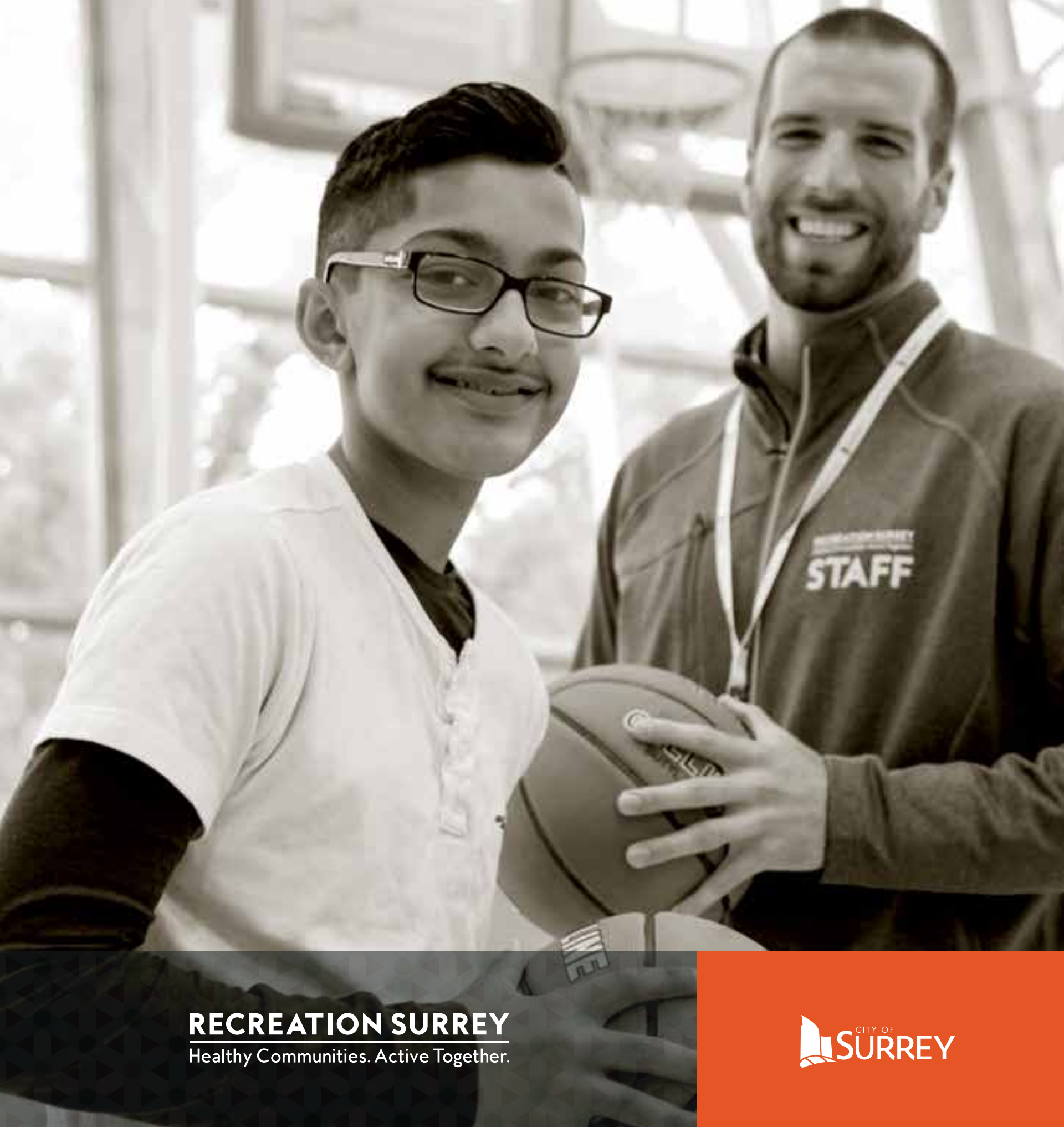


Fall Recreation **GUIDE**

SEP - DEC 2016 REGISTRATION STARTS JUL 25



RECREATION SURREY
Healthy Communities. Active Together.





National Seniors DAY CONFERENCE

**FREE EVENT!
SATURDAY, OCT 1 | 8:30AM-4PM**

CHUCK BAILEY RECREATION CENTRE | 13458 107A AVE

THE CONFERENCE WILL FOCUS ON FOUR KEY AREAS:

- 1) SAFETY, HEALTH & WELLNESS
- 2) HOME
- 3) TRANSPORTATION & MOBILITY
- 4) BUILDINGS AND OUTDOOR SPACES

All workshops require pre-registration.

www.surrey.ca/recreation

RECREATION SURREY
Healthy Communities. Active Together.



Kids CONFERENCE

FREE EVENT! NOV 18 & 19

10TH ANNUAL SURREY KIDS CONFERENCE
FLEETWOOD COMMUNITY CENTRE | 15996 84 AVENUE

CELEBRATE CHILDREN! FOR KIDS IN GRADES 1-7

WORKSHOPS DESIGNED TO SUPPORT
HEALTHY LIFESTYLES | SOCIAL RESPONSIBILITY
PERSONAL DEVELOPMENT

www.surrey.ca/recreation

RECREATION SURREY
Healthy Communities. Active Together.





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，請撥打電話聯繫“OPTIONS 移民安頓服務項目”：



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

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

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

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

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

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



Registration

www.surrey.ca/register

3 WAYS TO Register

Go Online  www.surrey.ca/register

By Phone  604-501-5100

In Person  At any Surrey Parks, Recreation & Culture facility

BEFORE YOU REGISTER... Have The Following Ready:

Family PIN & Client Number

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

Credit Card Information

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

PROGRAM WITHDRAWAL 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.

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

Leisure Access Program

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

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

DROP-IN ADMISSIONS & PASSES

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

Annual & Monthly Passes Valid at all facilities.

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

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior [^]		Family†
					(60yrs+)	(90yrs+)	
Full Facility Pass	1 year	\$243.25	\$372.25	\$485.25	\$372.25	\$121.50	\$967.25
	1 mos	34.00	50.00	66.25	50.00	16.75	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		Family
					(60yrs+)	(90yrs+)	
Drop-in	1 visit	\$3.25	\$5.00	\$6.50	\$5.00	\$1.75	\$3.25*
Value Time «	1 visit	1.75	2.50	2.50	2.50	NA	1.75*
Swipe Cards	10 visit	29.50	45.00	58.50	45.00	16.00	N/A
	20 visit	52.00	80.00	104.00	80.00	28.00	N/A

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

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior		Family
					(60yrs+)	(90yrs+)	
Drop-in	1 visit	\$3.50	\$5.25	\$7.00	\$5.25	\$1.75	\$3.50*
Value Time «	1 visit	NA	4.00	4.00	4.00	NA	NA
Swipe Cards	10 visits	31.50	47.50	63.00	47.50	16.00	N/A
	20 visits	56.00	84.00	112.00	84.00	28.00	N/A

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

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

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

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

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

PARKS, RECREATION & SPORT TOURISM COMMITTEE

Councillor Bruce Hayne, *Chair*

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

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

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





Come Explore

www.surrey.ca/recreation

Surrey's Town Centres

City of Surrey is divided into six town centres.

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

CLOVERDALE

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

FLEETWOOD

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

GUILDFORD

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

NEWTON

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

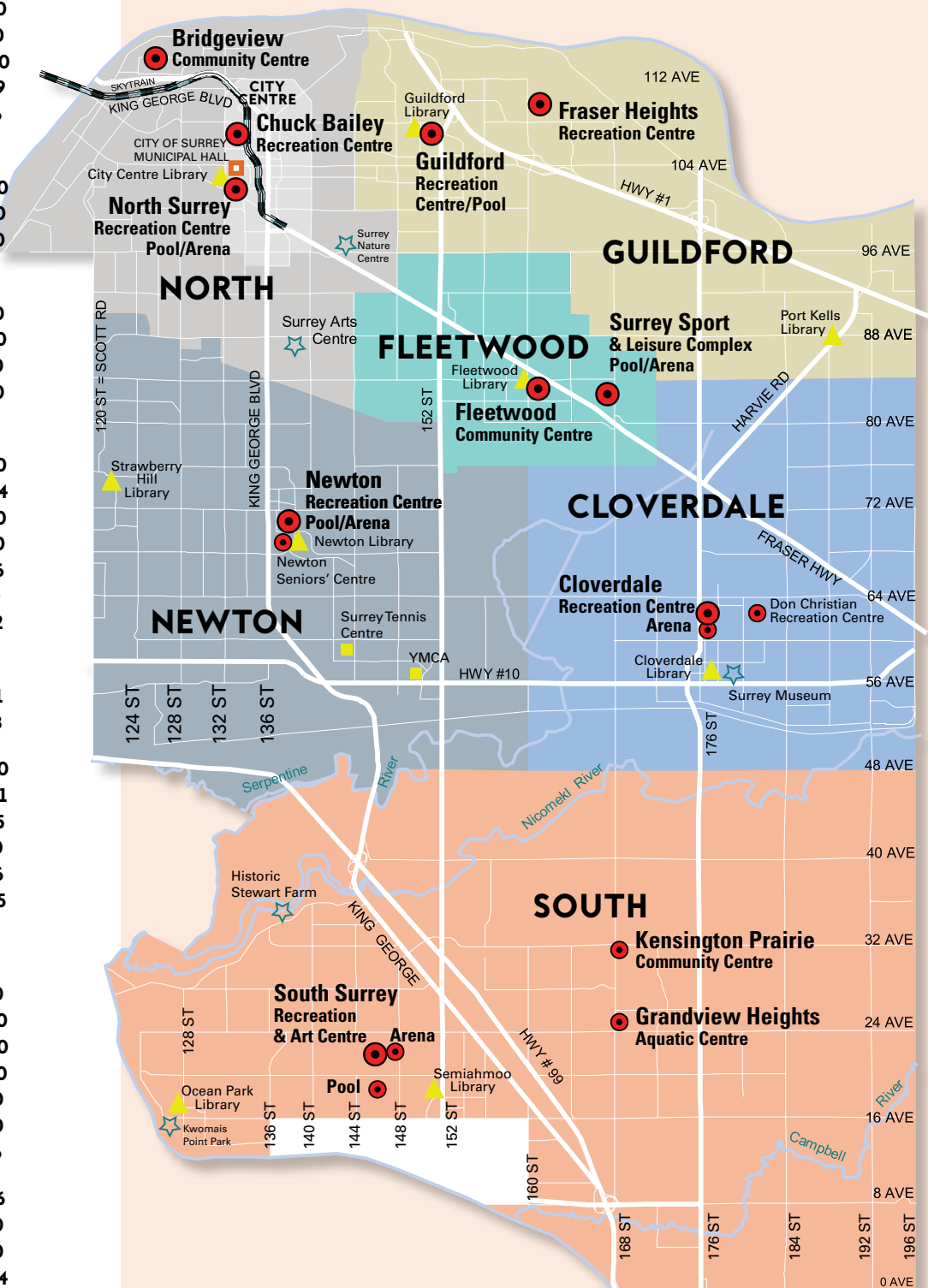
Bridgeview Community Centre	11475 126A Street	604-592-7081
Chuck Bailey Recreation Centre	13458 107A Ave	604-598-5898
North Surrey Recreation Centre/Arena/Pool	10275 City Parkway	604-502-6300
City of Surrey Municipal Hall	13450 104 Avenue	604-591-4011
Bear Creek Pavilion	13750 88 Avenue	604-502-6385
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	604-592-6970
Historic Stewart Farm	13723 Crescent Road	604-592-6956
Kensington Prairie Community Centre	16824 32 Avenue	604-592-2606
Kwomais Point Park	1379 128 Street	604-592-6970
Meridian Centre	2040 150 Street	604-592-6970
Ocean Park Library	12854 17 Avenue	604-502-6304
Semiahmoo Library	1815 152 Street	604-592-6900
Sunnyside Hall	1845 154 Street	604-592-6970

*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.....	23 - 45
Arenas	46 - 51
Sports.....	52 - 57
Fitness & Wellness	58 - 65
Arts & General Interest.....	66 - 93

E-Connect WITH YOUR CITY

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

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

FACILITY Amenities

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

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

Hours of Operation: Monday to Friday 6:00am-9:00pm Tuesday/Thursday 9:00pm-10:00pm Women's Only Swim & Gym Saturday 7:00am-9:00pm Sunday 8:00am-9:00pm Childminding Hours: Monday to Friday 4:30pm-8:30pm	Pool: 37 m, 6 lane pool with dive tank 3m diving boards Slide & water toys Hot tub 2 dry saunas Family change rooms	Arena: 2 full size rinks Bench seating for spectators Score board with flexible scoring and timing capabilities Multi-use dressing rooms One meeting room Four multipurpose rooms Wheelchair accessible on both levels Skate/helmet rental/Skate Shop Food services	Gymnasium: None Weight Room: 4,800 sq. ft. equipped with TV and free Wi-Fi 33 pieces of cardio equipment including spin bikes, ellipticals and treadmills 24 pieces of strength training equipment including a TRX suspension trainer & weight machines Dumbbells up to 75 lbs Barbells up to 110 lbs Personal training Wheelchair accessible	Fitness Studio: 735 square feet of fitness studio space Yoga mats, yoga blocks, stability balls, resistance bands, Bosu balls, step blocks	Preschool: 1 dedicated preschool classroom MYzone: 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

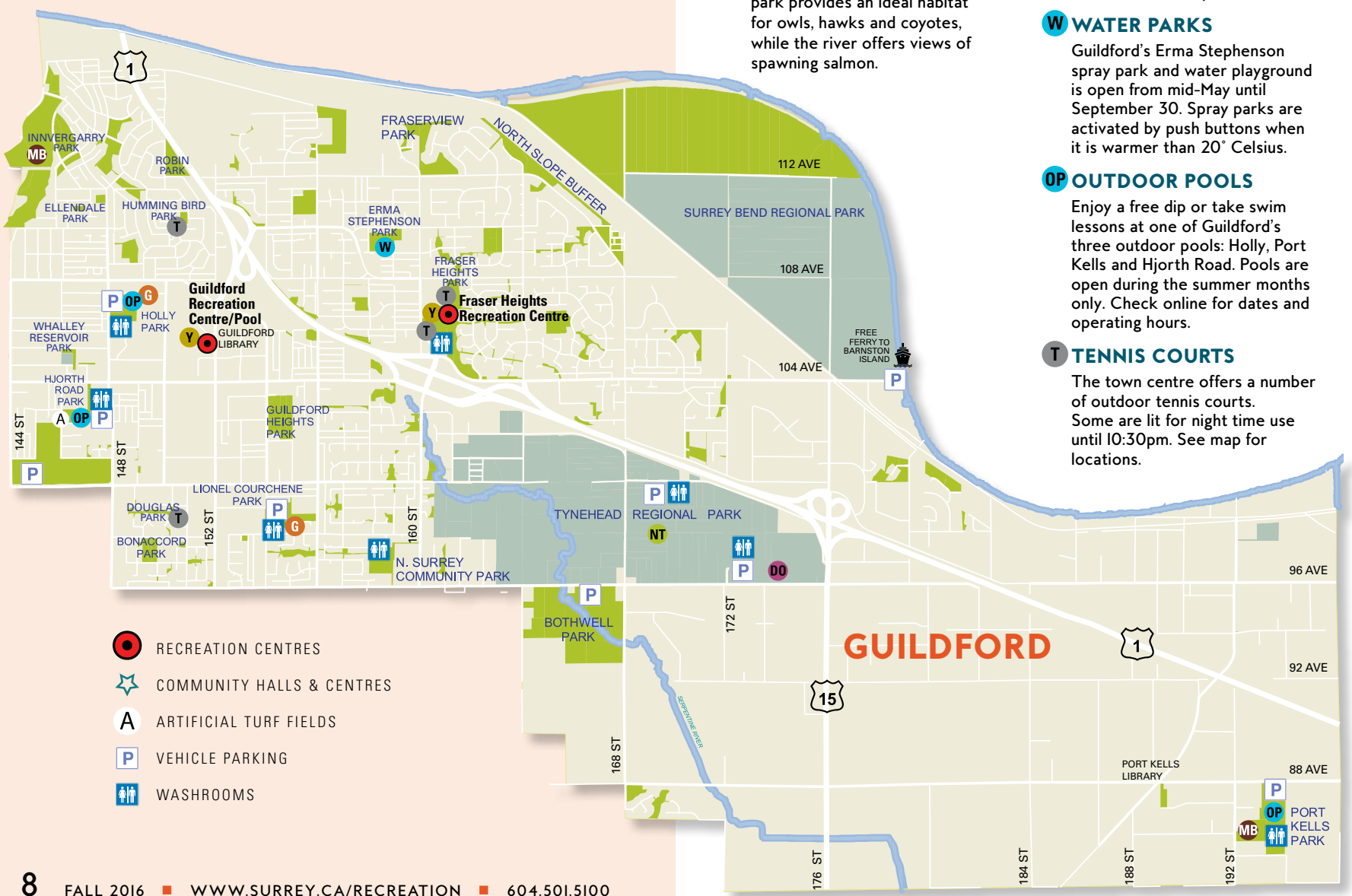
Guildford's Erma Stephenson spray park and water playground is open from mid-May until September 30. Spray parks are activated by push buttons when it is warmer than 20° Celsius.

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.



- 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	23 - 45
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Fitness & Wellness	58 - 65
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E-Connect WITH YOUR CITY

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

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

www.surrey.ca/econnect

FACILITY Amenities

GUILDFORD RECREATION CENTRE 15105 105 Avenue 604-502-6360

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

Hours of Operation: Monday to Friday 6:00am-10:00pm Saturday and Sunday 6:00am-8:00pm Statutory Holidays 8:00am-8:00pm Childminding Hours: M 8:00am-11:00am 5:15pm-8:30pm Tu 8:00am-11:00am 5:30pm-7:30pm W 8:00am-11:00am Th 8:30am-11:00am 5:30pm-7:30pm F 8:00am-11:00am Sa 9:00am-12noon	Pool: 50 m Olympic size pool with 2 diving boards Moveable floor in the shallow end of the main pool Accessible leisure pool with slide for toddlers, water toys, spray features, lazy river Water slide Family friendly hot tub with wheelchair access Steam room Dry sauna Family change rooms Available for birthday parties and private bookings	Arena: There is no arena at this facility. The two closest arenas are: North Surrey Recreation Centre 10275 City Parkway Surrey Sport & Leisure Complex 16555 Fraser Highway	Gymnasium: Three Weight Room: 8,900 square feet equipped with radio, TV and free Wi-Fi Over 50 pieces of cardio equipment including treadmills, ellipticals, bikes and rowing machines. Over 20 pieces of strength training equipment including a functional training unit, TRX suspension trainers, kettlebells & weight machines Dumbbells up to 45 lbs Barbells up to 110 lbs Personal training available Wheelchair accessible	Fitness Studio: 2,000 square feet of floor space on a wood sprung floor Yoga mats, yoga blocks, stability balls, Bosu balls, step blocks, resistance bands and hand weights	Preschool: 2 preschool classrooms for licensed year-long preschool MYzone: 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 the 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	23 - 45
Arenas	46 - 51
Sports	52 - 57
Fitness & Wellness	58 - 65
Arts & General Interest	66 - 93

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 9:00am-11:30am Thursday 5:30pm-9:00pm	Pool: There is no pool at this facility. The two closest pools are: Surrey Sport & Leisure Complex Newton Recreation Centre 13730 72 Avenue	Arena: There is no arena at this facility. The two closest arenas are: Surrey Sport & Leisure Complex Newton Arena 7120 136B Street	Gymnasium: None Weight Room: 1,600 sq.ft. equipped with free Wi-Fi 15 pieces of cardio equipment including treadmills, elliptical trainers, bikes, stair climbers, rowing machine 11 pieces of strength training equipment including cable machines, BOSU balls, balance boards, stability balls & medicine balls. Dumbbells up to 70 lbs Barbells up to 110 lbs Personal training Seniors circuit training	Fitness Studio: Two fitness rooms for group fitness classes.	Preschool: Two licensed preschool rooms MYzone: 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 as Action BMX. Built to international racing standards, Action BMX is co-managed by 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.

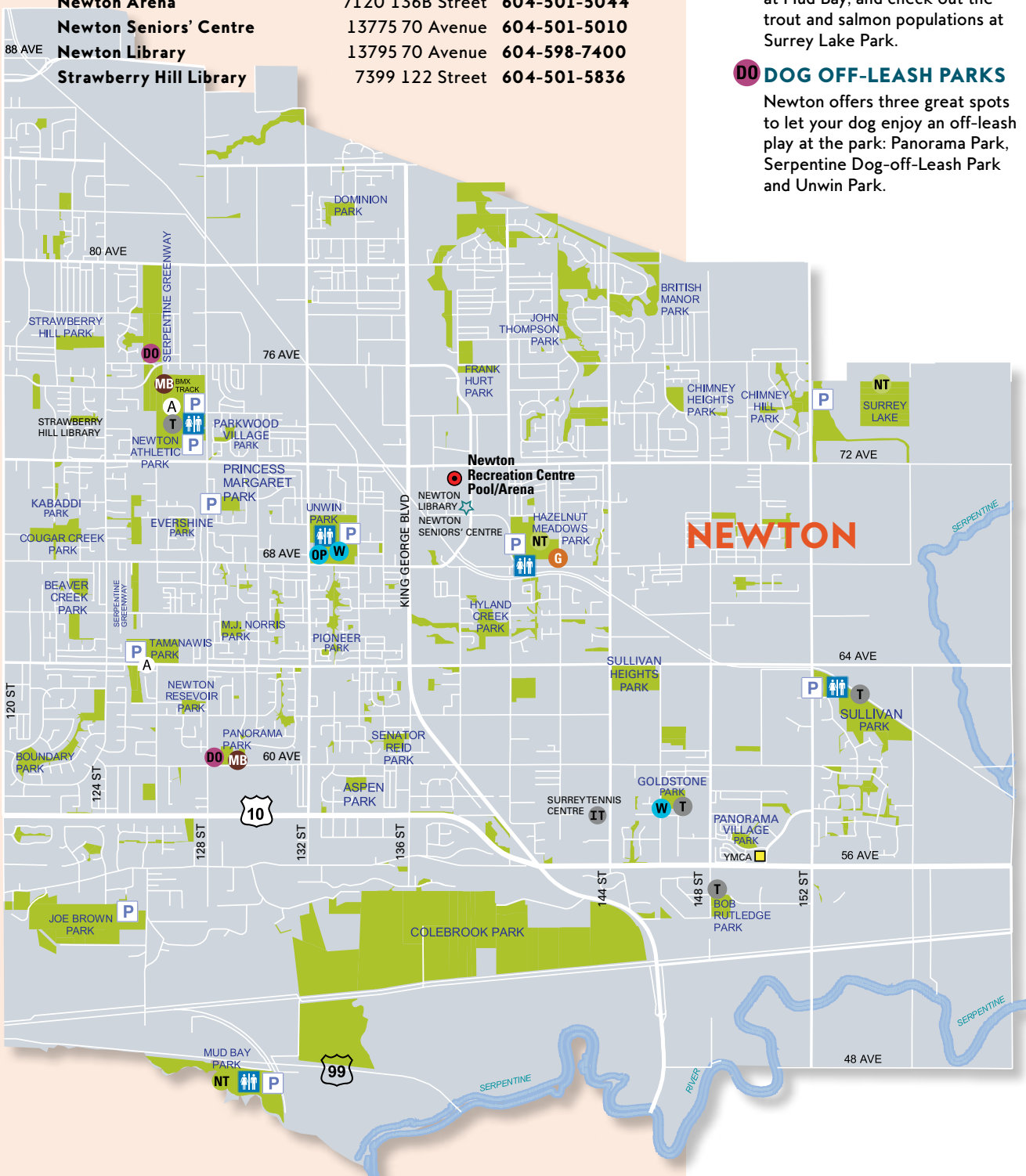
T TENNIS

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.

LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics 23 - 45
 Arenas 46 - 51
 Sports 52 - 57
 Fitness & Wellness 58 - 65
 Arts & General Interest 66 - 93

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FACILITY Amenities

NEWTON RECREATION CENTRE 13730 72 Avenue 604-501-5540

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

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 late Fall 2016.

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.

Hours of Operation:

Adults 55+ only hours
 Monday to Friday
 Saturday

9:00am-4:00pm
 12noon-4:00pm

Pool:

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

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

Arena:

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

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

Gymnasium:

None

Weight Room:

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

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

Fitness Studio:

Fitness activities take place in the multi-purpose rooms.

Preschool:

The closest preschool locations are:

Newton Recreation Centre
Cloverdale Recreation Centre
 6188 176 Street

MYzone:

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

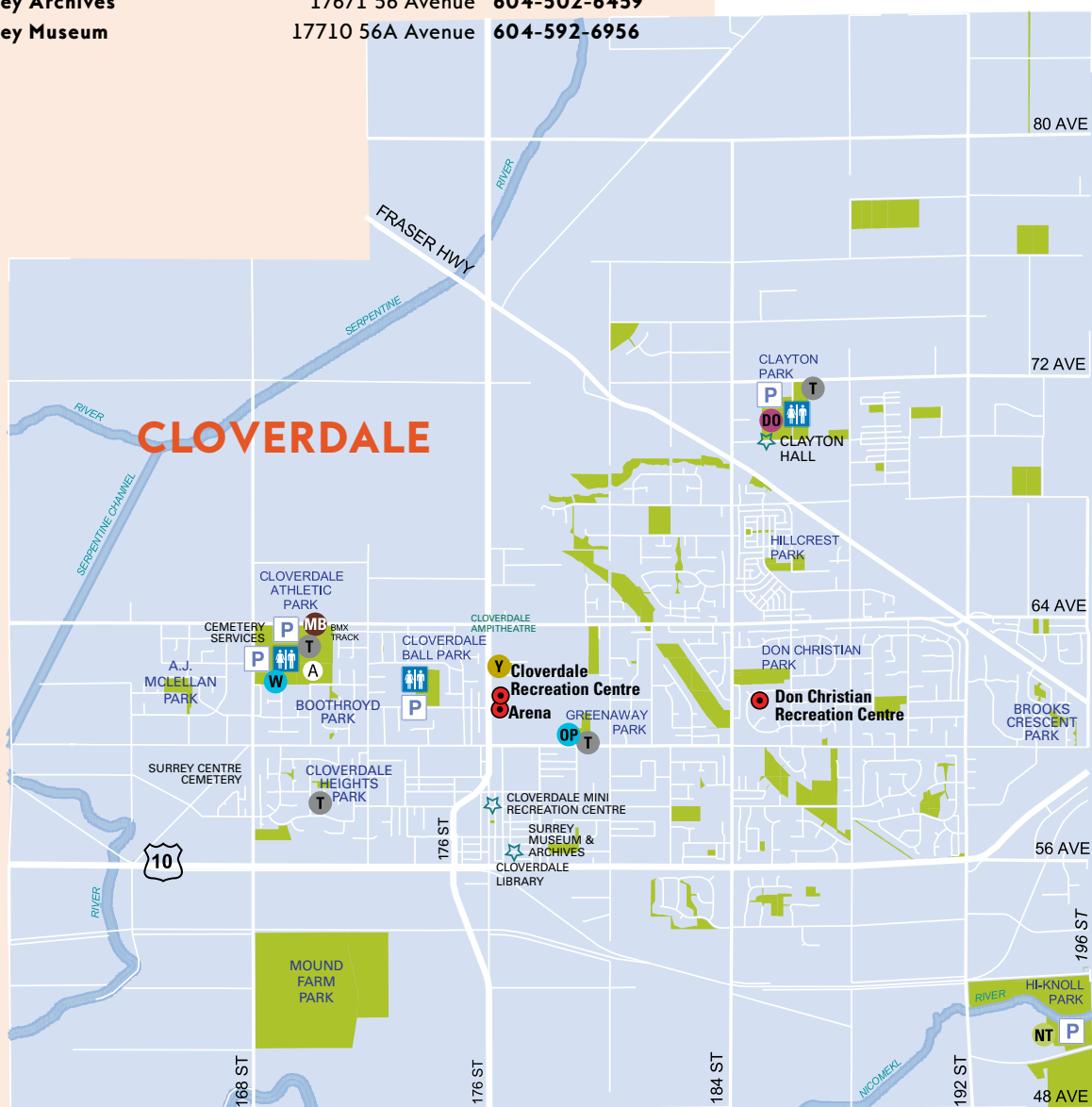
www.surrey.ca/recreation

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!

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 23 - 45
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 Fitness & Wellness 58 - 65
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www.surrey.ca/econnect

FACILITY Amenities

CLOVERDALE RECREATION CENTRE 6188 176 Street 604-598-7960

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

Hours of Operation:

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

Childminding Hours:

M	9:00am - 11:00am	5:00pm - 8:00pm
Tu	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

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

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	604-592-6970
Historic Stewart Farm	13723 Crescent Road	604-592-6956
Kensington Prairie Community Centre	16824 32 Avenue	604-592-2606
Kwomais Point Park	1379 128 Street	604-592-6970
Meridian Centre	2040 150 Street	604-592-6970
Ocean Park Library	12854 17 Avenue	604-502-6304
Semiahmoo Library	1815 152 Street	604-592-6900
Sunnyside Hall	1845 154 Street	604-592-6970

Recreational Opportunities

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

G GARDENS

Horticultural Gardens

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

Community Gardens:

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

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.

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.

OP OUTDOOR POOLS

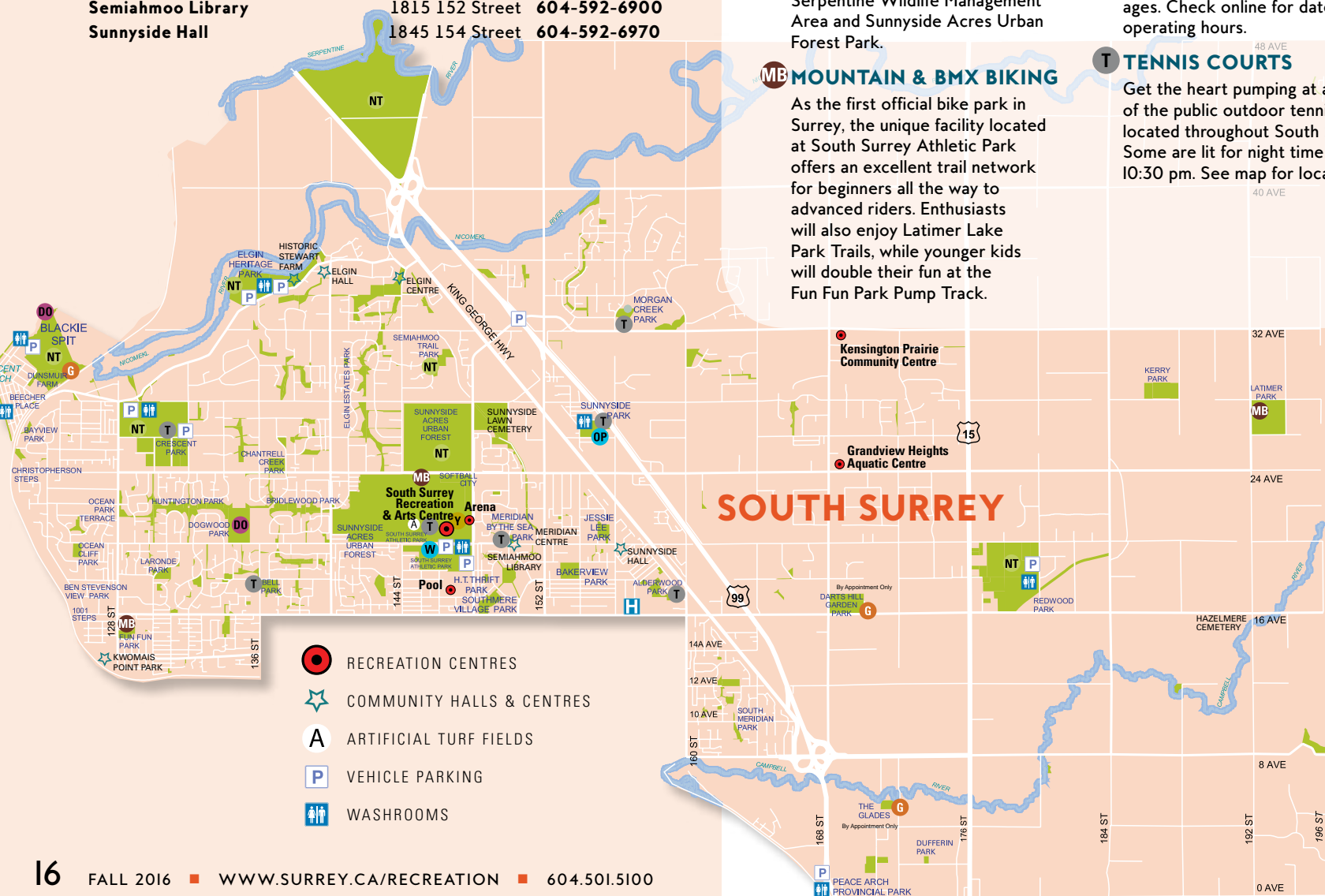
Sunnyside Pool, offering free public swims and registered swim classes, is a popular summertime destination for people of all ages. Check online for dates and operating hours.

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	23 - 45
Arenas	46 - 51
Sports	52 - 57
Fitness & Wellness	58 - 65
Arts & General Interest	66 - 93

E-Connect WITH YOUR CITY

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

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

www.surrey.ca/econnect

FACILITY Amenities

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

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

Hours of Operation: Monday to Friday 6:00am - 10:00pm Saturday and Sunday 8:00am - 8:00pm Childminding Hours: M 8:00am - 11:45am 5:00pm - 8:00pm Tu 8:00am - 11:45am 5:00pm - 8:00pm W 8:00am - 11:45am 5:00pm - 8:00pm Th 8:00am - 11:45am 5:00pm - 8:00pm F 8:00am - 11:45am Sa 8:00am - 11:30am Su 8:00am - 11:30am	Pool: There is no pool at this facility. The two closest pools are: Grandview Heights Aquatic Centre South Surrey Indoor Pool	Arena: There is no arena at this facility. The two closest arenas are: South Surrey Arena 2199 148 Street Cloverdale Arena 6090 176 Street	Gymnasium: 3 Weight Room: 8,000 sq. ft. 40+ pieces of cardio equipment Functional fitness weight training equipment Wide selection of weight machines and free weights (5-75 lbs) Stretching area Personal training Wheelchair accessible	Fitness Studio: 4,000 sq. ft. of fitness space Hardwood sprung floor 2 walls of mirrors TRX suspension training classes Spin Studio	Preschool: 2 dedicated preschool classrooms Childminding area Alternate location: Kensington Prairie Community Centre 16824 32 Avenue MYzone: 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: There is no arena at this facility. The two closest arenas are: South Surrey Arena 2199 148 Street Cloverdale Arena 6090 176 Street	Gymnasium: None Weight Room: 7,000 square feet Treadmills, elliptical, stair climbers, bikes, rowers, weight machines Free weights (5-75 lbs) Stretching area TRX, cables & pulleys for functional fitness training	Fitness Studio: There is no fitness studio at this facility. The two closest fitness studios are: South Surrey Recreation Centre Cloverdale Recreation Centre 6188 176 Street	Preschool: There is no preschool. The two closest preschool spaces are: Kensington Prairie Community Centre 16824 32 Avenue South Surrey Recreation Centre MYzone: October - June There is no MYzone. The closest facility is: South Surrey Recreation Centre	Youth Services: There is no youth space at this facility. The closest youth space is: South Surrey Recreation Centre	Seniors Services: There is no seniors space at this facility. The two closest seniors' spaces are: South Surrey Recreation Centre Newton Seniors' Centre 13775 70 Avenue
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SOUTH SURREY INDOOR POOL 14655 17 Avenue 604-502-6220

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

Hours of Operation: Monday - 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: There is no arena at this facility. The two closest arenas are: South Surrey Arena 2199 148 Street Newton Arena 7120 136B Street	Gymnasium: None Weight Room: 4,100 square feet Cardio machines, upright bikes, recumbent bikes, Concept rowers, step machines, treadmills, ellipticals Weight machines, free weights, power rack, Smith machine Personal training	Fitness Studio: There is no fitness studio at this facility. The two closest fitness studios are: South Surrey Recreation Centre Grandview Heights Aquatic Centre	Preschool: There is no preschool. The two closest preschool spaces are: South Surrey Recreation Centre Kensington Prairie Community Centre 16824 32 Avenue MYzone: October - June There is no MYzone. The closest facility is: South Surrey Recreation Centre	Youth Services: There is no youth space at this facility. The closest youth space is: South Surrey Recreation Centre	Seniors Services: There is no seniors space at this facility. The two closest seniors' spaces are: South Surrey Recreation Centre Newton Seniors' Centre 13775 70 Avenue
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FACILITY Rentals www.surrey.ca/rentalspace

Community Halls and Centres 604-592-6970

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

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

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

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

Historic Stewart Farm 604-592-6956

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

South Surrey Recreation & Arts Centre 604-592-6970

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

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



Special Events

www.surrey.ca/events

Mark the Date!

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

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

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

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

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-  **Twitter** cityofsurrey
-  **YouTube** TheCityofSurrey

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E-News

Subscribe to your favourite topics and get in the know with what's happening in and around Surrey.

Subscribe online today
www.surrey.ca/Enews



SIGN UP TODAY

August 26 Friday

11am - 2pm

Park Play Wrap-up Picnic

FREE

Holly Park 10706 148 Street

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

Sep - Nov

10am-2pm

Discovery Day

FREE

Monday, September 26
Friday, October 21
Thursday, November 10

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.

Sep - Nov Fridays

5pm-7pm

Family Nights at Cloverdale

FREE

Cloverdale Recreation Centre

FAMILY FUN NIGHT
Friday, September 16

Enjoy an evening of snacks, crafts and activities!

PUMPKIN CARVING

Join us for a fun night of treats, Halloween crafts and pumpkin carving!

F 5:00pm-7:00pm Oct 28 4496420

FAMILY SPORT NIGHT
Friday, November 18

Games for all ages and skill levels. Test your sports trivia!

