, pastels, and other media to create observational and still life drawings. Surrey Art Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 7 Sessions \$65.25 12-17yrs
 W 7:00pm-8:30pm Jan 25 4504309
Surrey 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 Jan 21 4504427
Surrey Arts Centre

Graphic Novel Drawing and Painting

Explore creative expression in your own unique interpretation of graphic novels through writing, story boarding, drawing and painting. Artist Nicci Battilana will lead you towards creating your own graphic novel while developing skills in sketching, inking and watercolour painting.

SOUTH 7 Sessions \$105 10-17yrs
 Sa 12noon-1:30pm Jan 21 4507565
South Surrey Recreation & Arts Centre

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! Semiahmoo Arts instructors are practicing artists and experienced art educators.

SOUTH 8 Sessions \$130 12-17yrs
 Tu 6:30pm-8:00pm Jan 10 4507567
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 8 Sessions \$149 9-15yrs
 Tu 3:30pm-5:30pm Jan 17 4514641
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 8 Sessions \$149 13-18yrs
 Tu 6:00pm-8:00pm Jan 17 4511177
Surrey Arts Centre

BOLDSKOOL Hip Hop Theatre Workshop



Free your rhymes. Free your mind. Learn the fundamentals of MCing, beatboxing, breakdancing, and live theatrical performance led by professional facilitators from Urban Ink Productions. This 2-day workshop will culminate in a performance that speaks to social change and issues important to the group.

CITYWIDE 2 Sessions 12-21yrs
 Sa 10:00am-3:00pm Feb 18 4511897
Surrey 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 Jan 11 4507568
South Surrey Recreation & Arts Centre



Youth

Looking for something new and exciting – a fun program to try, a place to hang out or a chance to develop valuable skills and meet new friends? If you are a youth aged 12-18 years, the City of Surrey has endless activities and events created just for you!

SCHOOL'S OUT CHILD & YOUTH
FUNPASS
 DROP-IN FOR FUN ALL SPRING BREAK

ON SALE FEB 13 \$10/PERSON

www.surrey.ca/recreation

QUICK FIND

CHECK OUT OUR  SECTIONS

SPORTS Pages 48 - 53
FITNESS & WELLNESS Pages 54 - 59

Get involved!

DISCOVER THE LEADER IN YOU

The Surrey Leadership Youth Council

SLYC is an initiative of the City of Surrey to meaningfully engage youth in Social and Community Planning. SLYC helps youth speak up about important issues and help to organize events for youth to express their ideas.

Cirque Surrey: Youth Circus



Ever dream of running away and joining the circus? Cirque Surrey is an exciting opportunity for youth to learn circus skills including character development, costume design, and roving performance. Circus instruction will focus on juggling, stilt-walking, diabolo, devil sticks, plate spinning, and more. All experience levels welcome. Performance opportunities also available!

CITYWIDE 8 Sessions 14-19yrs
 Tu 6:30pm-8:00pm Jan 10 4511949
 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 8 Sessions \$120 13-18yrs
 W 6:30pm-8:00pm Jan 18 4512048
 Surrey Arts Centre

Dance

Breakdance Level I

Learn some new moves! Be the center of attention at the next dance. Sign up now for this break dancing class.

NORTH 6 Sessions \$33.25 13-18yrs
 W 5:30pm-6:30pm Jan 18 4513368
 Bridgeview 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 7 Sessions \$38.75 13-18yrs
 M 7:15pm-8:15pm Jan 16 4511380
 To Be Determined

Music

Guitar Level I

Grab your guitar from the closet and come learn basic notes, strum patterns and how to read chord charts.

FLEETWOOD 7 Sessions \$38.75 13-18yrs
 M 7:30pm-8:30pm Jan 16 4512255
 Fleetwood Community Centre

GUILDFORD 6 Sessions \$33.25 13-18yrs
 Sa 12:45pm-1:45pm Jan 21 4512375
 Guildford Recreation Centre

SOUTH 9 Sessions \$49.75 13-18yrs
 F 5:45pm-6:45pm Jan 13 4512003
 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 6 Sessions \$33.25 13-18yrs
 Sa 2:00pm-3:00pm Jan 21 4512376
 Guildford Recreation Centre

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 Jan 21 4508329
 Sa-Su 9:00am-2:00pm Feb 25 4508330
 Sa-Su 9:00am-2:00pm Mar 11 4508331
 Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$73.25 12-15yrs
 Sa-Su 9:00am-2:00pm Jan 28 4509740
 Fleetwood Community Centre

GUILDFORD 2 Sessions \$73.25 12-15yrs
 Sa-Su 9:00am-2:00pm Feb 4 4512357
 Sa-Su 9:00am-2:00pm Mar 11 4512358
 Guildford Recreation Centre

NEWTON 2 Sessions \$73.25 12-15yrs
 Sa-Su 12noon-5:00pm Jan 14 4511836
 Sa-Su 12noon-5:00pm Mar 18 4511837
 Newton Recreation Centre

NORTH 2 Sessions \$73.25 12-15yrs
 Sa-Su 9:00am-2:00pm Jan 21 4502737
 Sa-Su 9:00am-2:00pm Feb 18 4502738
 Chuck Bailey Recreation Centre

SOUTH 2 Sessions \$73.25 12-16yrs
 Tu-W 9:00am-2:00pm Mar 14 4514731
 Kensington Prairie Community Centre

SOUTH 2 Sessions \$73.25 12-16yrs
 Sa-Su 10:00am-3:00pm Jan 21 4514241
 Sa-Su 10:00am-3:00pm Mar 18 4514242
 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 8 Sessions \$51.25 13-18yrs
 Tu 6:45pm-7:45pm Jan 17 4506369
 Fraser Heights Recreation Centre

GUILDFORD 8 Sessions \$51.25 13-18yrs
 Th 5:45pm-6:45pm Jan 19 4513595
 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 Jan 14 4509588
 Sa 1:00pm-5:00pm Jan 21 4509589
 Sa 1:00pm-5:00pm Jan 28 4509590
 Sa 1:00pm-5:00pm Feb 4 4509591
 Sa 1:00pm-5:00pm Feb 18 4509592
 Sa 1:00pm-5:00pm Feb 25 4509593
 Sa 1:00pm-5:00pm Mar 4 4509594
 Meet at 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 Jan 25 4506790
 W 5:30pm-7:00pm Feb 8 4506791
 W 5:30pm-7:00pm Feb 22 4506792
 W 5:30pm-7:00pm Mar 8 4506793
 Cloverdale Recreation Centre

CLOVERDALE 1 Session \$10.25 9-12yrs
 F 6:15pm-7:30pm Jan 27 4507478
 F 6:15pm-7:30pm Feb 10 4508108
 F 6:15pm-7:30pm Feb 17 4508109
 F 6:15pm-7:30pm Feb 24 4508110
 Don Christian Recreation Centre

NORTH 6 Sessions \$78 13-18yrs
 Tu 6:15pm-8:00pm Jan 17 4513432
 Bridgeview Community Centre

SOUTH 4 Sessions \$46.25 13-18yrs
 F 7:15pm-8:45pm Feb 10 4511945
 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 12-15yrs
 Sa 2:15pm-3:45pm Feb 11 4513626
 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.

FLEETWOOD 4 Sessions \$46.25 13-18yrs
 Th 6:00pm-7:30pm Jan 26 4509758
 Fleetwood Community Centre

SOUTH 4 Sessions \$46.25 13-18yrs
 F 7:15pm-8:45pm Jan 13 4511835
 South Surrey Recreation & Arts 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 Feb 3 4506470
 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 Mar 10 4506472
 Fraser Heights Recreation Centre

GUILDFORD 1 Session \$11.75 12-15yrs
 Sa 2:15pm-3:45pm Jan 28 4513644
 Guildford Recreation Centre

CHECK US OUT

Keep up-to-date with our events. Be social. Connect with us.



facebook.com/surreyyouth

twitter.com/surreyyouth

Youth OPPORTUNITIES



RECREATION SURREY
Healthy Communities. Active Together.

Make Your Ideas Happen!

Connect with the new Youth Engagement Program Teams in your community to get support in planning new programs and events for other Surrey youth. Have ideas? We can help! It's a great way to learn, develop skills and get involved in your city! Contact your local recreation centre or go online www.surrey.ca/youth.

Get Active!

FITNESS CENTRES

Classes and Drop-ins are available for anyone 13 years or older.

Refer to our online schedules or pick-up the latest drop-in schedule at your local recreation centre.

SPORTS SPECIFIC DROP-IN

Play your sport of choice. Specific sports times for soccer, basketball, badminton, and more. Drop-in fee required.

Drop-in Gym pages 52-53

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 43
Pools pages 23-26

Free Drop-In

WITH A FREE YOUTH MEMBERSHIP!

I AM GAME DROP-IN

Gym time focused on building fitness, sport skills, and confidence to help you feel ready to play a variety of sports. Facilitated by a certified I AM GAME coach.

SPORT DROP-IN

Join in and play gym sports. A certified I AM Game Coach will encourage inclusive play and skill development. All skill levels welcome.

YOUTH ENGAGEMENT PROGRAMS [Y.E.P.] DROP-IN

A time full of games, activities and more. Come meet with the Youth Engagement Programs teams and talk about your project ideas.

BRIDGEVIEW COM. CENTRE 604-592-7081 11475 126A St	CHUCK BAILEY REC. CENTRE 604-598-5898 13458 107A Ave	CLAYTON HEIGHTS SECONDARY 604-598-7960 7003 188 St	CLOVERDALE REC. CENTRE 604-598-7960 6188 176 St	DON CHRISTIAN REC. CENTRE 604-502-6400 6220 184 St	FLEETWOOD COM. CENTRE 604-501-5030 15996 84 Ave	FRASER HEIGHTS REC. CENTRE 604-592-6920 10588 160 St	GUILDFORD REC. CENTRE 604-502-6360 15105 105 Ave	NEWTON REC. CENTRE 604-501-5533 13730 72 Ave	SOUTH REC. & ART CENTRE 604-592-6970 14601 20 Ave
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WWW.SURREY.CA/YOUTH

FACEBOOK.COM/SURREYYOUTH

@SURREYYOUTH






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 You 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. Look for the  symbol.

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 full 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 full Recreation Pass, you will automatically receive a City-wide Seniors Membership, valid for all 55+ membership activities.

QUICK FIND

CHECK OUT OUR  SECTIONS

SPORTS Pages 48 - 53

FITNESS & WELLNESS Pages 54 - 59

Crafts

Soap Making Workshops

Learn basic melt and pour soap making techniques. Create personalized soaps using different shapes, scents and colours.

NORTH 1 Session \$8.25 18yrs+
F 5:45pm-7:15pm Mar 24 4508872
Bridgeview Community Centre

Fabric Flowers

Get fancy with flowers! Embellish your wardrobe with a garden of fun fabric posies, from ribbon pansies to felt flowers, china silk rosettes to organza roses. Supply fee \$5.

CITYWIDE 1 Session \$15 13yrs+
Sa 10:00am-12noon Feb 11 4509265
Surrey Museum

Quilting - Canada Day Placemat

Learn quilting techniques and make a festive placemat with a pieced red maple leaf centered in white backdrop. No quilting experience required, but rotary cutting equipment is needed.

CLOVERDALE 1 Session \$19.50 19yrs+
Sa 12:30pm-4:30pm Feb 4 4509287
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 18yrs+
Su 9:00am-4:00pm Mar 12 4504359
CLOVERDALE 1 Session \$6.50 19yrs+
Su 9:00am-4:00pm Jan 8 4504358
Cloverdale Recreation Centre

Knitting

Complete a project which allows you to learn how to cast on, knit, purl, increase, decrease and cast off. Contact town centre for specific project.

FLEETWOOD 6 Sessions \$48.75 16yrs+
Tu 6:00pm-7:30pm Jan 10 4512105
Tu 6:00pm-7:30pm Feb 21 4512106
Fleetwood Community Centre

GUILDFORD 6 Sessions \$48.75 16yrs+
Th 7:00pm-8:30pm Jan 12 4512660
Fraser Heights Recreation Centre

GUILDFORD 8 Sessions \$45.50 19yrs+
Tu 1:00pm-2:00pm Jan 17 4514235
Guildford Recreation Centre

Crochet

Learn new skills and complete projects with the help of an experienced instructor. All abilities welcome!

GUILDFORD 6 Sessions \$48.75 18yrs+
Th 7:00pm-8:30pm Feb 23 4512653
Fraser Heights Recreation Centre

Tapestry Weaving

Mix fun and time honoured techniques as you learn the art of tapestry. Our expert instructor shares pattern, colour and texture tips as you weave your own small wall hanging.

CITYWIDE 4 Sessions \$70.25 16yrs+
Sa 10:00am-12noon Feb 18 4509266
Surrey Museum

Weaving - Level I

Learn the basics of an age-old art in these inspiring hands-on classes. Create a woven sampler and one-of-a-kind scarf with your new skills. Supply fee \$15.

CITYWIDE 6 Sessions \$132.50 16yrs+
Sa 9:30am-1:00pm Mar 25 4509270
Surrey Museum

Greeting Cards

Create your own unique and artistic greeting cards. Learn the techniques and tips for professional looking personalized cards.

CLOVERDALE 1 Session \$12.25 19yrs+
Sa 9:30am-12noon Feb 4 4512497
Cloverdale Recreation Centre

Scrapbook Social

Share ideas, get inspired and socialize! Bring your unfinished scrapbooks and enjoy a stress-free day of scrapping to your hearts content!

CLOVERDALE 1 session \$6.50
Sa 9:00am-4:00pm Jan 14 4515852
Sa 9:00am-4:00pm Feb 4 4515854
Sa 9:00am-4:00pm Feb 25 4515853
Cloverdale Recreation Centre

Visual Arts

Drawing for Absolute Beginners

Drawing does not always have to be just pencil and paper. Explore a range of drawing techniques which will open your eyes to the world of possibilities. Discover how you can use both traditional and unexpected materials to create amazing drawings. Surrey Arts Centre instructors are experienced art educators and practicing artists.

CITYWIDE 4 Sessions \$57.75 16yrs+
W 7:00pm-9:00pm Jan 25 4504444
Surrey Arts Centre

Coloured Pencil for Absolute Beginners

Once only a quick and portable sketch tool, coloured pencil is now a versatile medium in its own right. Learn basic drawing techniques, as well as colour layering and blending to create texture, depth, light, and shadow. Experiment with new techniques while developing the observational skills necessary for great results. Surrey Art Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 4 Sessions \$57.75 16yrs+
W 7:00pm-9:00pm Feb 22 4504441
Surrey Arts Centre

Drawing

Learn basics including the value scale, texture and perspective.

GUILDFORD 8 Sessions \$68 19yrs+
W 6:30pm-8:00pm Jan 18 4514224
Guildford Recreation Centre

Capturing Motion: Drawing & Painting

Motion is a change in the position of an object over time; whereas drawings and paintings often only capture a moment in time. Using traditional techniques and mediums, as well as non-traditional elements, explore the expression of motion and rhythm, and challenge the notion of stillness. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 6 Sessions \$61.75 16yrs+
Su 2:30pm-4:30pm Jan 22 4515409
Surrey Arts Centre

Introduction to Monoprinting Techniques

One-of-a-kind painterly prints and abstracts are created in minutes using this exciting form of printmaking. Create small pieces of art that can be used in a variety of ways. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 1 Session \$25 16yrs+
Sa 1:00pm-3:00pm Mar 25 4513623
Surrey Arts Centre

Creative Composition

Composition is referred to as the skeleton of a painting - it determines where the structural components rest in order to create a functioning whole. Understanding the relationship of images to the space they are in, allows you to make visual images that 'work'. The hands-on exercises are designed to give you the tools to explore, understand and compose your art using the elements of composition: balance, harmony, rhythm, emphasis, value, colour, line, and perspective.

CITYWIDE 6 Sessions \$102.75 16yrs+
Th 6:45pm-9:15pm Jan 26 4510301
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 7 Sessions \$80.25 19yrs+
M 6:00pm-8:00pm Jan 23 4512365
Bridgeview Community Centre

NORTH 7 Sessions \$80.25 19yrs+
M 6:00pm-8:00pm Jan 16 4508166
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.

NORTH 4 Sessions Member \$26 Non-member \$34.50
W 11:45am-1:45pm Jan 11 4513020
W 11:45am-1:45pm Feb 8 4513021
W 11:45am-1:45pm Mar 8 4513022
Chuck Bailey Recreation 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 \$77.75 19yrs+
Th 9:30am-11:30am Jan 12 4504352
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$68.75 18yrs+
Th 12:30pm-2:30pm Jan 12 4512109
Fleetwood Community Centre

Watercolour: Expressions in Transparency

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 6 Sessions \$102.75 16yrs+
Tu 6:45pm-9:15pm Jan 24 4504447
Surrey Arts Centre

Oil Painting with Water Based Oils

Do you want to paint in oils but don't like the messy clean up - this is the class for you. We use water-based oils with a fast drying medium that still have all the vibrant colours. One-on-one instruction.

CLOVERDALE 8 Sessions \$77.75 18yrs+
F 12:30pm-2:30pm Jan 13 4504390
Cloverdale Recreation Centre

Palette Knife Painting

Enjoy this relaxing and rapid method of painting using oil paints. Create an impressionistic artwork with bold strokes and an exciting, modern look. Great for beginners.

CITYWIDE 7 Sessions \$69.75 16yrs+
Tu 7:00pm-9:00pm Jan 24 4504445
Surrey 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 Jan 26 4504436
Surrey Arts Centre

Pottery: Intro to Mold Making

Learn how to make and use molds to expand your clay vocabulary. Sprig, hump, slump, drop, press, and pour molds will open new possibilities for your art! Previous clay experience required. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 7 Sessions \$154.25 16yrs+
Tu 7:00pm-9:30pm Jan 24 4513617
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 Jan 25 4504432
Th 9:30am-12noon Jan 26 4504433
Surrey Arts Centre

Pottery: Registered Open 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 Jan 21 4504435
Surrey Arts 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 6 Sessions \$29.25 19yrs+
W 8:30pm-9:30pm Jan 18 4512466
Cloverdale Recreation Centre

Photography

Discover your camera's technology and improve your photo-taking skills with an emphasis on composition.

CLOVERDALE 6 Sessions \$58.25 19yrs+
W 6:30pm-8:30pm Jan 11 4504397
Cloverdale Recreation Centre

SOUTH 9 Sessions \$103.25 19yrs+
Th 6:45pm-8:45pm Jan 5 4507319
South Surrey Recreation & 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. Watch our website for details.

CITYWIDE 1 Session \$39 16yrs+
W 9:00am-3:00pm TBA 4513596
Surrey Arts Centre

Professional Development for Artists: Marketing Skills

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. These classes are designed to ready oneself for the marketplace, to find creative and engaging business solutions. Through facilitated group discussions, demonstrations, and explorations in the commerce of art, we will explore inspirations that support a bigger game in the art trade.

CITYWIDE 1 Session \$25 16yrs+
Su 1:00pm-4:00pm Mar 5 4513619
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 9 Sessions \$179 19yrs+
Th 6:30pm-8:30pm Jan 19 4511190
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 7 Sessions \$177 18yrs+
M 10:30am-1:30pm Jan 9 4507510
South Surrey Recreation & Arts Centre

Drawing for Painters

Using charcoal and a variety of other mediums, we will learn 10 Ways of Seeing and Drawing, of use for anyone, but of special benefit to painters: gesture, contour, mass, space, shading, silhouette, tonality, figure-ground, perspective and composition. A variety of subjects will be explored - villages, perspective, people in streets, landscape, still-life. Artist-Instructor: Tony O'Regan. Materials not included.

SOUTH 4 Sessions \$120 16yrs+
M 6:30pm-9:00pm Jan 16 4507570
South Surrey Recreation & Arts Centre

Learn to 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 7 Sessions \$177 18yrs+
W 10:30am-1:30pm Jan 18 4507532
South Surrey Recreation & Arts Centre

Painting in Watermedia

Choose to explore either acrylic or watercolour. Subjects will be explored and demonstrated in both mediums. Special focus on West Coast Landscape this session. Artist-Instructor: Tony O'Regan. Materials not included.

SOUTH 5 Sessions \$150 16yrs+
M 6:30pm-9:00pm Feb 20 4507571
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 Jan 14 4507475
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 Jan 11 4507448
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 Jan 9 4507473
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. Supplies included.

SOUTH 6 Sessions \$198 16yrs+
W 7:00pm-9:00pm Jan 18 4507569
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 and some supplies.

SOUTH 7 Sessions \$153 18yrs+
Th 10:00am-12:30pm Jan 19 4507535
South Surrey Recreation & Arts Centre

Writing for Legacy - Level 2

Join award winning writer Taslim Jaffer as you dive deeper into the pieces you produced in Writing for Legacy - Level 1. Individual mentoring and shared tricks and tools will facilitate the completion of your writing projects with the option of submitting for publication after course completion.

SOUTH 4 Sessions \$75 18yrs+
M 6:30pm-8:30pm Feb 27 4507572
South Surrey Recreation & Arts Centre

Writing for Self-Discovery - Level 2

Join award-winning writer Taslim Jaffer as you build on your own journal writing experience or knowledge gained in Writing for Self-Discovery, Level One. Using written exercises and discussion, you will continue on a journey of self-discovery, shifting your lens to the future and explore dreams and hopes for the next stage of your life. Shape a life that is authentic to who you are!

SOUTH 4 Sessions \$75 18yrs+
M 6:30pm-8:30pm Jan 9 4507573
South Surrey Recreation & Arts Centre

Studio 101: Art History Discussion Group

Join Studio 101, our light hearted art history discussion group. Explore diverse themes in a fun and creative environment. Share your knowledge and increase your expertise with other enthusiastic adults. This 5 week series is aimed at newcomers to the South Surrey area as well as people who want to make new friends! No previous art history knowledge is required.

SOUTH 5 Sessions \$85 18yrs+
W 7:00pm-9:00pm Jan 18 4507541
South Surrey Recreation & Arts Centre

Artist's Way Workshop

A 12-week workshop in discovering and recovering your creative self. The workshop will be facilitated as its author, Julie Cameron, intended. 'Creativity is like breathing - pointers may help, but we do the process ourselves. Creative clusters, where we gather as peers to develop our strength, are best regarded as tribal gatherings, where creative beings raise, celebrate, and actualize the creative power which runs through us all.'

SOUTH 12 Sessions \$74 14yrs+
Tu 6:00pm-8:00pm Jan 10 4507506
South Surrey Recreation & Arts Centre

Musical Theatre Level 2

55+

Put a song and dance together and enjoy the musical theatre experience. You will do a production number from one of the big musicals. Prior dance experience is required.

NORTH 12 Sessions Member \$43.75 Non-member \$52.75 55yrs+
F 12:30pm-1:30pm Jan 13 4513111
Chuck Bailey Recreation Centre

Your Story. Your Voice: Flame Workshop

Deborah Williams, award winning actor, one of the creators of Mom's the Word, and co-founder of The Flame in Vancouver and Victoria, hosts a weekend intensive to give you the tools to create and share a truly compelling story. This inclusive and supportive workshop is focused on learning and growth.

CITYWIDE 3 Sessions \$199 19yrs+
F-Su 6:00pm-9:00pm Jan 13 4514480
Surrey 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 Jan 10 4504388
Don Christian Recreation Centre

Swing & Jive

Swing and jive are back! This is a beginner level course. Have fun learning these lively steps with or without a partner.

CLOVERDALE 9 sessions \$37
Tu 8:15pm-9:00pm Jan 10 4512486
Cloverdale Recreation Centre

Belly Dance

Learn basic belly dance movements including hip drops, shimmys, and undulations while applying Middle Eastern dance techniques to exotic music and rhythms.

GUILDFORD 6 Sessions \$32.75 16yrs+
M 6:15pm-7:15pm Jan 9 4512608
M 6:15pm-7:15pm Feb 20 4512609
GUILDFORD 5 Sessions \$27.25 16yrs+
Tu 12noon-1:00pm Jan 10 4512623
Tu 12noon-1:00pm Feb 21 4512624
Fraser Heights Recreation Centre

Belly Dance Level 2

Increase Middle Eastern dance knowledge by layering movements, learning complex dance sequences, exploring new styles of belly dance and interpreting exotic music.

CLOVERDALE 10 Sessions \$81.75 18yrs+
M 7:45pm-9:15pm Jan 9 4504395
Don Christian Recreation Centre

Bhangra Dance

Learn basic Indian dance moves to Bhangra music.

GUILDFORD 4 Sessions \$22 All Ages
Su 2:30pm-3:30pm Jan 15 4510515
Su 2:30pm-3:30pm Feb 19 4510516
Fraser Heights Recreation Centre

GUILDFORD 8 Sessions \$43.75 19yrs+
Tu 7:00pm-8:00pm Jan 17 4514219
Guildford Recreation Centre

NEWTON 10 Sessions \$54.50 19yrs+
Th 6:15pm-7:15pm Jan 12 4513528
To Be Determined

Greek Dance

Learn a variety of Greek dances. Singles and couples welcome.

NORTH 8 Sessions \$65.50 19yrs+
W 7:00pm-8:30pm Jan 18 4508211
NORTH 6 Sessions \$49.25 19yrs+
Th 7:00pm-8:30pm Jan 26 4508212
Chuck Bailey Recreation Centre

Hawaiian Dance

55+

Dance and exercise to the beautiful music of the South Sea Islands.

FLEETWOOD 8 Sessions Member \$49.25
Non-member \$65.50 55yrs+
M 10:15am-11:45am Jan 30 4513266
Fleetwood Community Centre

Line Dance

55+

No partner required & no previous experience necessary. Enjoy the challenge of learning new dance combinations and routines.

SOUTH 9 Sessions Member \$37
Non-member \$49.25 19yrs+
Th 10:30am-11:30am Jan 12 4503979
South Surrey Recreation & Arts Centre

Line Dance Level 2

55+

A fun, social style of dance that everyone can learn. This class is for people who have completed a Level 1 course.

NEWTON 5 Sessions Member \$20.50
Non-member \$27.25 55yrs+
W 2:45pm-3:45pm Mar 1 4512913
NEWTON 4 Sessions Member \$16.50
Non-member \$22 55yrs+
W 2:45pm-3:45pm Feb 1 4512912
NEWTON 3 Sessions Member \$12.50
Non-member \$16.50 55yrs+
W 2:45pm-3:45pm Jan 11 4512911
To Be Determined

SOUTH 9 Sessions Member \$37
Non-member \$49.25 55yrs+
Th 11:30am-12:30pm Jan 12 4503980
South Surrey Recreation & Arts Centre

Tap Dance Level 3

55+

This program requires previous tap experience.

NORTH 12 Sessions Member \$37
Non-member \$49.25 55yrs+
F 11:30am-12:30pm Jan 13 4513142
Chuck Bailey Recreation Centre

Music

Guitar

Learn the basics of guitar playing including chords and finger placement. Bring your guitar.

CLOVERDALE 10 Sessions \$54.50 19yrs+
M 6:30pm-7:30pm Jan 9 4504375
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$32.75 19yrs+
Tu 6:30pm-7:30pm Jan 10 4512083
Tu 6:30pm-7:30pm Feb 21 4512084
Fleetwood Community Centre

NEWTON 10 Sessions \$54.50 19yrs+
Tu 6:30pm-7:30pm Jan 17 4513279
To Be Determined

Guitar Level 2

Build on basic guitar skills with further chord development and tablature. Bring your guitar.

CLOVERDALE 10 Sessions \$54.50 19yrs+
M 7:30pm-8:30pm Jan 9 4504377
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$32.75 19yrs+
Tu 7:45pm-8:45pm Jan 10 4512102
Tu 7:45pm-8:45pm Feb 21 4512103
Fleetwood Community Centre

NEWTON 10 Sessions \$54.50 19yrs+
Tu 7:30pm-8:30pm Jan 10 4513282
To Be Determined

Guitar Level 3

This course is for those that have taken Level 2 or have more advanced level guitar experience.

CLOVERDALE 10 Sessions \$54.50 19yrs+
M 8:30pm-9:30pm Jan 9 4504381
CLOVERDALE 9 Sessions \$54.50 19yrs+
W 12noon-1:00pm Jan 11 4504382
Cloverdale Recreation Centre

NEWTON 10 Sessions \$54.50 19yrs+
Tu 8:30pm-9:30pm Jan 10 4513285
To Be Determined

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!

FREE

CITYWIDE 1 Session Free 19yrs+
W 2:00pm-4:00pm Jan 11 4511993
Surrey Arts Centre

Love to Sing - Level 1

CITYWIDE 8 Sessions \$79 19yrs+
W 2:00pm-4:00pm Jan 18 4511994
Surrey Arts Centre

Love to Sing - Level 2

CITYWIDE 7 Sessions \$70 19yrs+
Th 2:00pm-4:00pm Jan 19 4511995
Surrey Arts Centre

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.