Sep-Nov Fridays

Family Nights at Don Christian

FREE

Don Christian Recreation Centre

FAMILY FUN NIGHT

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

Drop in for crafts, music and games!

FAMILY SPORT NIGHT

Friday, November 11 5:30pm-7:30pm

Join us for stadium snacks, sports trivia and sports stations!

September Sat

11am-3pm

Darts Hill Garden Saturday Strolls

FREE

1633 170 Street
www.dartshill.ca 604-501-5050
partnersinparks@surrey.ca

Enjoy Darts Hill, one of the premier gardens in the Lower Mainland. The garden will be open every Saturday in September. Wander the meandering paths and explore this unique garden with an ever-changing cascade of colour. Sorry, no pets please except registered assistance dogs This is a large hillside garden with limited wheelchair access.

September 7 & 21

5:30-7:30pm Wed

Wild Wednesdays

FREE

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

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

September 10

11am-3pm

Fleetwood Festival

Francis Park, 15951 83 Ave

Join us for the 18th Annual Fleetwood Festival. Enjoy a wide variety of performers and children's activities including bouncy castles, face painting, crafts, sports, games, and much more!

September 10 Sat

9am-1pm

Car Trunk Sale

South Surrey Recreation & Arts Centre

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

SOUTH 1 Session \$16 for spot
\$20 for spot & table
Sa 9:00am-1:00pm Sep 10 4488177

Sep - Dec 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.

DUMPLING DAY

Saturday, September 17

Attention foodies! Taste world dumpling delicacies, and learn tricks from our guest chefs while kids make playdough perogies or paper pot-stickers.

LATIN FIESTA

Saturday, October 15

Get out your maracas and brush up your salsa moves! Discover the sounds, tastes and rich culture of Latin America through lively performances, crafts and traditional snacks.

GERMAN CHRISTMAS

Saturday, November 19

Experience a German Christmas Market. Mulled cider, pretzels, and festive crafting will help usher in the holiday season.

VERY VINTAGE CHRISTMAS

Saturday, December 17

Experience a swinging 50s Christmas! Enjoy Christmas carols crooned by local musicians while you make vintage-style decorations and visit with Santa Claus.

September 17 Sat

11am-2pm

Celebrate Fall



Kensington Prairie Community Centre

Join us on to celebrate fall and all of its offerings. Activities will include family games, crafts, face painting and much more. For information call 604-592-2605.

September 24 Sat

12noon - 3pm

Olde Harvest Fair

Historic Stewart Farm
All ages, by donation

Celebrate food and farming at this fall fair! Tap your toes to live music, taste mulled apple cider and shop local artisans. Jump in the hay pile, hop in a sack race, make real butter, and play like pioneers!

Sep 24 & Oct 22

10am-4pm Saturday

Darts Hill Garden Open House



1633 170th Street

Darts Hill Garden Park is a plantsman's garden with an immense variety of mature shrubs and trees from around the world. During our open houses guides will be on hand throughout the garden to point out plants of interest and answer your questions. Join one of the guided tours departing at 11:30am and bring home a piece of the garden from the plant sale.

Sorry, no pets please except registered assistance dogs.

This is a large hillside garden with limited wheelchair access.

SURREY
Youth
FEST 2016

SATURDAY SEPTEMBER 17, 2016
GUILDFORD RECREATION CENTRE

ACCESSIBLE, INCLUSIVE AND FREE

MAIN STAGE

featuring

LOCAL YOUTH BANDS & ENTERTAINMENT

FREE ACTIVITIES

HENNA & AIRBRUSH TATTOOS

SKATEBOARD & BMX DEMOS

BREAK BATTLE

EXTREME SPORTS

GIVEAWAYS & DOOR PRIZES

Youth focused

RESOURCE TABLES

& MUCH MORE!

BAND-AID

3RD ANNUAL YOUTH MUSICIAN
DEVELOPMENT WORKSHOP

SEPTEMBER 10, 2016 AT THE SURREY CITY HALL



Young musicians join music industry mentors for a jam-packed day of workshops. Day ends with a Jam Night featuring the musicians and mentors! Friends and family are welcome.

Please call to register 604-501-5566.



SPECIAL EVENTS

October 1 Saturday

8:30am-4:00pm

1st Annual National Seniors Day Conference

FREE

Chuck Bailey Recreation Centre

Join us for free workshops that will focus on four key areas: Safety, Health & Wellness; Home; Transportation & Mobility; and Buildings and Outdoor Spaces. All workshops require preregistration. For a full listing please visit us online.

October 16 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.

October 18 Tuesday

6-9pm

5th Annual Light Festival at Bear Creek Park

FREE

Bear Creek Gardens 13750 88 Avenue
surrey.ca/events 604-501-5050

Make a lantern and wander the illuminated garden, alive with lights, music and performers. See Bear Creek Gardens in a whole other light and be sure to share this special experience with family and friends. This year's festival will be a part of the Creative City Summit, showcasing the art and culture of our City.

October 21 & 28

Friday

Halloween Dance - Family

Join us for an evening of family entertainment. There will be music for all ages, crafts for kids, many activities and prizes for the best costumes! Dress-up or not, gather your friends and family for an evening of Halloween Fun.

CLOVERDALE 1 Session \$3.50/person
Children under 2yrs

F 6:00pm-9:00pm Oct 21 4488727
Don Christian Recreation Centre

FLEETWOOD 1 Session \$8.75

F 6:00pm-8:30pm Oct 28 4489444
Fleetwood Community Centre

October 29 Sat

10am-2pm

Halloween In The Forest

FREE

Drop-in

Surrey Nature Centre

All ages
604-502-6065

www.surrey.ca/naturecentre

Come in costume for some Halloween fun. Learn fun facts about owls, bats, spiders and raccoons, enjoy Halloween treats and meet our Forest Fairy. Costume prize draw too! This indoor/outdoor event is perfect for families with small children.

November 4 Friday

6pm-8pm

Family Craft Making

Chuck Bailey Recreation Centre

Come and enjoy an early evening with your family and community. Create a beautiful family masterpiece using a variety of recycled and loose parts.

November 11 Friday

9:30am-1:30pm

Surrey Remembers

Surrey Museum

All ages

Take part in the Remembrance Day ceremony at the Cenotaph, then come in from the cold for refreshments, films and crafts for kids.

November 11 Friday

11:30am-12:30pm

Lecture: Canadian Sikhs in World War I

Surrey Museum

Join Sharanjit Kaur Sandhra of the Centre for Indo-Canadian Studies as she shares the forgotten story of 10 Canadian-Sikh soldiers who served for Canada during World War I.

November 12 Sat

12noon-3pm

Heritage Family Day: Let's Remember

Historic Stewart Farm

All ages

Continue the weekend of remembering and peace by decorating a red poppy cookie in the farmhouse kitchen and doing family-friendly crafts and activities.

November 18 & 19

10th Annual Surrey Kids Conference

FREE

Fleetwood Community Centre

Preregistration is required 604-501-5100
Space is limited. Registration begins

October 1, 2016 | 8:30am

Check out this exciting free conference for kids grades 1 - 7. See inside front cover of this guide for more details.

November 26

3:30pm-5:30pm

Fleetwood Family Holiday Concert

Fleetwood Community Centre

Enjoy a fun-filled afternoon at our annual Holiday Concert. This year's Holiday Concert will feature performances from Company B Jazz Band; Vancouver's foremost vintage jazz harmony group.

FLEETWOOD 1 Session \$15/person
Children under 2yrs free

Sa 3:30pm-5:30pm Nov 26 4496671

December 3 Sat

4pm-6pm

6th Annual Indoor Tree Lighting Celebration

FREE

Kensington Prairie Community Centre

The evening includes refreshments and creative activities for children. Bring your cameras. Don't be surprised if you see a fellow in a Red Suit appear! To help support the planning for this free event, please register.

SOUTH 1 Session All Ages
Sa 4:00pm-6:00pm Dec 3 4488250

December 3, 10, 17

Saturday

Breakfast With Santa

Join Santa and Mrs Claus for a fun filled breakfast!

Adults \$4 Children \$8 2yrs & under FREE

CLOVERDALE 1 Session

Sa 9:30am-11:00am Dec 10 4488726
Cloverdale Recreation Centre

FLEETWOOD 1 Session

Sa 9:30am-11:00am Dec 10 4489025
Fleetwood Community Centre

GUILDFORD 1 Session

Sa 9:30am-11:00am Dec 3 4489563
Fraser Heights Recreation Centre

NORTH 1 Session

Sa 9:30am-11:00am Dec 17 4488691
Bridgeview Community Centre

SOUTH 1 Session

Sa 9:00am-10:15am Dec 10 4490110
Sa 10:30am-11:45am Dec 10 4490111
South Surrey Recreation & Arts Centre

Dec 17 - Jan 2

Winter Ice Palace

Cloverdale Arena

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

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

SURREY
Tree Lighting
feSTIVAL

SATURDAY
Nov 19th
2016

CITY HALL PLAZA

WWW.SURREY.CA/TREELIGHTING

Free Family Event!



Birthday Parties

www.surrey.ca/register

Birthday Party Packages

Theme Parties

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

SPORTS 3-12 years

\$121 up to 12 children
\$187 13-24 children

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

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

DANCE 3-12 years

\$121 up to 12 children
\$187 13-24 children

Locations: F, SS, CH

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

BOUNCY CASTLE 2-10 years

\$218 up to 24 children

Locations: B, CB, DC

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

Nature 4-12 years

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

Location: SNC

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

All parties include

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

MINI-GYM 2-5 years

\$152 up to 12 children
\$218 13-24 children

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

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

MUSIC 3-9 years

Prices Vary

Locations: KP

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

TEAM WRAP-UP 6-12 years

\$175.50 up to 24 children

Team affiliation proof required.

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

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

*This party does not come with a leader.

Pre-Teen Dance Gr 5-7

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

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

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

Package includes:

- 2 hour party
- Pizza and drinks
- Dance tickets

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 PARTIES

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 and activity appropriate party room
- 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

REMINDER...

**SOUTH SURREY WILL HAVE TWO POOLS
IN OPERATION FOR SWIM LESSONS**

**PLEASE CHECK YOUR LOCATION
BEFORE REGISTERING FOR LESSONS**

Swim Lessons FOR ALL

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

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

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

Red Cross **Swim Kids 5-12 years**

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

Adapted Programs

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

Lifesavers Levels 1 - 4

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

Red Cross Adult & Teen **Swim Basics 1-2**

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

Red Cross Adult & Teen **Swim Strokes**

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

Private Lessons

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

Need some Stroke **Enhancement?**

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

Advanced Aquatics

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

Indoor Pools

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

GRANDVIEW HEIGHTS **AQUATIC CENTRE**

604-590-7800 16855 24 Avenue

GUILDFORD RECREATION CENTRE

604-502-6360 15105 105 Avenue

NEWTON RECREATION CENTRE **- WAVE POOL**

604-501-5540 13730 72 Avenue

NORTH SURREY INDOOR POOL

604-502-6300 10275 City Parkway

SOUTH SURREY INDOOR POOL

604-502-6220 14655 17 Avenue

SURREY SPORT & LEISURE COMPLEX

604-501-5950 16555 Fraser Highway

Family Change Rooms

Specifically for parents/guardians with young children.

Aquatic Fitness Programs

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

State-of-the-Art Fitness Centres

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

Personal Training

Private sessions and orientations for our fitness centres.

Birthday Parties

Thinking of what to do for your child's next birthday party? Cool off with a fun swimming party. See pages 21 - 22.

Aquatic Fitness

CLASS DESCRIPTIONS

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

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

GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue

AQUATIC SWIM SCHEDULE

Schedule Effective: September - December, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hot Tub, Sauna and Steam Room	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-8:00pm	6:00am-8:00pm
Length Swim (25m)	6:00am-10:00pm 2 lanes open 9pm-10pm	8:30am-9:00pm	6:00am-10:00pm 2 lanes open 9pm-10pm	8:30am-9:00pm	8:00am-7:30pm	9:00am-8:00pm 2 lanes from 4pm-7pm	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 No lanes from 6-8pm
Youth Oriented Swim					8:00pm-10:00pm		
Diving Boards (Open intermittently)		7:00pm-10:00pm		7:00pm-10:00pm	8:00pm-10:00pm	1:00pm-4:00pm 7:00pm-8:00pm	1:00pm-6:00pm
Waterslide (Open intermittently)	5:00pm-10:00pm	5:00pm-10:00pm	5:00pm-10:00pm	5:00pm-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 admissions still apply. Children under the age of 7 must be accompanied by an adult.						1:00pm-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	7:30pm-8:30pm	8:45am-9:45am 7:30pm-8:30pm	7:30pm-8:30pm	8:45am-9:45am 7:30pm-8:30pm	9:00am-10:00am	
*Registered & Drop-in	Prenatal Aqua 8:30pm-9:30pm		Mom & Baby Aqua 10:00am-10:45am			

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 September - December, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hours of Operation	6:00am - 9:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 9:00pm	6:00am - 10:00pm	7:00am - 9:00pm	8:00am - 9:00pm
Public Swim	6:00am - 9:00am 1:30pm - 4:00pm 6:00pm - 7:30pm	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 5-6pm 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 - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 4:00pm 6:00pm - 9:00pm	7:00am - 5:00pm 6:00pm - 9:00pm	8:00am - 5:00pm 6:00pm - 9:00pm
Adult Swim	7:30pm - 9:00pm Deep End Closed	7:30pm - 9:00pm	7:30pm - 9:00pm Deep End Closed	7:30pm - 9:00pm			
Youth Swim					9:00pm - 10:00pm		
Parent & Tot (under 7yrs)	9:00am - 1:30pm 4:00pm - 6:00pm	9:00am - 12:30pm 4:00pm - 6:00pm	9:00am - 1:30pm 4:00pm - 6:00pm	9:00am - 12:30pm 4:00pm - 6:00pm	9:00am - 1:30pm 4:00pm - 6:00pm	9:00am - 1:00pm	9:00am - 1:00pm
Senior's Swim	12:30pm - 1:30pm		12:30pm - 1:30pm		12:30pm - 1:30pm		
Women & Girls only Swim & Gym		9:00pm - 10:00pm		9:00pm - 10:00pm			
Value Swim Times	8:30am - 3:00pm	6:00am - 9:00am 8:30pm - 10:00pm (9:00pm - 10:00pm women's only)	8:30am - 3:00pm 6:00pm - 7:30pm	6:00am - 9:00am 8:30pm - 10:00pm (9:00pm - 10:00pm women's only)	11:30pm - 1:30pm 6:00pm - 9:00pm	7:00am - 9:00am (8:00pm - 9:00pm teens only)	8:00am - 9:00am
Free Swim Lessons	6:30pm - 7:00pm	Registration begins 30mins before the scheduled start time and lessons run on a first come first serve basis. Public swim admissions still apply. Children under the age of 7 must be accompanied by an adult. Lessons do not run on long weekends.				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	8:00am - 9:00am	9:30am - 10:30am	8:00am - 9:00am	9:30am - 10:30am	8:15am - 9:00am	
Deep Water Aqua [3]		8:00am - 9:00am		8:00am - 9:00am			
Shallow Water Power Aqua [4]	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. Value Days \$2.50 - Adult/Senior | \$1.75 - Child/Youth/Family

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

AQUATIC SWIM SCHEDULE

Schedule Effective September - December, 2016

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	8:00pm - 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	

Schedules Subject to Change. **\$4 admission during value swim times. 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 swim 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.

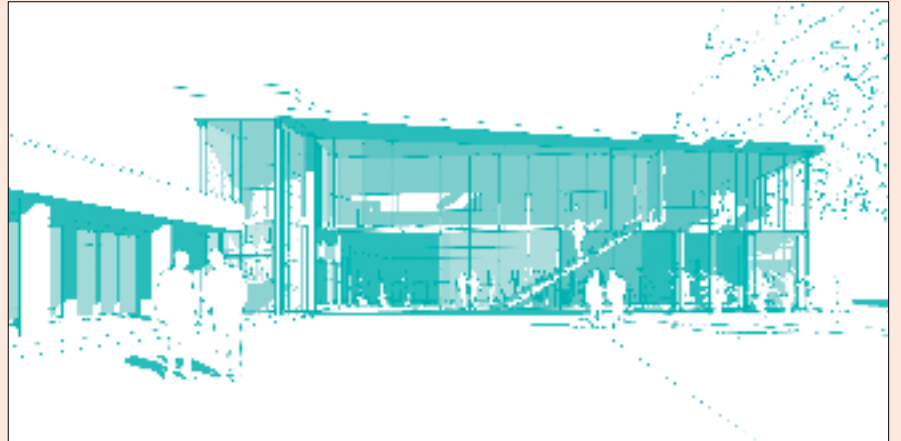
NEWTON RECREATION CENTRE 604-501-5540 13730 72 Avenue

Newton Recreation Expansion

Newton Recreation Centre will soon 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.

Commencing in Spring 2016, with an expected completion in late Fall 2016, 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



The Fitness Centre Weight Room will remain open during construction. Look online or pick up a fitness drop-in schedule for details. The pool / gymnasium will be closed from April 1 - late Fall 2016.

FITNESS CENTRE SCHEDULE

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 September 6, 2016

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-5:00pm 6:00pm-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 Limited Main Pool Space 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-3:00pm 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 1:30pm-3:00pm 5:00pm-6:30pm	8:30am-12noon 5:00pm-6:30pm	8:30am-12noon 1:30pm-3:00pm 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	9:45pm-10:00pm	10:00pm-10:00pm	9:45pm-10:00pm	10:00pm-10:00pm			

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

AQUATIC FITNESS SCHEDULE

Aquacise	8:00am-8:45am 9:15am-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	10:15am-11:15am Shallow Water	8:00pm-8:45pm Deep Water	10:15am-11:15am Shallow Water	8:00pm-8:45pm Deep Water	10:15am-11:15am Shallow Water		
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 Drop-In \$10.50		1:30pm-2:15pm					
MommyMoves Pre-Natal Aqua Drop-In \$12.50				8:00pm-9:00pm			

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

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

Warranty closure of the Aquatics facilities from August 28 - October 3
Fitness Centre will remain open

AQUATIC SWIM SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Swim (all pools)	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 9:00pm	6:00am - 9:00pm
Hot tub, Sauna and Steam Room	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 9:00pm	6:00am - 9:00pm
Length Swim (25m)	8:00am - 10:00pm	6:00am - 10:00pm	8:00am - 10:00pm	6:00am - 10:00pm	8:00am - 10:00pm	6:00am - 9:00pm	6:00am - 6:00pm
Length Swim (50m)	6:00am - 7:30am		6:00am - 7:30am		6:00am - 7:30am		7:00pm-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						2:00pm-8:00pm	Last Saturday of each month

Schedule Effective October 3 - December 18, 2016

AQUATIC FITNESS SCHEDULE

Shallow Water Power Aqua		8:15am - 9:15am		8:15am - 9:15am			
Shallow Water Aqua	9:15am - 10:15am ✓		9:15am - 10:15am ✓ 8:00pm - 8:45pm		9:15am - 10:15am ✓	8:00am - 9:00am	
Deep Water Aqua	8:15am - 9:00am	7:15am - 8:00am 6:00pm - 7:00pm	8:15am - 9:00am	7:15am - 8:00am 6:00pm - 7:00pm			9:15am - 10:15am
Shallow Water Aqua Bootcamp	8:00pm - 8:45pm						
Water Walking	10:30am - 11:15am		10:30am - 11:15am		10:30am - 11:15am		

*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

Games Night

Try out exciting aquatic sports or invent new ones & meet new friends! All skills and abilities welcome!

Regular Admission 9-13yrs

GRANDVIEW HEIGHTS AQUATIC CENTRE
Saturday

SOUTH SURREY INDOOR POOL
Friday 7:00pm-10:00pm

Free Swims

Sponsored by Westminster Savings

NORTH SURREY INDOOR POOL
Last Saturday of month 2:00pm-5:00pm

SOUTH SURREY INDOOR POOL
1st Saturday of month 1:00pm-4:00pm

Back to School Pool Party

Bring your friends to this Pool Party Event! FUN challenges and games during this teen night swim!

Regular Admission 13-18yrs

GUILDFORD AQUATIC CENTRE
Friday, September 16 5:30pm-7:30pm

Schools Out Day Swims

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

Regular Admission All Ages

NORTH SURREY INDOOR POOL
SOUTH SURREY INDOOR POOL
September 26 1:30pm-4:00pm
October 21 1:30pm-4:00pm
November 10 1:30pm-4:00pm

Pool Movie Nights

Come join us in the pool for a night with movies, snacks and other fun activities.

Regular Admission All Ages

SURREY SPORT & LEISURE COMPLEX
Fridays 7:00pm-9:00pm
September 16, October 14, November 18

Thanksgiving Fun Swim

Join us for some Thanksgiving themed games and crafts to celebrate this special holiday!

Regular Admission All Ages

NORTH SURREY POOL
Monday October 10 1:30pm-4:00pm.

GUILDFORD AQUATIC CENTER
Saturday, October 10 1:30pm-4:30pm

SOUTH SURREY INDOOR POOL
Sa-M October 8-10 1:00pm-4:00pm

SURREY SPORT & LEISURE COMPLEX
Saturday, October 10 1:00pm-3:30pm

Boonanza

Halloween! Halloween! Oh what SPOOKY things I've seen! Bats and mice and goblins too! They're all invited, and so are you! We're having a Monster Bash!

Regular Admission All Ages

SURREY SPORT & LEISURE COMPLEX
Sa, Su October 22, 23 4:00pm-8:00pm

Halloween Howl

Come practice your tricks and treats with us and be ready to have a hair raising good time! Yuck, muck and crafts for all ages to enjoy.

Regular Admission All Ages

GRANDVIEW HEIGHTS AQUATIC CENTRE
Saturday, October 29 2:00pm-6:00pm

GUILDFORD AQUATIC CENTRE
Saturday, October 29 1:30pm-4:30pm

SOUTH SURREY INDOOR POOL
Saturday, October 29 1:00pm-4:00pm

NORTH SURREY INDOOR POOL
Saturday, October 29 1:30pm-4:30pm

Remembrance Day

One minute of silence respected 11:00am
No Lessons.

Regular Admission All Ages

GRANDVIEW HEIGHTS AQUATIC CENTRE
Friday, November 11

SOUTH SURREY INDOOR POOL
Friday, November 11

Santa Claus Parade Swim

Santa is coming to SSIP! Swim with Santa in the pool and join in with our winter themed activities.

SOUTH SURREY INDOOR POOL
Saturday December 3 1:00pm-4:00pm

Christmas Tea

FREE

Join us for a celebration in the lobby!

NEWTON RECREATION CENTRE LOBBY
Wednesday, December 7 7:00am-12noon

Wet Winter Carnival

Snowflakes falling! Holiday cheer! Join us for some fun before the end of the year!

Regular Admission All Ages

NEWTON WAVE POOL
Saturday, December 17 1:00pm-4:00pm

GUILDFORD RECREATION CENTRE
Saturday, December 17 1:30pm-4:30pm

Winter Wonderland

Make your own Snowflakes and join in on our holiday cheer, before the end of the year!

Regular Admission All Ages

SURREY SPORT & LEISURE COMPLEX
Sunday, December 18 1:00pm-3:30pm

Winter Break Activity Swims

Come and enjoy daily games and activities in the pool with our Lifeguards!

Regular Admission All Ages

NEWTON WAVE POOL
Dec 19 - Jan 1 1:00pm-4:00pm

GRANDVIEW HEIGHTS AQUATIC CENTRE
Dec 19 - Jan 1 Daily 1:00pm-4:00pm

NORTH SURREY INDOOR POOL
Dec 19 - Jan 2 1:30pm-4:00pm

SOUTH SURREY INDOOR POOL
Dec 19 - Jan 2 1:30pm-4:00pm

New Year's Polar Bear Warm Up Swim

Games and activities for Polar Bears of all ages to enjoy! Come and enjoy activities in the tropical warmth of the pool.

Regular Admission All Ages

SOUTH SURREY INDOOR POOL
Sunday, January 1 1:00pm-4:00pm



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 44 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

REMINDER...

SOUTH SURREY HAS TWO POOLS IN OPERATION FOR SWIM LESSONS

PLEASE CHECK YOUR LOCATION BEFORE REGISTERING FOR LESSONS

Home School Lessons (6-18 yrs)

Swim lessons catered to the needs of home school children. Working on individual learner needs and working your way through the Red Cross Swim Kids Program at your own pace. This course is specifically designed to focus on school aged children.

FLEETWOOD	10 Sessions	\$83.75	3-6yrs
W	12:45pm-1:15pm	Sep 7	4493938
W	1:00pm-1:30pm	Sep 7	4493942
W	2:00pm-2:30pm	Sep 7	4493939
FLEETWOOD	10 Sessions	\$83.50	6-18yrs
W	12noon-12:45pm	Sep 7	4493920
W	1:45pm-2:30pm	Sep 7	4493924
W	2:00pm-2:45pm	Sep 7	4493921
FLEETWOOD	10 Sessions	\$63.50	6-18yrs
W	12noon-12:30pm	Sep 7	4493926
W	12noon-12:30pm	Sep 7	4493933
W	12noon-12:30pm	Sep 7	4493934
W	12:30pm-1:00pm	Sep 7	4493927
W	1:15pm-1:45pm	Sep 7	4493935
W	1:30pm-2:00pm	Sep 7	4493928
FLEETWOOD	5 Sessions	\$41.75	3-6yrs
W	12:45pm-1:15pm	Nov 16	4493941
W	1:00pm-1:30pm	Nov 16	4493943
W	2:00pm-2:30pm	Nov 16	4493940
FLEETWOOD	5 Sessions	\$41.75	6-18yrs
W	12noon-12:45pm	Nov 16	4493923
W	1:45pm-2:30pm	Nov 16	4493925
W	2:00pm-2:45pm	Nov 16	4493922
FLEETWOOD	5 Sessions	\$31.75	6-18yrs
W	12noon-12:30pm	Nov 16	4493929
W	12noon-12:30pm	Nov 16	4493937
W	12:30pm-1:00pm	Nov 16	4493930
W	1:15pm-1:45pm	Nov 16	4493936
W	1:30pm-2:00pm	Nov 16	4493931

Sport & Leisure Aquatics

Parent Participation

Family Lessons

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

GUILDFORD	9 Sessions	\$37	3yrs+
F	5:30pm-6:00pm	Sep 9	4492092
GUILDFORD	8 Sessions	\$33	3yrs+
Sa	10:45am-11:15am	Sep 10	4492112
GUILDFORD	5 Sessions	\$20.50	3yrs+
F	5:30pm-6:00pm	Nov 18	4492094
Sa	10:45am-11:15am	Nov 19	4492097
Guildford Recreation Centre			
NORTH	10 Sessions	\$41	3yrs+
Sa-Su	10:30am-11:00am	Nov 19	4486638
NORTH	8 Sessions	\$33	3yrs+
Tu, Th	5:30pm-6:00pm	Sep 6	4486626
F	5:30pm-6:00pm	Sep 9	4486627
Sa-Su	10:30am-11:00am	Sep 10	4486628
Tu, Th	5:30pm-6:00pm	Oct 4	4486631
Sa-Su	10:30am-11:00am	Oct 15	4486633
M, W	5:30pm-6:00pm	Oct 31	4486634
Tu, Th	5:30pm-6:00pm	Nov 1	4486635
NORTH	7 Sessions	\$28.75	3yrs+
W, M	5:30pm-6:00pm	Sep 7	4483659
M, W	5:30pm-6:00pm	Oct 3	4486629
NORTH	6 Sessions	\$24.75	3yrs+
F	5:30pm-6:00pm	Nov 4	4486632
M, W	5:30pm-6:00pm	Nov 28	4486639
Tu, Th	5:30pm-6:00pm	Nov 29	4486640
North Surrey Recreation Centre			

Mommy Moves Mom & Baby Aquafit

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

FLEETWOOD	5 Sessions	\$45	5-24mos
M	1:00pm-1:45pm	Oct 17	4491785
FLEETWOOD	4 Sessions	\$36	5-24mos
M	1:00pm-1:45pm	Sep 12	4491783
M	1:00pm-1:45pm	Nov 21	4491787
Sport & Leisure Aquatics			
GUILDFORD	5 Sessions	\$45	5-24mos
W	10:00am-10:45am	Sep 14	4492296
W	10:00am-10:45am	Oct 19	4492300
GUILDFORD	4 Sessions	\$36	5-24mos
W	10:00am-10:45am	Nov 23	4492304
Guildford Recreation Centre			
SOUTH	5 Sessions	\$45	5-24mos
Th	1:30pm-2:15pm	Sep 15	4490176
Th	1:30pm-2:15pm	Oct 20	4490177
SOUTH	4 Sessions	\$36	5-24mos
Th	1:30pm-2:15pm	Nov 24	4490183
Grandview Heights Aquatic Centre			

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

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

FLEETWOOD	10 Sessions \$41	4-36mos
Tu, Th 8:30am-9:00am	Sep 6	4488280
Tu, Th 9:30am-10:00am	Sep 6	4488281
Tu, Th 6:00pm-6:30pm	Sep 6	4488282
Tu, Th 6:30pm-7:00pm	Sep 6	4488283
Tu, Th 8:30am-9:00am	Oct 11	4488430
Tu, Th 9:30am-10:00am	Oct 11	4488431
Tu, Th 6:00pm-6:30pm	Oct 11	4488432
Tu, Th 6:30pm-7:00pm	Oct 11	4488433
M, W 8:30am-9:00am	Nov 14	4487616
M, W 9:30am-10:00am	Nov 14	4487617
M, W 5:30pm-6:00pm	Nov 14	4487618
M, W 6:00pm-6:30pm	Nov 14	4487619
Tu, Th 8:30am-9:00am	Nov 15	4488703
Tu, Th 9:30am-10:00am	Nov 15	4488704
Tu, Th 6:00pm-6:30pm	Nov 15	4488705
Tu, Th 6:30pm-7:00pm	Nov 15	4488706
Sa-Su 10:00am-10:30am	Nov 19	4493609

FLEETWOOD	9 Sessions \$37	4-36mos
W, M 8:30am-9:00am	Sep 7	4487334
W, M 9:30am-10:00am	Sep 7	4487529
W, M 5:30pm-6:00pm	Sep 7	4487530
W, M 6:00pm-6:30pm	Sep 7	4487531
F 8:30am-9:00am	Sep 9	4490137
F 9:30am-10:00am	Sep 9	4490140
F 5:30pm-6:00pm	Sep 9	4490142
F 6:00pm-6:30pm	Sep 9	4490150
W, M 8:30am-9:00am	Oct 12	4487541
W, M 9:30am-10:00am	Oct 12	4487542
W, M 5:30pm-6:00pm	Oct 12	4487543
W, M 6:00pm-6:30pm	Oct 12	4487544

FLEETWOOD	8 Sessions \$33	4-36mos
Sa-Su 10:00am-10:30am	Sep 10	4493501
Sa 11:15am-11:45am	Sep 10	4491666
Su 11:15am-11:45am	Sep 11	4491914
Sa-Su 10:00am-10:30am	Oct 15	4493551

FLEETWOOD	5 Sessions \$20.50	4-36mos
F 8:30am-9:00am	Nov 18	4490480
F 9:30am-10:00am	Nov 18	4490481
F 5:30pm-6:00pm	Nov 18	4490487
F 6:00pm-6:30pm	Nov 18	4490489
Sa 11:15am-11:45am	Nov 19	4491815
Su 11:15am-11:45am	Nov 20	4492111

Sport & Leisure Aquatics

GUILDFORD	10 Sessions \$41	4-36mos
Tu, Th 10:00am-10:30am	Sep 6	4490112
Tu, Th 5:00pm-5:30pm	Sep 6	4490117
Tu, Th 10:00am-10:30am	Oct 11	4490119
Tu, Th 5:00pm-5:30pm	Oct 11	4490126
M, W 10:30am-11:00am	Nov 14	4490131
M, W 5:00pm-5:30pm	Nov 14	4490132
Tu, Th 10:00am-10:30am	Nov 15	4490134
Tu, Th 5:00pm-5:30pm	Nov 15	4490135
Sa-Su 10:00am-10:30am	Nov 19	4490136

GUILDFORD	9 Sessions \$37	4-36mos
W, M 10:30am-11:00am	Sep 7	4490139
W, M 5:00pm-5:30pm	Sep 7	4490141
F 10:30am-11:00am	Sep 9	4490155
F 6:00pm-6:30pm	Sep 9	4490157
W, M 10:30am-11:00am	Oct 12	4490149
W, M 5:00pm-5:30pm	Oct 12	4490151

GUILDFORD	8 Sessions \$33	4-36mos
Sa-Su 10:00am-10:30am	Sep 10	4490162
Sa 10:45am-11:15am	Sep 10	4490175
Sa-Su 10:00am-10:30am	Oct 15	4490168

GUILDFORD	5 Sessions \$20.50	4-36mos
F 10:30am-11:00am	Nov 18	4490180
F 6:00pm-6:30pm	Nov 18	4490182
Sa 10:45am-11:15am	Nov 19	4490197

Guildford Recreation Centre

NEWTON	8 Sessions \$33	4-36mos
Tu, Th 10:30am-11:00am	Nov 22	4489189
Sa-Su 10:30am-11:00am	Nov 26	4499510

NEWTON	7 Sessions \$28.75	4-36mos
M-Th 10:00am-10:30am	Dec 19	4489193

Newton Recreation Centre

NORTH	10 Sessions \$41	4-36mos
Sa-Su 9:30am-10:00am	Nov 19	4483877
Sa-Su 11:30am-12noon	Nov 19	4483878

NORTH	8 Sessions \$33	4-36mos
Tu, Th 3:30pm-4:00pm	Sep 6	4483772
Tu, Th 5:30pm-6:00pm	Sep 6	4483774
F 4:00pm-4:30pm	Sep 9	4483775
F 5:00pm-5:30pm	Sep 9	4483776

NORTH	7 Sessions \$28.75	4-36mos
Sa-Su 9:30am-10:00am	Sep 10	4483779
Sa-Su 11:30am-12noon	Sep 10	4483780
Tu, Th 3:30pm-4:00pm	Oct 4	4483809
Tu, Th 5:30pm-6:00pm	Oct 4	4483837
Sa-Su 9:30am-10:00am	Oct 15	4483841
Sa-Su 11:30am-12noon	Oct 15	4483845
M, W 11:30am-12noon	Oct 31	4483851
M, W 5:30pm-6:00pm	Oct 31	4483853
Tu, Th 3:30pm-4:00pm	Nov 1	4483873
Tu, Th 5:30pm-6:00pm	Nov 1	4483874

NORTH	6 Sessions \$24.75	4-36mos
W, M 11:30am-12noon	Sep 7	4483637
W, M 5:30pm-6:00pm	Sep 7	4483769
Sa 11:00am-11:30am	Sep 10	4483785
M, W 11:30am-12noon	Oct 3	4483786
M, W 5:30pm-6:00pm	Oct 3	4483788

NORTH	6 Sessions \$24.75	4-36mos
F 4:00pm-4:30pm	Nov 4	4483839
F 5:00pm-5:30pm	Nov 4	4483840
Sa 11:00am-11:30am	Nov 5	4483850
M, W 11:30am-12noon	Nov 28	4483879
M, W 5:30pm-6:00pm	Nov 28	4483881
Tu, Th 3:30pm-4:00pm	Nov 29	4483882
Tu, Th 5:30pm-6:00pm	Nov 29	4483883

North Surrey Recreation Centre

SOUTH	10 Sessions \$41	4-36mos
Tu, Th 11:00am-11:30am	Oct 11	4486808
Tu, Th 12:30pm-1:00pm	Oct 11	4486809
Tu, Th 3:00pm-3:30pm	Oct 11	4486810
Tu, Th 6:30pm-7:00pm	Oct 11	4486811

M, W 11:00am-11:30am	Nov 14	4486818
M, W 12:30pm-1:00pm	Nov 14	4486819
M, W 3:00pm-3:30pm	Nov 14	4486820
M, W 6:30pm-7:00pm	Nov 14	4486821
Tu, Th 11:00am-11:30am	Nov 15	4486822
Tu, Th 12:30pm-1:00pm	Nov 15	4486823
Tu, Th 3:00pm-3:30pm	Nov 15	4486824
Tu, Th 6:30pm-7:00pm	Nov 15	4486825
Sa-Su 11:00am-11:30am	Nov 19	4486826
Sa-Su 12:30pm-1:00pm	Nov 19	4486827

SOUTH	9 Sessions \$37	4-36mos
W, M 11:00am-11:30am	Oct 12	4486804
W, M 12:30pm-1:00pm	Oct 12	4486805
W, M 3:00pm-3:30pm	Oct 12	4486806
W, M 6:30pm-7:00pm	Oct 12	4486807
F 11:00am-11:30am	Oct 14	4486812
F 12:30pm-1:00pm	Oct 14	4486813
F 3:00pm-3:30pm	Oct 14	4486814
F 6:30pm-7:00pm	Oct 14	4486815

SOUTH	8 Sessions \$33	4-36mos
Sa-Su 11:00am-11:30am	Oct 15	4486816
Sa-Su 12:30pm-1:00pm	Oct 15	4486817

Grandview Heights Aquatic Centre

SOUTH	8 Sessions \$33	4-36mos
M, W 11:00am-11:30am	Oct 31	4491684
Tu, Th 3:00pm-3:30pm	Nov 1	4491686

SOUTH	7 Sessions \$28.75	4-36mos
W, M 11:00am-11:30am	Sep 7	4491664
Sa 10:00am-10:30am	Sep 10	4491668
Su 6:00pm-6:30pm	Sep 11	4491671
M, W 11:00am-11:30am	Oct 3	4491675

SOUTH	6 Sessions \$24.75	4-36mos
M, W 11:00am-11:30am	Nov 28	4491690

SOUTH	5 Sessions \$20.50	4-36mos
Sa 10:00am-10:30am	Nov 5	4491679
Su 6:00pm-6:30pm	Nov 6	4491681