CLOVERDALE 10 Sessions \$54.50 19yrs+
M 7:45pm-8:45pm Jan 9 4504393
Cloverdale Recreation Centre

Singing For All

Learn about voice warm-ups, melody, harmony and rhythm while enjoying singing.

FLEETWOOD 6 Sessions \$65.50 18yrs+
Tu 7:00pm-9:00pm Jan 10 4512122
Tu 7:00pm-9:00pm Feb 21 4512123
Fleetwood Community Centre

Singing For All - Level 2

Continue learning in a relaxed environment, more advanced vocal techniques, harmonies, rhythms, and performance skills, while learning songs from a range of genres.

FLEETWOOD 6 Sessions \$65.50 18yrs+
M 7:00pm-9:00pm Jan 9 4512133
FLEETWOOD 5 Sessions \$54.50 18yrs+
M 7:00pm-9:00pm Feb 27 4512134
Fleetwood Community Centre

Social Recreation

Movie Afternoon

FREE

Join us for an afternoon watching great movies and classical films.

CLOVERDALE 1 Session 19yrs+
Tu 1:00pm-3:00pm Jan 10 4504362
Tu 1:00pm-3:00pm Feb 7 4504363
Tu 1:00pm-3:00pm Mar 7 4504364
Cloverdale Recreation Centre

Personal Development

French

Learn basic French words, sentences and phrases.

CLOVERDALE 8 Sessions \$58.75 18yrs+
W 7:00pm-8:30pm Jan 11 4504392
Cloverdale Recreation Centre

FLEETWOOD 8 Sessions \$58.75 18yrs+
Tu 7:00pm-8:30pm Jan 10 4512216
Fleetwood Community Centre

Japanese

Learn basic Japanese words, sentences and phrases.

GUILDFORD 8 Sessions \$58.75 19yrs+
Tu 7:00pm-8:30pm Jan 17 4514220
Guildford Recreation Centre

Mandarin

Learn basic Mandarin words, sentences and phrases.

SOUTH 9 Sessions \$66.25 16yrs+
W 6:15pm-7:45pm Jan 11 4509811
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 9 Sessions \$66.25 16yrs+
Tu 6:15pm-7:45pm Jan 10 4509830
Kensington Prairie Community Centre

Senior Services Connector

Resources and Referral for Seniors and Families

This program helps to preserve independence for seniors by providing information, support and connections to services available in our community. We will help connect seniors and/or their caregivers with available information and services in the community including,

- Information and support resources for seniors and their families
- Assistance in connecting seniors and/or caregivers with programs and other resources in the community.
- This program is offered in partnership through the City of Surrey, recreation facilities and Seniors Come Share Society.

For info or to book an appointment call **604-531-9400**

Bridgeview Community Centre
 2nd & 4th Tuesday By appointment

Chuck Bailey Recreation Centre
 M - Th 9:30am-12:30pm
 Friday 1:00pm-3:00pm

Cloverdale Recreation Centre
 4th Thursday 10:00am-12noon

Fleetwood Community Centre
 Thursday 9:30am-12noon

Guildford Recreation Centre
 Monday 10:15am-12:15pm

South Surrey Recreation Centre & Arts Centre
 2nd & 4th Monday 9:30am-11:30am

City-wide Seniors Information

For more information about Seniors Services in Surrey check out our website www.surrey.ca/seniors.

Sign up for our e-newsletter at www.surrey.ca/econnect

Spanish

Learn basic Spanish vocabulary, pronunciation of sentences and phrases to help build conversational skills and comprehension.

CLOVERDALE 9 Sessions \$66.25 19yrs+
W 6:00pm-7:30pm Jan 11 4504369
Cloverdale Recreation Centre

GUILDFORD 7 Sessions \$34.25 19yrs+
M 6:15pm-7:15pm Jan 16 4514207
Guildford Recreation Centre

NEWTON 10 Sessions \$49.90 19yrs+
Tu 6:15pm-7:15pm Jan 10 4513292
To Be Determined

NORTH 7 Sessions \$68.50 19yrs+
Tu 6:30pm-8:30pm Jan 17 4508178
Chuck Bailey Recreation Centre

SOUTH 9 Sessions \$66.25 16yrs+
Th 4:30pm-6:00pm Jan 12 4509813
Kensington Prairie Community Centre

SOUTH 10 Sessions \$73.50 15yrs+
Tu 6:00pm-7:30pm Jan 3 4504645
South Surrey Recreation & Arts Centre



Spanish

Learn the basics of this useful language for travel or for conversation at home.

SOUTH 9 Sessions Member \$49.75 Non-member \$66.25 55yrs+
Th 1:30pm-3:00pm Jan 12 4509812
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 Jan 9 4504371

CLOVERDALE 9 Sessions \$66.25 19yrs+
W 7:45pm-9:15pm Jan 11 4504370
Cloverdale Recreation Centre

GUILDFORD 7 Sessions \$51.50 19yrs+
M 7:30pm-9:00pm Jan 16 4514208
Guildford Recreation Centre

NEWTON 10 Sessions \$49.90 19yrs+
Tu 7:30pm-8:30pm Jan 10 4513307
To Be Determined

SOUTH 9 Sessions \$66.25 16yrs+
Th 6:30pm-8:00pm Jan 12 4509814
Kensington Prairie Community Centre

SOUTH 10 Sessions \$73.50 15yrs+
Tu 7:45pm-9:15pm Jan 3 4504646
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 Jan 9 4504373
M 7:00pm-8:30pm Jan 9 4504372
Cloverdale Recreation Centre

GUILDFORD 8 Sessions \$39.25 19yrs+
Th 7:00pm-8:00pm Jan 19 4514209
Guildford Recreation Centre

NEWTON 10 Sessions \$73.50 19yrs+
W 7:00pm-8:30pm Jan 11 4513312
To Be Determined

Conversational Spanish

Participants continue working on your fluency in Spanish by exchanging dialogue. Level 3 Spanish required.

CLOVERDALE 9 Sessions \$66.25 18yrs+
Th 10:30am-12noon Jan 12 4504374
Cloverdale Recreation Centre

General Interest

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 Jan 16 4508838
M 5:45pm-7:45pm Feb 6 4508839
M 5:45pm-7:45pm Mar 13 4508840
M 5:45pm-7:45pm Apr 10 4508841
Bridgeview Community Centre

NORTH 1 Session \$16.25 19yrs+
Th 6:30pm-8:30pm Jan 19 4512615
Th 6:30pm-8:30pm Jan 26 4512616
Th 6:30pm-8:30pm Feb 2 4512617
Th 6:30pm-8:30pm Feb 9 4512618
Th 6:30pm-8:30pm Feb 16 4512619
Th 6:30pm-8:30pm Feb 23 4512620
Th 6:30pm-8:30pm Mar 2 4512621
Th 6:30pm-8:30pm Mar 9 4512622
Chuck Bailey Recreation Centre

Indian

Prepare, cook and sample a selection of dishes from India. \$5 supply fee included in the cost.

GUILDFORD 1 Session \$16.25 All Ages
M 6:30pm-8:30pm Jan 23 4512842
Fraser Heights Recreation Centre

SOUTH 1 Session \$16.25 16yrs+
M 6:30pm-8:30pm Feb 20 4512159
Kensington Prairie Community Centre

Italian

Prepare, cook and sample a selection of dishes from Italy. \$5 supply fee included in the cost.

SOUTH 1 Session \$16.25 16yrs+
M 6:30pm-8:30pm Feb 6 4512156
Kensington Prairie 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.

SOUTH 1 Session \$16.25 16yrs+
M 6:30pm-8:30pm Mar 6 4512132
Kensington Prairie Community Centre

Thai

Learn techniques, tastes and traditions of Thailand. \$5 supply fee included in the cost.

GUILDFORD 1 Session \$16.25 18yrs+
M 6:30pm-8:30pm Feb 6 4512844
Tu 6:30pm-8:30pm Mar 28 4512847
Fraser Heights Recreation Centre

SOUTH 1 Session \$16.25 16yrs+
M 6:30pm-8:30pm Jan 23 4512152
Kensington Prairie Community Centre

Mexican

Prepare and sample a complete Mexican meal from appetizers to dessert.

GUILDFORD 1 Session \$16.25 18yrs+
Tu 6:30pm-8:30pm Jan 10 4512832
M 6:30pm-8:30pm Apr 3 4512835
Fraser Heights Recreation Centre

Healthy Cooking for One or Two

Learn to plan and cook quick, delicious healthy meals that are economical and easy to prepare. \$5 supply fee included in the cost.

NORTH 1 Session \$16.25 19yrs+
F 5:30pm-7:30pm Jan 27 4508843
F 5:30pm-7:30pm Feb 24 4508844
F 5:30pm-7:30pm Mar 10 4508845
F 5:30pm-7:30pm Apr 28 4508846
Bridgeview Community Centre

Cooking - Gluten Free

Cook, prepare, and sample a selection of dishes prepared without gluten. \$5 supply fee included in the cost.

GUILDFORD 1 Session \$16.25 18yrs+
Tu 6:30pm-8:30pm Jan 31 4512845
Tu 6:30pm-8:30pm Mar 28 4512846
Fraser Heights Recreation Centre

SOUTH 1 Session \$16.25 16yrs+
M 6:30pm-8:30pm Jan 9 4512135
Kensington Prairie Community Centre

Homegrown IOI

Join That Bloomin' Garden blogger Kristin Crouch as she shares the basics of growing your own food, including garden design, creating healthy soil, and seed selection.

CITYWIDE 1 Session \$7.50 16yrs+
Sa 10:00am-11:30am Mar 11 4511833
Historic Stewart Farm

Desserts

Bake desserts and pastries and explore different decorating techniques. \$5 supply fee included in the cost.

GUILDFORD 1 Session \$16.25 16yrs+
Tu 6:30pm-8:30pm Feb 14 4512843
Fraser Heights Recreation Centre

Pioneer Kitchen: Tea Treats

Warm up those winter blues as you get your hands working on our favourite delicacies (honey lavender stir sticks, anyone?). Chat over a cuppa in the farmhouse kitchen afterwards.

CITYWIDE 1 Session \$25 16yrs+
Sa 10:00am-1:00pm Mar 4 4511822
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 Mar 3 4509149
F 1:00pm-2:30pm Mar 10 4509150
F 1:00pm-2:30pm Mar 31 4509151
Historic Stewart Farm

Armchair Traveller

Come and join us as we travel around the world by video to many destinations of interest. Light refreshments included.

CLOVERDALE 1 Session \$5
Tu 1:00pm-3:00pm Jan 24 4504348
Tu 1:00pm-3:00pm Feb 21 4504349
Tu 1:15pm-3:00pm Mar 21 4504350
Cloverdale Recreation Centre

Heritage Sites Bus Tour

Celebrate Canada's 150th birthday with a guided bus tour revealing places and people who helped shape Surrey. Stops include the Peace Arch and Surrey's 1912 Municipal Hall.

CITYWIDE 1 Session \$25 16yrs+
Th 10:00am-2:00pm Feb 16 4511475
Sa 10:00am-2:00pm Feb 18 4511474
Historic Stewart Farm

Commuting Over the Years



Buckle up as we ride through a past dotted with steam engines and SkyTrain, highways and trails. Discover the stories behind Surrey's transportation modes and routes from long ago to the 1990s.

CITYWIDE 1 Session Free 16yrs+
Sa 11:00am-12noon Feb 11 4512857
Surrey Archives

Surrey 1930 to 1979



Uncover the main events, residents, and transportation routes that shaped Surrey from 1930 to 1979. Archival photos, maps and papers provide fifty years of stories on Surrey's tremendous growth.

CITYWIDE 1 Session Free 16yrs+
Sa 11:00am-12noon Mar 11 4513019
Surrey Archives

Jane Austen Book Club

Spend an evening discussing Emma by the great Jane Austen while sampling woodstove-baked goodies and sipping tea in the cozy farmhouse. Book pick-up at Ocean Park Library.

CITYWIDE 1 Session \$5 16yrs+
Th 7:00pm-9:00pm Feb 23 4511549
Historic Stewart Farm

Free Memoir Info Session



Memoirs aren't just for the famous! Get an overview of the memoir writing process because your life has been a unique adventure. Bring questions and consider signing up for the remaining sessions.

CITYWIDE 1 Session Free 16yrs+
Sa 1:00pm-3:00pm Feb 25 4513173
Surrey Museum

Write Your Memoir

Have you got a personal story waiting to be told? Gain tools to confidently write your history with direction and voice while keeping in mind effective writing techniques.

CITYWIDE 2 Sessions \$75 16yrs+
Sa 1:00pm-4:30pm Mar 4 4513174
Surrey Museum

FREE

Volunteer Information Session

Interested in Volunteering? Come to our Volunteer Information Session and you will learn: how to apply, where you can volunteer, what opportunities are available, and the benefits of volunteering.

FLEETWOOD 1 Session Free 13yrs+
Th 6:00pm-7:30pm Feb 16 4509255
Fleetwood Community Centre

NORTH 1 Session Free 13yrs+
Tu 6:00pm-7:30pm Jan 17 4509254
City Centre Library

First Aid

Emergency Child Care First Aid and CPR/AED

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

CLOVERDALE 1 Session \$114.55 14yrs+
Sa 9:00am-5:00pm Jan 14 4513905
Su 9:00am-5:00pm Mar 26 4514330
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$114.55 14yrs+
Th 9:00am-5:00pm Mar 9 4513903
Sport & Leisure Aquatics

GUILDFORD 1 Session \$114.55 14yrs+
W 9:00am-5:00pm Feb 15 4513904
Guildford Recreation Centre

Emergency First Aid and CPR C

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

CLOVERDALE 1 Session \$120.15 14yrs+
Sa 10:30am-6:30pm Feb 4 4514341
Sa 9:00am-5:00pm Mar 4 4514342
Cloverdale Recreation Centre

FLEETWOOD 2 Sessions 120.15 14yrs+
Th, Tu 5:30pm-9:30pm Feb 16 4513908

FLEETWOOD 1 Session \$120.15 14yrs+
Sa 9:00am-5:00pm Jan 7 4513906
Th 9:00am-5:00pm Feb 23 4513907
Su 9:00am-5:00pm Mar 26 4514338
Sport & Leisure Aquatics

GUILDFORD 1 Session \$120.15 14yrs+
Th 8:30am-4:30pm Jan 26 4513909
Guildford Recreation Centre

NEWTON 1 Session \$120.15 14yrs+
Sa 9:00am-5:00pm Mar 11 4514745
Newton Recreation Centre

SOUTH 1 Session \$120.15 14yrs+
Sa 9:00am-5:00pm Jan 21 4514340
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 10:30am-6:30pm Feb 4 4514334
Sa 9:00am-5:00pm Mar 4 4514335
Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$80 14yrs+
Th, Tu 5:30pm-9:30pm Feb 16 4514333

FLEETWOOD 1 Session \$80 14yrs+
Sa 9:00am-5:00pm Jan 7 4514331
Th 9:00am-5:00pm Feb 23 4514332
Su 9:00am-5:00pm Mar 26 4514339
Sport & Leisure Aquatics

GUILDFORD 1 Session \$80 14yrs+
Th 8:30am-4:30pm Jan 26 4514337
Guildford Recreation Centre

NEWTON 1 Session \$80 14yrs+
Sa 9:00am-5:00pm Mar 11 4514744
Newton Recreation Centre

SOUTH 1 Session \$80 14yrs+
Sa 9:00am-5:00pm Jan 21 4514336
Grandview Heights Aquatic Centre

CPR C and AED

Training includes care of infants, children, and adults. Skills include: CPR, AED (automated external defibrillator) use, emergency scene management, assisting with medication, choking procedures, treatment for: shock, chest pain and stroke.

CLOVERDALE 1 Session \$96.75 14yrs+
Su 9:00am-2:00pm Jan 8 4514314
Su 9:00am-2:00pm Mar 12 4514316
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$96.75 14yrs+
Su 9:00am-2:00pm Feb 5 4514315
Sport & Leisure Aquatics

GUILDFORD 1 Session \$96.75 14yrs+
Sa 9:00am-2:00pm Feb 18 4514317
Guildford Recreation Centre

CPR C and AED Recertification

Recertify your CPR 'C' certificate. Review skills and get updated in new standards. Current certification must be presented to instructor at the beginning of class from a credible provider.

CLOVERDALE 1 Session \$63.20 16yrs+
Su 2:00pm-5:00pm Jan 8 4514318
Su 2:00pm-5:00pm Mar 12 4514319
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$63.20 16yrs+
Th 6:00pm-9:00pm Jan 19 4514320
Su 2:00pm-5:00pm Feb 5 4514321
Tu 6:00pm-9:00pm Mar 21 4514322
Sport & Leisure Aquatics

GUILDFORD 1 Session \$63.20 16yrs+
Sa 2:00pm-5:00pm Feb 18 4514324
Th 6:00pm-9:00pm Mar 2 4514323
Guildford Recreation Centre

NORTH 1 Session \$63.20 16yrs+
M 5:00pm-8:00pm Jan 30 4514326
Tu 6:00pm-9:00pm Feb 7 4514325
M 6:00pm-9:00pm Feb 27 4514327
North Surrey Recreation Centre

SOUTH 1 Session \$63.20 16yrs+
Th 5:00pm-8:00pm Feb 23 4514328
Grandview Heights Aquatic Centre

SOUTH 1 Session \$63.20 16yrs+
Su 1:30pm-4:30pm Jan 22 4514329
South Surrey Indoor Pool

Looking for Instructor Training & Lifeguard Courses?

For a complete listing of programs offered this season, please look in the Aquatics Section on pages 38-41.

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 10:30am-6:30pm Feb 4 4513910
Sa-Su 9:00am-5:00pm Mar 4 4513911
Cloverdale Recreation Centre

FLEETWOOD 4 Sessions \$182.25 14yrs+
Th, Tu 5:30pm-9:30pm Feb 16 4513916

FLEETWOOD 2 Sessions \$182.25 14yrs+
Sa-Su 9:00am-5:00pm Jan 7 4513913
Th-F 9:00am-5:00pm Feb 23 4513914
Su 9:00am-5:00pm Mar 26 4513915
Sport & Leisure Aquatics

GUILDFORD 2 Sessions \$182.25 14yrs+
Th-F 8:30am-4:30pm Jan 26 4513917
Guildford Recreation Centre

NEWTON 2 Sessions \$182.25 14yrs+
Sa-Su 9:00am-5:00pm Mar 11 4513918
Newton Recreation Centre

SOUTH 2 Sessions \$182.25 14yrs+
Sa-Su 9:00am-5:00pm Jan 21 4513920
Grandview Heights Aquatic Centre

Standard First Aid (SFA) - Online

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

CLOVERDALE 1 Session \$178.65 14yrs+
Su 9:00am-5:00pm Mar 5 4513924
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$178.65 14yrs+
Su 9:00am-5:00pm Jan 8 4513923
Sport & Leisure Aquatics

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 10:30am-6:30pm Feb 5 4513936
Su 9:00am-5:00pm Mar 5 4513935
Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$90.75 14yrs+
Th, Tu 5:30pm-9:30pm Feb 23 4513939

FLEETWOOD 1 Session \$90.75 14yrs+
Su 9:00am-5:00pm Jan 8 4513937
F 9:00am-5:00pm Feb 24 4513938
Su 9:00am-5:00pm Apr 2 4513942
Sport & Leisure Aquatics

GUILDFORD 1 Session \$90.75 14yrs+
F 8:30am-4:30pm Jan 27 4513940
Guildford Recreation Centre

NEWTON 1 Session \$90.75 14yrs+
Su 9:00am-5:00pm Mar 12 4513941
Newton Recreation Centre

SOUTH 1 Session \$90.75 14yrs+
Su 9:00am-5:00pm Jan 22 4513943
Grandview Heights Aquatic Centre

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
Su 11:00am-7:00pm Jan 8 4516105
Su 9:30am-5:30pm Feb 12 4516107
Cloverdale Recreation Centre

GUILDFORD 1 Session \$84
Su 9:00am-5:00pm Mar 12 4516106
Fraser Heights Community Centre

CITY OF SURREY ANNUAL RECREATION PASS

BUY A 1 YEAR PASS BETWEEN DECEMBER 1 AND JANUARY 31 - RECEIVE AN EXTRA MONTH FREE!

www.surrey.ca/recreation

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
BRIDGEVIEW COM. CENTRE 604-591-4080				Bridge 12:30pm-2:30pm	Seniors' Social 10am-12noon	
CLOVERDALE RECREATION CENTRE 604-598-7960	Seniors' Lounge 9am-4pm Reflexology Service 9am-4pm (by appt only) Quilters 9:30am-12noon Food Service 10:30am-12:45pm Cribbage* (5-card) 1pm-3pm Guitar Club 1pm-3pm Pickle Ball 1pm-3pm Stamp Club 1pm-3pm (2nd & 4th Monday)	Seniors' Lounge 9am-4pm Bridge Tournament* 11am-3pm (Last Tuesday) Food Service 10:30am-12:45pm Table Tennis 1pm-3pm	Seniors' Lounge 9am-4pm Knit & Chat 9:30am-11:30am Food Service 10:30am-12:45pm (Hot Meal 11:15am) Poker* 12:30pm-4pm Bingo* 1pm-3pm Pickle Ball 1pm-3pm	Seniors' Lounge 9am-4pm Computer Club 9am-12:15pm Food Service 10:30am-12:45pm Spice of Life Meal Program 11:30am-2pm (2nd & 4th Thursday) Pickle Ball 12:30pm-2:30pm Bluegrass Jammers 1pm-3pm Cribbage* (5-card) 1pm-3pm Table Tennis 1:30pm-3:30pm	Seniors' Lounge 9am-4pm Woodcarvers 9am-12noon Pickle Ball 9am-11am Creative Writing 10am-11am Food Service 10:30am-12:45pm (2nd Friday) Crib Tournament* 12noon-3pm (2nd Friday) Table Tennis 1pm-3pm	
CHUCK BAILEY RECREATION CENTRE 604-598-5898	Billiards 9am-9pm Pottery 10:15am-2:15pm Computer Club 1pm-3pm Book Club 1:30pm-3pm (3rd Monday)	Billiards 9am-9pm Pickle Ball 9-10:30am Carpet Bowling 9am-12noon Painting for Pleasure 9am-12noon Ballroom Dance 1-3pm Table Tennis 1pm-4pm	Billiards 9am-9pm Pickle Ball 9am-11:30am Hot Lunch Program 10:30am-12:30pm (4th Wednesday of month) Bridge 12:45pm-3pm	Billiards 9am-9pm Carpet Bowling 9am-12noon Crafters 1pm-3pm Table Tennis 1pm-4pm Wheeling 8s 7pm-9pm	Billiards 9am-5pm Tosh 12noon-3pm Bridge 12:30pm-3pm Whist 12:30pm-3pm	Billiards 9am-5pm Bingo 12noon-2pm
FLEETWOOD COMMUNITY CENTRE 604-501-5030	Ballroom Dance 1pm-4pm Bingo 12:45pm-3:30pm Bridge 6:45pm-9:45pm Seep (in Punjabi) 12noon-4:30pm	Ballroom Dance 1pm-4pm Seep (in Punjabi) 12noon-4:30pm Partners Bridge 12:30pm-3:30pm (1st, 2nd & 3rd Tuesday of month)	Canasta 12:30pm-3:30pm Cribbage 6:30pm-9pm Happy Hookers 9:30am-12noon Seep (in Punjabi) 12noon-4:30pm Floor Curling 1pm-3pm	Gold's Sing-Along Group 10am-11am Carpet Bowling 1:30pm-3:30pm Jammers 11:30am-1:30pm Lunch Program Birthday Celebration 11:30am-1:30pm (3rd Thursday) Seep (in Punjabi) 12noon-4:30pm Blood Pressure Clinic (1st Thursday of month) Social in Mandarin or Cantonese 12noon-2pm	Drop-In Social Group offered in South Asian 10:30am-12:30pm Rummoli 1pm-3pm Seep (in Punjabi) 12noon-4:30pm Cribbage Tournament 12noon-4pm (4th Friday of the month) Coffee Social 10am-12noon	Seep 12:15pm-4:30pm
GUILDFORD RECREATION CENTRE 604-502-6360	Seniors' Lounge 9am-4pm Badminton 8:45am-11:45am Carpet Bowling 12:30pm-2:30pm Cards Club/Canasta 1pm-4pm Pickle Ball 12noon-3pm Scrabble 12noon-3pm Sky Walkers 9am-3pm	Seniors' Lounge 9am-4pm Badminton 8:45am-11:45am Bridge 12noon-4pm Cards Club 1pm-4pm Pickle Ball 12noon-3pm Sky Walkers 9am-3pm	Seniors' Lounge 9am-4pm Badminton 8:45am-11:45am Carpet Bowling 12:30pm-2:30pm P.U.R.L.S (Knitting) 1pm-3pm Sky Walkers 9am-3pm	Seniors' Lounge 9am-4pm Badminton 8:45am-11:45am Bridge 12noon-4pm Pickle Ball 12noon-3pm Sky Walkers 9am-3pm	Seniors' Lounge 9am-4pm Badminton 8:45am-11:45am Jammers 10:30am-12:30pm Pickle Ball 12noon-3pm Sky Walkers 9am-3pm	
NEWTON SENIORS' CENTRE 604-501-5010	CLOSED FOR RENOVATIONS					
SOUTH SURREY RECREATION & ARTS CENTRE 604-592-6970	Badminton 4 courts 7am-10:30am Pickle Ball 8 courts 12:30pm-2:30pm Duplicate Bridge 9am-1pm	Badminton 6 courts 7:30am-10:30am Pickle Ball 4 courts 10:45am-12:45pm Table Tennis 1pm-3pm	Pickle Ball 8 courts 6:30am-9:30am Badminton 4 courts 12:45pm-2:45pm	Badminton 8 courts 7:30am-10:30am Pickle Ball 4 courts 10:45am-1:45pm Social Group Offered in Punjabi (1st Thursday) 12noon-2pm Table Tennis 12:45pm-3pm	Pickle Ball 8 courts 12:30pm-2:30pm	

Schedules subject to change. Please call ahead to confirm. * 'Know your limit, play with in it'

Fitness classes geared towards the 55+ age group are also available at most facilities, go to page 54-59 for drop-in 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

In 2014 Mayor and Council adopted the 'Age-Friendly Strategy for Seniors', an initiative of the Seniors Advisory and Accessibility Committee. This committee, chaired by Councillor Barbara Steele, represents City departments, community resource agencies, Provincial government agencies, safety services (police and fire), and related community groups.

The Age-Friendly Strategy framework focuses on four separate outcomes:

- **Safety, Health & Wellness** – Seniors are supported to be active and engaged in their community and engagement practices are in place to prevent isolation.
- **Transportation & Mobility** – Seniors have a range of safe, convenient and affordable transportation options.
- **Home** – Seniors have access to affordable and appropriate housing, and support necessary to remain as independent as possible.
- **Buildings & Outdoor Spaces** – Public places, outdoor spaces and buildings are designed to be welcoming, safe, and accessible.

Some of the initiatives of the Age-Friendly Strategy include Focus on Seniors Forums and Seminars, workshops, conferences, the mobile outreach program, and ongoing education and awareness focusing on the prevention of elder abuse.

Seniors Advisory and Accessibility Committee

The purpose of the committee is to provide networking opportunities for individuals, service agencies, and organizations working with our seniors, and further to undertake initiatives to provide information with regard to the many programs and services available to seniors through the City of Surrey and other various service agencies and organizations.

Focus on Seniors Forums and Seminars

As part of a series for seniors and their caregivers, the forums raise awareness of issues impacting seniors, as well as provide valuable information about legal, safety, and support resources available to seniors and their caregivers in Surrey. The Forums are offered in various languages throughout Surrey.

Age-Friendly Conferences

To celebrate Seniors' Week and National Seniors Day we host two annual conferences. These events provide 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.

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.

***The dates and locations of these forums, programs and workshops are posted at www.surrey.ca/seniors and are advertised in local newspapers and at City recreation facilities.**

**** All sessions require pre-registration**

Bus Trips 55+

Brought to you by Enjoy Tour & Travel

Day long bus trips that offer a variety of locations and experiences. Site-specific or City-Wide Seniors Membership required to receive the member price.

TRIPS TO USA: Boeing Factor + Amtrak, Northwest Flower & Garden Show

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.

FERRY TRIPS: Robert Bateman Centre + Victoria's Inner Harbour

Note: BC ferry passenger fees are included in trip price only for seniors with proof of BC residency and 65+ years of age. An additional BC ferry fee (approx. \$16 return) applies to those under the age of 65 and to anyone who is not a BC resident and is to be paid in cash to the bus driver. Ferry rates are subject to change.

Boeing Factory Tour + Amtrak (USA)

Enjoy a scenic water-view ride on the comfortable Amtrak train from Bellingham to Everett, then tour the largest building in the world by volume ~ The Boeing Company. On the guided tour you'll see airplanes in various stages of flight test and manufacture for airline customers around the world. Includes buffet lunch at the Golden Corral.