South Surrey Indoor Pool



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: ↓	
	Preschool 1 Starfish 4-12 months Parented	Incomplete
Incomplete		Complete
Parent & Tot All ages 4-36 months	2 Duck 12-24 months Parented	Incomplete
		Complete
Complete	3 Sea Turtle 24-36 months Parented	Incomplete
		Complete
Preschool 1 Barnacle	Preschool 4 Sea Otter	Incomplete
		Complete
Preschool 2 Hermit Crab		Incomplete
	Preschool 5 Salamander	Complete
Preschool 3 Flounder		Complete
	Preschool 6 Sunfish	Incomplete
Preschool 4 Sea Otter		Complete
	Preschool 7 Crocodile	Incomplete
Preschool 5 Rock Cod		Complete
	Preschool 8 Whale	Incomplete
Preschool 6 Sea Lion		Complete
		Complete
Preschool 7 Orca		Incomplete
		Complete



Preschool

PARENTS AND GUARDIANS:

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

Thank you

Red Cross Swim Preschool 4: Sea Otter

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

FLEETWOOD 10 Sessions \$83.75 3-5yrs

Tu, Th	9:00am-9:30am	Sep 6	4488304
Tu, Th	10:00am-10:30am	Sep 6	4488305
Tu, Th	10:30am-11:00am	Sep 6	4488306
Tu, Th	12noon-12:30pm	Sep 6	4488309
Tu, Th	3:00pm-3:30pm	Sep 6	4488312
Tu, Th	3:30pm-4:00pm	Sep 6	4488313
Tu, Th	4:00pm-4:30pm	Sep 6	4488314
Tu, Th	4:30pm-5:00pm	Sep 6	4488315
Tu, Th	5:00pm-5:30pm	Sep 6	4488316
Tu, Th	5:30pm-6:00pm	Sep 6	4488317
Tu, Th	6:00pm-6:30pm	Sep 6	4488321
Tu, Th	6:30pm-7:00pm	Sep 6	4488322
Tu, Th	7:00pm-7:30pm	Sep 6	4488323
Tu	3:15pm-3:45pm	Sep 6	4489567
Tu, Th	9:00am-9:30am	Oct 11	4488434
Tu, Th	10:00am-10:30am	Oct 11	4488435
Tu, Th	10:30am-11:00am	Oct 11	4488436
Tu, Th	12noon-12:30pm	Oct 11	4488437
Tu, Th	3:00pm-3:30pm	Oct 11	4488438
Tu, Th	3:30pm-4:00pm	Oct 11	4488439
Tu, Th	4:00pm-4:30pm	Oct 11	4488440
Tu, Th	4:30pm-5:00pm	Oct 11	4488445
Tu, Th	5:00pm-5:30pm	Oct 11	4488454
Tu, Th	5:30pm-6:00pm	Oct 11	4488459
Tu, Th	6:00pm-6:30pm	Oct 11	4488462
Tu, Th	6:30pm-7:00pm	Oct 11	4488473
Tu, Th	7:00pm-7:30pm	Oct 11	4488476
M, W	9:30am-10:00am	Nov 14	4487626
M, W	10:30am-11:00am	Nov 14	4487627
M, W	11:00am-11:30am	Nov 14	4487628
M, W	12noon-12:30pm	Nov 14	4487629
M, W	3:00pm-3:30pm	Nov 14	4487630
M, W	3:30pm-4:00pm	Nov 14	4487631
M, W	4:00pm-4:30pm	Nov 14	4487632
M, W	4:30pm-5:00pm	Nov 14	4487633
M, W	5:00pm-5:30pm	Nov 14	4487634
M, W	5:30pm-6:00pm	Nov 14	4487635
M, W	6:00pm-6:30pm	Nov 14	4487636

M, W	6:30pm-7:00pm	Nov 14	4487637
M, W	7:00pm-7:30pm	Nov 14	4487638
Tu, Th	9:00am-9:30am	Nov 15	4488707
Tu, Th	10:00am-10:30am	Nov 15	4488708
Tu, Th	10:30am-11:00am	Nov 15	4488709
Tu, Th	12noon-12:30pm	Nov 15	4488710
Tu, Th	3:00pm-3:30pm	Nov 15	4488711
Tu, Th	3:30pm-4:00pm	Nov 15	4488712
Tu, Th	4:00pm-4:30pm	Nov 15	4488713
Tu, Th	4:30pm-5:00pm	Nov 15	4488714
Tu, Th	5:00pm-5:30pm	Nov 15	4488715
Tu, Th	5:30pm-6:00pm	Nov 15	4488716
Tu, Th	6:00pm-6:30pm	Nov 15	4488717
Tu, Th	6:30pm-7:00pm	Nov 15	4488718
Tu, Th	7:00pm-7:30pm	Nov 15	4488719
Sa-Su	9:00am-9:30am	Nov 19	4493610
Sa-Su	9:30am-10:00am	Nov 19	4493611
Sa-Su	10:00am-10:30am	Nov 19	4493612
Sa-Su	10:30am-11:00am	Nov 19	4493613
Sa-Su	11:00am-11:30am	Nov 19	4493614
Sa-Su	11:30am-12noon	Nov 19	4493615
Sa-Su	12noon-12:30pm	Nov 19	4493616
Sa-Su	12:30pm-1:00pm	Nov 19	4493617

FLEETWOOD 9 Sessions \$75.25 3-5yrs

W, M	9:30am-10:00am	Sep 7	4487335
W, M	10:30am-11:00am	Sep 7	4487440
W, M	11:00am-11:30am	Sep 7	4487442
W, M	12noon-12:30pm	Sep 7	4487444
W, M	3:00pm-3:30pm	Sep 7	4487445
W, M	3:30pm-4:00pm	Sep 7	4487446
W, M	4:00pm-4:30pm	Sep 7	4487448
W, M	4:30pm-5:00pm	Sep 7	4487449
W, M	5:00pm-5:30pm	Sep 7	4487451
W, M	5:30pm-6:00pm	Sep 7	4487453
W, M	6:00pm-6:30pm	Sep 7	4487454
W, M	6:30pm-7:00pm	Sep 7	4487455
W, M	7:00pm-7:30pm	Sep 7	4487456
F	9:30am-10:00am	Sep 9	4490156
F	10:30am-11:00am	Sep 9	4490158
F	11:00am-11:30am	Sep 9	4490159
F	12noon-12:30pm	Sep 9	4490160
F	3:00pm-3:30pm	Sep 9	4490161
F	3:30pm-4:00pm	Sep 9	4490163
F	4:00pm-4:30pm	Sep 9	4490164
F	4:30pm-5:00pm	Sep 9	4490165
F	5:00pm-5:30pm	Sep 9	4490166
F	5:30pm-6:00pm	Sep 9	4490167
F	6:00pm-6:30pm	Sep 9	4490169
F	6:30pm-7:00pm	Sep 9	4490170
F	7:00pm-7:30pm	Sep 9	4490174
W, M	9:30am-10:00am	Oct 12	4487545
W, M	10:30am-11:00am	Oct 12	4487546
W, M	11:00am-11:30am	Oct 12	4487547
W, M	12noon-12:30pm	Oct 12	4487548
W, M	3:00pm-3:30pm	Oct 12	4487549
W, M	3:30pm-4:00pm	Oct 12	4487550
W, M	4:00pm-4:30pm	Oct 12	4487551
W, M	4:30pm-5:00pm	Oct 12	4487552
W, M	5:00pm-5:30pm	Oct 12	4487553
W, M	5:30pm-6:00pm	Oct 12	4487554

W, M	6:00pm-6:30pm	Oct 12	4487555
W, M	6:30pm-7:00pm	Oct 12	4487556
W, M	7:00pm-7:30pm	Oct 12	4487557

FLEETWOOD 8 Sessions \$67 3-5yrs

Sa-Su	9:00am-9:30am	Sep 10	4493502
Sa-Su	9:30am-10:00am	Sep 10	4493503
Sa-Su	10:00am-10:30am	Sep 10	4493504
Sa-Su	10:30am-11:00am	Sep 10	4493505
Sa-Su	11:00am-11:30am	Sep 10	4493506
Sa-Su	11:30am-12noon	Sep 10	4493507
Sa-Su	12noon-12:30pm	Sep 10	4493508
Sa-Su	12:30pm-1:00pm	Sep 10	4493509
Sa	9:15am-9:45am	Sep 10	4491667
Sa	9:45am-10:15am	Sep 10	4491669
Sa	10:15am-10:45am	Sep 10	4491670
Sa	10:45am-11:15am	Sep 10	4491672
Sa	11:15am-11:45am	Sep 10	4491673
Sa	11:45am-12:15pm	Sep 10	4491674
Sa	12:15pm-12:45pm	Sep 10	4491676
Sa	12:45pm-1:15pm	Sep 10	4491677
Su	9:15am-9:45am	Sep 11	4491915
Su	9:45am-10:15am	Sep 11	4491917
Su	10:15am-10:45am	Sep 11	4491963
Su	10:45am-11:15am	Sep 11	4491964
Su	11:15am-11:45am	Sep 11	4491965
Su	11:45am-12:15pm	Sep 11	4491966
Su	12:15pm-12:45pm	Sep 11	4491977
Su	12:45pm-1:15pm	Sep 11	4491979
M	3:15pm-3:30pm	Sep 12	4489468
Sa-Su	9:00am-9:30am	Oct 15	4493552
Sa-Su	9:30am-10:00am	Oct 15	4493553
Sa-Su	10:00am-10:30am	Oct 15	4493554
Sa-Su	10:30am-11:00am	Oct 15	4493556
Sa-Su	11:00am-11:30am	Oct 15	4493557
Sa-Su	11:30am-12noon	Oct 15	4493558
Sa-Su	12noon-12:30pm	Oct 15	4493559
Sa-Su	12:30pm-1:00pm	Oct 15	4493560

FLEETWOOD 5 Sessions \$41.75 3-5yrs

Tu	3:15pm-3:45pm	Nov 15	4489626
F	9:30am-10:00am	Nov 18	4490495
F	10:30am-11:00am	Nov 18	4490499
F	11:00am-11:30am	Nov 18	4490501
F	12noon-12:30pm	Nov 18	4490506
F	3:00pm-3:30pm	Nov 18	4490512
F	3:30pm-4:00pm	Nov 18	4490513
F	4:00pm-4:30pm	Nov 18	4490514
F	4:30pm-5:00pm	Nov 18	4490515
F	5:00pm-5:30pm	Nov 18	4490516
F	5:30pm-6:00pm	Nov 18	4490517
F	6:00pm-6:30pm	Nov 18	4490518
F	6:30pm-7:00pm	Nov 18	4490520
F	7:00pm-7:30pm	Nov 18	4490522
Sa	9:15am-9:45am	Nov 19	4491817
Sa	9:45am-10:15am	Nov 19	4491818
Sa	10:15am-10:45am	Nov 19	4491819
Sa	10:45am-11:15am	Nov 19	4491820
Sa	11:15am-11:45am	Nov 19	4491821
Sa	11:45am-12:15pm	Nov 19	4491822
Sa	12:15pm-12:45pm	Nov 19	4491823
Sa	12:45pm-1:15pm	Nov 19	4491824
Su	9:15am-9:45am	Nov 20	4492115
Su	9:45am-10:15am	Nov 20	4492117
Su	10:15am-10:45am	Nov 20	4492118
Su	10:45am-11:15am	Nov 20	4492119
Su	11:15am-11:45am	Nov 20	4492122
Su	11:45am-12:15pm	Nov 20	4492124
Su	12:15pm-12:45pm	Nov 20	4492126
Su	12:45pm-1:15pm	Nov 20	4492130

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$83.75 3-5yrs

Tu, Th	12noon-12:30pm	Sep 6	4490254
Tu, Th	3:30pm-4:00pm	Sep 6	4490265
Tu, Th	4:00pm-4:30pm	Sep 6	4490268
Tu, Th	4:30pm-5:00pm	Sep 6	4490271
Tu, Th	5:30pm-6:00pm	Sep 6	4490281
Tu, Th	6:00pm-6:30pm	Sep 6	4490283
Tu, Th	6:30pm-7:00pm	Sep 6	4490285
Tu, Th	12noon-12:30pm	Oct 11	4490288
Tu, Th	3:30pm-4:00pm	Oct 11	4490290
Tu, Th	4:00pm-4:30pm	Oct 11	4490298
Tu, Th	4:30pm-5:00pm	Oct 11	4490301
Tu, Th	5:30pm-6:00pm	Oct 11	4490304
Tu, Th	6:00pm-6:30pm	Oct 11	4490306
Tu, Th	6:30pm-7:00pm	Oct 11	4490308
M, W	9:30am-10:00am	Nov 14	4490312
M, W	3:30pm-4:00pm	Nov 14	4490330
M, W	4:00pm-4:30pm	Nov 14	4490332

M, W	4:30pm-5:00pm	Nov 14	4490333
M, W	5:30pm-6:00pm	Nov 14	4490335
M, W	6:00pm-6:30pm	Nov 14	4490337
M, W	6:30pm-7:00pm	Nov 14	4490369
Tu, Th	12noon-12:30pm	Nov 15	4490370
Tu, Th	3:30pm-4:00pm	Nov 15	4490372
Tu, Th	4:00pm-4:30pm	Nov 15	4490375
Tu, Th	4:30pm-5:00pm	Nov 15	4490376
Tu, Th	5:30pm-6:00pm	Nov 15	4490378
Tu, Th	6:00pm-6:30pm	Nov 15	4490380
Tu, Th	6:30pm-7:00pm	Nov 15	4490381
Sa-Su	9:00am-9:30am	Nov 19	4490383
Sa-Su	9:30am-10:00am	Nov 19	4490385
Sa-Su	10:30am-11:00am	Nov 19	4490387
Sa-Su	11:30am-12noon	Nov 19	4490389
Sa-Su	12noon-12:30pm	Nov 19	4490391
Sa-Su	12:30pm-1:00pm	Nov 19	4490400

GUILDFORD 9 Sessions \$75.25 3-5yrs

W, M	9:30am-10:00am	Sep 7	4490403
W, M	3:30pm-4:00pm	Sep 7	4490407
W, M	4:00pm-4:30pm	Sep 7	4490409
W, M	4:30pm-5:00pm	Sep 7	4490411
W, M	5:30pm-6:00pm	Sep 7	4490413
W, M	6:00pm-6:30pm	Sep 7	4490418
W, M	6:30pm-7:00pm	Sep 7	4490420
F	10:00am-10:30am	Sep 9	4490433
F	3:30pm-4:00pm	Sep 9	4490435
F	4:30pm-5:00pm	Sep 9	4490437
W, M	9:30am-10:00am	Oct 12	4490424
W, M	3:30pm-4:00pm	Oct 12	4490426
W, M	4:00pm-4:30pm	Oct 12	4490427
W, M	4:30pm-5:00pm	Oct 12	4490428
W, M	5:30pm-6:00pm	Oct 12	4490430
W, M	6:00pm-6:30pm	Oct 12	4490431
W, M	6:30pm-7:00pm	Oct 12	4490432

GUILDFORD 8 Sessions \$67 3-5yrs

Sa-Su	9:00am-9:30am	Sep 10	4490519
Sa-Su	9:30am-10:00am	Sep 10	4490521
Sa-Su	10:30am-11:00am	Sep 10	4490523
Sa-Su	11:30am-12noon	Sep 10	4490530
Sa-Su	12noon-12:30pm	Sep 10	4490531
Sa-Su	12:30pm-1:00pm	Sep 10	4490532
Sa	9:45am-10:15am	Sep 10	4490544
Sa	11:45am-12:15pm	Sep 10	4490545
Su	10:15am-10:45am	Sep 11	4490549
Su	11:45am-12:15pm	Sep 11	4490553
Sa-Su	9:00am-9:30am	Oct 15	4490533

NEWTON 7 Sessions \$58.75 3-5yrs
 M-Th 9:30am-10:00am Dec 19 4491312
 M-Th 10:30am-11:00am Dec 19 4491313
Newton Recreation Centre

NORTH 10 Sessions \$83.75 3-5yrs
 Sa-Su 9:00am-9:30am Nov 19 4484125
 Sa-Su 10:00am-10:30am Nov 19 4484130
 Sa-Su 10:30am-11:00am Nov 19 4484131
 Sa-Su 11:30am-12noon Nov 19 4484148
 Sa-Su 12noon-12:30pm Nov 19 4484152
 Sa-Su 12:30pm-1:00pm Nov 19 4484158

NORTH 8 Sessions \$67 3-5yrs
 Tu, Th 9:30am-10:00am Sep 6 4483888
 Tu, Th 3:00pm-3:30pm Sep 6 4483889
 Tu, Th 3:30pm-4:00pm Sep 6 4483890
 Tu, Th 4:00pm-4:30pm Sep 6 4483891
 Tu, Th 5:00pm-5:30pm Sep 6 4483892
 Tu, Th 5:30pm-6:00pm Sep 6 4483893
 F 10:00am-10:30am Sep 9 4483895
 F 3:00pm-3:30pm Sep 9 4483896
 F 4:00pm-4:30pm Sep 9 4483897
 F 5:00pm-5:30pm Sep 9 4483898
 Sa-Su 9:00am-9:30am Sep 10 4483899
 Sa-Su 10:00am-10:30am Sep 10 4483902
 Sa-Su 10:30am-11:00am Sep 10 4483908
 Sa-Su 11:30am-12noon Sep 10 4483909
 Sa-Su 12noon-12:30pm Sep 10 4483910
 Sa-Su 12:30pm-1:00pm Sep 10 4483911
 Tu, Th 9:30am-10:00am Oct 4 4483935
 Tu, Th 3:00pm-3:30pm Oct 4 4483936
 Tu, Th 3:30pm-4:00pm Oct 4 4483939
 Tu, Th 4:00pm-4:30pm Oct 4 4483943
 Tu, Th 5:00pm-5:30pm Oct 4 4483947
 Tu, Th 5:30pm-6:00pm Oct 4 4483948
 Sa-Su 9:00am-9:30am Oct 15 4484001
 Sa-Su 10:00am-10:30am Oct 15 4484002
 Sa-Su 10:30am-11:00am Oct 15 4484003
 Sa-Su 11:30am-12noon Oct 15 4484004
 Sa-Su 12noon-12:30pm Oct 15 4484005
 Sa-Su 12:30pm-1:00pm Oct 15 4484006
 M, W 10:30am-11:00am Oct 31 4484035
 M, W 3:00pm-3:30pm Oct 31 4484040
 M, W 3:30pm-4:00pm Oct 31 4484043
 M, W 4:00pm-4:30pm Oct 31 4484052
 M, W 5:00pm-5:30pm Oct 31 4484054
 Tu, Th 9:30am-10:00am Nov 1 4484088
 Tu, Th 3:00pm-3:30pm Nov 1 4484095
 Tu, Th 3:30pm-4:00pm Nov 1 4484101
 Tu, Th 4:00pm-4:30pm Nov 1 4484106
 Tu, Th 5:00pm-5:30pm Nov 1 4484120
 Tu, Th 5:30pm-6:00pm Nov 1 4484121

NORTH 7 Sessions \$58.75 3-5yrs
 W, M 10:30am-11:00am Sep 7 4483638
 W, M 3:00pm-3:30pm Sep 7 4483884
 W, M 3:30pm-4:00pm Sep 7 4483885
 W, M 4:00pm-4:30pm Sep 7 4483886
 W, M 5:00pm-5:30pm Sep 7 4483887
 Sa 9:00am-9:30am Sep 10 4483913
 Sa 10:00am-10:30am Sep 10 4483914
 Sa 10:30am-11:00am Sep 10 4483915
 Sa 11:30am-12noon Sep 10 4483916
 Sa 12noon-12:30pm Sep 10 4483917
 M, W 10:30am-11:00am Oct 3 4483920
 M, W 3:00pm-3:30pm Oct 3 4483923
 M, W 3:30pm-4:00pm Oct 3 4483924
 M, W 4:00pm-4:30pm Oct 3 4483926
 M, W 5:00pm-5:30pm Oct 3 4483930

NORTH 6 Sessions \$50.50 3-5yrs
 F 10:00am-10:30am Nov 4 4483956
 F 3:00pm-3:30pm Nov 4 4483958
 F 4:00pm-4:30pm Nov 4 4483963
 F 5:00pm-5:30pm Nov 4 4483996
 Sa 9:00am-9:30am Nov 5 4484011
 Sa 10:00am-10:30am Nov 5 4484012
 Sa 10:30am-11:00am Nov 5 4484025
 Sa 11:30am-12noon Nov 5 4484026
 Sa 12noon-12:30pm Nov 5 4484028
 M, W 10:30am-11:00am Nov 28 4484161
 M, W 3:00pm-3:30pm Nov 28 4484162
 M, W 3:30pm-4:00pm Nov 28 4484167
 M, W 4:00pm-4:30pm Nov 28 4484195
 M, W 5:00pm-5:30pm Nov 28 4484198

Tu, Th 9:30am-10:00am Nov 29 4484202
 Tu, Th 3:00pm-3:30pm Nov 29 4484203
 Tu, Th 3:30pm-4:00pm Nov 29 4484207
 Tu, Th 4:00pm-4:30pm Nov 29 4484209
 Tu, Th 5:00pm-5:30pm Nov 29 4484213
 Tu, Th 5:30pm-6:00pm Nov 29 4484217

North Surrey Recreation Centre

SOUTH 10 Sessions \$83.75 3-5yrs
 Tu, Th 9:00am-9:30am Oct 11 4484970
 Tu, Th 9:30am-10:00am Oct 11 4484973
 Tu, Th 10:00am-10:30am Oct 11 4484976
 Tu, Th 10:30am-11:00am Oct 11 4484979
 Tu, Th 12noon-12:30pm Oct 11 4484983
 Tu, Th 3:00pm-3:30pm Oct 11 4484985
 Tu, Th 3:30pm-4:00pm Oct 11 4484986
 Tu, Th 4:00pm-4:30pm Oct 11 4484989
 Tu, Th 4:30pm-5:00pm Oct 11 4484990
 Tu, Th 5:00pm-5:30pm Oct 11 4484991
 Tu, Th 5:30pm-6:00pm Oct 11 4484992
 Tu, Th 6:00pm-6:30pm Oct 11 4484993
 Tu, Th 6:30pm-7:00pm Oct 11 4484994
 Tu, Th 7:00pm-7:30pm Oct 11 4484995
 M, W 9:30am-10:00am Nov 14 4485075
 M, W 10:00am-10:30am Nov 14 4485077
 M, W 10:30am-11:00am Nov 14 4485080
 M, W 11:30am-12noon Nov 14 4485081
 M, W 12noon-12:30pm Nov 14 4485083
 M, W 3:00pm-3:30pm Nov 14 4485089
 M, W 3:30pm-4:00pm Nov 14 4485092
 M, W 4:00pm-4:30pm Nov 14 4485096
 M, W 4:30pm-5:00pm Nov 14 4485098
 M, W 5:00pm-5:30pm Nov 14 4485099
 M, W 5:30pm-6:00pm Nov 14 4485100
 M, W 6:00pm-6:30pm Nov 14 4485101
 M, W 6:30pm-7:00pm Nov 14 4485102
 M, W 7:00pm-7:30pm Nov 14 4485103

Tu, Th 9:00am-9:30am Nov 15 4485104
 Tu, Th 9:30am-10:00am Nov 15 4485105
 Tu, Th 10:00am-10:30am Nov 15 4485108
 Tu, Th 10:30am-11:00am Nov 15 4485109
 Tu, Th 12noon-12:30pm Nov 15 4485110
 Tu, Th 3:00pm-3:30pm Nov 15 4485112
 Tu, Th 3:30pm-4:00pm Nov 15 4485118
 Tu, Th 4:00pm-4:30pm Nov 15 4485121
 Tu, Th 4:30pm-5:00pm Nov 15 4485122
 Tu, Th 5:00pm-5:30pm Nov 15 4485123
 Tu, Th 5:30pm-6:00pm Nov 15 4485124
 Tu, Th 6:00pm-6:30pm Nov 15 4485125
 Tu, Th 6:30pm-7:00pm Nov 15 4485126
 Tu, Th 7:00pm-7:30pm Nov 15 4485127
 Sa-Su 9:00am-9:30am Nov 19 4485128
 Sa-Su 9:30am-10:00am Nov 19 4485129
 Sa-Su 10:00am-10:30am Nov 19 4485130
 Sa-Su 10:30am-11:00am Nov 19 4485131
 Sa-Su 11:00am-11:30am Nov 19 4485132
 Sa-Su 11:30am-12noon Nov 19 4485133
 Sa-Su 12noon-12:30pm Nov 19 4485134
 Sa-Su 12:30pm-1:00pm Nov 19 4485135

SOUTH 9 Sessions \$75.25 3-5yrs
 W, M 9:30am-10:00am Oct 12 4484940
 W, M 10:00am-10:30am Oct 12 4484941
 W, M 10:30am-11:00am Oct 12 4484943
 W, M 11:30am-12noon Oct 12 4484944
 W, M 12noon-12:30pm Oct 12 4484945
 W, M 3:00pm-3:30pm Oct 12 4484946
 W, M 3:30pm-4:00pm Oct 12 4484947
 W, M 4:00pm-4:30pm Oct 12 4484948
 W, M 4:30pm-5:00pm Oct 12 4484949
 W, M 5:00pm-5:30pm Oct 12 4484950
 W, M 5:30pm-6:00pm Oct 12 4484953
 W, M 6:00pm-6:30pm Oct 12 4484956
 W, M 6:30pm-7:00pm Oct 12 4484959
 W, M 7:00pm-7:30pm Oct 12 4484962
 F 9:00am-9:30am Oct 14 4485012
 F 9:30am-10:00am Oct 14 4485019
 F 10:00am-10:30am Oct 14 4485025
 F 10:30am-11:00am Oct 14 4485029
 F 11:30am-12noon Oct 14 4485030
 F 12noon-12:30pm Oct 14 4485032
 F 3:00pm-3:30pm Oct 14 4485042
 F 3:30pm-4:00pm Oct 14 4485043
 F 4:00pm-4:30pm Oct 14 4485053
 F 4:30pm-5:00pm Oct 14 4485054
 F 5:00pm-5:30pm Oct 14 4485055

F 5:30pm-6:00pm Oct 14 4485056
 F 6:00pm-6:30pm Oct 14 4485057
 F 6:30pm-7:00pm Oct 14 4485058
 F 7:00pm-7:30pm Oct 14 4485059

SOUTH 8 Sessions \$67 3-5yrs

Sa-Su 9:00am-9:30am Oct 15 4485061
 Sa-Su 9:30am-10:00am Oct 15 4485062
 Sa-Su 10:00am-10:30am Oct 15 4485063
 Sa-Su 10:30am-11:00am Oct 15 4485064
 Sa-Su 11:00am-11:30am Oct 15 4485068
 Sa-Su 11:30am-12noon Oct 15 4485072
 Sa-Su 12noon-12:30pm Oct 15 4493665
 Sa-Su 12:30pm-1:00pm Oct 15 4485074

Grandview Heights Aquatic Centre

SOUTH 8 Sessions \$67 3-5yrs
 Tu, Th 9:30am-10:00am Sep 6 4491709
 Tu, Th 10:30am-11:00am Sep 6 4491712
 Tu, Th 3:00pm-3:30pm Sep 6 4491718
 Tu, Th 3:30pm-4:00pm Sep 6 4491721
 Tu, Th 4:00pm-4:30pm Sep 6 4491723
 Tu, Th 9:30am-10:00am Oct 4 4491807
 Tu, Th 10:30am-11:00am Oct 4 4491829
 Tu, Th 3:00pm-3:30pm Oct 4 4491837
 Tu, Th 3:30pm-4:00pm Oct 4 4491856
 Tu, Th 4:00pm-4:30pm Oct 4 4491864
 M, W 9:30am-10:00am Oct 31 4491978
 M, W 10:30am-11:00am Oct 31 4491980
 M, W 3:00pm-3:30pm Oct 31 4491981
 M, W 3:30pm-4:00pm Oct 31 4491982
 M, W 4:00pm-4:30pm Oct 31 4491985
 Tu, Th 9:30am-10:00am Nov 1 4491987
 Tu, Th 10:30am-11:00am Nov 1 4491990
 Tu, Th 3:00pm-3:30pm Nov 1 4491993
 Tu, Th 3:30pm-4:00pm Nov 1 4492010
 Tu, Th 4:00pm-4:30pm Nov 1 4492011

SOUTH 7 Sessions \$58.75 3-5yrs

W, M 9:30am-10:00am Sep 7 4491698
 W, M 10:30am-11:00am Sep 7 4491701
 W, M 3:00pm-3:30pm Sep 7 4491702
 W, M 3:30pm-4:00pm Sep 7 4491704
 W, M 4:00pm-4:30pm Sep 7 4491707
 Sa 9:30am-10:00am Sep 10 4491728
 Sa 10:00am-10:30am Sep 10 4491730
 Sa 10:30am-11:00am Sep 10 4491740
 Sa 11:00am-11:30am Sep 10 4491741
 Sa 11:30am-12noon Sep 10 4491742
 Sa 12noon-12:30pm Sep 10 4491743
 Su 6:00pm-6:30pm Sep 11 4491784
 Su 6:30pm-7:00pm Sep 11 4491786
 M, W 9:30am-10:00am Oct 3 4491796
 M, W 10:30am-11:00am Oct 3 4491799
 M, W 3:00pm-3:30pm Oct 3 4491802
 M, W 3:30pm-4:00pm Oct 3 4491803
 M, W 4:00pm-4:30pm Oct 3 4491805

SOUTH 6 Sessions \$50.50 3-5yrs

M, W 9:30am-10:00am Nov 28 4492013
 M, W 10:30am-11:00am Nov 28 4492015
 M, W 3:00pm-3:30pm Nov 28 4492018
 M, W 3:30pm-4:00pm Nov 28 4492025
 M, W 4:00pm-4:30pm Nov 28 4492027
 Tu, Th 9:30am-10:00am Nov 29 4492034
 Tu, Th 10:30am-11:00am Nov 29 4492036
 Tu, Th 3:00pm-3:30pm Nov 29 4492042
 Tu, Th 3:30pm-4:00pm Nov 29 4492043
 Tu, Th 4:00pm-4:30pm Nov 29 4492049

SOUTH 5 Sessions \$41.75 3-5yrs

Sa 9:30am-10:00am Nov 5 4491869
 Sa 10:00am-10:30am Nov 5 4491893
 Sa 10:30am-11:00am Nov 5 4491894
 Sa 11:00am-11:30am Nov 5 4491896
 Sa 11:30am-12noon Nov 5 4491902
 Sa 12noon-12:30pm Nov 5 4491903
 Su 6:00pm-6:30pm Nov 6 4491907
 Su 6:30pm-7:00pm Nov 6 4491911
 M-F 9:30am-10:00am Dec 19 4492057
 M-F 10:30am-11:00am Dec 19 4492059
 M-F 11:30am-12noon Dec 19 4492062

South Surrey Indoor Pool

PARENTS AND GUARDIANS:

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

Thank you

**Red Cross Swim
 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 Sep 6 4488324
 Tu, Th 10:00am-10:30am Sep 6 4488325
 Tu, Th 10:30am-11:00am Sep 6 4488326
 Tu, Th 11:00am-11:30am Sep 6 4488327
 Tu, Th 11:30am-12noon Sep 6 4488328
 Tu, Th 12:30pm-1:00pm Sep 6 4488330
 Tu, Th 3:00pm-3:30pm Sep 6 4488334
 Tu, Th 3:30pm-4:00pm Sep 6 4488335
 Tu, Th 4:00pm-4:30pm Sep 6 4488336
 Tu, Th 4:30pm-5:00pm Sep 6 4488338
 Tu 4:45pm-5:15pm Sep 6 4489564
 Tu, Th 5:00pm-5:30pm Sep 6 4488339
 Tu 5:15pm-5:45pm Sep 6 4489565
 Tu, Th 5:30pm-6:00pm Sep 6 4488340
 Tu, Th 6:00pm-6:30pm Sep 6 4488341
 Tu, Th 6:30pm-7:00pm Sep 6 4488342
 Tu 6:30pm-7:00pm Sep 6 4489566
 Tu, Th 7:00pm-7:30pm Sep 6 4488344
 Tu, Th 9:00am-9:30am Oct 11 4488497
 Tu, Th 10:00am-10:30am Oct 11 4488603
 Tu, Th 10:30am-11:00am Oct 11 4488608
 Tu, Th 11:00am-11:30am Oct 11 4488611
 Tu, Th 11:30am-12noon Oct 11 4488614
 Tu, Th 12:30pm-1:00pm Oct 11 4488621
 Tu, Th 3:00pm-3:30pm Oct 11 4488626
 Tu, Th 3:30pm-4:00pm Oct 11 4488628
 Tu, Th 4:00pm-4:30pm Oct 11 4488629
 Tu, Th 4:30pm-5:00pm Oct 11 4488630
 Tu, Th 5:00pm-5:30pm Oct 11 4488631
 Tu, Th 5:30pm-6:00pm Oct 11 4488634
 Tu, Th 6:00pm-6:30pm Oct 11 4488635
 Tu, Th 6:30pm-7:00pm Oct 11 4488636
 Tu, Th 7:00pm-7:30pm Oct 11 4488638
 M, W 9:00am-9:30am Nov 14 4487639
 M, W 10:00am-10:30am Nov 14 4487640
 M, W 10:30am-11:00am Nov 14 4487641
 M, W 11:00am-11:30am Nov 14 4487642
 M, W 11:30am-12noon Nov 14 4487643
 M, W 12:30pm-1:00pm Nov 14 4487644
 M, W 3:00pm-3:30pm Nov 14 4487645
 M, W 3:30pm-4:00pm Nov 14 4487646
 M, W 4:00pm-4:30pm Nov 14 4487647
 M, W 4:30pm-5:00pm Nov 14 4487648
 M, W 5:00pm-5:30pm Nov 14 4487649
 M, W 5:30pm-6:00pm Nov 14 4487651
 M, W 6:00pm-6:30pm Nov 14 4487652
 M, W 6:30pm-7:00pm Nov 14 4487654
 M, W 7:00pm-7:30pm Nov 14 4487656
 Tu, Th 9:00am-9:30am Nov 15 4489211
 Tu, Th 10:00am-10:30am Nov 15 4489212
 Tu, Th 10:30am-11:00am Nov 15 4489213
 Tu, Th 11:00am-11:30am Nov 15 4489214
 Tu, Th 11:30am-12noon Nov 15 4489215
 Tu, Th 12:30pm-1:00pm Nov 15 4489216
 Tu, Th 3:00pm-3:30pm Nov 15 4489217
 Tu, Th 3:30pm-4:00pm Nov 15 4489218
 Tu, Th 4:00pm-4:30pm Nov 15 4489219
 Tu, Th 4:30pm-5:00pm Nov 15 4489220
 Tu, Th 5:00pm-5:30pm Nov 15 4489221
 Tu, Th 5:30pm-6:00pm Nov 15 4489222
 Tu, Th 6:00pm-6:30pm Nov 15 4489223
 Tu, Th 6:30pm-7:00pm Nov 15 4489224
 Tu, Th 7:00pm-7:30pm Nov 15 4489225

Sa-Su	9:00am-9:30am	Nov 19	4493618
Sa-Su	9:30am-10:00am	Nov 19	4493619
Sa-Su	10:00am-10:30am	Nov 19	4493620
Sa-Su	10:30am-11:00am	Nov 19	4493621
Sa-Su	11:00am-11:30am	Nov 19	4493622
Sa-Su	11:30am-12noon	Nov 19	4493623
Sa-Su	12noon-12:30pm	Nov 19	4493625
Sa-Su	12:30pm-1:00pm	Nov 19	4493626

FLEETWOOD 9 Sessions \$75.25 3-5yrs

W, M	9:00am-9:30am	Sep 7	4487336
W, M	10:00am-10:30am	Sep 7	4487475
W, M	10:30am-11:00am	Sep 7	4487476
W, M	11:00am-11:30am	Sep 7	4487477
W, M	11:30am-12noon	Sep 7	4487478
W, M	12:30pm-1:00pm	Sep 7	4487479
W, M	3:00pm-3:30pm	Sep 7	4487480
W, M	3:30pm-4:00pm	Sep 7	4487481
W, M	4:00pm-4:30pm	Sep 7	4487482
W, M	4:30pm-5:00pm	Sep 7	4487483
W, M	5:00pm-5:30pm	Sep 7	4487484
W, M	5:30pm-6:00pm	Sep 7	4487485
W, M	6:00pm-6:30pm	Sep 7	4487486
W, M	6:30pm-7:00pm	Sep 7	4487487
W, M	7:00pm-7:30pm	Sep 7	4487488
F	9:00am-9:30am	Sep 9	4490178
F	10:00am-10:30am	Sep 9	4490179
F	10:30am-11:00am	Sep 9	4490181
F	11:00am-11:30am	Sep 9	4490184
F	11:30am-12noon	Sep 9	4490185
F	12:30pm-1:00pm	Sep 9	4490186
F	3:00pm-3:30pm	Sep 9	4490187
F	3:30pm-4:00pm	Sep 9	4490188
F	4:00pm-4:30pm	Sep 9	4490189
F	4:30pm-5:00pm	Sep 9	4490196
F	5:00pm-5:30pm	Sep 9	4490198
F	5:30pm-6:00pm	Sep 9	4490199
F	6:00pm-6:30pm	Sep 9	4490200
F	6:30pm-7:00pm	Sep 9	4490201
F	7:00pm-7:30pm	Sep 9	4490202
W, M	9:00am-9:30am	Oct 12	4487558
W, M	10:00am-10:30am	Oct 12	4487559
W, M	10:30am-11:00am	Oct 12	4487560
W, M	11:00am-11:30am	Oct 12	4487561
W, M	11:30am-12noon	Oct 12	4487562
W, M	12:30pm-1:00pm	Oct 12	4487563
W, M	3:00pm-3:30pm	Oct 12	4487564
W, M	3:30pm-4:00pm	Oct 12	4487565
W, M	4:00pm-4:30pm	Oct 12	4487566
W, M	4:30pm-5:00pm	Oct 12	4487567
W, M	5:00pm-5:30pm	Oct 12	4487568
W, M	5:30pm-6:00pm	Oct 12	4487569
W, M	6:00pm-6:30pm	Oct 12	4487570
W, M	6:30pm-7:00pm	Oct 12	4487571
W, M	7:00pm-7:30pm	Oct 12	4487572