Activity Level: Moderate

1 session	Non Member \$134/Member \$129		
4514702	Tuesday, January 31		
FLEETWOOD	Depart 6:00am	Return 5:45pm	
CLOVERDALE	Depart 6:15am	Return 5:30pm	
SOUTH	Depart 6:45am	Return 5:00pm	

Seniors Snowshoeing

If you can walk, you can snowshoe. Beginners are welcome on this winter wonderland adventure at Cypress Mountain. Enjoy a 2 hour snowshoe walk led by an experienced trail guide who will share the rich cultural and natural history of Hollyburn Ridge. We will make a one hour stop at the rustic Hollyburn Lodge to enjoy lunch and a warm drink followed by an hour of free time to enjoy the view at First Lake or continue snowshoeing until you are escorted down the 20 minute trail back to the Nordic Area for departure.

Activity Level: Moderate

1 session	Non Member \$114/Member \$109		
4514237	Monday, January 23		
NEWTON*	Depart 8:00am	Return 5:15pm	
CHUCK	Depart 8:30am	Return 4:45pm	
GUILDFORD	Depart 8:45am	Return 4:30pm	

Northwest Flower & Garden Show (USA)

The Washington State Convention Centre in Seattle hosts The 2017 Northwest Flower and Garden Show. Take 4 hours free time to explore six acres of flowers, plants, gardens, exhibits, seminars and many other features. Includes dinner at the Outback Steakhouse in Burlington.

Activity Level: Easy

1 session	Non Member \$124/Member \$119		
4514703	Thursday, February 23		
FLEETWOOD	Depart 8:00am	Return 9:00pm	
CLOVERDALE	Depart 8:15am	Return 8:45pm	
SOUTH	Depart 8:45am	Return 8:15pm	

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 ARENA*
604-501-5540 7120 136B Street

*Temporary pick up and drop off location during Newton Seniors' Centre renovations

Amazing Dogs Show

Experience three distinctly different dog shows at the 2017 Pet Lovers Show at Tradex Exhibition Centre in Abbotsford followed by free time to browse the exhibits including displays of domestic and exotic pets. You'll be amazed by the performances displaying skills from speed and agility to detection to assistance. Includes admission, reserved seating and a delicious lunch at Bow & Stern Restaurant in Abbotsford.

Activity Level: Easy

1 session	Non Member \$104/Member \$99		
4514238	Monday, February 26		
NEWTON*	Depart 9:45am	Return 5:45pm	
CHUCK	Depart 10:15am	Return 5:15pm	
GUILDFORD	Depart 10:30am	Return 5:00pm	

Robert Bateman Centre + Victoria's Inner Harbour

Robert Bateman Centre displays the definitive collection of his work including paintings, drawings, sculptures, etchings, and lithographs providing a refreshing and inspiring view of our natural and man-made heritage – 45 minute guided tour led by a Bateman expert. Includes lunch at the Parliament Buildings Legislative Dining Room, an optional guided tour of the Parliament Buildings and afternoon free time to explore Victoria's Inner Harbour.

Activity Level: Easy

1 session	Non Member \$144/Member \$139		
4514239	Monday, March 20		
GUILDFORD	Depart 6:45am	Return 8:00pm	
CHUCK	Depart 7:00am	Return 7:45pm	
NEWTON*	Depart 7:30am	Return 7:30pm	

Shangri-La + West Coast Express

Experience an exceptional three course lunch at Vancouver's prestigious Shangri-La Hotel. Following lunch visit The Jack Poole Plaza featuring landmarks: Olympic Cauldron, Digital Orca Sculpture, Drop Sculpture followed by free time to stroll the seawall. Finish the day on the West Coast Express travelling from downtown Vancouver along the waterfront on Burrard Inlet to Port Moody and ending in Mission City where a warm bus awaits.

Activity Level: Easy

1 session	Non Member \$134/Member \$129		
4514704	Tuesday, March 28		
FLEETWOOD	Depart 9:45am	Return 6:00pm	
CLOVERDALE	Depart 10:00am	Return 6:15pm	
SOUTH	Depart 10:30am	Return 6:45pm	

Adapted Programs

www.surrey.ca/register

Welcome!



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

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 9 Sessions \$47.75 19yrs+
W,M 10:30am-11:00am Jan 4 4509930
M,W 10:30am-11:00am Feb 6 4509932

Individuals with physical disabilities:
GUILDFORD 9 Sessions \$47.75 19yrs+
W,M 11:00am-11:30am Jan 4 4509931
M,W 11:00am-11:30am Feb 6 4509933
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 8 Sessions \$66.75 13-18yrs
Sa 11:15am-11:45am Jan 7 4509946
Sa 11:45am-12:15pm Jan 7 4509947
Guildford Recreation Centre

FLEETWOOD 9 Sessions \$75.25 13-18yrs
Sa 11:15am-11:45am Jan 7 4511293
Sa 11:45am-12:15pm Jan 7 4511294
Surrey Sport and Leisure Complex

SOUTH 9 Sessions \$75.25 13-18yrs
Sa 11:30am-12noon Jan 7 4511531
Sa 12noon-12:30pm Jan 7 4511532
South Surrey Indoor Pool

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 | 604 685-4049 ext 212



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



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



Looking for the next step and more opportunities to play wheelchair basketball?

Contact BC Wheelchair Basketball Society at 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

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.

GUILDFORD	8 Sessions \$66.75	Jan 7
Sa	9:00am-9:30am 4509948	4-7yrs
Sa	9:30am-10:00am 4509949	7-9yrs
Sa	10:00am-10:30am 4509950	8-10yrs
Sa	10:45am-11:15am 4509951	9-12yrs
Guildford Recreation Centre		

FLEETWOOD	9 Sessions \$75.25	Jan 7
Sa	9:00am-9:30am 4511211	4-7yrs
Sa	9:30am-10:00am 4511212	7-9yrs
Sa	10:00am-10:30am 4511213	8-10yrs
Sa	10:45am-11:15am 4511214	9-12yrs
Surrey Sport and Leisure Complex		

SOUTH	9 Sessions \$75.25	Jan 7
Sa	9:30am-10:00am 4511267	4-7yrs
Sa	10:00am-10:30am 4511268	7-9yrs
Sa	10:30am-11:00am 4511269	8-10yrs
Sa	11:00am-11:30am 4511270	9-12yrs
South Surrey Indoor Pool		

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.

FLEETWOOD	9 Sessions \$74.25	Jan 4
W, M	4:00pm-4:30pm 4513128	6-9yrs
W, M	4:30pm-5:00pm 4513125	10-13yrs
W, M	5:00pm-5:30pm 4513114	7-9yrs
W, M	5:30pm-6:00pm 4513113	4-6yrs
W, M	6:00pm-6:30pm 4513115	10-12yrs
W, M	6:30pm-7:00pm 4513116	13-18yrs
FLEETWOOD	10 Sessions \$83	Feb 6
M, W	4:00pm-4:30pm 4513127	6-9yrs
M, W	4:30pm-5:00pm 4513129	10-13yrs
M, W	5:00pm-5:30pm 4513118	7-9yrs
M, W	5:30pm-6:00pm 4513117	4-6yrs
M, W	6:00pm-6:30pm 4513119	10-12yrs
M, W	6:30pm-7:00pm 4513120	13-18yrs
Surrey Sport and Leisure Complex		

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 Jan 14	4509588
Sa	1:00pm-5:00pm Jan 21	4509589
Sa	1:00pm-5:00pm Jan 28	4509590
Sa	1:00pm-5:00pm Feb 4	4509591
Sa	1:00pm-5:00pm Feb 18	4509592
Sa	1:00pm-5:00pm Feb 25	4509593
Sa	1:00pm-5:00pm Mar 4	4509594
Meet at Newton Arena - lobby/parking lot		

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 Jan 14	4509533
CLOVERDALE	1 Session \$17.50	6-12yrs
Snow Day		
Sa	1:30pm-4:30pm Jan 14	4509534
Little Chefs		
Sa	1:30pm-4:30pm Jan 21	4509535
Dinosaur Days		
Sa	1:30pm-4:30pm Jan 28	4509536
Cupid's Surprise		
Sa	1:30pm-4:30pm Feb 4	4509537
In a land far, far away		
Sa	1:30pm-4:30pm Feb 18	4509538
A Bugs Life		
Sa	1:30pm-4:30pm Feb 25	4509539
Games Galore		
Sa	1:30pm-4:30pm Mar 4	4509540
Cloverdale Recreation Centre		

Kids Who Cook

Learn how to prepare healthy meals for breakfast, lunch and dinner in this welcoming and inclusive program.

NEWTON	4 Sessions \$40.50	6-12yrs
Su	3:00pm-4:30pm Jan 22	4510348
Su	3:00pm-4:30pm Feb 19	4510350
Newton Recreation Centre		

Art Explorer

Express your creativity and improve fine motor skills through basic drawing and painting techniques.

NEWTON	8 Sessions \$54.75	6-12yrs
Su	1:30pm-2:30pm Jan 22	4510196
Newton Recreation Centre		

Hip Hop

Improve overall balance, posture, strength and coordination in this inclusive, energetic class.

NEWTON	7 Sessions \$38.75	Jan 16
M	4:15pm-5:00pm 4513010	3-5yrs
M	7:15pm-8:15pm 4511446	13-18yrs
NEWTON	7 Sessions \$48.25	Jan 16
M	5:15pm-6:15pm 4510617	6-9yrs
M	6:15pm-7:15pm 4510618	10-12yrs
To Be Determined		

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.

FLEETWOOD	7 Sessions \$64.50	6yrs+
Sa	2:15pm-3:30pm Jan 7	4509604
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.

NEWTON	8 sessions \$55.25	6yrs+
M	4:15pm-5:30pm Jan 23	4509603
To Be Determined		

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.

CLOVERDALE	8 sessions \$55.25	6yrs+
Su	1:00pm-2:15pm Jan 22	4509631
Cloverdale Recreation Centre		

Drama

Improve your confidence and communication skills through drama exercises, games, theatre sports, play building and improvisations.

NEWTON	8 Sessions \$48.50	6-12yrs
Sa	2:15pm-3:15pm Jan 21	4510563
Newton Recreation Centre		

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.

NEWTON	8 Sessions \$160	13-18yrs
W	6:30pm-8:30pm Jan 20	4431714
Surrey 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 Jan 24	4509632
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.

CLOVERDALE	8 Sessions \$55	4-13yrs
Tu	5:00pm-6:00pm Jan 24	4509633
Cloverdale Recreation Centre		



Volunteer

www.surrey.ca/volunteer

Make a Difference!

Get involved in your community by volunteering. We've got a wide variety of volunteer opportunities for every age group. Meet new people, learn new skills and help make Surrey a great place to live.

VOLUNTEER RESOURCES

604-598-5863 | 13450 104 Avenue
 Fax: 604-502-6315 | volunteer@surrey.ca

JOIN A TEAM THAT Makes Their Mark

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
- 2 SUBMIT**
Two references that are not from a friend of family member. You can print these forms off online and upload them directly onto your profile.
- 3 ATTEND**
A one-on-one interview. Most interview times are posted on your profile and happen monthly.
- 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 profile to sign-up for shifts and record your hours.

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.

Bin Keeper

Care for a park garbage bin year-round by taking the bin out to the curb bi-weekly for collection. Keep our parks clean and healthy, while inspiring others to take care of our shared park spaces.

Park Care

Spend time outdoors while improving your local park or green space. Remove litter and invasive plants, weed garden beds and more. Volunteer as an individual or group according to your own pace and schedule.

One Day Park Projects

Drop-in for the day and work with other volunteers to beautify and improve our parks. Open to all ages. Activities include removing invasive plants, planting trees, shrubs, and bulbs, cleaning up litter, and weeding garden beds. Sign-up on our mailing list to receive emails about drop-in events.

Spring Releaf

Throughout 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.

*Tools, equipment and support are provided for all projects.

Learn more about volunteer opportunities in parks by calling 604.501.5050 or visiting www.surrey.ca/volunteer



DID YOU Want to Learn More?

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.



FLEETWOOD	1 Session Free	13yrs+	NORTH	1 Session Free	13yrs+
Th	6:00pm-7:30pm	Feb 16 4509255	Tu	6:00pm-7:30pm	Jan 17 4509254
Fleetwood Community Centre			City Centre Library		

Think Ahead!

If you would like to volunteer this summer, now is the time to apply. Most summer program training happens in the spring so begin your application today and don't miss out!



Develop with us!

Volunteer Resources offers a wide range of professional development opportunities for City of Surrey volunteers as part of the Volunteer Development Program. 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 TO INCLUDE...

Communicating Through Conflict	14 years+
Emergency First Aid & CPR C	14 years+
Emergency Preparedness	14 years+
FoodSafe Level I	14 years+
High Five - Principles of Healthy Child Development	16 years+
I Am Game	16 years+
Introduction to Public Speaking	14 years+
Leadership Fundamentals	14 - 18 years



Upon the successful completion of three or more workshops and 14 hours of volunteer experience with the City of Surrey, volunteers may request a Volunteer Development Program certificate (available on an annual basis in December of each year).

For more information on workshops offered through the Volunteer Development Program and to register, please visit www.surrey.ca/register and click on the Volunteer Resources section.



A NEW YEAR BRINGS New Opportunity!

In 2017 you can make an impact in your community. Check out these great volunteer roles and get involved. For even more opportunity go to www.surrey.ca/volunteer.

Adult Programs

This year you can volunteer at a senior's centre, lead a City Hall tour, facilitate English Conversation Circles, or provide educational resources to the 55+ community.

City-Wide Special Events

Our events account has reopened and has lots of opportunities in store. With over 70 community events and growing, there's always something to do.

Heritage Services

Dress in period costume, assist in kid's knitting programs or become a docent all while exploring Surrey's rich history. Join today and connect with the Cloverdale and South Surrey community.

Park or Forest Programs

Become an urban forestry leader, play in a park or keep your local outdoor space clean. Join Partners in Park or Friends of the Forest and get outside.



Thank you to all of our Volunteers

FOR MAKING 2016 A GREAT ONE!

We can't wait for everything that 2017 has in store!

Without the help and passion from each of you we wouldn't be able to make the impact that we do. You bring energy to all of our programs and always represent the City of Surrey in a positive light.

Sincerely,

The Volunteer Resources Team



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 | 604-501-5198

Docents (Gallery Tour Guides)

Join a dynamic community of volunteers dedicated to enriching art education for children! Learn more about contemporary art from exhibition curators, artists, and educators, and lead engaging school tours of our contemporary art exhibitions.



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.

Children's Art Program Assistants

Inspire young artists to express their creativity! Volunteer at art day camps or classes where you'll learn to organize art materials, supervise students, and assist the artist educators.

THERE'S MORE

Look in the Arts & General Interest section.

For performing arts classes look in these sub-sections: Children | Youth | Adults

For visual art classes look in these sub-sections: Early Years | Children | Youth | Adults

Featured Exhibit AT THE SURREY ART GALLERY

Experience new art, new ideas, and new media at Surrey's contemporary art museum.

Admission is free. Everyone is welcome.

Out of Sight: Eadweard Muybridge & Harold Edgerton

Jan 21–Mar 19

Opening Reception: Saturday, Jan 21 | 7:30–9:30pm

The photographs of Muybridge and Edgerton were revolutionary in their ability to make time stand still. From stop-motion images of a galloping horse to a detailed splash of milk, the scientific experiments of these two photographic pioneers essentially freeze time to depict the mechanical truth of movement. Brought together, these bodies of work explore ideas about perception and representation, challenging viewers to reconsider what we see in our everyday encounters. *Out of Sight* is organized and circulated by the Vancouver Art Gallery with the generous support of the Killy Foundation.



▲ Eadweard Muybridge, Plate 624 Gallop; saddle; bay horse Daisy, from *Animal Locomotion*, 1887, collotype, 48.2 x 61.1 cm, Collection of the Vancouver Art Gallery, Gift of Claudia Beck and Andrew Gruft, VAG 2004.37.178.



▲ Harold E. Edgerton, Milk Drop Coronet, 1957, dye transfer print, 50.5 x 40.5 cm, Collection of the Vancouver Art Gallery, Gift of Angela and David Feldman, the Menkes Family, Marc and Alex Muzzo, Tory Ross, the Rose Baum-Sommerman Family, Shabin and Nadir Mohamed, VAG 2013.18.71, © 2015 MIT, Courtesy of MIT Museum.

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.

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 winter instructors.



Nicoletta Baumeister

Nicoletta began her love affair with artmaking over thirty-five years ago with her first art show in her hometown of Kitimat, BC. Since then, she has been involved in many roles that encompass a creative life,

and it is one of her greatest pleasures to share, show, excite, and educate students in thinking about and doing creative work. Nicoletta holds a fine arts diploma from Langara College, a BFA from NSCAD, and a goldsmithing specialization from Germany. This session, she will be teaching watercolour classes for both tweens and adults—see pages 71 and 79.

Ali Sepahi

Although his career was mostly in the sciences, Ali Sepahi took every opportunity to enhance his artistic ability. After studying painting under Iranian masters in early childhood, as an adult he attended art courses at Oregon State University. Ali is a member of the Federation of Canadian Artists with six awards of excellence, and has exhibited in group and solo shows. He has demonstrated his techniques for art guilds, and has taught oil, acrylic, and watercolour painting at community centres throughout the Lower Mainland since 2000. This quarter, Ali will be teaching Palette Knife Painting—see page 79.



Luc Charchuk

Luc Charchuk has been a member of Larger Than Life Drawing Group in Surrey since 1992 when he moved to BC from Alberta. Luc studied at ACAD in Calgary, where he received his Fine Arts Painting and Drawing Certificate. He achieved his BFA in Art History and Classical

Literature Survey from the University of Alberta, and has taught all levels of drawing and painting in Alberta and BC. His focus is life drawing and oil painting, used to incorporate human figure with landscape. This winter, Luc will be teaching Drawing Techniques for tweens, as well as Drawing for Absolute Beginners and Coloured Pencil for Absolute Beginners for adults—see pages 71 and 79.

Want to stay in the know?

SIGN UP FOR E-NEWSLETTERS!

www.surrey.ca/arts-signup

Public Art IN SURREY



Chrysalis at Surrey Central SkyTrain Station

The City of Surrey, in partnership with TransLink, received submissions from 29 artists for a temporary mural to surround the construction hoarding of Surrey Central SkyTrain Station while TransLink upgrades the station. Applicants were asked to draw inspiration from the theme *Connecting People, Connecting Places*. This detail is from the winning design by Thomas Nelles, a Surrey artist. Butterflies overlay images of Surrey's buildings to symbolize the city's transformation from its agricultural past to its urban present and its goals for a sustainable future.

SURREY INTERNATIONAL
Children's Festival

PRESENTED BY prospera CREDIT UNION

SURREY ARTS CENTRE & BEAR CREEK PARK

May 25, 26 & 27, 2017



3 DAYS OF
LIVE PERFORMING
ARTS & ACTIVITIES
FROM HERE
AND AROUND
THE WORLD!

AUSTRALIA:
Grug and the Rainbow

SOUTH KOREA:
Sangja

CANADA:
Mistatim

Group Tickets On Sale NOW!

FOR A MEMORABLE
VOLUNTEER EXPERIENCE:

604-598-5863

volunteer@surrey.ca

FOR TICKETS:

604-501-5566

@SurreyChildFest

www.surrey.ca/childrensfestival

SURREY CIVIC

THEATRES

WE'VE GOT YOUR:

✓ **Family FUN**

Theatre/Art Camp Combo

Do you have kids ages 6 to 12? We make it easy for you to have fun together!

While you're enjoying the Arts Club Theatre Company's matinée performances of *The (Post) Mistress* on January 14 and *Bittergirl: The Musical* on February 25, your kids will be having their own fun at *Paint at the Play* art camp—all at the Surrey Arts Centre.

Free when you buy a ticket to one or both shows. Details at www.surrey.ca/theatre (click Arts Club On Tour Series) or call the Box Office at 604-501-5566.



Patricia Cano in *The (Post) Mistress* at Gordon Tootoosis Nikaniwin Theatre. Photo by Tenille Campbell

✓ **KEYS TO UNLOCKING Your Creativity**

Your Story. Your Voice. Flame Workshop



Deborah Williams

The Flame is a storytelling movement where people share personal True Stories in front of a live audience.

The motto: it's got to be true, about you, told in a few. In this supportive weekend workshop, Deborah Williams—one of the creators of *Mom's the Word*—will help you craft your personal stories into something compelling. There will be a low-key performance for family and friends on the final evening. Details on page 80.

Adults Acting Out

Are you a secret thespian? Explore fundamental acting skills through games, exercises, monologues, and scene work.

Instructor, Lisa Bunting is an actor, drama educator and audiobook narrator who knows her stuff. She's got forty years of professional experience, and twenty years of teaching and coaching experience. Her friendly, fun approach creates a comfortable space where there's no experience necessary—but imagination is a must! Details on page 79.



Lisa Bunting

Heritage

www.surrey.ca/heritage



Historic Stewart Farm



RURAL LIFE RETOLD

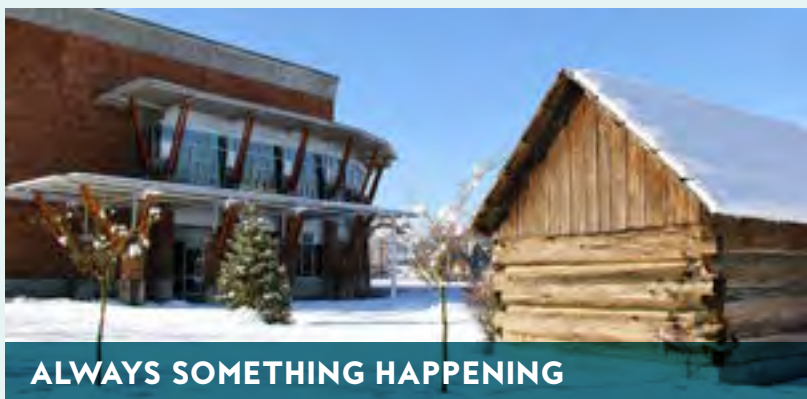
604-592-6956 13723 Crescent Road
Located in Elgin Heritage Park

Hours: Tuesday-Friday, 10am-4pm Saturday, 12noon-4pm
Sunday, 12noon-4pm
Closed Mondays and Statutory Holidays
Seasonal Closure: Sa, Dec 24, 2016 to Tu, Jan 31, 2017

Entrance by donation
Groups of 10 or more people must book in advance

Woodsmoke curling from the farmhouse chimney signals we're open for the season. Enjoy a winter walk on the beautiful grounds, then drop into our cozy kitchen to warm your hands at the stove.

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
Seasonal Closure: Sa, Dec 24, 2016 to M, Feb 6, 2017

Admission sponsored by
Friends of the Surrey Museum & Archives Society
Groups of 10 or more people must book in advance

Think museums are only full of dusty old things? Think again! The Museum is vibrant with kid-friendly events, crafty programs, and a forward-thinking expansion to make room for more fun and culture.

Registered

Tea for You!

Must pre-book teas at 604-592-6956.

TEA AND TOUR Surrey Museum

Museum guides share inside stories about Surrey's past with a tour through the galleries. The conversation continues afterwards with tea and cookies.

\$8/person, attendants are free 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, March 3, 10, 31 1:00pm-2:30pm

Girl Guides & Boy Scouts: Heritage Badge Program Heritage Home Skills

Girl Guide and Boy Scout groups tour the farm to get a taste of pioneer life. Prepare applesauce on the wood-burning stove, do old-style chores and more. Finish with a traditional barn dance. This program covers six requirements for a Heritage Home Skills badge.

\$10 per participant
Must pre-book at 604-592-6956.
Weekday afternoons 4:00pm-6:00pm

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

Join in lively conversations about Surrey's past at one of the Surrey Archives' Saturday programs. Evocative archival images, maps and documents are accompanied by stories told by presenter and audience. **Details and pre-register at 604-502-6459.**

COMMUTING OVER THE YEARS Saturday, February 11

FREE

SURREY 1930 TO 1979 Saturday, March 11

Photo: 64 Avenue and 152 Street, 1910. SMA93.002.02

Subscribe to Heritage

Would you like to receive e-mail updates on programs, events and exhibits at Surrey's heritage facilities? Are you a teacher or homeschooler interested in heritage school programs?

Go to:
www.surrey.ca/heritage
 Click on Heritage Newsletter and enter your name and e-mail address.

We're Sharing Surrey's Heritage!

Want a day in the life of a historic farm? Discover treasure as we unpack new collections? Explore a facet of Surrey's history via a digital exhibit? We'll connect the dots between the past and present, offer quizzes and trivia games, unveil digital exhibits, and more!

Facebook	Heritage	Heritage SurreyBC
	Historic Stewart Farm	@StewartFarm1
Twitter	Surrey Museum	@ASurreyMuseum
	Surrey Archives	@SurreyArchives
YouTube	Surrey Archives	surreyarchives

Search Our Database 24/7!

Vintage fashions? We've got it. Early maps of Surrey? Check that!

Find these and more on the Surrey Archives & Museums Online Access (SAMOA) search engine. You'll find non-stop access to over 20,000 historic images, plus hundreds of artifacts from the City's collections. SAMOA's search bookmarks, filters, featured items, and clear design make searching Surrey's history a breeze.

Visit www.surrey.ca/heritage and click on SAMOA Online Access to start your search!

Discovery Saturdays

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

Third Saturday of each month, 1:00pm-4:00pm. All ages, by donation

Swing Low Sweet Chariot

Celebrate Black History Month as we enjoy the musical wealth of the black community and recognize the contributions of Afro-Canadians in sport, politics, human rights and culture.

Saturday, February 18

Programs



Heritage Family Days

Historic Stewart Farm
 All ages, Free

MY SURREY

Celebrate Family Day by discovering the lives of Surrey's pioneering Stewart family. Play with toys like young William and John, taste baking from the woodstove and do farm chores like Mr. Stewart did.

Monday, February 13 12noon-3:00pm

AROUND THE HOUSE

What kind of things can you find in a Victorian house? Get your hands on gadgets and thingamajigs, go on a scavenger hunt through the house, and gather round for story time.

Sunday, March 5 12noon-3:00pm

The Story of Stuff

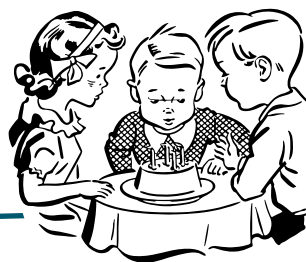
Surrey Museum
 Kids bring their grandparents to our Museum living room to touch and explore the artifacts. See if grandma and gramps have a story to tell while kids guess the objects.

Saturday, February 11
 Sunday, February 12
 All ages, by donation

Celtic Fest

Surrey Museum
 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.

Saturday, March 18 1:00pm-4:00pm
 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 day.

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

Memoir Info Session

Surrey Museum
 Memoirs aren't just for the famous! Get an overview of the memoir writing process because your life has been a unique adventure. Bring questions and consider signing up for the remaining sessions.
 1 Session Free 16yrs+
 Saturday, February 25 1:00pm-3:00pm
 Free

Exhibitions

COMMUNITY TREASURES

My Disney World

Surrey Museum
 On display February-June 2017
 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.

Spring Break



Under Construction

Surrey Museum
 The Museum is expanding and we're under construction! Play in our mack dig site, build structures with straws, learn about site safety and create and construct in our spare parts centre.

Tuesday, March 14-Friday, March 17
 Tuesday, March 21-Friday, March 24
 10:00am-1:00pm
 All ages, by donation

Spring Cleaning

Historic Stewart Farm
 Beat the rugs, sweep the verandah, and wash the clothes - it's spring cleaning time at the Farm! Try your hand at these housekeeping chores and more as you help us clean like a pioneer.
 Tuesday, March 21- Friday, March 24
 12noon-3:00pm All ages, Free



EXPANSION UNDERWAY AT SURREY MUSEUM

Visitors to the Surrey Museum can expect to see the beginnings of a construction site when the building reopens for the season on February 7. The Phase 2 expansion begins in January, making room for 12,000 square feet more culture!

- The new design will be an elegant 'wood first' structure with a breezeway connecting the new building with the existing museum. With ample glazing, visitors will be able to see into the Museum both literally and figuratively.
- New makerspaces and expanded community event space will create a community hub for tours, workshops and just hanging out-both indoors and out.
- The addition will include a flexible gallery for international travelling exhibits and local community-curated exhibits. Growing with the young population in Surrey, the existing sustainability-focused Kids Gallery will triple in size.

Stay tuned to **Facebook** or www.surrey.ca/heritage for updates.



Parks

www.surrey.ca/parks



Parks in Surrey

From the giant second growth forest at Green Timbers Urban Forest, to the shoreline views at Blackie Spit Park, and the soccer fields, running track, nature trails and gardens at Bear Creek Park, you'll discover something different to do and see at each of Surrey's 200 parks every season.