FLEETWOOD 8 Sessions \$67 3-5yrs

Sa-Su	9:00am-9:30am	Sep 10	4493510
Sa-Su	9:30am-10:00am	Sep 10	4493511
Sa-Su	10:00am-10:30am	Sep 10	4493512
Sa-Su	10:30am-11:00am	Sep 10	4493513
Sa-Su	11:00am-11:30am	Sep 10	4493514
Sa-Su	11:30am-12noon	Sep 10	4493515
Sa-Su	12noon-12:30pm	Sep 10	4493516
Sa-Su	12:30pm-1:00pm	Sep 10	4493517
Sa	9:15am-9:45am	Sep 10	4491678
Sa	9:45am-10:15am	Sep 10	4491680
Sa	10:15am-10:45am	Sep 10	4491682
Sa	10:45am-11:15am	Sep 10	4491685
Sa	11:15am-11:45am	Sep 10	4491687
Sa	11:45am-12:15pm	Sep 10	4491689
Sa	12:15pm-12:45pm	Sep 10	4491692
Sa	12:45pm-1:15pm	Sep 10	4491693
Su	9:15am-9:45am	Sep 11	4491983
Su	9:45am-10:15am	Sep 11	4491986
Su	10:15am-10:45am	Sep 11	4491989
Su	10:45am-11:15am	Sep 11	4491991
Su	11:15am-11:45am	Sep 11	4491994
Su	11:45am-12:15pm	Sep 11	4491996
Su	12:15pm-12:45pm	Sep 11	4491999
Su	12:45pm-1:15pm	Sep 11	4492000
M	4:45pm-5:15pm	Sep 12	4489502
M	5:15pm-5:45pm	Sep 12	4489503
M	6:30pm-7:00pm	Sep 12	4489504

Sa-Su	9:00am-9:30am	Oct 15	4493561
Sa-Su	9:30am-10:00am	Oct 15	4493562
Sa-Su	10:00am-10:30am	Oct 15	4493563
Sa-Su	10:30am-11:00am	Oct 15	4493564
Sa-Su	11:00am-11:30am	Oct 15	4493565
Sa-Su	11:30am-12noon	Oct 15	4493566
Sa-Su	12noon-12:30pm	Oct 15	4493567
Sa-Su	12:30pm-1:00pm	Oct 15	4493568

FLEETWOOD 5 Sessions \$41.75 3-5yrs

M	4:45pm-5:15pm	Nov 14	4489551
M	5:15pm-5:45pm	Nov 14	4489552
M	6:30pm-7:00pm	Nov 14	4489556
Tu	4:45pm-5:15pm	Nov 15	4489629
Tu	5:15pm-5:45pm	Nov 15	4489632
Tu	6:30pm-7:00pm	Nov 15	4489661
F	9:00am-9:30am	Nov 18	4490539
F	10:00am-10:30am	Nov 18	4490540
F	10:30am-11:00am	Nov 18	4490542
F	11:00am-11:30am	Nov 18	4490543
F	11:30am-12noon	Nov 18	4490546
F	12:30pm-1:00pm	Nov 18	4490547
F	3:00pm-3:30pm	Nov 18	4490548
F	3:30pm-4:00pm	Nov 18	4490550
F	4:00pm-4:30pm	Nov 18	4490551
F	4:30pm-5:00pm	Nov 18	4490552
F	5:00pm-5:30pm	Nov 18	4490554
F	5:30pm-6:00pm	Nov 18	4490555
F	6:00pm-6:30pm	Nov 18	4490557
F	6:30pm-7:00pm	Nov 18	4490558
F	7:00pm-7:30pm	Nov 18	4490560
Sa	9:15am-9:45am	Nov 19	4491825
Sa	9:45am-10:15am	Nov 19	4491826
Sa	10:15am-10:45am	Nov 19	4491827
Sa	10:45am-11:15am	Nov 19	4491828
Sa	11:15am-11:45am	Nov 19	4491830
Sa	11:45am-12:15pm	Nov 19	4491831
Sa	12:15pm-12:45pm	Nov 19	4491833
Sa	12:45pm-1:15pm	Nov 19	4491834
Su	9:15am-9:45am	Nov 20	4492141
Su	9:45am-10:15am	Nov 20	4492142
Su	10:15am-10:45am	Nov 20	4492143
Su	10:45am-11:15am	Nov 20	4492145
Su	11:15am-11:45am	Nov 20	4492148
Su	11:45am-12:15pm	Nov 20	4492149
Su	12:15pm-12:45pm	Nov 20	4492151
Su	12:45pm-1:15pm	Nov 20	4492152

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$83.75 3-5yrs

Tu, Th	9:30am-10:00am	Sep 6	4490685
Tu, Th	3:30pm-4:00pm	Sep 6	4490687
Tu, Th	4:00pm-4:30pm	Sep 6	4490689
Tu, Th	4:30pm-5:00pm	Sep 6	4490691
Tu, Th	5:30pm-6:00pm	Sep 6	4490693
Tu, Th	6:00pm-6:30pm	Sep 6	4490695
Tu, Th	6:30pm-7:00pm	Sep 6	4490697
Tu, Th	9:30am-10:00am	Oct 11	4490700
Tu, Th	3:30pm-4:00pm	Oct 11	4490703
Tu, Th	4:00pm-4:30pm	Oct 11	4490721
Tu, Th	4:30pm-5:00pm	Oct 11	4490723
Tu, Th	5:30pm-6:00pm	Oct 11	4490728
Tu, Th	6:00pm-6:30pm	Oct 11	4490730
Tu, Th	6:30pm-7:00pm	Oct 11	4490732
M, W	10:00am-10:30am	Nov 14	4490734
M, W	11:30am-12noon	Nov 14	4490735
M, W	3:30pm-4:00pm	Nov 14	4490736
M, W	4:00pm-4:30pm	Nov 14	4490738
M, W	4:30pm-5:00pm	Nov 14	4490740
M, W	5:30pm-6:00pm	Nov 14	4490742
M, W	6:00pm-6:30pm	Nov 14	4490743
M, W	6:30pm-7:00pm	Nov 14	4490745
Tu, Th	9:30am-10:00am	Nov 15	4490749
Tu, Th	3:30pm-4:00pm	Nov 15	4490751
Tu, Th	4:00pm-4:30pm	Nov 15	4490754
Tu, Th	4:30pm-5:00pm	Nov 15	4490757
Tu, Th	5:30pm-6:00pm	Nov 15	4490760
Tu, Th	6:00pm-6:30pm	Nov 15	4490762
Tu, Th	6:30pm-7:00pm	Nov 15	4490764
Sa-Su	9:00am-9:30am	Nov 19	4490767
Sa-Su	9:30am-10:00am	Nov 19	4490769
Sa-Su	10:30am-11:00am	Nov 19	4490771
Sa-Su	11:30am-12noon	Nov 19	4490772
Sa-Su	12noon-12:30pm	Nov 19	4490775
Sa-Su	12:30pm-1:00pm	Nov 19	4490776

GUILDFORD 9 Sessions \$75.25 3-5yrs

W, M	10:00am-10:30am	Sep 7	4490780
W, M	11:30am-12noon	Sep 7	4490782
W, M	3:30pm-4:00pm	Sep 7	4490784
W, M	4:00pm-4:30pm	Sep 7	4490786
W, M	4:30pm-5:00pm	Sep 7	4490788
W, M	5:30pm-6:00pm	Sep 7	4490790
W, M	6:00pm-6:30pm	Sep 7	4490791
W, M	6:30pm-7:00pm	Sep 7	4490792
F	9:30am-10:00am	Sep 9	4490826
F	4:00pm-4:30pm	Sep 9	4490828
F	5:00pm-5:30pm	Sep 9	4490829
W, M	10:00am-10:30am	Oct 12	4490797
W, M	11:30am-12noon	Oct 12	4490799
W, M	3:30pm-4:00pm	Oct 12	4490802
W, M	4:00pm-4:30pm	Oct 12	4490804
W, M	4:30pm-5:00pm	Oct 12	4490815
W, M	5:30pm-6:00pm	Oct 12	4490818
W, M	6:00pm-6:30pm	Oct 12	4490824
W, M	6:30pm-7:00pm	Oct 12	4490825

GUILDFORD 8 Sessions \$67 3-5yrs

Sa-Su	9:00am-9:30am	Sep 10	4490832
Sa-Su	9:30am-10:00am	Sep 10	4490834
Sa-Su	10:30am-11:00am	Sep 10	4490836
Sa-Su	11:30am-12noon	Sep 10	4490838
Sa-Su	12noon-12:30pm	Sep 10	4490839
Sa-Su	12:30pm-1:00pm	Sep 10	4490841
Sa	9:15am-9:45am	Sep 10	4490865
Sa	10:15am-10:45am	Sep 10	4490876
Sa	11:15am-11:45am	Sep 10	4490869
Su	9:15am-9:45am	Sep 11	4490880
Sa-Su	9:00am-9:30am	Oct 15	4490848
Sa-Su	9:30am-10:00am	Oct 15	4490850
Sa-Su	10:30am-11:00am	Oct 15	4490852
Sa-Su	11:30am-12noon	Oct 15	4490856
Sa-Su	12noon-12:30pm	Oct 15	4490860
Sa-Su	12:30pm-1:00pm	Oct 15	4490861

GUILDFORD 5 Sessions \$41.75 3-5yrs

F	9:30am-10:00am	Nov 18	4490882
F	4:00pm-4:30pm	Nov 18	4490884
F	5:00pm-5:30pm	Nov 18	4490885
Sa	9:15am-9:45am	Nov 19	4490887
Sa	10:15am-10:45am	Nov 19	4490889
Sa	11:15am-11:45am	Nov 19	4490892
Su	9:15am-9:45am	Nov 20	4490894

Guildford Recreation Centre

NEWTON 8 Sessions \$67 3-5yrs

M, W	9:00am-9:30am	Nov 21	4491413
M, W	11:30am-12noon	Nov 21	4491416
M, W	3:00pm-3:30pm	Nov 21	4491419
M, W	3:30pm-4:00pm	Nov 21	4491421
M, W	4:00pm-4:30pm	Nov 21	4491424
M, W	4:30pm-5:00pm	Nov 21	4491426
M, W	5:00pm-5:30pm	Nov 21	4491427
M, W	5:30pm-6:00pm	Nov 21	4491428
Tu, Th	9:00am-9:30am	Nov 22	4491397
Tu, Th	9:30am-10:00am	Nov 22	4491398
Tu, Th	11:30am-12noon	Nov 22	4491399
Tu, Th	3:30pm-4:00pm	Nov 22	4491400
Tu, Th	4:00pm-4:30pm	Nov 22	4491401
Tu, Th	4:30pm-5:00pm	Nov 22	4491403
Tu, Th	5:00pm-5:30pm	Nov 22	4491404
Tu, Th	5:30pm-6:00pm	Nov 22	4491405
Tu, Th	6:00pm-6:30pm	Nov 22	4491406
Tu, Th	6:30pm-7:00pm	Nov 22	4491408
Sa-Su	9:00am-9:30am	Nov 26	4491429
Sa-Su	9:30am-10:00am	Nov 26	4491430
Sa-Su	10:00am-10:30am	Nov 26	4491431
Sa-Su	10:45am-11:15am	Nov 26	4491432
Sa-Su	11:15am-11:45am	Nov 26	4491433
Sa-Su	11:45am-12:15pm	Nov 26	4491434

NEWTON 7 Sessions \$58.75 3-5yrs

M-Th	8:30am-9:00am	Dec 19	4491491
M-Th	10:30am-11:00am	Dec 19	4491492

SOUTH 10 Sessions \$83.75 3-5yrs			
Tu, Th	9:00am-9:30am	Oct 11	4485154
Tu, Th	10:00am-10:30am	Oct 11	4485155
Tu, Th	10:30am-11:00am	Oct 11	4485156
Tu, Th	11:30am-12noon	Oct 11	4485157
Tu, Th	12noon-12:30pm	Oct 11	4485381
Tu, Th	3:00pm-3:30pm	Oct 11	4485382
Tu, Th	3:30pm-4:00pm	Oct 11	4485383
Tu, Th	4:00pm-4:30pm	Oct 11	4485384
Tu, Th	4:30pm-5:00pm	Oct 11	4485385
Tu, Th	5:00pm-5:30pm	Oct 11	4485386
Tu, Th	5:30pm-6:00pm	Oct 11	4485387
Tu, Th	6:00pm-6:30pm	Oct 11	4485388
Tu, Th	6:30pm-7:00pm	Oct 11	4485389
Tu, Th	7:00pm-7:30pm	Oct 11	4485390
M, W	9:00am-9:30am	Nov 14	4485413
M, W	10:00am-10:30am	Nov 14	4485414
M, W	10:30am-11:00am	Nov 14	4485415
M, W	11:30am-12noon	Nov 14	4485416
M, W	12noon-12:30pm	Nov 14	4485417
M, W	3:00pm-3:30pm	Nov 14	4485418
M, W	3:30pm-4:00pm	Nov 14	4485419
M, W	4:00pm-4:30pm	Nov 14	4485420
M, W	4:30pm-5:00pm	Nov 14	4485421
M, W	5:00pm-5:30pm	Nov 14	4485422
M, W	5:30pm-6:00pm	Nov 14	4485423
M, W	6:00pm-6:30pm	Nov 14	4485424
M, W	6:30pm-7:00pm	Nov 14	4485425
M, W	7:00pm-7:30pm	Nov 14	4485426
Tu, Th	9:00am-9:30am	Nov 15	4485427
Tu, Th	10:00am-10:30am	Nov 15	4485428
Tu, Th	10:30am-11:00am	Nov 15	4485429
Tu, Th	11:30am-12noon	Nov 15	4485430
Tu, Th	12noon-12:30pm	Nov 15	4485431
Tu, Th	3:00pm-3:30pm	Nov 15	4485432
Tu, Th	3:30pm-4:00pm	Nov 15	4485433
Tu, Th	4:00pm-4:30pm	Nov 15	4485434
Tu, Th	4:30pm-5:00pm	Nov 15	4485435
Tu, Th	5:00pm-5:30pm	Nov 15	4485436
Tu, Th	5:30pm-6:00pm	Nov 15	4485437
Tu, Th	6:00pm-6:30pm	Nov 15	4485438
Tu, Th	6:30pm-7:00pm	Nov 15	4485439
Tu, Th	7:00pm-7:30pm	Nov 15	4485440
Sa-Su	9:00am-9:30am	Nov 19	4485441
Sa-Su	9:30am-10:00am	Nov 19	4485442
Sa-Su	10:00am-10:30am	Nov 19	4485443
Sa-Su	10:30am-11:00am	Nov 19	4485444
Sa-Su	11:00am-11:30am	Nov 19	4485445
Sa-Su	11:30am-12noon	Nov 19	4485446
Sa-Su	12noon-12:30pm	Nov 19	4485447
Sa-Su	12:30pm-1:00pm	Nov 19	4485448
SOUTH 9 Sessions \$75.25 3-5yrs			
W, M	9:00am-9:30am	Oct 12	4485139
W, M	10:00am-10:30am	Oct 12	4485140
W, M	10:30am-11:00am	Oct 12	4485141
W, M	11:30am-12noon	Oct 12	4485142
W, M	12noon-12:30pm	Oct 12	4485143
W, M	3:00pm-3:30pm	Oct 12	4485144
W, M	3:30pm-4:00pm	Oct 12	4485145
W, M	4:00pm-4:30pm	Oct 12	4485146
W, M	4:30pm-5:00pm	Oct 12	4485147
W, M	5:00pm-5:30pm	Oct 12	4485148
W, M	5:30pm-6:00pm	Oct 12	4485149
W, M	6:00pm-6:30pm	Oct 12	4485150
W, M	6:30pm-7:00pm	Oct 12	4485151
W, M	7:00pm-7:30pm	Oct 12	4485153
F	9:00am-9:30am	Oct 14	4485391
F	10:00am-10:30am	Oct 14	4485392
F	10:30am-11:00am	Oct 14	4485393
F	11:30am-12noon	Oct 14	4485394
F	12noon-12:30pm	Oct 14	4485395
F	3:00pm-3:30pm	Oct 14	4485396
F	3:30pm-4:00pm	Oct 14	4485397
F	4:00pm-4:30pm	Oct 14	4485398
F	4:30pm-5:00pm	Oct 14	4485399
F	5:00pm-5:30pm	Oct 14	4485400
F	5:30pm-6:00pm	Oct 14	4485401
F	6:00pm-6:30pm	Oct 14	4485402
F	6:30pm-7:00pm	Oct 14	4485403
F	7:00pm-7:30pm	Oct 14	4485404

SOUTH 8 Sessions \$67 3-5yrs			
Sa-Su	9:00am-9:30am	Oct 15	4485405
Sa-Su	9:30am-10:00am	Oct 15	4485406
Sa-Su	10:00am-10:30am	Oct 15	4485407
Sa-Su	10:30am-11:00am	Oct 15	4485408
Sa-Su	11:00am-11:30am	Oct 15	4485409
Sa-Su	11:30am-12noon	Oct 15	4485410
Sa-Su	12noon-12:30pm	Oct 15	4485411
Sa-Su	12:30pm-1:00pm	Oct 15	4485412

Grandview Heights Aquatic Centre

SOUTH 8 Sessions \$67 3-5yrs			
Tu, Th	9:00am-9:30am	Sep 6	4492129
Tu, Th	10:00am-10:30am	Sep 6	4492131
Tu, Th	11:00am-11:30am	Sep 6	4492133
Tu, Th	3:00pm-3:30pm	Sep 6	4492136
Tu, Th	3:30pm-4:00pm	Sep 6	4492138
Tu, Th	4:30pm-5:00pm	Sep 6	4492140
Tu, Th	9:00am-9:30am	Oct 4	4492244
Tu, Th	10:00am-10:30am	Oct 4	4492245
Tu, Th	11:00am-11:30am	Oct 4	4492247
Tu, Th	3:00pm-3:30pm	Oct 4	4492302
Tu, Th	3:30pm-4:00pm	Oct 4	4492306
Tu, Th	4:00pm-4:30pm	Oct 4	4492317
Tu, Th	4:30pm-5:00pm	Oct 4	4492319
M, W	9:00am-9:30am	Oct 31	4492348
M, W	10:00am-10:30am	Oct 31	4492350
M, W	10:30am-11:00am	Oct 31	4492353
M, W	11:00am-11:30am	Oct 31	4492355
M, W	3:00pm-3:30pm	Oct 31	4492357
M, W	3:30pm-4:00pm	Oct 31	4492358
M, W	4:00pm-4:30pm	Oct 31	4492360
M, W	4:30pm-5:00pm	Oct 31	4492361
Tu, Th	9:00am-9:30am	Nov 1	4492363
Tu, Th	10:00am-10:30am	Nov 1	4492364
Tu, Th	11:00am-11:30am	Nov 1	4492365
Tu, Th	3:00pm-3:30pm	Nov 1	4492366
Tu, Th	3:30pm-4:00pm	Nov 1	4492367
Tu, Th	4:00pm-4:30pm	Nov 1	4492368
Tu, Th	4:30pm-5:00pm	Nov 1	4492369

SOUTH 7 Sessions \$58.75 3-5yrs			
W, M	9:00am-9:30am	Sep 7	4492113
W, M	10:00am-10:30am	Sep 7	4492114
W, M	10:30am-11:00am	Sep 7	4492116
W, M	11:00am-11:30am	Sep 7	4492120
W, M	3:00pm-3:30pm	Sep 7	4492121
W, M	3:30pm-4:00pm	Sep 7	4492125
W, M	4:00pm-4:30pm	Sep 7	4492127
W, M	4:30pm-5:00pm	Sep 7	4492128
Sa	9:30am-10:00am	Sep 10	4492144
Sa	10:00am-10:30am	Sep 10	4492147
Sa	10:30am-11:00am	Sep 10	4492150
Sa	11:00am-11:30am	Sep 10	4492153
Sa	11:30am-12noon	Sep 10	4492155
Sa	12noon-12:30pm	Sep 10	4492158
Sa	12:30pm-1:00pm	Sep 10	4492164
Su	6:00pm-6:30pm	Sep 11	4492169
Su	6:30pm-7:00pm	Sep 11	4492171
Su	7:00pm-7:30pm	Sep 11	4492179
M, W	9:00am-9:30am	Oct 3	4492194
M, W	10:00am-10:30am	Oct 3	4492202
M, W	10:30am-11:00am	Oct 3	4492206
M, W	11:00am-11:30am	Oct 3	4492210
M, W	3:00pm-3:30pm	Oct 3	4492220
M, W	3:30pm-4:00pm	Oct 3	4492226
M, W	4:00pm-4:30pm	Oct 3	4492233
M, W	4:30pm-5:00pm	Oct 3	4492239

SOUTH 6 Sessions \$50.50 3-5yrs			
M, W	9:00am-9:30am	Nov 28	4492374
M, W	10:00am-10:30am	Nov 28	4492377
M, W	11:00am-11:30am	Nov 28	4492382
M, W	3:00pm-3:30pm	Nov 28	4492386

South Surrey Indoor Pool

SOUTH 5 Sessions \$41.75 3-5yrs			
Sa	9:30am-10:00am	Nov 5	4492321
Sa	10:00am-10:30am	Nov 5	4492322
Sa	10:30am-11:00am	Nov 5	4492326
Sa	11:00am-11:30am	Nov 5	4492329
Sa	11:30am-12noon	Nov 5	4492332
Sa	12noon-12:30pm	Nov 5	4492335
Su	6:00pm-6:30pm	Nov 6	4492338
Su	6:30pm-7:00pm	Nov 6	4492342
Su	7:00pm-7:30pm	Nov 6	4492345

South Surrey Indoor Pool

PARENTS AND GUARDIANS:

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

Thank you

Red Cross Swim 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	Sep 6	4488345
Tu, Th	12:15pm-12:45pm	Sep 6	4488346
Tu, Th	3:00pm-3:30pm	Sep 6	4488347
Tu, Th	3:30pm-4:00pm	Sep 6	4488348
Tu, Th	4:00pm-4:30pm	Sep 6	4488349
Tu, Th	4:30pm-5:00pm	Sep 6	4488357
Tu, Th	4:45pm-5:15pm	Sep 6	4489568
Tu, Th	5:00pm-5:30pm	Sep 6	4488367
Tu, Th	5:30pm-6:00pm	Sep 6	4488370
Tu, Th	6:00pm-6:30pm	Sep 6	4488371
Tu, Th	6:30pm-7:00pm	Sep 6	4488372
Tu, Th	7:00pm-7:30pm	Sep 6	4488376
Tu, Th	9:30am-10:00am	Oct 11	4488640
Tu, Th	12:15pm-12:45pm	Oct 11	4488641
Tu, Th	3:00pm-3:30pm	Oct 11	4488642
Tu, Th	3:30pm-4:00pm	Oct 11	4488643
Tu, Th	4:00pm-4:30pm	Oct 11	4488644
Tu, Th	4:30pm-5:00pm	Oct 11	4488645
Tu, Th	5:00pm-5:30pm	Oct 11	4488647
Tu, Th	5:30pm-6:00pm	Oct 11	4488648
Tu, Th	6:00pm-6:30pm	Oct 11	4488649
Tu, Th	6:30pm-7:00pm	Oct 11	4488650
Tu, Th	7:00pm-7:30pm	Oct 11	4488651
M, W	10:00am-10:30am	Nov 14	4487848
M, W	12noon-12:30pm	Nov 14	4487850
M, W	3:00pm-3:30pm	Nov 14	4487851
M, W	3:30pm-4:00pm	Nov 14	4487852
M, W	4:00pm-4:30pm	Nov 14	4487853
M, W	4:30pm-5:00pm	Nov 14	4487854
M, W	5:00pm-5:30pm	Nov 14	4487855
M, W	5:30pm-6:00pm	Nov 14	4487856
M, W	6:00pm-6:30pm	Nov 14	4487857
M, W	6:30pm-7:00pm	Nov 14	4487858
M, W	7:00pm-7:30pm	Nov 14	4487859
Tu, Th	9:30am-10:00am	Nov 15	4489343
Tu, Th	12:15pm-12:45pm	Nov 15	4489345
Tu, Th	3:00pm-3:30pm	Nov 15	4489347
Tu, Th	3:30pm-4:00pm	Nov 15	4489348
Tu, Th	4:00pm-4:30pm	Nov 15	4489350
Tu, Th	4:30pm-5:00pm	Nov 15	4489351
Tu, Th	5:00pm-5:30pm	Nov 15	4489353
Tu, Th	5:30pm-6:00pm	Nov 15	4489354
Tu, Th	6:00pm-6:30pm	Nov 15	4489356
Tu, Th	6:30pm-7:00pm	Nov 15	4489357
Tu, Th	7:00pm-7:30pm	Nov 15	4489359
Sa-Su	9:00am-9:30am	Nov 19	4493627
Sa-Su	9:30am-10:00am	Nov 19	4493628
Sa-Su	10:30am-11:00am	Nov 19	4493629
Sa-Su	11:00am-11:30am	Nov 19	4493630
Sa-Su	11:30am-12noon	Nov 19	4493631
Sa-Su	12noon-12:30pm	Nov 19	4493632
Sa-Su	12:30pm-1:00pm	Nov 19	4493633

FLEETWOOD 9 Sessions \$75.25 3-5yrs			
W, M	10:00am-10:30am	Sep 7	4487337
W, M	12noon-12:30pm	Sep 7	4487489
W, M	3:00pm-3:30pm	Sep 7	4487490
W, M	3:30pm-4:00pm	Sep 7	4487491
W, M	4:00pm-4:30pm	Sep 7	4487492
W, M	4:30pm-5:00pm	Sep 7	4487493
W, M	5:00pm-5:30pm	Sep 7	4487494
W, M	5:30pm-6:00pm	Sep 7	4487495
W, M	6:00pm-6:30pm	Sep 7	4487496
W, M	6:30pm-7:00pm	Sep 7	4487497
W, M	7:00pm-7:30pm	Sep 7	4487498
F	10:00am-10:30am	Sep 9	4490213
F	12noon-12:30pm	Sep 9	4490214
F	3:00pm-3:30pm	Sep 9	4490215
F	3:30pm-4:00pm	Sep 9	4490216
F	4:00pm-4:30pm	Sep 9	4490217
F	4:30pm-5:00pm	Sep 9	4490218
F	5:00pm-5:30pm	Sep 9	4490221
F	5:30pm-6:00pm	Sep 9	4490222
F	6:00pm-6:30pm	Sep 9	4490223
F	6:30pm-7:00pm	Sep 9	4490224
F	7:00pm-7:30pm	Sep 9	4490225
W, M	10:00am-10:30am	Oct 12</	

Sa	9:15am-9:45am	Nov 19	4491843
Sa	9:45am-10:15am	Nov 19	4491846
Sa	10:45am-11:15am	Nov 19	4491848
Sa	11:15am-11:45am	Nov 19	4491852
Sa	11:45am-12:15pm	Nov 19	4491854
Sa	12:15pm-12:45pm	Nov 19	4491857
Sa	12:45pm-1:15pm	Nov 19	4491858
Su	9:15am-9:45am	Nov 20	4492157
Su	9:45am-10:15am	Nov 20	4492159
Su	10:45am-11:15am	Nov 20	4492160
Su	11:15am-11:45am	Nov 20	4492165
Su	11:45am-12:15pm	Nov 20	4492166
Su	12:15pm-12:45pm	Nov 20	4492168
Su	12:45pm-1:15pm	Nov 20	4492170

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$83.75 3-5yrs

Tu, Th	12:30pm-1:00pm	Sep 6	4490910
Tu, Th	3:30pm-4:00pm	Sep 6	4490912
Tu, Th	4:00pm-4:30pm	Sep 6	4490915
Tu, Th	4:30pm-5:00pm	Sep 6	4490917
Tu, Th	5:30pm-6:00pm	Sep 6	4490926
Tu, Th	6:00pm-6:30pm	Sep 6	4490928
Tu, Th	6:30pm-7:00pm	Sep 6	4490930
Tu, Th	12:30pm-1:00pm	Oct 11	4490932
Tu, Th	3:30pm-4:00pm	Oct 11	4490934
Tu, Th	4:00pm-4:30pm	Oct 11	4490936
Tu, Th	4:30pm-5:00pm	Oct 11	4490938
Tu, Th	5:30pm-6:00pm	Oct 11	4490941
Tu, Th	6:00pm-6:30pm	Oct 11	4490945
Tu, Th	6:30pm-7:00pm	Oct 11	4490947
M, W	12noon-12:30pm	Nov 14	4490950
M, W	3:30pm-4:00pm	Nov 14	4490952
M, W	4:00pm-4:30pm	Nov 14	4490959
M, W	4:30pm-5:00pm	Nov 14	4490961
M, W	5:30pm-6:00pm	Nov 14	4490963
M, W	6:00pm-6:30pm	Nov 14	4490965
M, W	6:30pm-7:00pm	Nov 14	4490967
Tu, Th	12:30pm-1:00pm	Nov 15	4490970
Tu, Th	3:30pm-4:00pm	Nov 15	4490971
Tu, Th	4:00pm-4:30pm	Nov 15	4490973
Tu, Th	4:30pm-5:00pm	Nov 15	4490974
Tu, Th	5:30pm-6:00pm	Nov 15	4490976
Tu, Th	6:00pm-6:30pm	Nov 15	4490979
Tu, Th	6:30pm-7:00pm	Nov 15	4490981
Sa-Su	9:00am-9:30am	Nov 19	4490983
Sa-Su	9:30am-10:00am	Nov 19	4490985
Sa-Su	10:00am-10:30am	Nov 19	4490986
Sa-Su	10:30am-11:00am	Nov 19	4490987
Sa-Su	11:30am-12noon	Nov 19	4490990
Sa-Su	12noon-12:30pm	Nov 19	4490993
Sa-Su	12:30pm-1:00pm	Nov 19	4490995

GUILDFORD 9 Sessions \$75.25 3-5yrs

W, M	12noon-12:30pm	Sep 7	4490999
W, M	3:30pm-4:00pm	Sep 7	4491010
W, M	4:00pm-4:30pm	Sep 7	4491014
W, M	4:30pm-5:00pm	Sep 7	4491018
W, M	5:30pm-6:00pm	Sep 7	4491019
W, M	6:00pm-6:30pm	Sep 7	4491021
W, M	6:30pm-7:00pm	Sep 7	4491024
F	12noon-12:30pm	Sep 9	4491046
F	5:00pm-5:30pm	Sep 9	4491048
W, M	12noon-12:30pm	Oct 12	4491027
W, M	3:30pm-4:00pm	Oct 12	4491030
W, M	4:00pm-4:30pm	Oct 12	4491033
W, M	4:30pm-5:00pm	Oct 12	4491035
W, M	5:30pm-6:00pm	Oct 12	4491038
W, M	6:00pm-6:30pm	Oct 12	4491041
W, M	6:30pm-7:00pm	Oct 12	4491044

GUILDFORD 8 Sessions \$67 3-5yrs

Sa-Su	9:00am-9:30am	Sep 10	4491051
Sa-Su	9:30am-10:00am	Sep 10	4491054
Sa-Su	10:00am-10:30am	Sep 10	4491101
Sa-Su	10:30am-11:00am	Sep 10	4491103
Sa-Su	11:30am-12noon	Sep 10	4491105
Sa-Su	12noon-12:30pm	Sep 10	4491106
Sa-Su	12:30pm-1:00pm	Sep 10	4491107
Sa	10:15am-10:45am	Sep 10	4491125
Sa	11:15am-11:45am	Sep 10	4491128
Su	9:45am-10:15am	Sep 11	4491130
Sa-Su	9:00am-9:30am	Oct 15	4491108
Sa-Su	9:30am-10:00am	Oct 15	4491110
Sa-Su	10:00am-10:30am	Oct 15	4491112
Sa-Su	10:30am-11:00am	Oct 15	4491114
Sa-Su	11:30am-12noon	Oct 15	4491117
Sa-Su	12noon-12:30pm	Oct 15	4491118
Sa-Su	12:30pm-1:00pm	Oct 15	4491120

GUILDFORD 5 Sessions \$41.75 3-5yrs

F	12noon-12:30pm	Nov 18	4491138
F	5:00pm-5:30pm	Nov 18	4491139
Sa	10:15am-10:45am	Nov 19	4491140
Sa	11:15am-11:45am	Nov 19	4491141
Su	9:45am-10:15am	Nov 20	4491146

Guildford Recreation Centre

NEWTON 8 Sessions \$67 3-5yrs

M, W	10:30am-11:00am	Nov 21	4491517
M, W	11:00am-11:30am	Nov 21	4491512
M, W	3:30pm-4:00pm	Nov 21	4499467
M, W	4:30pm-5:00pm	Nov 21	4491514
M, W	5:30pm-6:00pm	Nov 21	4491515
Tu, Th	10:00am-10:30am	Nov 22	4491509
Tu, Th	4:00pm-4:30pm	Nov 22	4491510
Tu, Th	5:30pm-6:00pm	Nov 22	4491511
Sa-Su	9:00am-9:30am	Nov 26	4491518
Sa-Su	10:00am-10:30am	Nov 26	4491519

NEWTON 7 Sessions \$58.75 3-5yrs

M-Th	10:00am-10:30am	Dec 19	4491540
M-Th	11:00am-11:30am	Dec 19	4491541

Newton Recreation Centre

NORTH 10 Sessions \$83.75 3-5yrs

Sa-Su	9:30am-10:00am	Nov 19	4485746
Sa-Su	10:00am-10:30am	Nov 19	4485749
Sa-Su	11:00am-11:30am	Nov 19	4485751
Sa-Su	11:30am-12noon	Nov 19	4485762
Sa-Su	12noon-12:30pm	Nov 19	4485763
Sa-Su	12:30pm-1:00pm	Nov 19	4485764

NORTH 8 Sessions \$67 3-5yrs

Tu, Th	10:30am-11:00am	Sep 6	4485663
Tu, Th	3:30pm-4:00pm	Sep 6	4485664
Tu, Th	4:00pm-4:30pm	Sep 6	4485665
Tu, Th	5:00pm-5:30pm	Sep 6	4485666
Tu, Th	5:30pm-6:00pm	Sep 6	4485667
Tu, Th	6:00pm-6:30pm	Sep 6	4485668
F	11:00am-11:30am	Sep 9	4485669
F	3:30pm-4:00pm	Sep 9	4485670
F	4:00pm-4:30pm	Sep 9	4485671
F	5:00pm-5:30pm	Sep 9	4485672
F	5:30pm-6:00pm	Sep 9	4485673
Sa-Su	9:30am-10:00am	Sep 10	4485674
Sa-Su	10:00am-10:30am	Sep 10	4485675
Sa-Su	11:00am-11:30am	Sep 10	4485676
Sa-Su	11:30am-12noon	Sep 10	4485677
Sa-Su	12noon-12:30pm	Sep 10	4485678
Sa-Su	12:30pm-1:00pm	Sep 10	4485679
Tu, Th	10:30am-11:00am	Oct 4	4485692
Tu, Th	3:30pm-4:00pm	Oct 4	4485694
Tu, Th	4:00pm-4:30pm	Oct 4	4485698
Tu, Th	5:00pm-5:30pm	Oct 4	4485700
Tu, Th	5:30pm-6:00pm	Oct 4	4485701
Tu, Th	6:00pm-6:30pm	Oct 4	4485702
Sa-Su	9:30am-10:00am	Oct 15	4485724
Sa-Su	10:00am-10:30am	Oct 15	4485725
Sa-Su	11:00am-11:30am	Oct 15	4485726
Sa-Su	11:30am-12noon	Oct 15	4485727
Sa-Su	12noon-12:30pm	Oct 15	4485728
Sa-Su	12:30pm-1:00pm	Oct 15	4485729
M, W	10:00am-10:30am	Oct 31	4485734
M, W	4:00pm-4:30pm	Oct 31	4485735
M, W	4:30pm-5:00pm	Oct 31	4485736
M, W	5:00pm-5:30pm	Oct 31	4485737
M, W	5:30pm-6:00pm	Oct 31	4485738

Tu, Th	10:30am-11:00am	Nov 1	4485739
Tu, Th	3:30pm-4:00pm	Nov 1	4485740
Tu, Th	4:00pm-4:30pm	Nov 1	4485741
Tu, Th	5:00pm-5:30pm	Nov 1	4485742
Tu, Th	5:30pm-6:00pm	Nov 1	4485743
Tu, Th	6:00pm-6:30pm	Nov 1	4485744

NORTH 7 Sessions \$58.75 3-5yrs

W, M	10:00am-10:30am	Sep 7	4483648
W, M	4:00pm-4:30pm	Sep 7	4485659
W, M	4:30pm-5:00pm	Sep 7	4485660
W, M	5:00pm-5:30pm	Sep 7	4485661
W, M	5:30pm-6:00pm	Sep 7	4485662
Sa	9:00am-9:30am	Sep 10	4485680
Sa	10:00am-10:30am	Sep 10	4485681
Sa	11:00am-11:30am	Sep 10	4485682
Sa	12noon-12:30pm	Sep 10	4485683
M, W	10:00am-10:30am	Oct 3	4485684
M, W	4:00pm-4:30pm	Oct 3	4485685
M, W	4:30pm-5:00pm	Oct 3	4485687
M, W	5:00pm-5:30pm	Oct 3	4485691
M, W	5:30pm-6:00pm	Oct 3	4485693

NORTH 6 Sessions \$50.50 3-5yrs

F	11:00am-11:30am	Nov 4	4485711
F	3:30pm-4:00pm	Nov 4	4485712
F	4:00pm-4:30pm	Nov 4	4485713
F	5:00pm-5:30pm	Nov 4	4485714
F	5:30pm-6:00pm	Nov 4	4485715
Sa	9:00am-9:30am	Nov 5	4485730
Sa	10:00am-10:30am	Nov 5	4485731
Sa	11:00am-11:30am	Nov 5	4485732
Sa	12noon-12:30pm	Nov 5	4485733
M, W	10:00am-10:30am	Nov 28	4485765
M, W	4:00pm-4:30pm	Nov 28	4485766
M, W	4:30pm-5:00pm	Nov 28	4485767
M, W	5:00pm-5:30pm	Nov 28	4485768
M, W	5:30pm-6:00pm	Nov 28	4485769
Tu, Th	10:30am-11:00am	Nov 29	4485770
Tu, Th	3:30pm-4:00pm	Nov 29	4485771
Tu, Th	4:00pm-4:30pm	Nov 29	4485774
Tu, Th	5:00pm-5:30pm	Nov 29	4485775
Tu, Th	5:30pm-6:00pm	Nov 29	4485776
Tu, Th	6:00pm-6:30pm	Nov 29	4485777

North Surrey Recreation Centre

SOUTH 10 Sessions \$83.75 3-5yrs

Tu, Th	9:30am-10:00am	Oct 11	4485455
Tu, Th	12:30pm-1:00pm	Oct 11	4485456
Tu, Th	3:00pm-3:30pm	Oct 11	4485457
Tu, Th	4:30pm-5:00pm	Oct 11	4485458
Tu, Th	5:30pm-6:00pm	Oct 11	4485459
Tu, Th	6:30pm-7:00pm	Oct 11	4485460
M, W	9:30am-10:00am	Nov 14	4485478
M, W	11:00am-11:30am	Nov 14	4485479
M, W	3:00pm-3:30pm	Nov 14	4485480
M, W	4:30pm-5:00pm	Nov 14	4485481
M, W	5:30pm-6:00pm	Nov 14	4485482
M, W	6:30pm-7:00pm	Nov 14	4485483
Tu, Th	9:30am-10:00am	Nov 15	4486794
Tu, Th	12:30pm-1:00pm	Nov 15	4486795
Tu, Th	3:00pm-3:30pm	Nov 15	4486796
Tu, Th	4:30pm-5:00pm	Nov 15	4486797
Tu, Th	5:30pm-6:00pm	Nov 15	4486798
Tu, Th	6:30pm-7:00pm	Nov 15	4486799
Sa-Su	9:00am-9:30am	Nov 19	4486800
Sa-Su	10:00am-10:30am	Nov 19	4486801
Sa-Su	11:00am-11:30am	Nov 19	4486802
Sa-Su	12noon-12:30pm	Nov 19	4486803

SOUTH 9 Sessions \$75.25 3-5yrs

W, M	9:30am-10:00am	Oct 12	4485449
W, M	11:00am-11:30am	Oct 12	4485450
W, M	3:00pm-3:30pm	Oct 12	4485451
W, M	4:30pm-5:00pm	Oct 12	4485452
W, M	5:30pm-6:00pm	Oct 12	4485453
W, M	6:30pm-7:00pm	Oct 12	4485454
F	9:30am-10:00am	Oct 14	4485461
F	11:00am-11:30am	Oct 14	4485462
F	3:00pm-3:30pm	Oct 14	4485463
F	4:30pm-5:00pm	Oct 14	4485464
F	5:30pm-6:00pm	Oct 14	4485465
F	6:30pm-7:00pm	Oct 14	4485466

SOUTH 8 Sessions \$67 3-5yrs

Sa-Su	9:00am-9:30am	Oct 15	4485467
Sa-Su	10:00am-10:30am	Oct 15	4485468
Sa-Su	11:00am-11:30am	Oct 15	4485469
Sa-Su	12noon-12:30pm	Oct 15	4485471

Grandview Heights Aquatic Centre

PARENTS AND GUARDIANS:

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

Thank you

Children

Red Cross Swim Kids I-2

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

FLEETWOOD 10 Sessions \$63.50 5-12yrs			
Tu, Th	3:00pm-3:30pm	Sep 6	4488377
Tu, Th	3:30pm-4:00pm	Sep 6	4488380
Tu, Th	4:00pm-4:30pm	Sep 6	4488381
Tu	4:15pm-4:45pm	Sep 6	4489569
Tu, Th	4:30pm-5:00pm	Sep 6	4488382
Tu, Th	5:00pm-5:30pm	Sep 6	4488383
Tu, Th	5:30pm-6:00pm	Sep 6	4488384
Tu, Th	6:00pm-6:30pm	Sep 6	4488385
Tu	6:15pm-6:45pm	Sep 6	4489610
Tu, Th	6:30pm-7:00pm	Sep 6	4488386
Tu, Th	7:00pm-7:30pm	Sep 6	4488387
Tu, Th	3:00pm-3:30pm	Oct 11	4488652
Tu, Th	3:30pm-4:00pm	Oct 11	4488653
Tu, Th	4:00pm-4:30pm	Oct 11	4488654
Tu, Th	4:30pm-5:00pm	Oct 11	4488655
Tu, Th	5:00pm-5:30pm	Oct 11	4488656
Tu, Th	5:30pm-6:00pm	Oct 11	4488657
Tu, Th	6:00pm-6:30pm	Oct 11	4488658
Tu, Th	6:30pm-7:00pm	Oct 11	4488659
Tu, Th	7:00pm-7:30pm	Oct 11	4488660
M, W	3:00pm-3:30pm	Nov 14	4487860
M, W	3:30pm-4:00pm	Nov 14	4487861
M, W	4:00pm-4:30pm	Nov 14	4487865
M, W	4:30pm-5:00pm	Nov 14	4487866
M, W	5:00pm-5:30pm	Nov 14	4487867
M, W	5:30pm-6:00pm	Nov 14	4487868
M, W	6:00pm-6:30pm	Nov 14	4487869
M, W	6:30pm-7:00pm	Nov 14	4487872
M, W	7:00pm-7:30pm	Nov 14	4487873
Tu, Th	3:00pm-3:30pm	Nov 15	4489365
Tu, Th	3:30pm-4:00pm	Nov 15	4489366
Tu, Th	4:00pm-4:30pm	Nov 15	4489371
Tu, Th	4:30pm-5:00pm	Nov 15	4489379
Tu, Th	5:00pm-5:30pm	Nov 15	4489381
Tu, Th	5:30pm-6:00pm	Nov 15	4489383
Tu, Th	6:00pm-6:30pm	Nov 15	4489385
Tu, Th	6:30pm-7:00pm	Nov 15	4489386
Tu, Th	7:00pm-7:30pm	Nov 15	4489387
Sa-Su	9:00am-9:30am	Nov 19	4493634
Sa-Su	9:30am-10:00am	Nov 19	4493635
Sa-Su	10:00am-10:30am	Nov 19	4493636
Sa-Su	10:30am-11:00am	Nov 19	4493637
Sa-Su	11:00am-11:30am	Nov 19	4493638
Sa-Su	11:30am-12noon	Nov 19	4493639
Sa-Su	12noon-12:30pm	Nov 19	4493640
Sa-Su	12:30pm-1:00pm	Nov 19	4493641
FLEETWOOD 9 Sessions \$57.25 5-12yrs			
W, M	3:00pm-3:30pm	Sep 7	4487338
W, M	3:30pm-4:00pm	Sep 7	4487499
W, M	4:00pm-4:30pm	Sep 7	4487500
W, M	4:30pm-5:00pm	Sep 7	4487501
W, M	5:00pm-5:30pm	Sep 7	4487502
W, M	5:30pm-6:00pm	Sep 7	4487503
W, M	6:00pm-6:30pm	Sep 7	4487504
W, M	6:30pm-7:00pm	Sep 7	4487505
W, M	7:00pm-7:30pm	Sep 7	4487506
F	3:00pm-3:30pm	Sep 9	4490227
F	3:30pm-4:00pm	Sep 9	4490228
F	4:00pm-4:30pm	Sep 9	4490230
F	4:30pm-5:00pm	Sep 9	4490231
F	5:00pm-5:30pm	Sep 9	4490232
F	5:30pm-6:00pm	Sep 9	4490233
F	6:00pm-6:30pm	Sep 9	4490234

F	6:30pm-7:00pm	Sep 9	4490235
F	7:00pm-7:30pm	Sep 9	4490237
M	4:15pm-4:45pm	Sep 12	4489508
W, M	3:00pm-3:30pm	Oct 12	4487584
W, M	3:30pm-4:00pm	Oct 12	4487585
W, M	4:00pm-4:30pm	Oct 12	4487588
W, M	4:30pm-5:00pm	Oct 12	4487589
W, M	5:00pm-5:30pm	Oct 12	4487590
W, M	5:30pm-6:00pm	Oct 12	4487591
W, M	6:00pm-6:30pm	Oct 12	4487592
W, M	6:30pm-7:00pm	Oct 12	4487593
W, M	7:00pm-7:30pm	Oct 12	4487594
FLEETWOOD 8 Sessions \$51 5-12yrs			
Sa-Su	9:00am-9:30am	Sep 10	4493525
Sa-Su	9:30am-10:00am	Sep 10	4493526
Sa-Su	10:00am-10:30am	Sep 10	4493527
Sa-Su	10:30am-11:00am	Sep 10	4493528
Sa-Su	11:00am-11:30am	Sep 10	4493529
Sa-Su	11:30am-12noon	Sep 10	4493530
Sa-Su	12noon-12:30pm	Sep 10	4493576
Sa-Su	12:30pm-1:00pm	Sep 10	4493532
Sa	9:15am-9:45am	Sep 10	4491716
Sa	9:45am-10:15am	Sep 10	4491717
Sa	10:15am-10:45am	Sep 10	4491720
Sa	10:45am-11:15am	Sep 10	4491724
Sa	11:15am-11:45am	Sep 10	4491726
Sa	11:45am-12:15pm	Sep 10	4491727
Sa	12:15pm-12:45pm	Sep 10	4491729
Sa	12:45pm-1:15pm	Sep 10	4491739
Su	9:15am-9:45am	Sep 11	4492012
Su	9:45am-10:15am	Sep 11	4492014
Su	10:15am-10:45am	Sep 11	4492016
Su	10:45am-11:15am	Sep 11	4492017
Su	11:15am-11:45am	Sep 11	4492019
Su	11:45am-12:15pm	Sep 11	4492021
Su	12:15pm-12:45pm	Sep 11	4492023
Su	12:45pm-1:15pm	Sep 11	4492024
M	6:15pm-6:45pm	Sep 12	4489511
Sa-Su	9:00am-9:30am	Oct 15	4493533
Sa-Su	9:30am-10:00am	Oct 15	4493577
Sa-Su	10:00am-10:30am	Oct 15	4493578
Sa-Su	10:30am-11:00am	Oct 15	4493579
Sa-Su	11:00am-11:30am	Oct 15	4493580
Sa-Su	11:30am-12noon	Oct 15	4493581
Sa-Su	12noon-12:30pm	Oct 15	4493582
Sa-Su	12:30pm-1:00pm	Oct 15	4493583
FLEETWOOD 5 Sessions \$31.75 5-12yrs			
M	4:15pm-4:45pm	Nov 14	4489542
M	6:15pm-6:45pm	Nov 14	4489543
Tu	4:15pm-4:45pm	Nov 15	4489668
Tu	6:15pm-6:45pm	Nov 15	4489669
F	3:00pm-3:30pm	Nov 18	4490595
F	3:30pm-4:00pm	Nov 18	4490596
F	4:00pm-4:30pm	Nov 18	4490597
F	4:30pm-5:00pm	Nov 18	4490598
F	5:00pm-5:30pm	Nov 18	4490599
F	5:30pm-6:00pm	Nov 18	4490600
F	6:00pm-6:30pm	Nov 18	4490605
F	6:30pm-7:00pm	Nov 18	4490606
F	7:00pm-7:30pm	Nov 18	4490607
Sa	9:15am-9:45am	Nov 19	4491859
Sa	9:45am-10:15am	Nov 19	4491860
Sa	10:15am-10:45am	Nov 19	4491861
Sa	10:45am-11:15am	Nov 19	4491862
Sa	11:15am-11:45am	Nov 19	4491863
Sa	11:45am-12:15pm	Nov 19	4491865
Sa	12:15pm-12:45pm	Nov 19	4491866
Sa	12:45pm-1:15pm	Nov 19	4491868
Su	9:15am-9:45am	Nov 20	4493471
Su	9:45am-10:15am	Nov 20	4493472
Su	10:15am-10:45am	Nov 20	4493473
Su	10:45am-11:15am	Nov 20	4493474
Su	11:15am-11:45am	Nov 20	4493475
Su	11:45am-12:15pm	Nov 20	4493476
Su	12:15pm-12:45pm	Nov 20	4493477
Su	12:45pm-1:15pm	Nov 20	4493478
Sport & Leisure Aquatics			
GUILDFORD 10 Sessions \$63.50 5-12yrs			
Tu, Th	3:30pm-4:00pm	Sep 6	4490210
Tu, Th	4:00pm-4:30pm	Sep 6	4490226
Tu, Th	4:30pm-5:00pm	Sep 6	4490229
Tu, Th	5:30pm-6:00pm	Sep 6	4490236
Tu, Th	6:00pm-6:30pm	Sep 6	4490239
Tu, Th	6:30pm-7:00pm	Sep 6	4490245
Tu, Th	3:30pm-4:00pm	Oct 11	4490249

Tu, Th	4:00pm-4:30pm	Oct 11	4490251
Tu, Th	4:30pm-5:00pm	Oct 11	4490252
Tu, Th	5:30pm-6:00pm	Oct 11	4490255
Tu, Th	6:00pm-6:30pm	Oct 11	4490257
Tu, Th	6:30pm-7:00pm	Oct 11	4490259
M, W	3:30pm-4:00pm	Nov 14	4490264
M, W	4:00pm-4:30pm	Nov 14	4490266
M, W	5:00pm-5:30pm	Nov 14	4490267
M, W	5:30pm-6:00pm	Nov 14	4490272
M, W	6:00pm-6:30pm	Nov 14	4490273
M, W	6:30pm-7:00pm	Nov 14	4490274
Tu, Th	3:30pm-4:00pm	Nov 15	4490280
Tu, Th	4:00pm-4:30pm	Nov 15	4490282
Tu, Th	4:30pm-5:00pm	Nov 15	4490284
Tu, Th	5:30pm-6:00pm	Nov 15	4490286
Tu, Th	6:00pm-6:30pm	Nov 15	4490293
Tu, Th	6:30pm-7:00pm	Nov 15	4490295
Sa-Su	9:00am-9:30am	Nov 19	4490297
Sa-Su	9:30am-10:00am	Nov 19	4490300
Sa-Su	10:00am-10:30am	Nov 19	4490303
Sa-Su	11:00am-11:30am	Nov 19	4490305
Sa-Su	11:30am-12noon	Nov 19	4490307
Sa-Su	12noon-12:30pm	Nov 19	4490310
Sa-Su	12:30pm-1:00pm	Nov 19	4490311
GUILDFORD 9 Sessions \$57.25 5-12yrs			
W, M	3:30pm-4:00pm	Sep 7	4490328
W, M	4:00pm-4:30pm	Sep 7	4490336
W, M	5:00pm-5:30pm	Sep 7	4490371
W, M	5:30pm-6:00pm	Sep 7	4490373
W, M	6:00pm-6:30pm	Sep 7	4490377
W, M	6:30pm-7:00pm	Sep 7	4490379
F	4:00pm-4:30pm	Sep 9	4490408
F	5:00pm-5:30pm	Sep 9	4490410
F	6:30pm-7:00pm	Sep 9	4490412
W, M	3:30am-4:00am	Oct 12	4490386
W, M	4:00pm-4:30pm	Oct 12	4490388
W, M	5:00pm-5:30pm	Oct 12	4490390
W, M	5:30pm-6:00pm	Oct 12	4490399
W, M	6:00pm-6:30pm	Oct 12	4490401
W, M	6:30pm-7:00pm	Oct 12	4490402
GUILDFORD 8 Sessions \$51 5-12yrs			
Sa-Su	9:00am-9:30am	Sep 10	4490421
Sa-Su	9:30am-10:00am	Sep 10	4490423
Sa-Su	10:00am-10:30am	Sep 10	4490439
Sa-Su	11:00am-11:30am	Sep 10	4490442
Sa-Su	11:30am-12noon	Sep 10	4490443
Sa-Su	12noon-12:30pm	Sep 10	4490444
Sa-Su	12:30pm-1:00pm	Sep 10	4490445
Sa	10:45am-11:15am	Sep 10	4490462
Sa	11:15am-11:45am	Sep 10	4490463
Sa	11:45am-12:15pm	Sep 10	4490464
Sa	12:45pm-1:15pm	Sep 10	4490465
Su	9:45am-10:15am	Sep 11	4490474
Su	10:45am-11:15am	Sep 11	4490475
Su	11:15am-11:45am	Sep 11	4490478
Su	12:15pm-12:45pm	Sep 11	4490479
Sa-Su	9:00am-9:30am	Oct 15	4490449
Sa-Su	9:30am-10:00am	Oct 15	4490450
Sa-Su	10:00am-10:30am	Oct 15	4490452
Sa-Su	11:00am-11:30am	Oct 15	4490453
Sa-Su	11:30am-12noon	Oct 15	4490454
Sa-Su	12noon-12:30pm	Oct 15	4490457
Sa-Su	12:30pm-1:00pm	Oct 15	4490459
GUILDFORD 5 Sessions \$31.75 5-12yrs			
F	4:00pm-4:30pm	Nov 18	4490482
F	5:00pm-5:30pm	Nov 18	4490483
F	6:30pm-7:00pm	Nov 18	4490484
Sa	10:45am-11:15am	Nov 19	4490486
Sa	11:15am-11:45am	Nov 19	4490488
Sa	11:45am-12:15pm	Nov 19	4490493
Sa	12:45pm-1:15pm	Nov 19	4490494
Su	9:45am-10:15am	Nov 20	4490496
Su	10:45am-11:15am	Nov 20	4490500
Su	11:15am-11:45am	Nov 20	4490502
Su	12:15pm-12:45pm	Nov 20	4490503
Guildford Recreation Centre			
NEWTON 8 Sessions \$51 5-12yrs			
M, W	3:00pm-3:30pm	Nov 21	4489011
M, W	3:30pm-4:00pm	Nov 21	4490005
M, W	4:00pm-4:30pm	Nov 21	4490006
M, W	4:30pm-5:00pm	Nov 21	4490010
M, W	5:30pm-6:00pm	Nov 21	4490011

Tu, Th	3:00pm-3:30pm	Nov 22	4490012
Tu, Th	3:30pm-4:00pm	Nov 22	4490014
Tu, Th	4:00pm-4:30pm	Nov 22	4490017
Tu, Th	4:30pm-5:00pm	Nov 22	4490019
Tu, Th	5:00pm-5:30pm	Nov 22	4490022
Tu, Th	5:30pm-6:00pm	Nov 22	4490026
Tu, Th	6:00pm-6:30pm	Nov 22	4490028
Tu, Th	6:30pm-7:00pm	Nov 22	4490029
Sa-Su	8:30am-9:00am	Nov 26	4490046
Sa-Su	9:00am-9:30am	Nov 26	4490047
Sa-Su	9:30am-10:00am	Nov 26	4490048
Sa-Su	10:00am-10:30am	Nov 26	4490049
Sa-Su	10:45am-11:15am</		

Sa	9:30am-10:00am	Sep 10	4486041
Sa	10:00am-10:30am	Sep 10	4486044
Sa	10:30am-11:00am	Sep 10	4486045
Sa	11:00am-11:30am	Sep 10	4486046
Sa	11:30am-12noon	Sep 10	4486047
Sa	12noon-12:30pm	Sep 10	4486048
M, W	3:00pm-3:30pm	Oct 3	4486049
M, W	3:30pm-4:00pm	Oct 3	4486052
M, W	4:30pm-5:00pm	Oct 3	4486053
M, W	5:00pm-5:30pm	Oct 3	4486054
M, W	5:30pm-6:00pm	Oct 3	4486055
M, W	6:00pm-6:30pm	Oct 3	4486056

NORTH 6 Sessions \$38.25 5-12yrs

F	3:00pm-3:30pm	Nov 4	4486063
F	3:30pm-4:00pm	Nov 4	4486064
F	4:00pm-4:30pm	Nov 4	4486065
F	4:30pm-5:00pm	Nov 4	4486066
F	5:30pm-6:00pm	Nov 4	4486067
F	6:00pm-6:30pm	Nov 4	4486068
Sa	9:30am-10:00am	Nov 5	4486077
Sa	10:00am-10:30am	Nov 5	4486078
Sa	10:30am-11:00am	Nov 5	4486079
Sa	11:00am-11:30am	Nov 5	4486080
Sa	11:30am-12noon	Nov 5	4486081
Sa	12noon-12:30pm	Nov 5	4486082
M, W	3:00pm-3:30pm	Nov 28	4486107
M, W	3:30pm-4:00pm	Nov 28	4486108
M, W	4:30pm-5:00pm	Nov 28	4486109
M, W	5:00pm-5:30pm	Nov 28	4486110
M, W	5:30pm-6:00pm	Nov 28	4486111
M, W	6:00pm-6:30pm	Nov 28	4486116
Tu, Th	3:00pm-3:30pm	Nov 29	4486117
Tu, Th	3:30pm-4:00pm	Nov 29	4486118
Tu, Th	4:00pm-4:30pm	Nov 29	4486119
Tu, Th	4:30pm-5:00pm	Nov 29	4486120
Tu, Th	5:30pm-6:00pm	Nov 29	4486121
Tu, Th	6:00pm-6:30pm	Nov 29	4486122

North Surrey Recreation Centre

SOUTH 10 Sessions \$63.50 5-12yrs

Tu, Th	3:00pm-3:30pm	Oct 11	4486925
Tu, Th	3:30pm-4:00pm	Oct 11	4486926
Tu, Th	4:00pm-4:30pm	Oct 11	4486929
Tu, Th	4:30pm-5:00pm	Oct 11	4486930
Tu, Th	5:00pm-5:30pm	Oct 11	4486931
Tu, Th	5:30pm-6:00pm	Oct 11	4486932
Tu, Th	6:00pm-6:30pm	Oct 11	4486933
Tu, Th	6:30pm-7:00pm	Oct 11	4486934
Tu, Th	7:00pm-7:30pm	Oct 11	4486935
M, W	3:00pm-3:30pm	Nov 14	4487015
M, W	3:30pm-4:00pm	Nov 14	4487016
M, W	4:00pm-4:30pm	Nov 14	4487017
M, W	4:30pm-5:00pm	Nov 14	4487018
M, W	5:00pm-5:30pm	Nov 14	4487019
M, W	5:30pm-6:00pm	Nov 14	4487020
M, W	6:00pm-6:30pm	Nov 14	4487021
M, W	6:30pm-7:00pm	Nov 14	4487022
M, W	7:00pm-7:30pm	Nov 14	4487023
Tu, Th	3:00pm-3:30pm	Nov 15	4487024
Tu, Th	3:30pm-4:00pm	Nov 15	4487025
Tu, Th	4:00pm-4:30pm	Nov 15	4487026
Tu, Th	4:30pm-5:00pm	Nov 15	4487027
Tu, Th	5:00pm-5:30pm	Nov 15	4487028
Tu, Th	5:30pm-6:00pm	Nov 15	4487029
Tu, Th	6:00pm-6:30pm	Nov 15	4487031
Tu, Th	6:30pm-7:00pm	Nov 15	4487032
Tu, Th	7:00pm-7:30pm	Nov 15	4487034
Sa-Su	9:00am-9:30am	Nov 19	4487035
Sa-Su	9:30am-10:00am	Nov 19	4487036
Sa-Su	10:00am-10:30am	Nov 19	4487037
Sa-Su	10:30am-11:00am	Nov 19	4487038
Sa-Su	11:00am-11:30am	Nov 19	4487039
Sa-Su	11:30am-12noon	Nov 19	4487040
Sa-Su	12noon-12:30pm	Nov 19	4487041
Sa-Su	12:30pm-1:00pm	Nov 19	4487042

SOUTH 9 Sessions \$57.25 5-12yrs

W, M	3:30pm-4:00pm	Oct 12	4486913
W, M	4:00pm-4:30pm	Oct 12	4486914
W, M	4:30pm-5:00pm	Oct 12	4486915
W, M	5:00pm-5:30pm	Oct 12	4486916
W, M	5:30pm-6:00pm	Oct 12	4486918
W, M	6:00pm-6:30pm	Oct 12	4486919
W, M	6:30pm-7:00pm	Oct 12	4486923
W, M	7:00pm-7:30pm	Oct 12	4486924

F	3:00pm-3:30pm	Oct 14	4486936
F	3:30pm-4:00pm	Oct 14	4486937
F	4:00pm-4:30pm	Oct 14	4486959
F	4:30pm-5:00pm	Oct 14	4486984
F	5:00pm-5:30pm	Oct 14	4486985
F	5:30pm-6:00pm	Oct 14	4486987
F	6:00pm-6:30pm	Oct 14	4486996
F	6:30pm-7:00pm	Oct 14	4486997
F	7:00pm-7:30pm	Oct 14	4487001

SOUTH 8 Sessions \$51 5-12yrs

Sa-Su	9:00am-9:30am	Oct 15	4487002
Sa-Su	9:30am-10:00am	Oct 15	4487003
Sa-Su	10:00am-10:30am	Oct 15	4487004
Sa-Su	10:30am-11:00am	Oct 15	4487005
Sa-Su	11:00am-11:30am	Oct 15	4487006
Sa-Su	11:30am-12noon	Oct 15	4487012
Sa-Su	12noon-12:30pm	Oct 15	4487013
Sa-Su	12:30pm-1:00pm	Oct 15	4487014

Grandview Heights Aquatic Centre

SOUTH 8 Sessions \$51 5-12yrs

Tu, Th	3:00pm-3:30pm	Sep 6	4493154
Tu, Th	3:30pm-4:00pm	Sep 6	4493155
Tu, Th	3:30pm-4:00pm	Sep 6	4493156
Tu, Th	4:00pm-4:30pm	Sep 6	4493157
Tu, Th	4:30pm-5:00pm	Sep 6	4493158
Tu, Th	3:00pm-3:30pm	Oct 4	4493173
Tu, Th	3:30pm-4:00pm	Oct 4	4493174
Tu, Th	4:00pm-4:30pm	Oct 4	4493175
Tu, Th	4:30pm-5:00pm	Oct 4	4493176
M, W	3:00pm-3:30pm	Oct 31	4493185
M, W	3:30pm-4:00pm	Oct 31	4493186
M, W	4:00pm-4:30pm	Oct 31	4493187
M, W	4:30pm-5:00pm	Oct 31	4493188
Tu, Th	3:00pm-3:30pm	Nov 1	4493189
Tu, Th	3:30pm-4:00pm	Nov 1	4493190
Tu, Th	4:00pm-4:30pm	Nov 1	4493191
Tu, Th	4:30pm-5:00pm	Nov 1	4493192

SOUTH 7 Sessions \$44.50 5-12yrs

W, M	3:00pm-3:30pm	Sep 7	4493149
W, M	3:30pm-4:00pm	Sep 7	4493150
W, M	3:30pm-4:00pm	Sep 7	4493151
W, M	4:00pm-4:30pm	Sep 7	4493152
W, M	4:30pm-5:00pm	Sep 7	4493153
Sa	9:30am-10:00am	Sep 10	4493159
Sa	10:00am-10:30am	Sep 10	4493160
Sa	10:30am-11:00am	Sep 10	4493161
Sa	11:00am-11:30am	Sep 10	4493162
Sa	11:30am-12noon	Sep 10	4493163
Sa	12noon-12:30pm	Sep 10	4493164
Su	6:00pm-6:30pm	Sep 11	4493165
Su	6:30pm-7:00pm	Sep 11	4493166
Su	7:00pm-7:30pm	Sep 11	4493167
Su	7:30pm-8:00pm	Sep 11	4493168
M, W	3:00pm-3:30pm	Oct 3	4493169
M, W	3:30pm-4:00pm	Oct 3	4493170
M, W	4:00pm-4:30pm	Oct 3	4493171
M, W	4:30pm-5:00pm	Oct 3	4493172

SOUTH 6 Sessions \$44.50 5-12yrs

M, W	3:00pm-3:30pm	Nov 28	4493193
M, W	3:30pm-4:00pm	Nov 28	4493194
M, W	4:00pm-4:30pm	Nov 28	4493195
M, W	4:30pm-5:00pm	Nov 28	4493196
Tu, Th	3:00pm-3:30pm	Nov 29	4493197
Tu, Th	3:30pm-4:00pm	Nov 29	4493198
Tu, Th	4:00pm-4:30pm	Nov 29	4493199
Tu, Th	4:30pm-5:00pm	Nov 29	4493200

SOUTH 5 Sessions \$31.75 5-12yrs

Sa	9:30am-10:00am	Nov 5	4493177
Sa	10:00am-10:30am	Nov 5	4493178
Sa	10:30am-11:00am	Nov 5	4493179
Sa	11:00am-11:30am	Nov 5	4493180
Sa	11:30am-12noon	Nov 5	4493181
Sa	12noon-12:30pm	Nov 5	4493182
Su	6:00pm-6:30pm	Nov 6	4493183
Su	6:30pm-7:00pm	Nov 6	4493184
M-F	9:00am-9:30am	Dec 19	4493201
M-F	9:30am-10:00am	Dec 19	4493202
M-F	10:00am-10:30am	Dec 19	4493203
M-F	10:30am-11:00am	Dec 19	4493204
M-F	11:00am-11:30am	Dec 19	4493205
M-F	11:30am-12noon	Dec 19	4493206
M-F	12noon-12:30pm	Dec 19	4493207

South Surrey Indoor Pool

Red Cross Swim Kids 3-4

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

FLEETWOOD 10 Sessions \$63.50 5-12yrs

Tu, Th	3:00pm-3:30pm	Sep 6	4488388
Tu, Th	3:30pm-4:00pm	Sep 6	4488389
Tu, Th	4:00pm-4:30pm	Sep 6	4488390
Tu, Th	4:30pm-5:00pm	Sep 6	4488391
Tu, Th	5:00pm-5:30pm	Sep 6	4488392
Tu, Th	5:30pm-6:00pm	Sep 6	4488393
Tu, Th	6:00pm-6:30pm	Sep 6	4488394
Tu, Th	6:30pm-7:00pm	Sep 6	4488407
Tu, Th	7:00pm-7:30pm	Sep 6	4488408
Tu	3:45pm-4:15pm	Sep 6	4489611
Tu	6:45pm-7:15pm	Sep 6	4489612
Tu, Th	3:00pm-3:30pm	Oct 11	4488661
Tu, Th	3:30pm-4:00pm	Oct 11	4488662
Tu, Th	4:00pm-4:30pm	Oct 11	4488663
Tu, Th	4:30pm-5:00pm	Oct 11	4488664
Tu, Th	5:00pm-5:30pm	Oct 11	4488665
Tu, Th	5:30pm-6:00pm	Oct 11	4488666
Tu, Th	6:00pm-6:30pm	Oct 11	4488667
Tu, Th	6:30pm-7:00pm	Oct 11	4488668
Tu, Th	7:00pm-7:30pm	Oct 11	4488669

M, W	3:00pm-3:30pm	Nov 14	4487874
M, W	3:30pm-4:00pm	Nov 14	4487875
M, W	4:00pm-4:30pm	Nov 14	4487876
M, W	4:30pm-5:00pm	Nov 14	4487877
M, W	5:00pm-5:30pm	Nov 14	4487878
M, W	5:30pm-6:00pm	Nov 14	4487879
M, W	6:00pm-6:30pm	Nov 14	4487880
M, W	6:30pm-7:00pm	Nov 14	4487881
M, W	7:00pm-7:30pm	Nov 14	4487882
Tu, Th	3:00pm-3:30pm	Nov 15	4489388
Tu, Th	3:30pm-4:00pm	Nov 15	4489389
Tu, Th	4:00pm-4:30pm	Nov 15	4489390
Tu, Th	4:30pm-5:00pm	Nov 15	4489391
Tu, Th	5:00pm-5:30pm	Nov 15	4489392
Tu, Th	5:30pm-6:00pm	Nov 15	4489393
Tu, Th	6:00pm-6:30pm	Nov 15	4489394
Tu, Th	6:30pm-7:00pm	Nov 15	4489395
Tu, Th	7:00pm-7:30pm	Nov 15	4489397
Sa-Su	9:00am-9:30am	Nov 19	4493642
Sa-Su	9:30am-10:00am	Nov 19	4493643
Sa-Su	10:00am-10:30am	Nov 19	4493644
Sa-Su	10:30am-11:00am	Nov 19	4493645
Sa-Su	11:00am-11:30am	Nov 19	4493646
Sa-Su	11:30am-12noon	Nov 19	4493647
Sa-Su	12noon-12:30pm	Nov 19	4493648
Sa-Su	12:30pm-1:00pm	Nov 19	4493649

FLEETWOOD 9 Sessions \$57.25 5-12yrs

W, M	3:00pm-3:30pm	Sep 7	4487339
W, M	3:30pm-4:00pm	Sep 7	4487507
W, M	4:00pm-4:30pm	Sep 7	4487508
W, M	4:30pm-5:00pm	Sep 7	4487509
W, M	5:00pm-5:30pm	Sep 7	4487510
W, M	5:30pm-6:00pm	Sep 7	4487511
W, M	6:00pm-6:30pm	Sep 7	4487512
W, M	6:30pm-7:00pm	Sep 7	4487513
W, M	7:00pm-7:30pm	Sep 7	4487514
F	3:00pm-3:30pm	Sep 9	4490238
F	3:30pm-4:00pm	Sep 9	4490240
F	4:00pm-4:30pm	Sep 9	4490241
F	4:30pm-5:00pm	Sep 9	4490242
F	5:00pm-5:30pm	Sep 9	4490243
F	5:30pm-6:00pm	Sep 9	4490244
F	6:00pm-6:30pm	Sep 9	4490246
F	6:30pm-7:00pm	Sep 9	4490247
F	7:00pm-7:30pm	Sep 9	4490248
W, M	3:00pm-3:30pm	Oct 12	4487595
W, M	3:30pm-4:00pm	Oct 12	4487596
W, M	4:00pm-4:30pm	Oct 12	4487597
W, M	4:30pm-5:00pm	Oct 12	4487598
W, M	5:00pm-5:30pm	Oct 12	4487599
W, M	5:30pm-6:00pm	Oct 12	4487600
W, M	6:00pm-6:30pm	Oct 12	4487601
W, M	6:30pm-7:00pm	Oct 12	4487602
W, M	7:00pm-7:30pm	Oct 12	4487603

FLEETWOOD 8 Sessions \$51 5-12yrs

Sa-Su

Tu, Th	3:30pm-4:00pm	Nov 15	4490653
Tu, Th	4:00pm-4:30pm	Nov 15	4490656
Tu, Th	4:30pm-5:00pm	Nov 15	4490657
Tu, Th	5:30pm-6:00pm	Nov 15	4490659
Tu, Th	6:00pm-6:30pm	Nov 15	4490660
Tu, Th	6:30pm-7:00pm	Nov 15	4490662
Sa-Su	9:00am-9:30am	Nov 19	4490663
Sa-Su	9:30am-10:00am	Nov 19	4490664
Sa-Su	10:00am-10:30am	Nov 19	4490665
Sa-Su	11:00am-11:30am	Nov 19	4490666
Sa-Su	11:30am-12noon	Nov 19	4490669
Sa-Su	12noon-12:30pm	Nov 19	4490672
Sa-Su	12:30pm-1:00pm	Nov 19	4490675
GUILDFORD 9 Sessions \$57.25 5-12yrs			
W, M	3:30pm-4:00pm	Sep 7	4490679
W, M	4:00pm-4:30pm	Sep 7	4490680
W, M	5:00pm-5:30pm	Sep 7	4490681
W, M	5:30pm-6:00pm	Sep 7	4490682
W, M	6:00pm-6:30pm	Sep 7	4490683
W, M	6:30pm-7:00pm	Sep 7	4490684
F	4:30pm-5:00pm	Sep 9	4490699
F	5:30pm-6:00pm	Sep 9	4490701
F	6:00pm-6:30pm	Sep 9	4490704
W, M	3:30pm-4:00pm	Oct 12	4490686
W, M	4:00pm-4:30pm	Oct 12	4490688
W, M	5:00pm-5:30pm	Oct 12	4490690
W, M	5:30pm-6:00pm	Oct 12	4490692
W, M	6:00pm-6:30pm	Oct 12	4490694
W, M	6:30pm-7:00pm	Oct 12	4490696
GUILDFORD 8 Sessions \$51 5-12yrs			
Sa-Su	9:00am-9:30am	Sep 10	4490722
Sa-Su	9:30am-10:00am	Sep 10	4490724
Sa-Su	10:00am-10:30am	Sep 10	4490726
Sa-Su	11:00am-11:30am	Sep 10	4490727
Sa-Su	11:30am-12noon	Sep 10	4490729
Sa-Su	12noon-12:30pm	Sep 10	4490731
Sa-Su	12:30pm-1:00pm	Sep 10	4490733
Sa	9:15am-9:45am	Sep 10	4490778
Sa	10:15am-10:45am	Sep 10	4490779
Sa	11:45am-12:15pm	Sep 10	4490781
Su	9:15am-9:45am	Sep 11	4490783
Su	11:15am-11:45am	Sep 11	4490785
Su	11:45am-12:15pm	Sep 11	4490787
Su	12:45pm-1:15pm	Sep 11	4490789
Sa-Su	9:00am-9:30am	Oct 15	4490739
Sa-Su	9:30am-10:00am	Oct 15	4490747
Sa-Su	10:00am-10:30am	Oct 15	4490750
Sa-Su	11:00am-11:30am	Oct 15	4490753
Sa-Su	11:30am-12noon	Oct 15	4490755
Sa-Su	12noon-12:30pm	Oct 15	4490759
Sa-Su	12:30pm-1:00pm	Oct 15	4490763
GUILDFORD 5 Sessions \$31.75 5-12yrs			
F	4:30pm-5:00pm	Nov 18	4490793
F	5:30pm-6:00pm	Nov 18	4490795
F	6:00pm-6:30pm	Nov 18	4490798
Sa	9:15am-9:45am	Nov 19	4490800
Sa	10:15am-10:45am	Nov 19	4490801
Sa	11:45am-12:15pm	Nov 19	4490803
Su	9:15am-9:45am	Nov 20	4490814
Su	11:15am-11:45am	Nov 20	4490816
Su	11:45am-12:15pm	Nov 20	4490819
Su	12:45pm-1:15pm	Nov 20	4490823
Guildford Recreation Centre			
NEWTON 8 Sessions \$51 5-12yrs			
M, W	3:00pm-3:30pm	Nov 21	4491049
M, W	3:30pm-4:00pm	Nov 21	4491050
M, W	4:00pm-4:30pm	Nov 21	4491052
M, W	4:30pm-5:00pm	Nov 21	4491053
M, W	5:00pm-5:30pm	Nov 21	4491055
M, W	5:30pm-6:00pm	Nov 21	4491056
Tu, Th	3:00pm-3:30pm	Nov 22	4491065
Tu, Th	3:30pm-4:00pm	Nov 22	4491068
Tu, Th	4:00pm-4:30pm	Nov 22	4491070
Tu, Th	4:30pm-5:00pm	Nov 22	4491078
Tu, Th	5:00pm-5:30pm	Nov 22	4491080
Tu, Th	5:30pm-6:00pm	Nov 22	4491083
Tu, Th	6:00pm-6:30pm	Nov 22	4491144
Tu, Th	6:30pm-7:00pm	Nov 22	4491150
Sa-Su	8:30am-9:00am	Nov 26	4491192
Sa-Su	9:00am-9:30am	Nov 26	4491194
Sa-Su	9:30am-10:00am	Nov 26	4491195
Sa-Su	10:00am-10:30am	Nov 26	4491197
Sa-Su	10:45am-11:15am	Nov 26	4491201
Sa-Su	11:15am-11:45am	Nov 26	4491202
Sa-Su	11:45am-12:15pm	Nov 26	4491203