Volunteer!

Start the New Year by contributing to your local parks as a volunteer. Visit www.surrey.ca/volunteer to learn more about volunteering with the City of Surrey.

Volunteer with Partners in Parks!

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 us for one-time activities like bulb plantings and park clean-ups, or take on more responsibility in various leadership roles.

Contact partnersinparks@surrey.ca or 604-501-5094.

Volunteer with Friends of the Forest!

Surrey has over 75,000 street trees and over 3800 acres of natural areas. Volunteer to promote nature appreciation in our community, and to restore, enhance and grow our urban forest. Opportunities include removing invasive plants, planting native trees and shrubs, creating homes for wildlife, educating the public at environmental events, leading nature walks, and more.

Contact environment@surrey.ca or 604-501-5158.

Get Involved!

Neighbourhood Toolkit

For community building ideas check out the City of Surrey's Neighbourhood Toolkit at www.surrey.ca/engagement! 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 or learn more at www.surrey.ca/engagement

Lend a Hand



The Lend a Hand program is an easy way for educators to encourage students to keep their local parks clean by offering a hands-on, community based approach to social responsibility. It's also a great way for students to realize the value of volunteering and contributing to their community. If you're a teacher within the City of Surrey, we welcome your participation in this free park clean-up program for the remainder of the school year.

Contact partnersinparks@surrey.ca or 604-501-5164 for more information.



Releaf

Throughout the month of April, the Releaf program gives you a chance to get outside, enhance Surrey's urban forest, and improve your neighbourhood by planting trees in parks and along streets. Gather your neighbours, your class, or community group and give us a call to make a request for trees for a park or boulevard near you!

The program is free, and all equipment and instruction is provided. Due to the large size of trees, children 10 and up are welcome. Contact us at 604-501-5132 or environment@surrey.ca. Space is limited, so call early to reserve your spot!

Surrey Nature Centre
AT GREEN TIMBERS
14225 Green Timbers Way

Come explore and learn about nature in the city! We offer drop-in activities for all ages, birthday parties, children's school's-out and winter break day camps, and more. You'll find lots to do, both indoors and out.

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 January to March:
Tuesday-Friday 8:30am-4:30pm
Saturday 9:00am-4:30pm
For more information: 604-502-6065
www.surrey.ca/naturecentre



Nature Play



Join us for this fun weekly drop-in program! Our leader will engage children in outdoor play with nature arts and exploration, storytelling, games, and child-led free play. Parent participation required.

Surrey Nature Centre 3-5yrs
Saturdays 9:30am-11:00am

Exploring SURREY'S PARKS!

Nature Walks

Join us to search for signs of wildlife, discover art in nature, and explore the changing seasons in parks throughout Surrey.

Dress for the weather; walks will go rain or shine. Please call 604-502-6065 to register.



HABITATS OF ELGIN HERITAGE PARK

Sa, Jan 14 2 - 3:30pm
Elgin Heritage Park 10yrs+
Come out for a guided tour where land meets water. Look for eagles, ducks, muskrats, and visiting birds as we explore the scenic wetland habitats.

BEAR CREEK WILDLIFE WALK

Sa, Feb 11 2 - 3:30pm
Bear Creek Park 10yrs+
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 visit a great place for spotting salmon during their annual migration.

NATURE DISCOVERY WALK - FOR KIDS

Tu, Mar 14 10 - 11am
Crescent Park 5yrs+
Come discover art in nature! Look up close at nature's patterns and colours, watch a tree dance, and create your own masterpiece in the forest. Parent participation required.

NATURE DISCOVERY WALK - FOR KIDS

W, Mar 22 10 - 11am
Bear Creek Park 5yrs+
Join us on the first full day of spring to search for signs of wildlife in Bear Creek Park! Along the way, look for the eagle nest, check out wildlife trees, and take a peek at the creek. Who will you see? Parent participation required.

Birding Walks

Winter is one of the most exciting seasons for birders! Many birds travel from cooler climates to stay warm over the winter in Surrey's rich habitats. Shorelines at Mud Bay Park, Blackie Spit Park and Surrey Lake Park are great spots to view these overwintering visitors. Get to know Surrey's birds and their habitats on a free monthly birding walk at a different park each month, with a local naturalist.

For more information, please call 604-502-6065 or visit www.surrey.ca/parks.

ELGIN HERITAGE PARK,

13601 Crescent Road
* Enjoy refreshments after the walk at the Historic Stewart Farmhouse
Saturday, January 21 9am - 11am

MUD BAY PARK

13030 - 48 Avenue
Saturday, February 18 9am - 11am

SURREY NATURE CENTRE AT GREEN TIMBERS

14225 Green Timbers Way
Saturday, March 18 9am - 11am

Sports Field & Ball Diamond

BOOKINGS & INFORMATION

Field/Ball Diamonds

Deadline for booking requests is:
Spring/Summer November 1
Track facilities
Fall/Winter June 1
Sports fields
Ball diamonds & cricket grounds December 15

Requests submitted after the deadlines are treated on a first-come, first-served basis. Any teams belonging to a club, league or association in Surrey must apply through their club, league or association. For additional information, email to bookafield@surrey.ca or call 604-501-5174.

Surrey School District Gym & Field Bookings

Surrey school gyms and outdoor sports fields are booked through the Surrey Schools office. Call 604-595-6084 for booking information.

Sportsfield Closures

Most fall/winter natural grass sports fields are closed upon completion of the fall/winter sports season in April. These fields then begin their renovation period until the late summer. Any team playing on a closed field risks a fine and suspension. There are designated spring/summer grass fields and 14 artificial turf fields that are able to accommodate spring/summer play. Call 604-501-5174 to book these fields.

Artificial Turf Fields

There are 14 artificial turf fields in the City of Surrey located at:

PARK	FIELD	ADDRESS	SPORT PLAYED
Cloverdale Athletic Park	Field 1	16900 64 Avenue	football, soccer, field hockey
Cloverdale Athletic Park	Field 3	16900 64 Avenue	soccer, field hockey
Hjorth Road Park	Field 1	10200 block 146 Street	soccer, field lacrosse
Hjorth Road Park	Field 2	10200 block 146 Street	soccer, field hockey
Newton Athletic Park	Field 1	7400 128 Street	soccer
Newton Athletic Park	Field 2	7400 128 Street	soccer
Newton Athletic Park	Field 3	7400 128 Street	soccer
Newton Athletic Park	Field 4	7400 128 Street	soccer, field hockey, field lacrosse
South Surrey Athletic Park	Field 3	1925 148 Street	football, soccer, baseball
South Surrey Athletic Park	Field 9	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 call 604-501-5174 to book these fields.

Visit us at www.surrey.ca/culture-recreation/Outdoor.aspx

- Information on artificial turf fields, field closures and all other matters concerning outdoor sports facilities.
- How to register you and/or your child in one of the many community sports associations.



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 or pop by to pick up your on-site activity guides. We have just the program for you.

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622

tonglouieymca.ca



Swim lessons included
in all memberships

YMCA Aquatic Programs

At the Tong Louie Family YMCA, we believe every child should learn to swim and be safe in and around the water. That's why memberships include continuous swim lessons. Sign up for continuous swim lessons at the Y and guarantee your child progresses at their own pace. Never register again because once you have a space that works, it is yours to keep.

- We help kids jump in, have fun, learn to swim and grow their confidence.
- Our programs—from bobbers to stars—give kids the skills needed for a lifetime of safe fun in the water.
- Membership makes it easy for families to be active together with recreational and family swimming at convenient times.
- Memberships include all day access to lane swimming and Aquafit at convenient times.



Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622

Join programs like:

- YMCA swim lessons: Parent & Tot, Lil' Dippers, Learn to Swim, Star Swim, YMCA Swim Club, Private Swim and Master Swim
- Aquafit, Prenatal Aquafit, Gentle Joints and much more

Find out more

Looking for our aquatics program listings?

Go to tonglouieymca.ca/family or pop by to pick up your on-site activity guides. We have just the program for you.

tonglouieymca.ca



YMCA Programs for Children (0-5 years)

Parents with young kids are tight on time and energy. That's why we focus on making our programs easy to fit into your schedule, while giving you the chance to exercise and recharge. Whether you're playing games together on Family Night, dropping in for a swim, introducing your child to new activities or each finding your own way to be active at the Y, you can be confident you are growing as a family.

YMCA memberships include programs for kids and adults at the best times of day.



Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622

Join programs like:

- YMCA Swim Lessons
- Toddler Time
- Gym & Swim
- Physical literacy programs
- Active Play
- Creative Play
- Gym activities for kids

Find out more

Looking for our pre-school program listings?

Go to tonglouieymca.ca or pop by to pick up your on-site activity guides. We have just the program for your little one.

tonglouieymca.ca



Book your child's next birthday party at the Y. Lots of fun themes.

YMCA Programs for Children (6-12 years)

Did you know that 93% of kids are not getting the daily recommended amount of physical activity? The Y is there to help you give your kids a chance to be active and learn healthy habits—and have a ton of fun at the same time. Every YMCA activity program is child-centered, developing your child's skills, imagination and relationships while promoting positive values. YMCA memberships include programs for kids and adults at the best times of day



Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622

Join programs like:

- Pro-D day camps
- Swim lessons
- MultiSports
- Active Brains
- Creative Play
- YMCA/Steve Nash Basketball League
- Martial arts—Karate, Aikido and Tae Kwon Do

Find out more

Looking for our child program listings?

Go to tonglouieymca.ca or pop by to pick up your on-site activity guides. We have just the program for your child.

tonglouieymca.ca



YMCA Programs For Youth

Studies show that today's youth feel alone. The Y believes it doesn't have to be this way. That's why we are committed to keeping youth engaged and active with opportunities to participate, learn, grow and lead. YMCA youth programs encourage young people to build a network of friends, develop leadership skills, be inclusive and develop a sense of responsibility to their community and to one another.

From volunteer opportunities to a variety of leadership programs, we have something for everyone.



Join programs like:

- YMCA Youth Leadership Development
- YMCA/Steve Nash Basketball League
- Aquatic leadership—lifeguard and swim instructor training
- Youth Mindfulness
- Leadership Day Camp
- Youth nights

YMCA Youth Leadership Development

YLD is a safe, fun, comfortable environment where you can build self-esteem, lifelong friendships and develop strong leadership skills. Plus, you'll meet new people and have fun.

Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622

Find out more

Looking for our youth program listings?

Go to tonglouieymca.ca/youth or pop by to pick up your on-site activity guides. We have just the program for you.

tonglouieymca.ca



Ask for your free
Fitness Consultation
with one of our
personal trainers

YMCA Health and Fitness

Are you looking for new ways to be active—either on your own or as a family?

All-inclusive YMCA Memberships include:

- 10,000 square feet of strength and conditioning equipment
- A fitness consultation which provides one-on-one support
- A variety of drop-in pool activities such as Aquafit, recreational swimming and lane swimming
- Access to other YMCA membership centres in Canada
- Access to facilities and programs from 5:00 a.m. to 11:00 p.m. on weekdays and 7:00 a.m. to 9:00 p.m. on weekends/holidays
- Childminding and active children's programming at convenient times of day

Because we are so much more than a gym

You have a lot to offer the YMCA: your time, energy and ideas. As a YMCA volunteer you might lead an exercise class, mentor young people, fundraise, produce a special event or advise on local issues.

The YMCA has personal trainers ready for you!

Working with a personal trainer will help you reach your fitness goals.

Membership Plus

Our Plus Membership offers extra amenities like towel service, toiletries, private steam room & whirlpool and lounge with big screen TV and computer. Adult only changeroom.

Life should be a bit easier

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

Join programs like:

- Group fitness classes such as Yoga, Cyclefit and Zumba®
- Power Cycle
- Personal Training
- Pre & post natal fitness and educational workshops
- Martial arts—Aikido, Karate and Tae Kwon Do
- Outdoor running clinics

Find out more

Looking for our adult program listings?

Go to tonglouieymca.ca/adult or pop by to pick up your on-site activity guides. We have just the program to help you reach your goals.

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



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 or you can pick-up a printed copy at any City of Surrey facility, library and City Hall.

BOOK YOUR AD It's Easy!

www.surrey.ca/advertising

- Go online and click on the Ad Request Form.
- Complete and submit your Ad Request Form.
- E-mail your ad to leisureguideads@surrey.ca

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Tong Louie Family YMCA

14988-57 Avenue, Surrey, BC V3S 7S6
(Hwy. 10 - one block west of 152nd Street)

604-575-YMCA (9622) Fax: **604-575-3132**
surrey@vanymca.org www.surreyyymca.org

Monday to Friday: 5:00am-11:00pm
Saturday, Sunday and Holidays: 7:00am-9:00pm

YMCA REGISTRATION

Register in person or by calling **604-575-9622**
You may pay by cash, cheque, VISA or Mastercard.

Bridgeview Child Care Centre

11475 - 126A Street, Surrey

Hours: 7:30am - 6:00pm
Full & Part-time spaces available
Licenced program for children
2-1/2 to 5 years



Operated by Options Community Services in partnership with

604-592-7086
bridgeview@options.bc.ca



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

Community Group Listing

Surrey has many community groups you can join. Take a look at the list below – there may be a group that's just right for you! To find a group not listed here, call the Call Centre at 604-501-5100 and press "0" for assistance. The City of Surrey provides this space as a community service. To update your listing, please email your information to leisureguideads@surrey.ca.