NEWTON 7 Sessions \$44.50 5-12yrs			
M-Th	9:00am-9:30am	Dec 19	4491224
M-Th	10:00am-10:30am	Dec 19	4491230
M-Th	11:00am-11:30am	Dec 19	4491239

Newton Recreation Centre

NORTH 10 Sessions \$63.50 5-12yrs			
Sa-Su	9:00am-9:30am	Nov 19	4486221
Sa-Su	9:30am-10:00am	Nov 19	4486222
Sa-Su	10:00am-10:30am	Nov 19	4486223
Sa-Su	10:30am-11:00am	Nov 19	4486224
Sa-Su	11:00am-11:30am	Nov 19	4486225
Sa-Su	11:30am-12noon	Nov 19	4486226
Sa-Su	12noon-12:30pm	Nov 19	4486227
Sa-Su	12:30pm-1:00pm	Nov 19	4486228

NORTH 8 Sessions \$51 5-12yrs			
Tu, Th	3:00pm-3:30pm	Sep 6	4486151
Tu, Th	3:30pm-4:00pm	Sep 6	4486152
Tu, Th	4:00pm-4:30pm	Sep 6	4486153
Tu, Th	4:30pm-5:00pm	Sep 6	4486154
Tu, Th	5:00pm-5:30pm	Sep 6	4486155
Tu, Th	5:30pm-6:00pm	Sep 6	4486156
F	3:00pm-3:30pm	Sep 9	4486157
F	3:30pm-4:00pm	Sep 9	4486158
F	4:30pm-5:00pm	Sep 9	4486159
F	5:00pm-5:30pm	Sep 9	4486160
F	5:30pm-6:00pm	Sep 9	4486161
F	6:00pm-6:30pm	Sep 9	4486162
Sa-Su	9:00am-9:30am	Sep 10	4486163
Sa-Su	9:30am-10:00am	Sep 10	4486164
Sa-Su	10:00am-10:30am	Sep 10	4486165
Sa-Su	10:30am-11:00am	Sep 10	4486166
Sa-Su	11:00am-11:30am	Sep 10	4486167
Sa-Su	11:30am-12noon	Sep 10	4486168
Sa-Su	12noon-12:30pm	Sep 10	4486169
Sa-Su	12:30pm-1:00pm	Sep 10	4486170
Tu, Th	3:00pm-3:30pm	Oct 4	4486183
Tu, Th	3:30pm-4:00pm	Oct 4	4486184
Tu, Th	4:00pm-4:30pm	Oct 4	4486185
Tu, Th	4:30pm-5:00pm	Oct 4	4486186
Tu, Th	5:00pm-5:30pm	Oct 4	4486187
Tu, Th	5:30pm-6:00pm	Oct 4	4486188
Sa-Su	9:00am-9:30am	Oct 15	4486195
Sa-Su	9:30am-10:00am	Oct 15	4486196
Sa-Su	10:00am-10:30am	Oct 15	4486197
Sa-Su	10:30am-11:00am	Oct 15	4486198
Sa-Su	11:00am-11:30am	Oct 15	4486199
Sa-Su	11:30am-12noon	Oct 15	4486200
Sa-Su	12noon-12:30pm	Oct 15	4486201
Sa-Su	12:30pm-1:00pm	Oct 15	4486202
M, W	3:00pm-3:30pm	Oct 31	4486209
M, W	3:30pm-4:00pm	Oct 31	4486210
M, W	4:00pm-4:30pm	Oct 31	4486211
M, W	4:30pm-5:00pm	Oct 31	4486212
M, W	5:30pm-6:00pm	Oct 31	4486213
M, W	6:00pm-6:30pm	Oct 31	4486214
Tu, Th	3:00pm-3:30pm	Nov 1	4486215
Tu, Th	3:30pm-4:00pm	Nov 1	4486216
Tu, Th	4:00pm-4:30pm	Nov 1	4486217
Tu, Th	4:30pm-5:00pm	Nov 1	4486218
Tu, Th	5:00pm-5:30pm	Nov 1	4486219
Tu, Th	5:30pm-6:00pm	Nov 1	4486220

North Surrey Recreation Centre			
SOUTH 10 Sessions \$63.50 5-12yrs			
Tu, Th	3:00pm-3:30pm	Oct 11	4487054
Tu, Th	3:30pm-4:00pm	Oct 11	4487055
Tu, Th	4:00pm-4:30pm	Oct 11	4487056
Tu, Th	4:30pm-5:00pm	Oct 11	4487057
Tu, Th	5:00pm-5:30pm	Oct 11	4487058
Tu, Th	5:30pm-6:00pm	Oct 11	4487059
Tu, Th	6:00pm-6:30pm	Oct 11	4487060
Tu, Th	6:30pm-7:00pm	Oct 11	4487062
Tu, Th	7:00pm-7:30pm	Oct 11	4487063
M, W	3:00pm-3:30pm	Nov 14	4487095
M, W	3:30pm-4:00pm	Nov 14	4487096
M, W	4:00pm-4:30pm	Nov 14	4487097
M, W	4:30pm-5:00pm	Nov 14	4487098
M, W	5:00pm-5:30pm	Nov 14	4487101
M, W	5:30pm-6:00pm	Nov 14	4487102
M, W	6:00pm-6:30pm	Nov 14	4487103
M, W	6:30pm-7:00pm	Nov 14	4487104
M, W	7:00pm-7:30pm	Nov 14	4487109
Tu, Th	3:00pm-3:30pm	Nov 15	4487110
Tu, Th	3:30pm-4:00pm	Nov 15	4487111
Tu, Th	4:00pm-4:30pm	Nov 15	4487112
Tu, Th	4:30pm-5:00pm	Nov 15	4487113
Tu, Th	5:00pm-5:30pm	Nov 15	4487114
Tu, Th	5:30pm-6:00pm	Nov 15	4487115
Tu, Th	6:00pm-6:30pm	Nov 15	4487116
Tu, Th	6:30pm-7:00pm	Nov 15	4487117
Tu, Th	7:00pm-7:30pm	Nov 15	4487118
Sa-Su	9:00am-9:30am	Nov 19	4487119
Sa-Su	9:30am-10:00am	Nov 19	4487120
Sa-Su	10:00am-10:30am	Nov 19	4487121
Sa-Su	10:30am-11:00am	Nov 19	4487122
Sa-Su	11:00am-11:30am	Nov 19	4487123
Sa-Su	11:30am-12noon	Nov 19	4487124
Sa-Su	12noon-12:30pm	Nov 19	4487125
Sa-Su	12:30pm-1:00pm	Nov 19	4487126

SOUTH 9 Sessions \$57.25 5-12yrs			
W, M	3:00pm-3:30pm	Oct 12	4487043
W, M	3:30pm-4:00pm	Oct 12	4487044
W, M	4:00pm-4:30pm	Oct 12	4487045
W, M	4:30pm-5:00pm	Oct 12	4487046
W, M	5:00pm-5:30pm	Oct 12	4487047
W, M	5:30pm-6:00pm	Oct 12	4487049
W, M	6:00pm-6:30pm	Oct 12	4487050
W, M	6:30pm-7:00pm	Oct 12	4487051
W, M	7:00pm-7:30pm	Oct 12	4487052
F	3:00pm-3:30pm	Oct 14	4487064
F	3:30pm-4:00pm	Oct 14	4487065
F	4:00pm-4:30pm	Oct 14	4487066
F	4:30pm-5:00pm	Oct 14	4487067
F	5:00pm-5:30pm	Oct 14	4487070
F	5:30pm-6:00pm	Oct 14	4487071
F	6:00pm-6:30pm	Oct 14	4487072
F	6:30pm-7:00pm	Oct 14	4487073
F	7:00pm-7:30pm	Oct 14	4487075

NORTH 6 Sessions \$38.25 5-12yrs			
F	3:00pm-3:30pm	Nov 4	4486189
F	3:30pm-4:00pm	Nov 4	4486190
F	4:30pm-5:00pm	Nov 4	4486191
F	5:00pm-5:30pm	Nov 4	4486192
F	5:30pm-6:00pm	Nov 4	4486193
F	6:00pm-6:30pm	Nov 4	4486194
Sa	9:30am-10:00am	Nov 5	4486203
Sa	10:00am-10:30am	Nov 5	4486204
Sa	10:30am-11:00am	Nov 5	4486205
Sa	11:00am-11:30am	Nov 5	4486206
Sa	11:30am-12noon	Nov 5	4486207
Sa	12noon-12:30pm	Nov 5	4486208
M, W	3:00pm-3:30pm	Nov 28	4486229
M, W	3:30pm-4:00pm	Nov 28	4486230
M, W	4:00pm-4:30pm	Nov 28	4486231
M, W	4:30pm-5:00pm	Nov 28	4486232
M, W	5:30pm-6:00pm	Nov 28	4486233
M, W	6:00pm-6:30pm	Nov 28	4486234
Tu, Th	3:00pm-3:30pm	Nov 29	4486235
Tu, Th	3:30pm-4:00pm	Nov 29	4486236
Tu, Th	4:00pm-4:30pm	Nov 29	4486237
Tu, Th	4:30pm-5:00pm	Nov 29	4486238
Tu, Th	5:00pm-5:30pm	Nov 29	4486239
Tu, Th	5:30pm-6:00pm	Nov 29	4486240

North Surrey Recreation Centre

SOUTH 8 Sessions \$51 5-12yrs			
Tu, Th	3:00pm-3:30pm	Sep 6	4493212
Tu, Th	3:30pm-4:00pm	Sep 6	4493213
Tu, Th	4:00pm-4:30pm	Sep 6	4493214
Tu, Th	4:30pm-5:00pm	Sep 6	4493215
Tu, Th	3:00pm-3:30pm	Oct 4	4493230
Tu, Th	3:30pm-4:00pm	Oct 4	4493231
Tu, Th	4:00pm-4:30pm	Oct 4	4493232
Tu, Th	4:30pm-5:00pm	Oct 4	4493233
M, W	3:00pm-3:30pm	Oct 31	4493244
M, W	3:30pm-4:00pm	Oct 31	4493245
M, W	4:00pm-4:30pm	Oct 31	4493246
M, W	4:30pm-5:00pm	Oct 31	4493247
Tu, Th	3:00pm-3:30pm	Nov 1	4493248
Tu, Th	3:30pm-4:00pm	Nov 1	4493249
Tu, Th	4:00pm-4:30pm	Nov 1	4493250
Tu, Th	4:30pm-5:00pm	Nov 1	4493251
SOUTH 7 Sessions \$44.50 5-12yrs			
W, M	3:00pm-3:30pm	Sep 7	4493208
W, M	3:30pm-4:00pm		

PARENTS AND GUARDIANS:

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

Thank you

Red Cross Swim 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	3:15pm-4:00pm	Sep 6	4489615
Tu	5:45pm-6:30pm	Sep 6	4489616
Tu, Th	3:30pm-4:15pm	Sep 6	4488409
Tu, Th	4:15pm-5:00pm	Sep 6	4488411
Tu, Th	5:00pm-5:45pm	Sep 6	4488412
Tu, Th	5:45pm-6:30pm	Sep 6	4488413
Tu, Th	6:30pm-7:15pm	Sep 6	4488414
Tu, Th	7:15pm-8:00pm	Sep 6	4488416
Tu, Th	3:30pm-4:15pm	Oct 11	4488670
Tu, Th	4:15pm-5:00pm	Oct 11	4488671
Tu, Th	5:00pm-5:45pm	Oct 11	4488672
Tu, Th	5:45pm-6:30pm	Oct 11	4488673
Tu, Th	6:30pm-7:15pm	Oct 11	4488674
Tu, Th	7:15pm-8:00pm	Oct 11	4488675
M, W	3:30pm-4:15pm	Nov 14	4487921
M, W	4:15pm-5:00pm	Nov 14	4487922
M, W	5:00pm-5:45pm	Nov 14	4487923
M, W	5:45pm-6:30pm	Nov 14	4487924
M, W	6:30pm-7:15pm	Nov 14	4487925
M, W	7:15pm-8:00pm	Nov 14	4487926
Tu, Th	3:30pm-4:15pm	Nov 15	4489403
Tu, Th	4:15pm-5:00pm	Nov 15	4489404
Tu, Th	5:00pm-5:45pm	Nov 15	4489414
Tu, Th	5:45pm-6:30pm	Nov 15	4489415
Tu, Th	6:30pm-7:15pm	Nov 15	4489416
Tu, Th	7:15pm-8:00pm	Nov 15	4489417
Sa-Su	9:00am-9:45am	Nov 19	4493650
Sa-Su	9:45am-10:30am	Nov 19	4493652
Sa-Su	10:30am-11:15am	Nov 19	4493653
Sa-Su	11:15am-12noon	Nov 19	4493655
Sa-Su	12noon-12:45pm	Nov 19	4493656

FLEETWOOD 9 Sessions \$75 5-12yrs

W, M	3:30pm-4:15pm	Sep 7	4487340
W, M	4:15pm-5:00pm	Sep 7	4487515
W, M	5:00pm-5:45pm	Sep 7	4487517
W, M	5:45pm-6:30pm	Sep 7	4487518
W, M	6:30pm-7:15pm	Sep 7	4487519
W, M	7:15pm-8:00pm	Sep 7	4487520
F	3:30pm-4:15pm	Sep 9	4490250
F	4:15pm-5:00pm	Sep 9	4490256
F	5:00pm-5:45pm	Sep 9	4490258
F	5:45pm-6:30pm	Sep 9	4490260
F	6:30pm-7:15pm	Sep 9	4490261
F	7:15pm-8:00pm	Sep 9	4490262
W, M	3:30pm-4:15pm	Oct 12	4487604
W, M	4:15pm-5:00pm	Oct 12	4487605
W, M	5:00pm-5:45pm	Oct 12	4487606
W, M	5:45pm-6:30pm	Oct 12	4487607
W, M	6:30pm-7:15pm	Oct 12	4487608
W, M	7:15pm-8:00pm	Oct 12	4487609

FLEETWOOD 8 Sessions \$66.75 5-12yrs

Sa-Su	9:00am-9:45am	Sep 10	4493542
Sa-Su	9:45am-10:30am	Sep 10	4493543
Sa-Su	10:30am-11:15am	Sep 10	4493544
Sa-Su	11:15am-12noon	Sep 10	4493545
Sa-Su	12noon-12:45pm	Sep 10	4493546
Sa	9:15am-10:00am	Sep 10	4491763
Sa	10:45am-11:30am	Sep 10	4491765
Sa	11:30am-12:15pm	Sep 10	4491766
Sa	10:00am-10:45am	Sep 10	4491764
Sa	12:15pm-1:00pm	Sep 10	4491767
Su	9:15am-10:00am	Sep 11	4492045
Su	10:00am-10:45am	Sep 11	4492047
Su	10:45am-11:30am	Sep 11	4492048
Su	11:30am-12:15pm	Sep 11	4492050
Su	12:15pm-1:00pm	Sep 11	4492052

M	3:15pm-4:00pm	Sep 12	4489519
M	5:45pm-6:30pm	Sep 12	4489528
Sa-Su	9:00am-9:45am	Oct 15	4493592
Sa-Su	9:45am-10:30am	Oct 15	4493593
Sa-Su	10:30am-11:15am	Oct 15	4493594
Sa-Su	11:15am-12noon	Oct 15	4493595
Sa-Su	12noon-12:45pm	Oct 15	4493596

FLEETWOOD 5 Sessions \$41.75 5-12yrs

M	3:15pm-4:00pm	Nov 14	4489532
M	5:45pm-6:30pm	Nov 14	4489534
Tu	3:15pm-4:00pm	Nov 15	4489681
Tu	5:45pm-6:30pm	Nov 15	4489682
F	3:30pm-4:15pm	Nov 18	4490637
F	4:15pm-5:00pm	Nov 18	4490639
F	5:00pm-5:45pm	Nov 18	4490641
F	5:45pm-6:30pm	Nov 18	4490650
F	6:30pm-7:15pm	Nov 18	4490658
F	7:15pm-8:00pm	Nov 18	4490661
Sa	9:15am-10:00am	Nov 19	4491890
Sa	10:00am-10:45am	Nov 19	4491891
Sa	10:45am-11:30am	Nov 19	4491895
Sa	11:30am-12:15pm	Nov 19	4491897
Sa	12:15pm-1:00pm	Nov 19	4491901
Su	9:15am-10:00am	Nov 20	4493487
Su	10:00am-10:45am	Nov 20	4493488
Su	10:45am-11:30am	Nov 20	4493489
Su	11:30am-12:15pm	Nov 20	4493490
Su	12:15pm-1:00pm	Nov 20	4493491

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$83.50 5-12yrs

Tu, Th	3:30pm-4:15pm	Sep 6	4490835
Tu, Th	4:15pm-5:00pm	Sep 6	4490837
Tu, Th	5:30pm-6:15pm	Sep 6	4490840
Tu, Th	6:15pm-7:00pm	Sep 6	4490842
Tu, Th	3:30pm-4:15pm	Oct 11	4490844
Tu, Th	4:15pm-5:00pm	Oct 11	4490845
Tu, Th	5:30pm-6:15pm	Oct 11	4490846
Tu, Th	6:15pm-7:00pm	Oct 11	4490847
M, W	3:15pm-4:00pm	Nov 14	4490851
M, W	4:00pm-4:45pm	Nov 14	4490854
M, W	5:30pm-6:15pm	Nov 14	4490858
M, W	6:15pm-7:00pm	Nov 14	4490859
Tu, Th	3:30pm-4:15pm	Nov 15	4490862
Tu, Th	4:15pm-5:00pm	Nov 15	4490864
Tu, Th	5:30pm-6:15pm	Nov 15	4490866
Tu, Th	6:15pm-7:00pm	Nov 15	4490868
Sa-Su	9:00am-9:45am	Nov 19	4490872
Sa-Su	9:45am-10:30am	Nov 19	4490873
Sa-Su	10:30am-11:15am	Nov 19	4490874
Sa-Su	11:15am-12:30pm	Nov 19	4490877
Sa-Su	12:30pm-1:15pm	Nov 19	4490879

GUILDFORD 9 Sessions \$75 5-12yrs

W, M	3:15pm-4:00pm	Sep 7	4490883
W, M	4:00pm-4:45pm	Sep 7	4490886
W, M	5:30pm-6:15pm	Sep 7	4490888
W, M	6:15pm-7:00pm	Sep 7	4490891
F	3:30pm-4:15pm	Sep 9	4490903
F	4:15pm-5:00pm	Sep 9	4490905
W, M	3:15pm-4:00pm	Oct 12	4490895
W, M	4:00pm-4:45pm	Oct 12	4490898
W, M	5:30pm-6:15pm	Oct 12	4490899
W, M	6:15pm-7:00pm	Oct 12	4490900

GUILDFORD 8 Sessions \$66.75 5-12yrs

Sa-Su	9:00am-9:45am	Sep 10	4490907
Sa-Su	9:45am-10:30am	Sep 10	4490909
Sa-Su	10:30am-11:15am	Sep 10	4490911
Sa-Su	11:15am-12:30pm	Sep 10	4490913
Sa-Su	12:30pm-1:15pm	Sep 10	4490916
Sa	10:00am-10:45am	Sep 10	4490939
Sa	12:15pm-1:00pm	Sep 10	4490943
Su	10:15am-11:00am	Sep 11	4490948
Sa-Su	9:00am-9:45am	Oct 15	4490919
Sa-Su	9:45am-10:30am	Oct 15	4490927
Sa-Su	10:30am-11:15am	Oct 15	4490929
Sa-Su	11:15am-12:30pm	Oct 15	4490931
Sa-Su	12:30pm-1:15pm	Oct 15	4490933

GUILDFORD 5 Sessions \$41.75 5-12yrs

F	3:30pm-4:15pm	Nov 18	4490958
F	4:15pm-5:30pm	Nov 18	4490960
Sa	10:00am-10:45am	Nov 19	4490964
Sa	12:15pm-1:00pm	Nov 19	4490966
Su	10:15am-11:00am	Nov 20	4490969

Guildford Recreation Centre

NEWTON 8 Sessions \$66.75 5-12yrs

M, W	3:30pm-4:15pm	Nov 21	4489063
M, W	4:15pm-5:00pm	Nov 21	4489064
M, W	5:00pm-5:45pm	Nov 21	4489067
Tu, Th	3:30pm-4:15pm	Nov 22	4489062
Tu, Th	4:15pm-5:00pm	Nov 22	4489065
Tu, Th	5:00pm-5:45pm	Nov 22	4489066
Tu, Th	5:45pm-6:30pm	Nov 22	4489068
Sa-Su	8:30am-9:15am	Nov 26	4489071
Sa-Su	9:15am-10:00am	Nov 26	4489072
Sa-Su	10:45am-11:30am	Nov 26	4489073
Sa-Su	11:30am-12:15pm	Nov 26	4489077

NEWTON 7 Sessions \$58.50 5-12yrs

M-Th	9:15am-10:00am	Dec 19	4489943
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Newton Recreation Centre

NORTH 10 Sessions \$83.50 5-12yrs

Sa-Su	9:00am-9:45am	Nov 19	4486287
Sa-Su	9:45am-10:30am	Nov 19	4486295
Sa-Su	10:30am-11:15am	Nov 19	4486296
Sa-Su	11:15am-12noon	Nov 19	4486297
Sa-Su	12noon-12:45pm	Nov 19	4486301

NORTH 8 Sessions \$66.75 5-12yrs

Tu, Th	3:15pm-4:00pm	Sep 6	4486243
Tu, Th	4:15pm-5:00pm	Sep 6	4486244
Tu, Th	5:15pm-6:00pm	Sep 6	4486245
Tu, Th	6:00pm-6:45pm	Sep 6	4486246
F	3:15pm-4:00pm	Sep 9	4486247
F	5:00pm-5:45pm	Sep 9	4486248
F	5:45pm-6:30pm	Sep 9	4486249
Sa-Su	9:00am-9:45am	Sep 10	4486250
Sa-Su	9:45am-10:30am	Sep 10	4486251
Sa-Su	10:30am-11:15am	Sep 10	4486252
Sa-Su	11:15am-12noon	Sep 10	4486253
Sa-Su	12noon-12:45pm	Sep 10	4486254
Tu, Th	3:15pm-4:00pm	Oct 4	4486262
Tu, Th	4:15pm-5:00pm	Oct 4	4486263
Tu, Th	5:15pm-6:00pm	Oct 4	4486264
Tu, Th	6:00pm-6:45pm	Oct 4	4486265
Sa-Su	9:00am-9:45am	Oct 15	4486269
Sa-Su	9:45am-10:30am	Oct 15	4486270
Sa-Su	10:30am-11:15am	Oct 15	4486271
Sa-Su	11:15am-12noon	Oct 15	4486272
Sa-Su	12noon-12:45pm	Oct 15	4486273

NORTH 7 Sessions \$58.50 5-12yrs

W, M	3:15pm-4:00pm	Sep 7	4483657
W, M	4:15pm-5:00pm	Sep 7	4486241
W, M	5:30pm-6:15pm	Sep 7	4486242
Sa	9:15am-10:00am	Sep 10	4486255
Sa	10:30am-11:15am	Sep 10	4486256
Sa	11:15am-12noon	Sep 10	4486257
Sa	12noon-12:45pm	Sep 10	4486258
M, W	3:15pm-4:00pm	Oct 3	4486259
M, W	4:15pm-5:00pm	Oct 3	4486260
M, W	5:30pm-6:15pm	Oct 3	4486261
F	3:15pm-4:00pm	Nov 4	4486266
F	5:00pm-5:45pm	Nov 4	4486267
F	5:45pm-6:30pm	Nov 4	4486268
Sa	9:15am-10:00am	Nov 5	4486274
Sa	10:30am-11:15am	Nov 5	4486275
Sa	11:15am-12noon	Nov 5	4486276
Sa	12noon-12:45pm	Nov 5	4486277
M, W	3:15pm-4:00pm	Nov 28	4486302
M, W	4:15pm-5:00pm	Nov 28	4486304
M, W	5:30pm-6:15pm	Nov 28	4486309
Tu, Th	3:15pm-4:00pm	Nov 29	4486310
Tu, Th	4:15pm-5:00pm	Nov 29	4486311
Tu, Th	5:15pm-6:00pm	Nov 29	4486312
Tu, Th	6:00pm-6:45pm	Nov 29	4486313

North Surrey Recreation Centre

SOUTH 10 Sessions \$83.50 5-12yrs

Tu, Th	3:00pm-3:45pm	Oct 11	4487192
Tu, Th	3:45pm-4:30pm	Oct 11	4487193
Tu, Th	4:30pm-5:15pm	Oct 11	4487196
Tu, Th	5:15pm-6:00pm	Oct 11	4493663
Tu, Th	6:00pm-6:45pm	Oct 11	4487198
Tu, Th	6:45pm-7:30pm	Oct 11	4487200
M, W	3:00pm-3:45pm	Nov 14	4487218
M, W	3:45pm-4:30pm	Nov 14	4487220
M, W	4:30pm-5:15pm	Nov 14	4487246
M, W	5:15pm-6:00pm	Nov 14	4487247
M, W	6:00		

PARENTS AND GUARDIANS:

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

Thank you

Red Cross Swim 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	4:00pm-4:45pm	Sep 6	4489624
Tu, Th	3:30pm-4:15pm	Sep 6	4488420
Tu, Th	4:15pm-5:00pm	Sep 6	4488425
Tu, Th	5:00pm-5:45pm	Sep 6	4488426
Tu, Th	5:45pm-6:30pm	Sep 6	4488427
Tu, Th	6:30pm-7:15pm	Sep 6	4488428
Tu, Th	7:15pm-8:00pm	Sep 6	4488429
Tu, Th	3:30pm-4:15pm	Oct 11	4488676
Tu, Th	4:15pm-5:00pm	Oct 11	4488677
Tu, Th	5:00pm-5:45pm	Oct 11	4488679
Tu, Th	5:45pm-6:30pm	Oct 11	4488680
Tu, Th	6:30pm-7:15pm	Oct 11	4488681
Tu, Th	7:15pm-8:00pm	Oct 11	4488682
M, W	3:30pm-4:15pm	Nov 14	4487927
M, W	4:15pm-5:00pm	Nov 14	4487928
M, W	5:00pm-5:45pm	Nov 14	4487929
M, W	5:45pm-6:30pm	Nov 14	4487930
M, W	6:30pm-7:15pm	Nov 14	4487931
M, W	7:15pm-8:00pm	Nov 14	4487934
Tu, Th	3:30pm-4:15pm	Nov 15	4489421
Tu, Th	4:15pm-5:00pm	Nov 15	4489422
Tu, Th	5:00pm-5:45pm	Nov 15	4489424
Tu, Th	5:45pm-6:30pm	Nov 15	4489425
Tu, Th	6:30pm-7:15pm	Nov 15	4489428
Tu, Th	7:15pm-8:00pm	Nov 15	4489430
Sa-Su	9:00am-9:45am	Nov 19	4493657
Sa-Su	9:45am-10:30am	Nov 19	4493658
Sa-Su	10:30am-11:15am	Nov 19	4493659
Sa-Su	12noon-12:45pm	Nov 19	4493660
FLEETWOOD 9 Sessions \$75 5-12yrs			
W, M	3:30pm-4:15pm	Sep 7	4487341
W, M	4:15pm-5:00pm	Sep 7	4487524
W, M	5:00pm-5:45pm	Sep 7	4487525
W, M	5:45pm-6:30pm	Sep 7	4487526
W, M	6:30pm-7:15pm	Sep 7	4487527
W, M	7:15pm-8:00pm	Sep 7	4487528
F	3:30pm-4:15pm	Sep 9	4490287
F	4:15pm-5:00pm	Sep 9	4490289
F	5:00pm-5:45pm	Sep 9	4490291
F	5:45pm-6:30pm	Sep 9	4490292
F	6:30pm-7:15pm	Sep 9	4490294
F	7:15pm-8:00pm	Sep 9	4490296
W, M	3:30pm-4:15pm	Oct 12	4487610
W, M	4:15pm-5:00pm	Oct 12	4487611
W, M	5:00pm-5:45pm	Oct 12	4487612
W, M	5:45pm-6:30pm	Oct 12	4487613
W, M	6:30pm-7:15pm	Oct 12	4487614
W, M	7:15pm-8:00pm	Oct 12	4487615
FLEETWOOD 8 Sessions \$66.75 5-12yrs			
Sa-Su	9:00am-9:45am	Sep 10	4493547
Sa	9:15am-10:00am	Sep 10	4491776
Sa-Su	9:45am-10:30am	Sep 10	4493548
Sa	10:00am-10:45am	Sep 10	4491777
Sa-Su	10:30am-11:15am	Sep 10	4493549
Sa	10:45am-11:30am	Sep 10	4491779
Sa	11:30am-12:15pm	Sep 10	4491780
Sa-Su	12noon-12:45pm	Sep 10	4493550
Sa	12:15pm-1:00pm	Sep 10	4491781
Su	9:15am-10:00am	Sep 11	4492056
Su	10:00am-10:45am	Sep 11	4492058
Su	10:45am-11:30am	Sep 11	4492060
Su	11:30am-12:15pm	Sep 11	4492063
Su	12:15pm-1:00pm	Sep 11	4492064
M	4:00pm-4:45pm	Sep 12	4489530

Sa-Su	9:00am-9:45am	Oct 15	4493597
Sa-Su	9:45am-10:30am	Oct 15	4493598
Sa-Su	10:30am-11:15am	Oct 15	4493599
Sa-Su	12noon-12:45pm	Oct 15	4493600
FLEETWOOD 5 Sessions \$41.75 5-12yrs			
M	4:00pm-4:45pm	Nov 14	4489531
Tu	4:00pm-4:45pm	Nov 15	4489689
F	3:30pm-4:15pm	Nov 18	4490670
F	4:15pm-5:00pm	Nov 18	4490671
F	5:00pm-5:45pm	Nov 18	4490673
F	5:45pm-6:30pm	Nov 18	4490674
F	6:30pm-7:15pm	Nov 18	4490676
F	7:15pm-8:00pm	Nov 18	4490677
Sa	9:15am-10:00am	Nov 19	4491904
Sa	10:00am-10:45am	Nov 19	4491906
Sa	10:45am-11:30am	Nov 19	4491908
Sa	11:30am-12:15pm	Nov 19	4491910
Sa	12:15pm-1:00pm	Nov 19	4491912
Su	9:15am-10:00am	Nov 20	4493492
Su	10:00am-10:45am	Nov 20	4493493
Su	10:45am-11:30am	Nov 20	4493494
Su	11:30am-12:15pm	Nov 20	4493495
Su	12:15pm-1:00pm	Nov 20	4493496

Sport & Leisure Aquatics			
GUILDFORD 10 Sessions \$83.50 5-12yrs			
Tu, Th	3:30pm-4:15pm	Sep 6	4490977
Tu, Th	4:15pm-5:00pm	Sep 6	4490980
Tu, Th	5:30pm-6:15pm	Sep 6	4490988
Tu, Th	6:15pm-7:00pm	Sep 6	4490989
Tu, Th	3:30pm-4:15pm	Oct 11	4490992
Tu, Th	4:15pm-5:00pm	Oct 11	4490994
Tu, Th	5:30pm-6:15pm	Oct 11	4491867
Tu, Th	6:15pm-7:00pm	Oct 11	4490998
M, W	3:15pm-4:00pm	Nov 14	4491000
M, W	4:00pm-4:45pm	Nov 14	4491001
M, W	5:30pm-6:15pm	Nov 14	4491002
M, W	6:15pm-7:00pm	Nov 14	4491005
Tu, Th	3:30pm-4:15pm	Nov 15	4491011
Tu, Th	4:15pm-5:00pm	Nov 15	4491013
Tu, Th	5:30pm-6:15pm	Nov 15	4491015
Tu, Th	6:15pm-7:00pm	Nov 15	4491017
Sa-Su	9:45am-10:30am	Nov 19	4491020
Sa-Su	10:30am-11:15am	Nov 19	4491023
Sa-Su	11:45am-12:30pm	Nov 19	4491025

GUILDFORD 9 Sessions \$75 5-12yrs			
W, M	3:15pm-4:00pm	Sep 7	4491026
W, M	4:00pm-4:45pm	Sep 7	4491028
W, M	5:30pm-6:15pm	Sep 7	4491029
W, M	6:15pm-7:00pm	Sep 7	4491032
F	3:30pm-4:15pm	Sep 9	4491059
F	6:15pm-7:00pm	Sep 9	4491061
W, M	3:15pm-4:00pm	Oct 12	4491037
W, M	4:00pm-4:45pm	Oct 12	4491039
W, M	5:30pm-6:15pm	Oct 12	4491042
W, M	6:15pm-7:00pm	Oct 12	4491045

GUILDFORD 8 Sessions \$66.75 5-12yrs			
Sa-Su	9:45am-10:30am	Sep 10	4491067
Sa-Su	10:30am-11:15am	Sep 10	4491069
Sa-Su	11:45am-12:30pm	Sep 10	4491072
Sa	10:00am-10:45am	Sep 10	4491085
Sa	11:30am-12:15pm	Sep 10	4491089
Su	10:00am-10:45am	Sep 11	4491092
Sa-Su	9:45am-10:30am	Oct 15	4491073
Sa-Su	10:30am-11:15am	Oct 15	4491075
Sa-Su	11:45am-12:30pm	Oct 15	4491077

GUILDFORD 5 Sessions \$41.75 5-12yrs			
F	3:30pm-4:15pm	Nov 18	4491093
F	6:15pm-7:00pm	Nov 18	4491095
Sa	10:15am-11:00am	Nov 19	4491097
Sa	11:30am-12:15pm	Nov 19	4491100
Su	10:00am-10:45am	Nov 20	4491104

Guildford Recreation Centre			
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NEWTON 8 Sessions \$66.75 5-12yrs			
M, W	3:30pm-4:15pm	Nov 21	4489154
M, W	4:15pm-5:00pm	Nov 21	4489155
M, W	5:00pm-5:45pm	Nov 21	4489156
Tu, Th	3:30pm-4:15pm	Nov 22	4489140
Tu, Th	4:15pm-5:00pm	Nov 22	4489143
Tu, Th	5:00pm-5:45pm	Nov 22	4489148
Tu, Th	5:45pm-6:30pm	Nov 22	4489152
Sa-Su	8:30am-9:15am	Nov 26	4489165
Sa-Su	9:15am-10:00am	Nov 26	4489166
Sa-Su	10:45am-11:30am	Nov 26	4489167
Sa-Su	11:30am-12:15pm	Nov 26	4489168

NEWTON 7 Sessions \$58.50 5-12yrs			
M-Th	10:00am-10:45am	Dec 19	4489944

Newton Recreation Centre			
NORTH 10 Sessions \$83.50 5-12yrs			
Sa-Su	9:00am-9:45am	Nov 19	4487149
Sa-Su	9:45am-10:30am	Nov 19	4487150
Sa-Su	10:30am-11:15am	Nov 19	4487151
Sa-Su	11:15am-12noon	Nov 19	4487152
Sa-Su	12:15pm-1:00pm	Nov 19	4487153

NORTH 8 Sessions \$66.75 5-12yrs			
Tu, Th	3:30pm-4:15pm	Sep 6	4486863
Tu, Th	4:15pm-5:00pm	Sep 6	4486888
Tu, Th	5:00pm-5:45pm	Sep 6	4486892
Tu, Th	6:15pm-7:00pm	Sep 6	4486893
F	3:15pm-4:00pm	Sep 9	4486894
F	5:00pm-5:45pm	Sep 9	4486895
F	5:45pm-6:30pm	Sep 9	4486896
Sa-Su	9:00am-9:45am	Sep 10	4486897
Sa-Su	9:45am-10:30am	Sep 10	4486898
Sa-Su	10:30am-11:15am	Sep 10	4486899
Sa-Su	11:15am-12noon	Sep 10	4486900
Sa-Su	12:15pm-1:00pm	Sep 10	4486901
Tu, Th	3:30pm-4:15pm	Oct 4	4486908
Tu, Th	4:15pm-5:00pm	Oct 4	4486909
Tu, Th	5:00pm-5:45pm	Oct 4	4486910
Tu, Th	6:15pm-7:00pm	Oct 4	4486968
Sa-Su	9:00am-9:45am	Oct 15	4486983
Sa-Su	9:45am-10:30am	Oct 15	4487128
Sa-Su	10:30am-11:15am	Oct 15	4487129
Sa-Su	11:15am-12noon	Oct 15	4487135
Sa-Su	12:15pm-1:00pm	Oct 15	4487136
M, W	3:15pm-4:00pm	Oct 31	4487140
M, W	4:15pm-5:00pm	Oct 31	4487143
M, W	6:00pm-6:45pm	Oct 31	4487144
Tu, Th	3:30pm-4:15pm	Nov 1	4487145
Tu, Th	4:15pm-5:00pm	Nov 1	4487146
Tu, Th	5:00pm-5:45pm	Nov 1	4487147
Tu, Th	6:15pm-7:00pm	Nov 1	4487148

NORTH 7 Sessions \$58.50 5-12yrs			
W, M	3:15pm-4:00pm	Sep 7	4483658
W, M	4:15pm-5:00pm	Sep 7	4486861
W, M	6:00pm-6:45pm	Sep 7	4486862
Sa	9:30am-10:15am	Sep 10	4486902
Sa	11:00am-11:45am	Sep 10	4486903
Sa	12noon-12:45pm	Sep 10	4486904
M, W	3:15pm-4:00pm	Oct 3	4486905
M, W	4:15pm-5:00pm	Oct 3	4486906
M, W	6:00pm-6:45pm	Oct 3	4486907

NORTH 6 Sessions \$50.25 5-12yrs			
F	3:15pm-4:00pm	Nov 4	4486970
F	5:00pm-5:45pm	Nov 4	4486971
F	5:45pm-6:30pm	Nov 4	4486973
Sa	9:30am-10:15am	Nov 5	4487137
Sa	11:00am-11:45am	Nov 5	4487138
Sa	12noon-12:45pm	Nov 5	4487139
M, W	3:15pm-4:00pm	Nov 28	4487154
M, W	4:15pm-5:00pm	Nov 28	4487157
M, W	6:00pm-6:45pm	Nov 28	4487158
Tu, Th	3:30pm-4:15pm	Nov 29	4487159
Tu, Th	4:15pm-5:00pm	Nov 29	4487160
Tu, Th	5:00pm-5:45pm	Nov 29	4487161
Tu, Th	6:15pm-7:00pm	Nov 29	4487162

North Surrey Recreation Centre			
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SOUTH 10 Sessions \$83.50 5-12yrs			
Tu, Th	3:00pm-3:45pm	Oct 11	4487269
Tu, Th	3:45pm-4:30pm	Oct 11	4487270
Tu, Th	4:30pm-5:15pm	Oct 11	4487271
Tu, Th	5:15pm-6:00pm	Oct 11	4487272
Tu, Th	6:00pm-6:45pm	Oct 11	4487273
Tu, Th	6:45pm-7:30pm	Oct 11	4487274
M, W	3:00pm-3:45pm	Nov 14	4487291
M, W	3:45pm-4:30pm	Nov 14	4487292
M, W	4:30pm-5:15pm	Nov 14	4487293
M, W	5:15pm-6:00pm	Nov 14	4487294
M, W	6:00pm-6:45pm	Nov 14	4487295
M, W	6:45pm-7:30pm	Nov 14	4487296
Tu, Th	3:00pm-3:45pm	Nov 15	4487297
Tu, Th	3:45pm-4:30pm	Nov 15	4487298
Tu, Th	4:30pm-5:15pm	Nov 15	4487299
Tu, Th	5:15pm-6:00pm	Nov 15	4487300
Tu, Th	6:00pm-6:45pm	Nov 15	4487301
Tu, Th	6:45pm-7:30pm	Nov 15	4487302
Sa-Su	9:00am-9:45am	Nov 19	4487303
Sa-Su	9:45am-10:30am	Nov 19	4487304
Sa-Su	10:30am-11:15am	Nov 19	4487305
Sa-Su	11:15am-12noon	Nov 19	4487306

Lifesaver Level 1

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

NORTH	10 Sessions \$83.50	6-12yrs
Sa-Su	11:30am-12:15pm	Nov 19 4487397
NORTH	8 Sessions \$66.75	6-12yrs
Sa-Su	11:30am-12:15pm	Sep 10 4487393
M, W	4:00pm-4:45pm	Oct 31 4487394
NORTH	7 Sessions \$58.50	6-12yrs
W, M	4:00pm-4:45pm	Sep 7 4483688
North Surrey Recreation Centre		
SOUTH	7 Sessions \$58.50	6-12yrs
Sa	10:15am-11:00am	Sep 10 4493348
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. Swim Kids 8 and Junior Lifesaver 1

NORTH	10 Sessions \$83.50	6-13yrs
Sa-Su	11:30am-12:15pm	Nov 19 4487411
NORTH	8 Sessions \$66.75	6-13yrs
Sa-Su	11:30am-12:15pm	Sep 10 4487406
M, W	4:00pm-4:45pm	Oct 31 4487409
NORTH	7 Sessions \$58.50	6-13yrs
W, M	4:00pm-4:45pm	Sep 7 4483691
North Surrey Recreation Centre		
SOUTH	6 Sessions \$50.25	6-13yrs
Sa	11:30am-12:15pm	Nov 5 4493349
South Surrey Indoor Pool		

Lifesaver Level 3

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

NORTH	8 Sessions \$66.75	6-13yrs
Sa-Su	11:30am-12:15pm	Oct 15 4487423
NORTH	7 Sessions \$58.50	6-13yrs
M, W	4:00pm-4:45pm	Oct 3 4483692
NORTH	6 Sessions \$50.25	6-13yrs
M, W	4:00pm-4:45pm	Nov 28 4487425
North Surrey Recreation Centre		
SOUTH	7 Sessions \$58.50	6-13yrs
Sa	11:45am-12:30pm	Sep 10 4501122
South Surrey Indoor Pool		

Lifesaver Level 4

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

NORTH	8 Sessions \$66.75	6-13yrs
Sa-Su	11:30am-12:15pm	Oct 15 4487434
NORTH	7 Sessions \$58.50	6-13yrs
M, W	4:00pm-4:45pm	Oct 3 4483693
NORTH	6 Sessions \$50.25	6-13yrs
M, W	4:00pm-4:45pm	Nov 28 4487435
North Surrey Recreation Centre		
SOUTH	6 Sessions \$50.25	6-13yrs
Sa	12:30pm-1:15pm	Nov 5 4501123
South Surrey Indoor Pool		

Youth

Red Cross Teen Swim Basics I-2

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

FLEETWOOD	10 Sessions \$83.50	13-18yrs
Tu, Th	5:45pm-6:30pm	Sep 6 4488300
Tu, Th	5:45pm-6:30pm	Oct 11 4488683
M, W	5:45pm-6:30pm	Nov 14 4487623
Tu, Th	5:45pm-6:30pm	Nov 15 4488699
Sa-Su	12noon-12:45pm	Nov 19 4493606
FLEETWOOD	9 Sessions \$75	13-18yrs
W, M	5:45pm-6:30pm	Sep 7 4487342
F	5:45pm-6:30pm	Sep 9 4490309
W, M	5:45pm-6:30pm	Oct 12 4487540
FLEETWOOD	8 Sessions \$66.75	13-18yrs
Sa	10:45am-11:30am	Sep 10 4491793
Sa-Su	12noon-12:45pm	Sep 10 4493500
Su	10:45am-11:30am	Sep 11 4492068
Sa-Su	12noon-12:45pm	Oct 15 4493601
FLEETWOOD	5 Sessions \$41.75	13-18yrs
F	5:45pm-6:30pm	Nov 18 4490455
Sa	10:45am-11:30am	Nov 19 4491813
Su	10:45am-11:30am	Nov 20 4492096
Sport & Leisure Aquatics		

GUILDFORD	10 Sessions \$83.50	13-18yrs
Sa-Su	12:30pm-1:15pm	Nov 19 4491889
GUILDFORD	9 Sessions \$75	13-18yrs
F	6:15pm-7:00pm	Sep 9 4491892
GUILDFORD	8 Sessions \$66.75	13-18yrs
Sa-Su	12:30pm-1:15pm	Sep 10 4491900
Sa-Su	12:30pm-1:15pm	Oct 15 4491905
GUILDFORD	5 Sessions \$41.75	13-18yrs
F	6:15pm-7:00pm	Nov 18 4491909
Guildford Recreation Centre		

NEWTON	8 Sessions \$66.75	13-18yrs
Tu, Th	5:30pm-6:15pm	Nov 22 4490016
NEWTON	8 Sessions \$51	13-18yrs
M, W	5:30pm-6:00pm	Nov 21 4490009
Sa-Su	10:00am-10:30am	Nov 26 4490021
Sa-Su	11:45am-12:15pm	Nov 26 4490025
NEWTON	7 Sessions \$44.50	13-18yrs
M-Th	8:30am-9:00am	Dec 19 4490027
Newton Recreation Centre		

SOUTH	10 Sessions \$83.50	13-18yrs
Tu, Th	5:00pm-5:45pm	Oct 11 4487327
M, W	5:00pm-5:45pm	Nov 14 4487330
Tu, Th	5:00pm-5:45pm	Nov 15 4487331
Sa-Su	11:30am-12:15pm	Nov 19 4487332
SOUTH	9 Sessions \$75	13-18yrs
W, M	5:00pm-5:45pm	Oct 12 4487326
F	5:00pm-5:45pm	Oct 14 4487328
SOUTH	8 Sessions \$66.75	13-18yrs
Sa-Su	11:30am-12:15pm	Oct 15 4487329
Grandview Heights Aquatic Centre		

Red Cross Adult & Teen Swim Sports

Swimmers participate in two lessons per sport activity and learn the fundamental skills and techniques of each. Prerequisite: is interested in participating in sports modules and is comfortable moving/swimming in shallow water. If the participant cannot swim, is comfortable using floatation support such as a PFD.

NORTH	10 Sessions \$79.25	13yrs+
Sa-Su	12noon-12:45pm	Nov 19 4487461
NORTH	8 Sessions \$63.50	13yrs+
Sa-Su	12noon-12:45pm	Sep 10 4487457
Tu, Th	6:00pm-6:45pm	Oct 4 4487458
Sa-Su	12noon-12:45pm	Oct 15 4487459
M, W	5:30pm-6:15pm	Oct 31 4487460
NORTH	7 Sessions \$55.50	13yrs+
W, M	5:30pm-6:15pm	Sep 7 4483661
NORTH	6 Sessions \$47.50	13yrs+
Tu, Th	6:00pm-6:45pm	Nov 29 4487462
North Surrey Recreation Centre		

Red Cross Adult & Teen Swim 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	Sep 6 4488301
Tu, Th	7:15pm-8:00pm	Sep 6 4488303
Tu, Th	6:30pm-7:15pm	Oct 11 4488689
Tu, Th	7:15pm-8:00pm	Oct 11 4488690
M, W	6:30pm-7:15pm	Nov 14 4487624
M, W	7:15pm-8:00pm	Nov 14 4487625
Tu, Th	6:30pm-7:15pm	Nov 15 4488694
Tu, Th	7:15pm-8:00pm	Nov 15 4488693
Sa-Su	9:45am-10:30am	Nov 19 4493607
Sa-Su	11:15am-12noon	Nov 19 4493608
FLEETWOOD	9 Sessions \$71.50	13yrs+
W, M	6:30pm-7:15pm	Sep 7 4487344
W, M	7:15pm-8:00pm	Sep 7 4487534
F	6:30pm-7:15pm	Sep 9 4490319
F	7:15pm-8:00pm	Sep 9 4490320
Sa	9:00am-9:45am	Sep 10 4491798
W, M	6:30pm-7:15pm	Oct 12 4487535
W, M	7:15pm-8:00pm	Oct 12 4487536
FLEETWOOD	8 Sessions \$63.50	13yrs+
Sa-Su	9:45am-10:30am	Sep 10 4493498
Sa-Su	11:15am-12noon	Sep 10 4493499
Sa	12:15pm-1:00pm	Sep 10 4491801
Su	9:00am-9:45am	Sep 11 4492075
Su	12:15pm-1:00pm	Sep 11 4492077
Sa-Su	9:45am-10:30am	Oct 15 4493602
Sa-Su	11:15am-12noon	Oct 15 4493603
FLEETWOOD	5 Sessions \$39.75	13yrs+
Sa	12:15pm-1:00pm	Sep 10 4491806
F	6:30pm-7:15pm	Nov 18 4490414
F	7:15pm-8:00pm	Nov 18 4490419
Sa	9:00am-9:45am	Nov 19 4491804
Su	9:00am-9:45am	Nov 20 4492090
Su	12:15pm-1:00pm	Nov 20 4492091
Sport & Leisure Aquatics		

GUILDFORD	10 Sessions \$79.25	13yrs+
Tu, Th	7:00pm-7:45pm	Sep 6 4491984
Tu, Th	7:00pm-7:45pm	Oct 11 4491988
M, W	12:30pm-1:15pm	Nov 14 4491995
M, W	7:00pm-7:45pm	Nov 14 4491992
Tu, Th	7:00pm-7:45pm	Nov 15 4491998
Sa-Su	9:00am-9:45am	Nov 19 4492001
GUILDFORD	9 Sessions \$71.50	13yrs+
W, M	12:30pm-1:15pm	Sep 7 4492020
W, M	7:00pm-7:45pm	Sep 7 4492022
F	6:15pm-7:00pm	Sep 9 4492032
W, M	12:30pm-1:15pm	Oct 12 4492026
W, M	7:00pm-7:45pm	Oct 12 4492028
GUILDFORD	8 Sessions \$63.50	13yrs+
Sa-Su	9:00am-9:45am	Sep 10 4492037
Sa	12:15pm-1:00pm	Sep 10 4492044
Su	12:15pm-1:00pm	Sep 11 4492046
Sa-Su	9:00am-9:45am	Oct 15 4492040
GUILDFORD	5 Sessions \$39.75	13yrs+
F	6:15pm-7:00pm	Nov 18 4492051
Sa	12:15pm-1:00pm	Nov 19 4492053
Su	12:15pm-1:00pm	Nov 20 4492055
Guildford Recreation Centre		

NEWTON	8 Sessions \$63.50	13yrs+
Tu, Th	6:30pm-7:15pm	Nov 22 4490035
Tu, Th	8:30pm-9:15pm	Nov 22 4490038
Sa-Su	8:00am-8:45am	Nov 26 4490043
NEWTON	7 Sessions \$55.50	13yrs+
M-Th	11:00am-11:45am	Dec 19 4490045
Newton Recreation Centre		

NORTH	10 Sessions \$79.25	13yrs+
Sa-Su	10:30am-11:15am	Nov 19 4486858
NORTH	8 Sessions \$63.50	13yrs+
Tu, Th	4:45pm-5:30pm	Sep 6 4486683
F	4:15pm-5:00pm	Sep 9 4486686
Sa-Su	10:30am-11:15am	Sep 10 4486687
Tu, Th	4:45pm-5:30pm	Oct 4 4486691
Sa-Su	10:30am-11:15am	Oct 15 4486693
M, W	4:45pm-5:30pm	Oct 31 4486856
Tu, Th	4:45pm-5:30pm	Nov 1 4486857
NORTH	7 Sessions \$55.50	13yrs+
W, M	4:45pm-5:30pm	Sep 7 4483680
M, W	4:45pm-5:30pm	Oct 3 4486690
NORTH	6 Sessions \$47.50	13yrs+
F	4:15pm-5:00pm	Nov 4 4486692
M, W	4:45am-5:30am	Nov 28 4486859
Tu, Th	4:45am-5:30am	Nov 29 4486860
North Surrey Recreation Centre		

SOUTH	8 Sessions \$63.50	13yrs+
Tu, Th	7:15pm-8:00pm	Sep 6 4493337
Tu, Th	7:15pm-8:00pm	Oct 4 4493341
Tu, Th	7:15pm-8:00pm	Nov 1 4493344
SOUTH	7 Sessions \$55.50	13yrs+
Sa	10:45am-11:30am	Sep 10 4493338
Su	7:15pm-8:00pm	Sep 11 4493339
M, W	4:30pm-5:15pm	Oct 3 4493340
SOUTH	6 Sessions \$47.50	13yrs+
Sa	10:45am-11:30am	Nov 5 4493342
Su	7:15pm-8:00pm	Nov 6 4493343
M, W	4:30pm-5:15pm	Nov 28 4493345
Tu, Th	6:30pm-7:15pm	Nov 29 4493346
SOUTH	5 Sessions \$39.75	13yrs+
M-F	11:30am-12:15pm	Dec 19 4493347
South Surrey Indoor Pool		

Red Cross Adult Swim Basics 1-2

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	13yrs+
Tu, Th 11:15am-12noon	Sep 6	4488296
Tu, Th 6:30pm-7:15pm	Sep 6	4488297
Tu, Th 7:15pm-8:00pm	Sep 6	4488298
Tu, Th 11:15am-12noon	Oct 11	4488684
Tu, Th 6:30pm-7:15pm	Oct 11	4488685
Tu, Th 7:15pm-8:00pm	Oct 11	4488686
M, W 8:45am-9:30am	Nov 14	4487620
M, W 6:30pm-7:15pm	Nov 14	4487621
M, W 7:15pm-8:00pm	Nov 14	4487622
Tu, Th 11:15am-12noon	Nov 15	4488700
Tu, Th 6:30pm-7:15pm	Nov 15	4488701
Tu, Th 7:15pm-8:00pm	Nov 15	4488702
Sa-Su 9:45am-10:30am	Nov 19	4493605

FLEETWOOD	9 Sessions \$71.50	13yrs+
W, M 8:45am-9:30am	Sep 7	4487343
W, M 6:30pm-7:15pm	Sep 7	4487532
W, M 7:15pm-8:00pm	Sep 7	4487533
F 8:45am-9:30am	Sep 9	4490313
F 6:30pm-7:15pm	Sep 9	4490314
F 7:15pm-8:00pm	Sep 9	4490316
W, M 8:45am-9:30am	Oct 12	4487537
W, M 6:30pm-7:15pm	Oct 12	4487538
W, M 7:15pm-8:00pm	Oct 12	4487539

FLEETWOOD	8 Sessions \$63.50	13yrs+
Sa-Su 9:45am-10:30am	Sep 10	4493497
Sa 9:00am-9:45am	Sep 10	4491788
Su 9:00am-9:45am	Sep 11	4492072
Sa-Su 9:45am-10:30am	Oct 15	4493604

FLEETWOOD	5 Sessions \$39.75	13yrs+
F 8:45am-9:30am	Nov 18	4490446
F 6:30pm-7:15pm	Nov 18	4490448
F 7:15pm-8:00pm	Nov 18	4490451
Sa 9:00am-9:45am	Nov 19	4491811
Su 9:00am-9:45am	Nov 20	4492093

Sport & Leisure Aquatics

GUILDFORD	10 Sessions \$79.25	13yrs+
Tu, Th 11:00am-11:45am	Sep 6	4492065
Tu, Th 7:00pm-7:45pm	Sep 6	4492067
Tu, Th 11:00am-11:45am	Oct 11	4492070
Tu, Th 7:00pm-7:45pm	Oct 11	4492071
M, W 7:00pm-7:45pm	Nov 14	4492073
Tu, Th 11:00am-11:45am	Nov 15	4492076
Tu, Th 7:00pm-7:45pm	Nov 15	4492078
Sa-Su 9:00am-9:45am	Nov 19	4492079

GUILDFORD	9 Sessions \$71.50	13yrs+
W, M 7:00pm-7:45pm	Sep 7	4492080
F 12:30pm-1:15pm	Sep 9	4492082
W, M 7:00pm-7:45pm	Oct 12	4492081

GUILDFORD	8 Sessions \$63.50	13yrs+
Sa-Su 9:00am-9:45am	Sep 10	4492083
Sa 12:15pm-1:00pm	Sep 10	4492085
Su 12:15pm-1:00pm	Sep 11	4492086
Sa-Su 9:00am-9:45am	Oct 15	4492084

GUILDFORD	5 Sessions \$39.75	13yrs+
F 12:30pm-1:15pm	Nov 18	4492087
Sa 12:15pm-1:00pm	Nov 19	4492088
Su 12:15pm-1:00pm	Nov 20	4492089

Guildford Recreation Centre

NEWTON	8 Sessions \$63.50	13yrs+
M, W 5:30pm-6:15pm	Nov 21	4489199
Tu, Th 8:30pm-9:15pm	Nov 22	4489197
Sa-Su 8:00am-8:45am	Nov 26	4489204

Newton Recreation Centre

NORTH	10 Sessions \$79.25	13yrs+
Sa-Su 8:15am-9:00am	Nov 19	4486662

NORTH	8 Sessions \$63.50	13yrs+
Tu, Th 12:30pm-1:15pm	Sep 6	4486646
Tu, Th 7:30pm-8:15pm	Sep 6	4486647
Sa-Su 8:15am-9:00am	Sep 10	4486649
Tu, Th 12:30pm-1:15pm	Oct 4	4486652
Tu, Th 7:30pm-8:15pm	Oct 4	4486653
Sa-Su 8:15am-9:00am	Oct 15	4486654
M, W 12noon-12:45pm	Oct 31	4486656
M, W 7:30pm-8:15pm	Oct 31	4486659
Tu, Th 12:30pm-1:15pm	Nov 1	4486660
Tu, Th 7:30pm-8:15pm	Nov 1	4486661

NORTH	7 Sessions \$55.50	13yrs+
W, M 12noon-12:45pm	Sep 7	4483682
W, M 7:30pm-8:15pm	Sep 7	4486643
M, W 12noon-12:45pm	Oct 3	4486650
M, W 7:30pm-8:15pm	Oct 3	4486651

NORTH	6 Sessions \$47.50	13yrs+
M, W 12noon-12:45pm	Nov 28	4486663
M, W 7:30pm-8:15pm	Nov 28	4486666
Tu, Th 12:30pm-1:15pm	Nov 29	4486667
Tu, Th 7:30pm-8:15pm	Nov 29	4486672

North Surrey Recreation Centre

SOUTH	10 Sessions \$79.25	14yrs+
Tu, Th 11:15am-12noon	Oct 11	4487313
Tu, Th 7:30pm-8:15pm	Oct 11	4487314
M, W 8:45am-9:30am	Nov 14	4487318
M, W 7:30pm-8:15pm	Nov 14	4487319
Tu, Th 11:15am-12noon	Nov 15	4487322
Tu, Th 7:30pm-8:15pm	Nov 15	4487320
Sa-Su 9:00am-9:45am	Nov 19	4487323

SOUTH	9 Sessions \$71.50	14yrs+
W, M 8:45am-9:30am	Oct 12	4487311
W, M 7:30pm-8:15pm	Oct 12	4487312
F 7:30pm-8:15pm	Oct 14	4487315

SOUTH	8 Sessions \$63.50	14yrs+
Sa-Su 9:00am-9:45am	Oct 15	4487316

Grandview Heights Aquatic Centre

SOUTH	8 Sessions \$71.50	13yrs+
Tu, Th 7:15pm-8:00pm	Sep 6	4493325
Tu, Th 7:15pm-8:00pm	Oct 4	4493328
M, W 9:15am-10:00am	Oct 31	4493332
Tu, Th 7:15pm-8:00pm	Nov 1	4493333

SOUTH	7 Sessions \$55.50	13yrs+
W, M 9:15am-10:00am	Sep 7	4493324
Su 3:00pm-3:45pm	Sep 11	4493326
Su 7:30pm-8:15pm	Sep 11	4493330
M, W 9:15am-10:00am	Oct 3	4493327

SOUTH	6 Sessions \$47.50	13yrs+
M, W 9:15am-10:00am	Nov 28	4493334
Tu, Th 7:15pm-8:00pm	Nov 29	4493335

SOUTH	5 Sessions \$39.75	13yrs+
Su 3:00pm-3:45pm	Nov 6	4493329
Su 7:30pm-8:15pm	Nov 6	4493331
M-F 10:15am-11:00am	Dec 19	4493336

South Surrey Indoor Pool



DON'T STOP SWIMMING

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

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

- Swim clinics for 6-12 year olds
- Lifesaver Level 1 for 8-13 year olds
- Lifesaver Level 2 for 8-13 year olds
- Lifesaver Level 3 for 8-13 year olds
- Lifesaver Level 4 for 8-13 year olds
- Red Cross Teen Swim Basics 1-2
- Red Cross Adult & Teen Swim Strokes

Make an Investment
IN YOURSELF & YOUR FUTURE

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

Working as a lifeguard helps me design a schedule that allows me to go to school and still spend time with my family and friends.

Sonya, Lifeguard, Part-time Business Student

AQUATICS

Swim Clinic

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

GUILDFORD 1 Session \$6.25 All Ages			
Tu	6:30pm-7:00pm	Sep 6	4492173
Th	6:30pm-7:00pm	Sep 8	4492207
Sa	1:15pm-1:45pm	Sep 10	4492228
Tu	6:30pm-7:00pm	Sep 13	4492175
Th	6:30pm-7:00pm	Sep 15	4492208
Sa	1:15pm-1:45pm	Sep 17	4492230
Tu	6:30pm-7:00pm	Sep 20	4492177
Th	6:30pm-7:00pm	Sep 22	4492209
Sa	1:15pm-1:45pm	Sep 24	4492231
Tu	6:30pm-7:00pm	Sep 27	4492180
Th	6:30pm-7:00pm	Sep 29	4492211
Sa	1:15pm-1:45pm	Oct 1	4492232
Tu	6:30pm-7:00pm	Oct 4	4492183
Th	6:30pm-7:00pm	Oct 6	4492212
Tu	6:30pm-7:00pm	Oct 11	4492185
Th	6:30pm-7:00pm	Oct 13	4492214
Sa	1:15pm-1:45pm	Oct 15	4492234
Tu	6:30pm-7:00pm	Oct 18	4492188
Th	6:30pm-7:00pm	Oct 20	4492215

Sa	1:15pm-1:45pm	Oct 22	4492235
Tu	6:30pm-7:00pm	Oct 25	4492190
Th	6:30pm-7:00pm	Oct 27	4492216
Sa	1:15pm-1:45pm	Oct 29	4492236
Tu	6:30pm-7:00pm	Nov 1	4492192
Th	6:30pm-7:00pm	Nov 3	4492217
Sa	1:15pm-1:45pm	Nov 5	4492237
Tu	6:30pm-7:00pm	Nov 8	4492195
Th	6:30pm-7:00pm	Nov 10	4492219
Tu	6:30pm-7:00pm	Nov 15	4492198
Th	6:30pm-7:00pm	Nov 17	4492221
Sa	1:15pm-1:45pm	Nov 19	4492238
Tu	6:30pm-7:00pm	Nov 22	4492200
Th	6:30pm-7:00pm	Nov 24	4492223
Sa	1:15pm-1:45pm	Nov 26	4492240
Tu	6:30pm-7:00pm	Nov 29	4492201
Th	6:30pm-7:00pm	Dec 1	4492224
Sa	1:15pm-1:45pm	Dec 3	4492241
Tu	6:30pm-7:00pm	Dec 6	4492203
Th	6:30pm-7:00pm	Dec 8	4492225
Sa	1:15pm-1:45pm	Dec 10	4492242
Tu	6:30pm-7:00pm	Dec 13	4492205
Th	6:30pm-7:00pm	Dec 15	4492227
Sa	1:15pm-1:45pm	Dec 17	4492243

Guildford Recreation Centre

NORTH 1 Session \$6.25 All Ages			
Tu	6:30pm-7:00pm	Sep 6	4483671
Th	6:30pm-7:00pm	Sep 8	4485778
Su	1:00pm-1:30pm	Sep 11	4485822
Tu	6:30pm-7:00pm	Sep 13	4484474
Th	6:30pm-7:00pm	Sep 15	4485779
Su	1:00pm-1:30pm	Sep 18	4485823
Tu	6:30pm-7:00pm	Sep 20	4484475
Th	6:30pm-7:00pm	Sep 22	4485780
Su	1:00pm-1:30pm	Sep 25	4485824
Tu	6:30pm-7:00pm	Sep 27	4484476
Th	6:30pm-7:00pm	Sep 29	4485783
Su	1:00pm-1:30pm	Oct 2	4485826
Tu	6:30pm-7:00pm	Oct 4	4484477
Th	6:30pm-7:00pm	Oct 6	4485784
Tu	6:30pm-7:00pm	Oct 11	4484478
Th	6:30pm-7:00pm	Oct 13	4485785
Su	1:00pm-1:30pm	Oct 16	4485827
Tu	6:30pm-7:00pm	Oct 18	4484479
Th	6:30pm-7:00pm	Oct 20	4485786
Su	1:00pm-1:30pm	Oct 23	4485830
Tu	6:30pm-7:00pm	Oct 25	4484480
Th	6:30pm-7:00pm	Oct 27	4485787
Su	1:00pm-1:30pm	Oct 30	4485831
Tu	6:30pm-7:00pm	Nov 1	4484481
Th	6:30pm-7:00pm	Nov 3	4485812
Su	1:00pm-1:30pm	Nov 6	4485833
Tu	6:30pm-7:00pm	Nov 8	4484482
Th	6:30pm-7:00pm	Nov 10	4485813
Tu	6:30pm-7:00pm	Nov 15	4484483
Th	6:30pm-7:00pm	Nov 17	4485814
Su	1:00pm-1:30pm	Nov 20	4485834
Tu	6:30pm-7:00pm	Nov 22	4484484
Th	6:30pm-7:00pm	Nov 24	4485816
Su	1:00pm-1:30pm	Nov 27	4485836
Tu	6:30pm-7:00pm	Nov 29	4484485
Th	6:30pm-7:00pm	Dec 1	4485818
Su	1:00pm-1:30pm	Dec 4	4485837
Tu	6:30pm-7:00pm	Dec 6	4484486
Th	6:30pm-7:00pm	Dec 8	4485819
Su	1:00pm-1:30pm	Dec 11	4485839
Tu	6:30pm-7:00pm	Dec 13	4484487
Th	6:30pm-7:00pm	Dec 15	4485820
Su	1:00pm-1:30pm	Dec 18	4485842

North Surrey Recreation Centre

Aqua Adults - Women Only

Classes for women only, taught by a female instructor. Beginner and intermediate swimmers are welcome to join. We adapt the program to suit the participants. Skills taught range from floats, glides, front and back crawl, to dives, treading water and distance swims.

NEWTON 4 Sessions \$31.75 13yrs+			
M	8:15pm-9:00pm	Nov 21	4489209
Sa	6:15am-7:00am	Nov 26	4489205
Sa	7:00am-7:45am	Nov 26	4489206

Newton Recreation Centre

NORTH 1 Session \$6.25 13yrs+			
Tu	9:15pm-9:45pm	Sep 6	4483660
Th	9:15pm-9:45pm	Sep 8	4487369
Tu	9:15pm-9:45pm	Sep 13	4487355
Th	9:15pm-9:45pm	Sep 15	4487370
Tu	9:15pm-9:45pm	Sep 20	4487356
Th	9:15pm-9:45pm	Sep 22	4487371
Tu	9:15pm-9:45pm	Sep 27	4487357
Th	9:15pm-9:45pm	Sep 29	4487372
Tu	9:15pm-9:45pm	Oct 4	4487358
Th	9:15pm-9:45pm	Oct 6	4487373
Tu	9:15pm-9:45pm	Oct 11	4487359
Th	9:15pm-9:45pm	Oct 13	4487374
Tu	9:15pm-9:45pm	Oct 18	4487360
Th	9:15pm-9:45pm	Oct 20	4487375
Tu	9:15pm-9:45pm	Oct 25	4487361
Th	9:15pm-9:45pm	Oct 27	4487376
Tu	9:15pm-9:45pm	Nov 1	4487362
Th	9:15pm-9:45pm	Nov 3	4487377
Tu	9:15pm-9:45pm	Nov 8	4487363
Th	9:15pm-9:45pm	Nov 10	4487378
Tu	9:15pm-9:45pm	Nov 15	4487364
Th	9:15pm-9:45pm	Nov 17	4487379
Tu	9:15pm-9:45pm	Nov 22	4487365
Th	9:15pm-9:45pm	Nov 24	4487380
Tu	9:15pm-9:45pm	Nov 29	4487366
Th	9:15pm-9:45pm	Dec 1	4487381
Tu	9:15pm-9:45pm	Dec 6	4487367
Th	9:15pm-9:45pm	Dec 8	4487382
Tu	9:15pm-9:45pm	Dec 13	4487368
Th	9:15pm-9:45pm	Dec 15	4487383

North Surrey Recreation Centre

Adapted Swim Lessons

Red Cross Swim Kids - One To One

Supported swimming lessons for children with disabilities, in a welcoming and inclusive environment. Staff support provided (1 staff: 1 participant), in partnership with SACL.

GUILDFORD 8 Sessions \$64.50 Sep 10			
Sa	9:00am-9:30am	4490053	4-7yrs
Sa	9:30am-10:00am	4491190	7-9yrs
Sa	10:00am-10:30am	4491191	8-10yrs
Sa	10:45am-11:15am	4491193	9-12yrs
GUILDFORD 5 Sessions \$41.75 Nov 19			
Sa	9:00am-9:30am	4491196	4-7yrs
Sa	9:30am-10:00am	4491198	7-9yrs
Sa	10:00am-10:30am	4491199	8-10yrs
Sa	10:45am-11:15am	4491200	9-12yrs

Guildford Recreation Centre

FLEETWOOD 9 Sessions \$64.50 Sep 10			
Sa	9:00am-9:30am	4491699	4-7yrs
Sa	9:30am-10:00am	4491706	7-9yrs
Sa	10:00am-10:30am	4491711	8-10yrs
Sa	10:45am-11:15am	4491714	9-12yrs

FLEETWOOD 5 Sessions \$40.25 Nov 19			
Sa	9:00am-9:30am	4491715	4-7yrs
Sa	9:30am-10:00am	4491719	7-9yrs
Sa	10:00am-10:30am	4491725	8-10yrs
Sa	10:45am-11:15am	4491744	9-12yrs

Surrey Sport and Leisure Complex

SOUTH 7 Sessions \$56.50 Sep 10			
Sa	9:30am-10:00am	4492054	4-7yrs
Sa	10:00am-10:30am	4492061	7-9yrs
Sa	10:30am-11:00am	4492066	8-10yrs
Sa	11:00am-11:30am	4492069	9-12yrs
SOUTH 6 Sessions \$40.75 Nov 5			
Sa	9:30am-10:00am	4492074	4-7yrs
Sa	10:00am-10:30am	4492095	7-9yrs
Sa	10:30am-11:00am	4492110	8-10yrs
Sa	11:00am-11:30am	4492123	9-12yrs

South Surrey Indoor Pool

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 SACL.

Guildford 8 Sessions \$64.50 13-18yrs			
Sa	11:15am-11:45am	Sep 10	4490054
Sa	11:45am-12:15pm	Sep 10	4490055
GUILDFORD 5 Sessions \$41.75 13-18yrs			
Sa	11:15am-11:45am	Nov 5	4490056
Sa	11:45am-12:15pm	Nov 5	4490058

Guildford Recreation Centre

FLEETWOOD 9 Sessions \$64.50 13-18yrs			
Sa	11:15am-11:45am	Sep 10	4491746
Sa	11:45am-12:15pm	Sep 10	4491749
FLEETWOOD 5 Sessions \$40.25 13-18yrs			
Sa	11:15am-11:45am	Nov 19	4491751
Sa	11:45am-12:15pm	Nov 19	4491753

Surrey Sport and Leisure Complex

SOUTH 7 Sessions \$56.50 13-18yrs			
Sa	11:30am-12noon	Sep 10	4492137
Sa	12noon-12:30pm	Sep 10	4492186
SOUTH 6 Sessions \$40.75 13-18yrs			
Sa	11:30am-12noon	Nov 5	4492204
Sa	12noon-12:30pm	Nov 5	4492213

South Surrey Indoor Pool

Aqua-Fit For Life

This 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	11:30am-12noon	Sep 7	4488982
W,M	11:30am-12noon	Oct 12	4488984
GUILDFORD 10 Sessions \$53.00 19yrs+			
M,W	11:30am-12noon	Nov 14	4488988

Individuals with physical disabilities:

GUILDFORD 9 Sessions \$47.75 19yrs+			
W,M	12noon-12:30pm	Sep 7	4488983
W,M	12noon-12:30pm	Oct 12	4488985
GUILDFORD 10 Sessions \$53.00 19yrs+			
M,W	12noon-12:30pm	Nov 14	4491207

Guildford Recreation Centre

Adults

AquaZumba

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

SOUTH 9 Sessions \$59 13yrs+			
M	6:45pm-7:45pm	Oct 17	4492704

Grandview Heights Aquatic Centre

Gentle Joints

55+

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 8 Sessions Member \$39.50 Non-member \$52.50			
Tu, Th	10:30am-11:15am	Nov 1	4490253
SOUTH 6 Sessions Member \$29.50 Non-member \$39.50			
Tu, Th	10:30am-11:15am	Oct 11	4490209
Tu, Th	10:30am-11:15am	Nov 29	4490263

Grandview Heights Aquatic Centre

SOUTH 8 Sessions Member \$39.50 Non-member \$52.50			
W, M	12:30pm-1:15pm	Oct 31	4499861
SOUTH 7 Sessions Member \$34.50 Non-member \$46			
M,W	12:30pm-1:15pm	Sept 7	4499860
M,W	12:30pm-1:15pm	Oct 3	4499861
SOUTH 6 Sessions Member \$29.50 Non-member \$39.50			
M, W	10:30am-11:15am	Nov 28	4499863

South Surrey Indoor Pool

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.