General

- Cloverdale Garden Club** 604-882-1217
- Darts Hill Garden Society** www.dartshill.ca
- Play Bridge and/or Learn Bridge**
www.duplicatelite.ca
- Girl Guides** Linda: 1-800-565-8111
- Peace Arch Stamp Club** 604-531-6041
www.stampclub.ca/peacearch
- Surrey Ladies Newcomers & Friends Club**
604-951-4948
surreynewcomers@hotmail.com
- Surrey Photography Club**
www.surreyphotographyclub.com
- Surrey Search & Rescue** 604-572-6016
- The Canadian Federation of University Women's Club – North Delta/Surrey**
Lindac2@telus.net
Eleanor at 604-589-3631
- Valley Women's Network**
Surrey and White Rock Chapters
604-530-7304
www.valleywomensnetwork.com
- Welcome Wagon Ltd.**
604-317-3246 info@welcomewagon.ca
www.welcomewagon.ca
- Women's Probus Club of White Rock & South Surrey**
604-535-6214 LCE@shaw.ca
www.Probus.org

Arts & Crafts

- Arts Council of Surrey**
604-594-2700 www.artscouncilofsurrey.ca
- Arts Umbrella**
604-535-1127 www.artsumbrella.com
- Fraser Valley Potters Guild**
Diane: 604-530-1303
- Fraser Valley Quilters' Guild**
Carol: 604-274-2206
- Jolly Yarners Knitting Club**
Janet Croker: 604-535-5186
- Semiahmoo Arts Community Arts Council of White Rock & District**
604-536-8333 www.semiahmooarts.com
- Semiahmoo Potters Society**
www.semiahmoopotters.com
- Surrey Art Gallery Association**
Joan Owen: 604-531-8118
- Surrey Arts West Society** 604-543-7049
- Surrey Rockhound Gem & Mineral Club**
604-536-6342 www.surreyrockhound.com
- White Rock and South Surrey Art Society**
604-538-8893
- White Rock and Surrey Writers' Club**
Email: wrandswc@gmail.com;
www.whiterockandsouthsurreywriters.weebly.com

Theatre

Fraser Valley Gilbert and Sullivan Society
www.fvgss.org

Dance & Fine Arts Groups

- Aspire Fine Arts School**
778-808-3691 www.aspirefinearts.com
- Dance West Parents' Auxiliary**
Judy: 604-596-5069
- Surrey Festival Of Dance**
604-585-3320
- Surrey International Folk Dancing Society**
www.surreyfolkdance.org
surreyfolkdance@gmail.com
- Surrey Square Wheelers Square Dance**
www.surrey.squaredance.bc.ca
- Viking Family Folk Dancers**
Reidun Semi: 604-298-4367
- White Rock Scottish Country Dance Club**
604-888-7805

Music

- British Columbia Girls Choir**
Lynn van Zanten: 604-542-1698
bcgc@telus.net
- Lyric Singers**
604-340-4353 www.lyricsingers.ca
- Peace Arch Chorus (Sweet Adelines)**
www.peacearchsings.com
- Soundscape**
A mixed, auditioned, a cappella chorus
Trudi: 604-535-1762
- Surrey Children's Choir** 604-541-2519
www.surreychildrenschoir.blogspot.ca
- Surrey Youth Orchestras**
www.surreysymphony.com
Email: gm.surreysymphony@gmail.com
- West Panorama Ridge Classical Music Society**
Ann Ligertwood: 604-591-2103

Historical

- Green Timbers Heritage Society**
604-502-6065 www.greentimbers.ca
- Peace Arch Weavers And Spinners**
Ann: 604-541-8634
- Sunnyside Acres Heritage Society**
www.sunnysideacres.org
- Surrey Heritage Advisory Commission**
Marjorie Hamod: 604-591-4303
- Surrey Historical Society**
Kathleen Moore: 604-538-6731
- Surrey Professional Fire Fighters Pioneer Association**
Alf Shepherd: 604-535-3082
- Tynehead Pioneers' Association**
Kim Sharpre: 604-582-3309
- White Rock and Surrey Naturalists'**
Frances: 604-535-2642

Outdoor/Environmental

- Surrey Trekkers Volkssport Club**
Sandi: 604-584-2980
www.surreytrekkers.com
- White Rock/Surrey Naturalists**
Margorie: 604-531-7147
- Swimming**
- BC Aquasonics** bcaquasonics@gmail.com
www.bcaquasonics.com
- Cloverdale Tritons**
Email: info@cloverdaletritons.ca
www.cloverdaletritons.ca
- Fraser Valley Diving**
604-231-8545

- Ocean Pro Divers**
Scuba 604-538-5608
- Pacific Sea Wolves**
Gillian Caldwell: 604-541-4067
- Surrey Knights Swim Club** 778-786-2250
- Surrey Sea Lions Debbie:** 604-599-3929
www.surreysealions.com
- White Rock Amateur Swim Club**
Gordean Bjornson: 604-531-8830
- White Rock Divers**
Springboard Diving Bev: 604-542-0386

Running

- Semiahmoo Sun Runners**
Tom: 604-536-1394

Gymnastics

- Surrey Gymnastics Society** 604-594-2371
- White Rock Gymnastics** 604-542-0386

Hockey/Ringette

- Cloverdale Minor Hockey** 604-575-2301
- Sportability Sledge Hockey**
Ross: 604-599-5240
- Surrey Eagles Hockey Club** 604-531-4625
- Surrey Female Hockey Association**
Kathy: 604-878-RINK
- Surrey Minor Hockey**
www.surreyminorchockey.com
- Surrey/White Rock Ringette**
www.surreywhiterockringette.com

Skating

- Cloverdale Skating Club** 604-838-6352
- Newton Figure Skating Club**
Club Info Line: 604-590-7009
- North Surrey Skating Club**
www.northsurreyskatingclub.ca
- White Rock South Surrey Skating Club**
Club Info Line: 604-538-0109

Recreation

- Alexandra Neighbourhood House at Camp Alexandra**
www.alexhouse.net
- Guildford Athletic Association/ Softball & Soccer**
www.guildfordacc.com
- Nordic Wrecks Cross Country Ski Club**
Jill Richardson: 604-461-4873
Peter Charles: 604-444-3120
- Peninsula Multisport Club**
Tammy Huguet
info@peninsulamultisports.com
www.peninsulamultisports.com
- Recreation For People With Special Needs**
SPRC: 604-502-6321
- Sahaja Yoga Surrey**
Inge or Allan Morrissey: 604-597-8311
- Sharks Field Hockey Club**
www.surreysharks.ca
- Softball BC** 604-531-0044
- Southside Badminton Association**
Barb: 604-594-6145
- Surrey Beavers Rugby Surrey Mini Rugby**
www.beaversrugby.com
- Surrey Football Club** 604-356-2414
- Surrey Lacrosse Association**
www.surreylacrosse.com
- Surrey Lawn Bowling Club**
www.surreylawnbowlingclub.ca
surreylawnbowling@hotmail.com
604-584-5777 & 604-585-9787
- Surrey Minor Ball Hockey Association**
www.smbha.org
- Surrey Sailing Club** 604-535-9463
- Surrey Special Olympics**
www.sobcsurrey.org
- Surrey Ultimate League**
www.surreyultimate.ca

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 surreygym.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!



SURREY GYMNASTIC SOCIETY



surreygym.com
604.594.2442

13940 77th Ave., Surrey, BC V3W SZ4
(behind Frank Hurt Secondary)



Determination starts here.



YMCA Sports Leagues for Children & Youth

From tee-off to the final whistle, YMCA Sports Leagues is the place to get kids active, create new friendships and learn fundamental movement skills while developing a love for sports. From basketball, golf, tennis or volleyball, we have something for everyone to build self-esteem, practice sportsmanship and most importantly have fun!

YMCA/Steve Nash Youth Basketball League

(Grades 2 to 9)

In partnership with Basketball BC, this non-scoring, recreational league includes one practice and one game per week. Teams are co-ed or girls only teams are available for grades 6 to 9.

Jr NBA Rookie Division

(Kindergarten to Grade 1)

This entry-level basketball program features curriculum developed by NBA Basketball Operations and a team of experts in child development, physical literacy and basketball fundamentals.

Atomic Volleyball

(Ages 9 to 12)

Participants develop and enhance foundational volleyball skills in a fun, inclusive, learning-based environment, through skill instruction and refinement.

Play & Train Volleyball

(Girls ages 13 to 15)

This program focuses on the development of core skills and use in a competitive setting—ideal for those who aren't part of a club volleyball team but want to keep improving.

Delivered in partnership with Volleyball BC

The First Tee

(Ages 6 to 17)

Forre! In this unique program, kids learn how to set goals and build character while learning fundamental golf skills. Through the game of golf, kids also learn essential life skills, positive values and have a whole lot of fun!

Tennis BC Minor League

(Ages 6 to 12)

Calling all aces! This Tennis Canada program provides participants with the opportunity to combine practice and play, with a focus on skill development through match play.



Volunteer opportunities

Whether it's giving back and feeling good or earning valuable volunteer hours and experience, come volunteer with us and make a difference in the life of a child. These programs are coached by much needed volunteers, and free referee and coach training is provided.

To learn more or register, please visit our website or contact us.

T: 604.631.5525

E. sportsleagues@gvymca.ca

gv.ymca.ca

LEARN TO SKATE

Skate Canada Beginner and Competitive Programs

Surrey Sport & Leisure Complex
Monday & Wednesday

Newton Arena
Tuesday, Thursday
& Friday



Newton Figure Skating Club

www.newtonfsc.com



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
csclubdirector@gmail.com
778- 952-6352



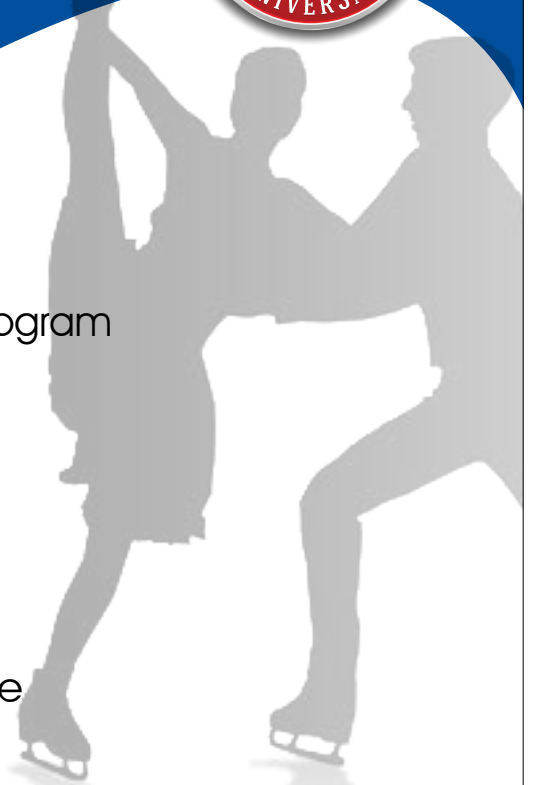
Learn to Skate

Skate Canada Competitive Training Program



Photo courtesy of Malloy, Dohen and fmscreative.com

- CanSkate (Learn to Skate) program Mon, Tue, Fri, Sat
- Ages 3 to Adult
- Figure Skating Group & Private Test & Competitive



North Surrey Skating Club

For more information: northsurreyskatingclub.ca

WRSSSC WHITE ROCK SOUTH SURREY SKATING CLUB
 Spring Registration February 2017



Only the best can bring out their best!
 Canada's BEST Learn-To-Skate Program with nationally certified coaches

Programs include: PreCanSkate for 3 - 4 year olds,
 CanSkate for 4 - 12 year olds,
 CanPowerSkate for hockey and ringette players

For registration & program information: info@wrsssc.com | 604.538.0109
 Office hours: Monday, Wednesday, Thursday 9:30am - 12:30pm



Alexandra Children's Centre
 at the Beach House
 604-560-5520
 at Kensington Prairie
 604-541-3270
www.alexhouse.net



- Infant/toddler
- ages 3-5 group daycare
- school-age care

Community-based licensed childcare
 inspired by the Reggio Emilia approach to learning.



providing opportunities for people to gather, grow and build a spirit of community

www.origamirhythmics.com
origami.rg@gmail.com
 778-863-4187



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 ORIGAMI RHYTHMICS

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- Grace of a Queen
- Artistry & Sense of Rhythm
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Rhythmic Fun Program (3-4 years old)
 Recreational Program (5 years old to teens)
 High Performance Competitive Programs

Join us and Discover the Thrill of the most
 Elegant & Dynamic Sport!
 Learn basic Rhythmic Gymnastics skills
 using balls, ribbons, hoops and skipping ropes
 in harmony with music.

REGISTER NOW!

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 SINCE 1973

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- Childcare Subsidy Welcome

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- Mary Jane Shannon Elem. (Guildford)
- Old Yale Road Elem. (Whalley)
- Latimer Road Elem. (Cloverdale)

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 EARLY CHILDHOOD EDUCATION**
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 BIG**



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 Or by phone: 604-535-1127

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artsumbrella.com

Play Ball



- Boys and Girls
- Ages 4 to 25
- All Skill Levels
- From \$30

**2017 Spring Season
 Registration is on Now**

Boys and Girls living in the North Surrey area born in 1992 through 2013 can register now.

Call or visit our website for registration details and to learn about our programs



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 99th Ave. and 154th St. Surrey
 604-582-7387

2016 Mosquito AA and Pee Wee A Provincial Champions

www.surreycanadian.com

SOFTBALL

Join us for Seven Innings of
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Be a Player!

Girls & Boys ages 5 and up

NEW PLAYERS WELCOME

Skills Development Clinics Available

Registrations are now being accepted for the 2017 season (April 3rd to June 29th).

Be an Umpire!

Earn Cash, make friends. School credits, clinics available, ages 12 and up – Adults Welcomed & Encouraged!

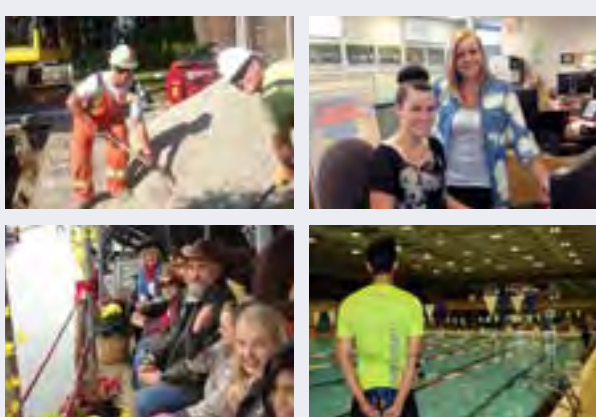
South Surrey/White Rock Minor Softball Association

call (604) 536-5532

or visit us ONLINE at www.sswrmsa.com



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

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- 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
 604-502-6318

www.surrey.ca/rentals





Life-long learning starts here.



YMCA Child Care centres are early learning programs that help kids feel at home, as they learn and grow in a safe and stimulating environment. Our qualified and caring Early Childhood Educators follow a play-based curriculum, YMCA Playing to Learn, which helps build capacity for lifelong learning through inquisitive play experiences.

Tong Louie Family YMCA offers full- and part-time child care and preschool spaces for children ages 3 and older.

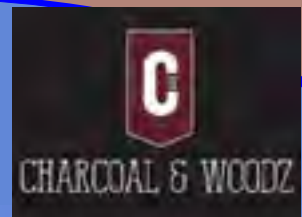
Learn and grow with us!

Contact us for a tour!

14988 57 Avenue, Surrey
T: 604.341.8470
E: childcare@gv.ymca.ca

**Tong Louie
 YMCA Child Care**

gv.ymca.ca



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