FLEETWOOD 5 Sessions \$55 13yrs+			
F	8:15pm-9:15pm	Nov 18	4491810
FLEETWOOD 4 Sessions \$44 13yrs+			
F	8:15pm-9:15pm	Sep 16	4491808
F	8:15pm-9:15pm	Oct 14	4491809

Sport & Leisure Aquatics

GUILDFORD 4 Sessions \$44 13yrs+			
M	8:30pm-9:30pm	Sep 12	4492270
M	8:30pm-9:30pm	Oct 17	4492276
M	8:30pm-9:30pm	Nov 21	4492277

Guildford Recreation Centre

SOUTH 5 Sessions \$55 13yrs+			
W	6:30pm-7:30pm	Sep 14	4490203
W	6:30pm-7:30pm	Oct 19	4490204
SOUTH 4 Sessions \$44 1			



Aquatic Leadership & FIRST AID

www.surrey.ca/pools

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

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

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

JOIN THE Aquateers

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

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

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

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

Information Session **FREE**

Lifeguard Info Sessions

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

1 Session	10yrs+
Th 6:00pm-7:00pm Sep 22	4492937
Sport & Leisure Aquatics	
M 6:00pm-7:00pm Sep 5	4483339
Su 6:00pm-7:00pm Dec 11	4492941
Guildford Recreation Centre	
W 7:30pm-8:30pm Nov 23	4492940
Newton Recreation Centre	
M 6:00pm-7:00pm Oct 3	4492938
North Surrey Recreation Centre	
Tu 6:00pm-7:00pm Nov 8	4492939
Grandview Heights Aquatic Centre	

BE PART OF OUR TEAM

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

PARENTS WELCOME

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

DISCOVER OUR AQUATIC VOLUNTEER OPPORTUNITIES

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

Fitness INSTRUCTOR TRAINING

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 5 Sessions \$376
Th-Su 5:00pm-10:00pm Sep 29 4493674
Sport & Leisure Aquatics

Instructor Aquafit Module

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

FLEETWOOD 3 Sessions \$268.85
F-Su 5:00pm-9:00pm Nov 4 4493677
Sport & Leisure Aquatics

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

Lifeguard **NEW** DEVELOPMENT SCHOOL

Is 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 Effective Communication
- Fitness and Training
- Swim Instruction
- First Aid

Visit our website for course times and dates.

Bronze Medallion

Lifesavers learn how to respond in complex water rescue situations. They develop fitness, quick decision making and judgement skills. Prerequisite: There is no age prerequisite if the candidate has Bronze Star. If not, all candidates must be 13 years old by last day of the course. Recommended SK7 swimming ability.

FLEETWOOD 5 Sessions \$190.70 13yrs+
Tu, Th 4:30pm-8:30pm Nov 1 4492470

FLEETWOOD 3 Sessions \$190.70 13yrs+
Sa-M 9:00am-4:30pm Sep 3 4492451
Sa-M 9:00am-4:30pm Oct 8 4492469
Sport & Leisure Aquatics

GUILDFORD 5 Sessions \$190.70 13yrs+
Tu, Th 4:30pm-8:30pm Sep 27 4492471

GUILDFORD 3 Sessions \$190.70 13yrs+
M-W 9:00am-4:30pm Dec 19 4492458
Guildford Recreation Centre

NORTH 3 Sessions \$190.70 13yrs+
F-Su 5:00pm-9:00pm Sep 16 4492472
North Surrey Recreation Centre

SOUTH 5 Sessions \$190.70 13yrs+
M, W 4:30pm-8:30pm Nov 14 4492446
Grandview Heights Aquatic Centre

SOUTH 5 Sessions \$190.70 13yrs+
W, M 4:30pm-8:30pm Sep 7 4492447

SOUTH 3 Sessions \$190.70 13yrs+
Sa-M 10:00am-5:30pm Sep 3 4492452
Sa-M 9:00am-4:30pm Sep 24 4492468
Su, Sa 9:00am-4:30pm Nov 27 4492448
M-W 12noon-4:00pm Dec 26 4492459
South Surrey Indoor Pool

Bronze Cross with CPR C

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

FLEETWOOD 5 Sessions \$176.25 13yrs+
Th, Tu 4:30pm-9:30pm Nov 17 4492505

FLEETWOOD 3 Sessions \$176.25 13yrs+
Sa-M 9:00am-4:30pm Sep 24 4492503

FLEETWOOD 3 Sessions \$176.25 13yrs+
F-Su 4:30pm-9:00pm Sep 16 4492502
Sport & Leisure Aquatics

GUILDFORD 5 Sessions \$176.25 13yrs+
Th, Tu 4:30pm-8:30pm Oct 13 4492506

GUILDFORD 3 Sessions \$176.25 13yrs+
W-F 9:00am-4:30pm Dec 21 4492507
Guildford Recreation Centre

NORTH 3 Sessions \$176.25 13yrs+
Sa-M 9:00am-4:30pm Sep 3 4492508

NORTH 3 Sessions \$176.25 13yrs+
F-Su 5:00pm-9:00pm Sep 23 4492509
North Surrey Recreation Centre

SOUTH 5 Sessions \$176.25 13yrs+
W, M 4:30pm-8:30pm Nov 30 4492499
Grandview Heights Aquatic Centre

SOUTH 5 Sessions \$176.25 13yrs+
W, M 4:30pm-8:30pm Oct 12 4492498

SOUTH 3 Sessions \$176.25 13yrs+
F-Su 9:00am-4:30pm Nov 11 4492494
Sa-Su 9:00am-4:30pm Dec 10 4492495
W-F 9:00am-5:30pm Dec 28 4492496
South Surrey Indoor Pool

Bronze Medallion & Cross with CPR C

Complete all your lifesaving courses in this one tri-cert. Learn advanced lifesaving techniques. Prerequisite: 13 years of age or older.

FLEETWOOD 10 Sessions \$361.95 13yrs+
Tu, Th 4:30pm-8:30pm Nov 1 4492475
Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$361.95 13yrs+
Tu, Th 4:30pm-8:30pm Sep 27 4492487

GUILDFORD 5 Sessions \$361.95 13yrs+
M-F 9:00am-4:30pm Dec 19 4492477
Guildford Recreation Centre

NORTH 6 Sessions \$361.95 13yrs+
F-Su 5:00pm-9:00pm Sep 16 4492510
North Surrey Recreation Centre

SOUTH 10 Sessions \$361.95 13yrs+
M, W 4:30pm-8:30pm Nov 14 4492484
Grandview Heights Aquatic Centre

SOUTH 6 Sessions \$361.95 13yrs+
Su, Sa 9:00am-4:30pm Nov 27 4492476
South Surrey Indoor Pool

SOUTH 5 Sessions \$361.95 13yrs+
M-F 12noon-4:00pm Dec 26 4492497
South Surrey Indoor Pool

Standard First Aid (SFA)

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

CLOVERDALE 2 Sessions \$182.25
Sa-Su 9:00am-5:00pm Oct 22 4492599
Su 9:00am-5:00pm Nov 13 4492602
Sa-Su 9:00am-5:00pm Dec 3 4492603
Cloverdale Recreation Centre

FLEETWOOD 4 Sessions \$182.25
Tu, Th 5:30pm-9:30pm Dec 6 4492604

FLEETWOOD 2 Sessions \$182.25
Sa-Su 9:30am-5:30pm Oct 1 4492595
Sa-Su 9:00am-5:00pm Nov 26 4492601
Su 9:00am-5:00pm Dec 11 4492605
Sport & Leisure Aquatics

GUILDFORD 2 Sessions \$182.25
Th-F 9:00am-5:00pm Sep 22 4492596
Guildford Recreation Centre

GUILDFORD 2 Sessions \$182.25 14yrs+
Th-F 9:00am-5:00pm Oct 13 4492598
Fraser Heights Recreation Centre

SOUTH 2 Sessions \$182.25
Sa-Su 9:00am-5:00pm Nov 5 4492600
Grandview Heights Aquatic Centre

SOUTH 2 Sessions \$182.25
Sa-Su 9:30am-5:30pm Sep 10 4492597
South Surrey Indoor Pool

NEW Water Safety Instructor (WSI) Course

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

Pre-WSI Stroke Assessment* **FREE**

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

NORTH	SOUTH	SPORT & LEISURE	NEWTON	GUILDFORD	GRANDVIEW HEIGHTS
Tuesday / Thursday	Saturdays	Tuesday / Thursday	-	Fridays	Monday / Wednesday
3:30pm-4pm	1pm	5:30pm-6:30pm	-	6pm-7pm	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+
Sa 1:00pm-5:00pm Oct 8 4492134
M 5:00pm-9:00pm Nov 28 4492139
Sport & Leisure Aquatics

GUILDFORD 2 Sessions \$303.75 15yrs+
M 5:00pm-9:00pm Sep 12 4492218
Guildford Recreation Centre

NORTH 2 Sessions \$303.75 15yrs+
Sa 1:00pm-5:00pm Oct 1 4492146
North Surrey Recreation Centre

SOUTH 2 Sessions \$303.75 15yrs+
Su 1:00pm-5:00pm Nov 27 4492229
Grandview Heights Aquatic Centre

Su 1:00pm-5:00pm Oct 2 4492154
South Surrey Indoor Pool

Water Safety Instructor (WSI) - Module 2

FLEETWOOD 6 Sessions \$332.25 15yrs+
Sa-Su Oct 29-Nov 15 4492392

FLEETWOOD 6 Sessions \$332.25 15yrs+
Sa-Th Dec 17-Dec 22 4492394
Sport & Leisure Aquatics

GUILDFORD 6 Sessions \$332.25 15yrs+
Su Oct 23-Nov 27 4492390
Guildford Recreation Centre

NORTH 6 Sessions \$332.25 15yrs+
Sa Oct 22-Nov 26 4492362
North Surrey Recreation Centre

SOUTH 6 Sessions \$332.25 15yrs+
Su-Th, Sa Dec 17-Dec 22 4492356
Grandview Heights Aquatic Centre
Su Oct 23-Nov 27 4492411
South Surrey Indoor Pool

Water Safety Instructor (WSI) Module 1 & 2 Combo

FLEETWOOD 8 Sessions \$626.25 15yrs+
Sa-Su Oct 8-Nov 3 4492250
M-Th, Sa-M Nov 28-Dec 22 4492269
Sport & Leisure Aquatics

GUILDFORD 8 Sessions \$626.25 15yrs+
M, Su Sep 12-Nov 27 4492279
Guildford Recreation Centre

NORTH 8 Sessions \$626.25 15yrs+
Sa Oct 1-Nov 26 4492298
North Surrey Recreation Centre

SOUTH 8 Sessions \$626.25 15yrs+
Su-Th, Sa Nov 27-Dec 22 4492316
Grandview Heights Aquatic Centre

Su Oct 2-Oct 23 4492327
South Surrey Indoor Pool

Water Safety Instructor (WSI) Recertification

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

FLEETWOOD 1 Session \$119.50 16yrs+
Tu 4:00pm-9:00pm Sep 27 4492516
M 4:30pm-9:30pm Oct 24 4492520
Tu 3:00pm-8:00pm Dec 27 4492522
Sport & Leisure Aquatics

GUILDFORD 1 Session \$119.50 16yrs+
Tu 4:30pm-9:30pm Nov 29 4492519
M 12noon-5:00pm Jan 2 4496422
Guildford Recreation Centre

NORTH 1 Session \$119.50 16yrs+
Th 4:00pm-9:00pm Oct 27 4492518
North Surrey Recreation Centre

SOUTH 1 Session \$119.50 16yrs+
Su 1:30pm-6:30pm Dec 18 4492521
Grandview Heights Aquatic Centre
Sa 12noon-5:00pm Nov 26 4492517
South Surrey Indoor Pool

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

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

Standard First Aid (SFA) - Online

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

FLEETWOOD 1 Session \$178.65
Su 9:00am-5:00pm Nov 27 4492570
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
Su 9:00am-5:00pm Oct 23 4492575
Su 9:00am-5:00pm Nov 20 4492578
Su 9:00am-5:00pm Dec 4 4492579
Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$90.75
Tu, Th 5:30pm-9:30pm Dec 13 4492581
FLEETWOOD 1 Session \$90.75
Su 9:00am-5:00pm Oct 2 4492573
Su 9:00am-5:00pm Nov 27 4492577
Su 9:00am-5:00pm Dec 18 4492580
Sport & Leisure Aquatics

GUILDFORD 1 Session \$90.75
F 9:00am-5:00pm Sep 23 4492572
Guildford Recreation Centre
F 9:00am-3:00pm Oct 14 4492574
Fraser Heights Recreation Centre

SOUTH 1 Session \$90.75
Su 9:00am-5:00pm Nov 6 4492576
Grandview Heights Aquatic Centre
Su 9:30am-5:30pm Sep 11 4492571
South Surrey Indoor Pool

National Lifeguard (NL) - Pool

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

FLEETWOOD 7 Sessions \$436.30 16yrs+
F-M 5:00pm-9:30pm Sep 23 4491142
FLEETWOOD 6 Sessions \$436.30 16yrs+
Su-F 9:00am-5:00pm Dec 18 4491074
Sport & Leisure Aquatics

GUILDFORD 6 Sessions \$436.30 16yrs+
Sa 9:00am-5:00pm Oct 29 4491124
GUILDFORD 6 Sessions \$436.30 16yrs+
M-Sa 12noon-4:00pm Dec 26 4491116
Guildford Recreation Centre

NORTH 6 Sessions \$436.30 16yrs+
Su 9:00am-5:00pm Sep 11 4491098
Su-F 9:00am-5:00pm Dec 18 4491091
North Surrey Recreation Centre

SOUTH 6 Sessions \$436.30 16yrs+
M-Sa 12noon-4:00pm Dec 26 4491157
Grandview Heights Aquatic Centre

National Lifeguard (NL) - Precertification

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

FLEETWOOD 1 Session \$54.25 16yrs+
Su 9:00am-1:00pm Nov 27 4492527
Th 9:00am-1:00pm Dec 29 4496427
M 9:00am-1:00pm Jan 2 4496424
Sport & Leisure Aquatics

GUILDFORD 1 Session \$54.25 16yrs+
Sa 9:00am-1:00pm Dec 17 4492528
Guildford Recreation Centre

NORTH 1 Session \$54.25 16yrs+
Su 8:30am-12:30pm Oct 2 4492524
Su 8:30am-12:30pm Oct 23 4492525
North Surrey Recreation Centre

SOUTH 1 Session \$54.25 16yrs+
Sa 9:00am-1:00pm Sep 24 4492523
Sa 9:00am-1:00pm Nov 12 4492526
South Surrey Indoor Pool

National Lifeguard (NL) - Recertification

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

FLEETWOOD 1 Session \$76.90 16yrs+
Su 1:30pm-5:30pm Nov 27 4492533
Th 1:30pm-5:30pm Dec 29 4496428
M 1:30pm-5:30pm Jan 2 4496423
Sport & Leisure Aquatics

GUILDFORD 1 Session \$76.90 16yrs+
Sa 1:30pm-5:30pm Dec 17 4492534
Guildford Recreation Centre

NORTH 1 Session \$76.90 16yrs+
Su 1:00pm-5:00pm Oct 2 4492531
Su 1:00pm-5:00pm Oct 23 4492532
North Surrey Recreation Centre

SOUTH 1 Session \$76.90 16yrs+
Sa 1:30pm-5:30pm Sep 24 4492529
Sa 1:30pm-5:30pm Nov 12 4492530
South Surrey Indoor Pool

National Lifeguard (NL) - Recertification with Precertification

SOUTH 1 Session \$131.15
Sa 9:00am-5:30pm Nov 12 4495130
Sa 9:00am-5:30pm Sep 24 4495129
South Surrey Indoor Pool

NORTH 1 Session \$131.15
Su 8:30am-5:00pm Oct 2 4495127
Su 8:30am-5:00pm Oct 23 4495128
North Surrey Indoor Pool

FLEETWOOD 1 Session \$131.15
Su 9:00am-5:30pm Nov 27 4495125
Sport & Leisure Aquatics

Time to RE-CERTIFY?

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

National Lifeguard (NL) - Waterpark

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

FLEETWOOD 4 Sessions \$285.50 16yrs+
Tu-F 10:00am-5:00pm Dec 27 4491178
Sport & Leisure Aquatics

GUILDFORD 4 Sessions \$285.50 16yrs+
F-M 5:00pm-9:00pm Oct 7 4491176
Guildford Recreation Centre

National Lifeguard (NL) - Waterpark - Recertification

Re-certification for NLS waterpark award.

GUILDFORD 1 Session \$95 16yrs+
Su 9:00am-5:00pm Oct 9 4492539
Guildford Recreation Centre

FLEETWOOD 1 Session \$95 16yrs+
M 9:00am-5:00pm Jan 2 4492540
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.

FLEETWOOD 4 Sessions \$294.20 16yrs+
Sa-Su 10:00am-5:00pm Sep 10 4492422
Sport & Leisure Aquatics

SOUTH 4 Sessions \$294.20 16yrs+
Sa-Su 10:00am-5:00pm Oct 8 4492420
South Surrey Indoor Pool

NORTH 4 Sessions \$294.20 16yrs+
Tu-F 10:30am-5:30pm Dec 27 4492421
North Surrey Recreation Centre

Lifesaving Instructor (LSI) Recertification

This four hour clinic re-certifies your Lifesaving Instructor Award.

FLEETWOOD 1 Session \$124 16yrs+
M 5:00pm-9:00pm Nov 14 4492514
Sport & Leisure Aquatics

GUILDFORD 1 Session \$124 16yrs+
Sa 1:00pm-5:00pm Sep 24 4492512
Guildford Recreation Centre

SOUTH 1 Session \$124 16yrs+
Sa 12noon-4:00pm Oct 22 4492513
W 5:00pm-9:00pm Dec 21 4492515
South Surrey Indoor Pool

Emergency First Aid & CPR C

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

CLOVERDALE 1 Session \$120.15 14yrs+
Sa 9:00am-5:00pm Oct 22 4492552
Su 9:00am-5:00pm Nov 13 4492555
Sa 9:00am-5:00pm Dec 3 4492556
Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$120.15 14yrs+
Tu, Th 5:30pm-9:30pm Dec 6 4492558

FLEETWOOD 1 Session \$120.15 14yrs+
Sa 9:30am-5:30pm Oct 1 4492550
Sa 9:00am-5:00pm Nov 26 4492554
Su 9:00am-5:00pm Dec 11 4492557
Sport & Leisure Aquatics

GUILDFORD 1 Session \$120.15 14yrs+
Th 9:00am-5:00pm Sep 22 4492549
Guildford Recreation Centre

Th 9:00am-5:00pm Oct 13 4492551
Fraser Heights Recreation Centre

SOUTH 1 Session \$120.15 14yrs+
Sa 9:00am-5:00pm Nov 5 4492553
Grandview Heights Aquatic Centre

SOUTH 1 Session \$120.15 14yrs+
Sa 9:30am-5:30pm Sep 10 4492548
South Surrey Indoor Pool

Emergency First Aid & CPR C Recertification

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

CLOVERDALE 1 Session \$80 14yrs+
Sa 9:00am-5:00pm Oct 22 4492563
Su 9:00am-5:00pm Nov 13 4492566
Sa 9:00am-5:00pm Dec 3 4492567
Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$80 14yrs+
Tu, Th 5:30pm-9:30pm Dec 6 4492568

FLEETWOOD 1 Session \$80 14yrs+
Sa 9:00am-5:00pm Oct 1 4492561
Sa 9:00am-5:00pm Nov 26 4492565
Su 9:00am-5:00pm Dec 11 4492569
Sport & Leisure Aquatics

GUILDFORD 1 Session \$80 14yrs+
Th 9:00am-5:00pm Sep 22 4492560
Guildford Recreation Centre

GUILDFORD 1 Session \$80 14yrs+
Th 9:00am-5:00pm Oct 13 4492562
Fraser Heights Recreation Centre

SOUTH 1 Session \$80 14yrs+
Sa 9:00am-5:00pm Nov 5 4492564
Grandview Heights Aquatic Centre

SOUTH 1 Session \$80 14yrs+
Sa 9:30am-5:30pm Sep 10 4492559
South Surrey Indoor Pool

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

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
Parent & Tot Family Skate	2-18yrs	\$3.25 per person	\$29.50
Daytime Skate	Adult	6.50	58.50
	Senior 60yrs+ Student 19yrs+	5.00	45.00
Adult Figure Skating Recreational Hockey Seniors Recr 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.

Recreational Hockey

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

Senior Recreational Hockey

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

Youth Hockey

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

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

Effective September 11 - December 18, 2016

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Skate						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 Oct 21 & Dec 16	Cancelled Dec 3, 10, 17	

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

Effective September 11 - December 18, 2016

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 Cancelled Nov 27
Family Skate							11:00am - 12:30pm Cancelled Nov 13
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 Nov 13
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 Cancelled Oct 7		1:00pm - 2:15pm Cancelled Nov 27
Seniors Rec Hockey <input checked="" type="checkbox"/>		8:15am - 9:45am		8:15am - 9:45am			
All programs cancelled on:					Cancelled Oct 21 & Nov 11		

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

Effective September 11 - December 18, 2016

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 Dec 16		Cancelled Dec 18

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

Effective September 11 - December 18, 2016

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Skate	11:15am - 12:45pm		6:30pm - 8:00pm		11:15am - 12:45pm 8:15pm - 9:30pm	12noon - 1:30pm Cancelled Nov 19	
Family Skate					6:30pm - 8:00pm	1:45pm - 3:15pm Cancelled Oct 8	
Stick and Puck <input checked="" type="checkbox"/>			11:45am - 1:15pm				
Recreational Hockey <input checked="" type="checkbox"/>	11:45am - 1:15pm Cancelled Oct 10				11:45am - 1:15pm		

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

Effective September 11 - December 18, 2016

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Skate	11:30am - 12:45pm						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				

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 21 & 22.



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.

Ice Skating Instructor Course

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

FLEETWOOD 6 Sessions \$250 **16yrs+**
Sa 9:00am-4:00pm Sep 17 4483516
Sport & Leisure Arenas

Skate Lessons



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

See page 46 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* required for parent and child.** Skate rentals are available at an additional cost.

CLOVERDALE 7 Sessions \$58.25	2-3yrs
W 3:15pm-3:45pm Sep 14 4470538	
W 4:45pm-5:15pm Sep 14 4470539	
W 5:15pm-5:45pm Sep 14 4483547	
Sa 12:45pm-1:15pm Oct 29 4483551	
Sa 1:15pm-1:45pm Oct 29 4483552	
Sa 2:45pm-3:15pm Oct 29 4483553	
W 3:15pm-3:45pm Nov 2 4483548	
W 4:45pm-5:15pm Nov 2 4483549	
W 5:15pm-5:45pm Nov 2 4483550	
CLOVERDALE 6 Sessions \$49.75	2-3yrs
Sa 12:45pm-1:15pm Sep 17 4470530	
Sa 1:15pm-1:45pm Sep 17 4470531	
Sa 2:45pm-3:15pm Sep 17 4470540	

Cloverdale Arena

FLEETWOOD 10 Sessions \$83	2-3yrs
M, W 9:30am-10:00am Sep 12 4470545	
M, W 9:30am-10:00am Nov 14 4492700	
FLEETWOOD 8 Sessions \$66.50	2-3yrs
M, W 9:30am-10:00am Oct 17 4492699	
FLEETWOOD 7 Sessions \$58.25	2-3yrs
Sa 9:45am-10:15am Sep 17 4470547	
Sa 10:15am-10:45am Sep 17 4470553	
Sa 10:45am-11:15am Sep 17 4470548	
Sa 11:15am-11:45am Sep 17 4470549	
Sa 9:45am-10:15am Nov 5 4470550	
Sa 10:15am-10:45am Nov 5 4470554	
Sa 10:45am-11:15am Nov 5 4470551	
Sa 11:15am-11:45am Nov 5 4470552	

Sport & Leisure Arenas

NEWTON 7 Sessions \$58.25	2-3yrs
M 6:00pm-6:30pm Sep 12 4470564	
Su 2:00pm-2:30pm Sep 18 4470562	
Su 2:00pm-2:30pm Nov 6 4470563	
NEWTON 6 Sessions \$49.75	2-3yrs
M 6:00pm-6:30pm Nov 7 4470565	

Newton Arena

NORTH 7 Sessions \$58.25	2-3yrs
Su 9:45am-10:15am Nov 6 4470557	
Su 10:45am-11:15am Nov 6 4470558	
NORTH 6 Sessions \$49.75	2-3yrs
Su 9:45am-10:15am Sep 18 4470555	
Su 10:45am-11:15am Sep 18 4470556	

North Surrey Arena

SOUTH 10 Sessions \$83	2-3yrs
M, W 9:00am-9:30am Sep 12 4470566	
M, W 9:00am-9:30am Nov 14 4492627	
SOUTH 8 Sessions \$66.50	2-3yrs
M, W 9:00am-9:30am Oct 17 4492626	
SOUTH 6 Sessions \$49.75	2-3yrs
Sa 10:45am-11:15am Sep 17 4470569	
Sa 11:15am-11:45am Sep 17 4470570	
Sa 11:45am-12:15pm Sep 17 4470571	
Sa 12:15pm-12:45pm Sep 17 4470572	
Sa 10:45am-11:15am Oct 29 4470573	
Sa 11:15am-11:45am Oct 29 4470574	
Sa 11:45am-12:15pm Oct 29 4470575	
Sa 12:15pm-12:45pm Oct 29 4470576	

South Surrey Arena

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.** Skate rentals are available at an additional cost.

CLOVERDALE	7 Sessions	\$58.25	3-5yrs
W	3:15pm-3:45pm	Sep 14	4470648
W	4:15pm-4:45pm	Sep 14	4470649
Sa	12:45pm-1:15pm	Oct 29	4470655
Sa	1:45pm-2:15pm	Oct 29	4470656
Sa	2:45pm-3:15pm	Oct 29	4470657
W	3:15pm-3:45pm	Nov 2	4470650
W	4:15pm-4:45pm	Nov 2	4470651

CLOVERDALE	6 Sessions	\$49.75	3-5yrs
Sa	12:45pm-1:15pm	Sep 17	4470652
Sa	1:45pm-2:15pm	Sep 17	4470653
Sa	2:45pm-3:15pm	Sep 17	4470654

Cloverdale Arena

FLEETWOOD	10 Sessions	\$83	3-5yrs
M, W	4:00pm-4:30pm	Sep 12	4470683
M, W	4:30pm-5:00pm	Sep 12	4470686
M, W	5:30pm-6:00pm	Sep 12	4470690
M, W	4:00pm-4:30pm	Nov 14	4470685
M, W	4:30pm-5:00pm	Nov 14	4470689
M, W	5:30pm-6:00pm	Nov 14	4470692

FLEETWOOD	7 Sessions	\$58.25	3-5yrs
Sa	9:45am-10:15am	Sep 17	4470677
Sa	10:45am-11:15am	Sep 17	4470678
M, W	4:00pm-4:30pm	Oct 17	4470684
M, W	4:30pm-5:00pm	Oct 17	4470688
M, W	5:30pm-6:00pm	Oct 17	4470691
Sa	9:45am-10:15am	Nov 5	4470680
Sa	10:45am-11:15am	Nov 5	4470681

Sport & Leisure Arenas

NEWTON	10 Sessions	\$83	3-5yrs
Tu, Th	9:30am-10:00am	Oct 11	4470710
Tu, Th	10:00am-10:30am	Oct 11	4492659
Tu, Th	10:30am-11:00am	Oct 11	4492658
Tu, Th	9:30am-10:00am	Nov 15	4492662
Tu, Th	10:00am-10:30am	Nov 15	4492661
Tu, Th	10:30am-11:00am	Nov 15	4492660

NEWTON	8 Sessions	\$66.50	3-5yrs
Tu, Th	9:30am-10:00am	Sep 13	4470709
Tu, Th	10:00am-10:30am	Sep 13	4470704
Tu, Th	10:30am-11:00am	Sep 13	4470703

NEWTON	7 Sessions	\$58.25	3-5yrs
M	6:00pm-6:30pm	Sep 12	4470713
M	6:30pm-7:00pm	Sep 12	4470714
Su	2:00pm-2:30pm	Sep 18	4470716
Su	3:00pm-3:30pm	Sep 18	4470717
Su	2:00pm-2:30pm	Nov 6	4470715
Su	3:00pm-3:30pm	Nov 6	4470718

NEWTON	6 Sessions	\$49.75	3-5yrs
M	6:00pm-6:30pm	Nov 7	4470719
M	6:30pm-7:00pm	Nov 7	4483554

Newton Arena

NORTH	10 Sessions	\$83	3-5yrs
Tu, Th	5:15pm-5:45pm	Oct 11	4470695
Tu, Th	6:15pm-6:45pm	Oct 11	4470696
Tu, Th	5:15pm-5:45pm	Nov 15	4470697
Tu, Th	6:15pm-6:45pm	Nov 15	4470698

NORTH	8 Sessions	\$66.50	3-5yrs
Tu, Th	5:15pm-5:45pm	Sep 13	4470693
Tu, Th	6:15pm-6:45pm	Sep 13	4470694

NORTH	7 Sessions	\$58.25	3-5yrs
Su	9:45am-10:15am	Nov 6	4470701
Su	10:45am-11:15am	Nov 6	4470702

NORTH	6 Sessions	\$49.75	3-5yrs
Su	9:45am-10:15am	Sep 18	4470699
Su	10:45am-11:15am	Sep 18	4470700

North Surrey Arena

SOUTH	10 Sessions	\$83	3-5yrs
M, W	5:00pm-5:30pm	Sep 12	4470738
M, W	6:00pm-6:30pm	Sep 12	4470739
M, W	5:00pm-5:30pm	Nov 14	4470742
M, W	6:00pm-6:30pm	Nov 14	4470743

SOUTH	7 Sessions	\$58.25	3-5yrs
M, W	5:00pm-5:30pm	Oct 17	4470740
M, W	6:00pm-6:30pm	Oct 17	4470741

SOUTH	6 Sessions	\$49.75	3-5yrs
Sa	10:45am-11:15am	Sep 17	4470745
Sa	11:45am-12:15pm	Sep 17	4470746
Sa	10:45am-11:15am	Oct 29	4470747
Sa	11:45am-12:15pm	Oct 29	4470748

South Surrey Arena

Skate Preschool Level 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.** Skate rentals are available at an additional cost.

FLEETWOOD	10 Sessions	\$83	3-5yrs
M, W	9:30am-10:00am	Sep 12	4492640
M, W	10:30am-11:00am	Sep 12	4492641
M, W	12:30pm-1:00pm	Sep 12	4492652
M, W	9:30am-10:00am	Nov 14	4492644
M, W	10:30am-11:00am	Nov 14	4492645
M, W	12:30pm-1:00pm	Nov 14	4492654

FLEETWOOD	8 Sessions	\$66.50	3-5yrs
M, W	9:30am-10:00am	Oct 17	4492642
M, W	10:30am-11:00am	Oct 17	4492643
M, W	12:30pm-1:00pm	Oct 17	4492653

Sport & Leisure Arenas

SOUTH	10 Sessions	\$83	3-5yrs
M, W	9:00am-9:30am	Sep 12	4492606
M, W	10:00am-10:30am	Sep 12	4492607
M, W	9:00am-9:30am	Nov 14	4492610
M, W	10:00am-10:30am	Nov 14	4492611

SOUTH	8 Sessions	\$66.50	3-5yrs
M, W	9:00am-9:30am	Oct 17	4492608
M, W	10:00am-10:30am	Oct 17	4492609

South Surrey Arena

Skate Preschool Level 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.** Skate rentals are available at an additional cost.

FLEETWOOD	10 Sessions	\$83	3-5yrs
M, W	10:00am-10:30am	Sep 12	4492646
M, W	11:00am-11:30am	Sep 12	4492649
M, W	12:30pm-1:00pm	Sep 12	4492663
M, W	10:00am-10:30am	Nov 14	4492648
M, W	11:00am-11:30am	Nov 14	4492651
M, W	12:30pm-1:00pm	Nov 14	4492665

FLEETWOOD	8 Sessions	\$66.50	3-5yrs
M, W	10:00am-10:30am	Oct 17	4492647
M, W	11:00am-11:30am	Oct 17	4492650
M, W	12:30pm-1:00pm	Oct 17	4492664

Sport & Leisure Arenas

SOUTH	10 Sessions	\$83	3-5yrs
M, W	9:30am-10:00am	Sep 12	4492612
M, W	10:30am-11:00am	Sep 12	4492613
M, W	9:30am-10:00am	Nov 14	4492616
M, W	10:30am-11:00am	Nov 14	4492617

SOUTH	8 Sessions	\$83	3-5yrs
M, W	9:30am-10:00am	Oct 17	4492614
M, W	10:30am-11:00am	Oct 17	4492615

South Surrey Arena

Skate Preschool Level 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.** Skate rentals are available at an additional cost.

FLEETWOOD	10 Sessions	\$83	4-5yrs
M, W	10:00am-10:30am	Sep 12	4492666
M, W	11:00am-11:30am	Sep 12	4492667
M, W	12:30pm-1:00pm	Sep 12	4492672
M, W	10:00am-10:30am	Nov 14	4492670
M, W	11:00am-11:30am	Nov 14	4492671
M, W	12:30pm-1:00pm	Nov 14	4492674

FLEETWOOD	8 Sessions	\$66.50	4-5yrs
M, W	10:00am-10:30am	Oct 17	4492668
M, W	11:00am-11:30am	Oct 17	4492669
M, W	12:30pm-1:00pm	Oct 17	4492673

Sport & Leisure Arenas

SOUTH	10 Sessions	\$83	4-5yrs
M, W	9:30am-10:00am	Sep 12	4492618
M, W	10:30am-11:00am	Sep 12	4492619
M, W	9:30am-10:00am	Nov 14	4492622
M, W	10:30am-11:00am	Nov 14	4492623

SOUTH	8 Sessions	\$66.50	4-5yrs
M, W	9:30am-10:00am	Oct 17	4492620
M, W	10:30am-11:00am	Oct 17	4492621

South Surrey Arena

Skate Preschool Level 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, ½ snowplow stop, backwards walking. **CSA certified Helmet* required.** Skate rentals are available at an additional cost.

FLEETWOOD	10 Sessions	\$83	4-5yrs
M, W	10:30am-11:00am	Sep 12	4492675
M, W	1:00pm-1:30pm	Sep 12	4492678
M, W	10:30am-11:00am	Nov 14	4492677
M, W	1:00pm-1:30pm	Nov 14	4492680

FLEETWOOD	8 Sessions	\$66.50	4-5yrs
M, W	10:30am-11:00am	Oct 17	4492676
M, W	1:00pm-1:30pm	Oct 17	4492679

Sport & Leisure Arenas

SOUTH	10 Sessions	\$83	4-5yrs
M, W	10:00am-10:30am	Sep 12	4492624
M, W	10:00am-10:30am	Nov 14	4492633
SOUTH	8 Sessions	\$66.50	4-5yrs
M, W	10:00am-10:30am	Oct 17	4492632

South Surrey Arena

Skate Preschool Level 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.** Skate rentals are available at an additional cost.

FLEETWOOD	10 Sessions	\$83	3-5yrs
M, W	10:30am-11:00am	Sep 12	4492681
M, W	1:00pm-1:30pm	Sep 12	4492684
M, W	10:30am-11:00am	Nov 14	4492683
M, W	1:00pm-1:30pm	Nov 14	4492686

FLEETWOOD	8 Sessions	\$66.50	3-5yrs
M, W	10:30am-11:00am	Oct 17	4492682
M, W	1:00pm-1:30pm	Oct 17	4492685

Sport & Leisure Arenas

SOUTH	10 Sessions	\$83	3-5yrs
M, W	10:00am-10:30am	Sep 12	4492634
M, W	10:00am-10:30am	Nov 14	4492636
SOUTH	8 Sessions	\$66.50	3-5yrs
M, W	10:00am-10:30am	Oct 17	4492635

South Surrey Arena

Skate Preschool Level 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.** Skate rentals are available at an additional cost.

FLEETWOOD	10 Sessions	\$83	4-5yrs
M, W	10:00am-10:30am	Sep 12	4492687
M, W	1:00pm-1:30pm	Sep 12	4492690
M, W	10:00am-10:30am	Nov 14	4492689
M, W	1:00pm-1:30		



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

See page 46 for more information.

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.** Skate rentals are available at an additional cost.

FLEETWOOD 7 Sessions \$47.88 4-18yrs
Th 1:00pm-2:30pm Sep 15 4482494
Th 1:00pm-2:30pm Nov 3 4485176
Sport & Leisure Arenas

Children

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.** Skate rentals are available at an additional cost.

CLOVERDALE 7 Sessions \$53.50 6-16yrs
W 3:45pm-4:15pm Sep 14 4470577
W 4:45pm-5:15pm Sep 14 4470578
W 5:15pm-5:45pm Sep 14 4470579
Sa 1:15pm-1:45pm Oct 29 4470587
Sa 2:15pm-2:45pm Oct 29 4470588
Sa 3:15pm-3:45pm Oct 29 4470586
W 3:45pm-4:15pm Nov 2 4470580
W 4:45pm-5:15pm Nov 2 4470581
W 5:15pm-5:45pm Nov 2 4470582
CLOVERDALE 6 Sessions \$45.75 6-16yrs
Sa 1:15pm-1:45pm Sep 17 4470583
Sa 2:15pm-2:45pm Sep 17 4470584
Sa 3:15pm-3:45pm Sep 17 4470585
Cloverdale Arena

FLEETWOOD 10 Sessions \$76 6-16yrs
M, W 5:00pm-5:30pm Sep 12 4470589
M, W 6:00pm-6:30pm Sep 12 4470590
M, W 6:30pm-7:00pm Sep 12 4470591
M, W 7:00pm-7:30pm Sep 12 4470592
M, W 5:00pm-5:30pm Nov 14 4470595
M, W 6:00pm-6:30pm Nov 14 4470596
M, W 6:30pm-7:00pm Nov 14 4470597
M, W 7:00pm-7:30pm Nov 14 4470606

FLEETWOOD 7 Sessions \$53.50 6-16yrs
Sa 10:15am-10:45am Sep 17 4470593
Sa 11:15am-11:45am Sep 17 4470594
Sa 11:45am-12:15pm Sep 17 4470600
M, W 5:00pm-5:30pm Oct 17 4470603
M, W 6:00pm-6:30pm Oct 17 4470604
M, W 6:30pm-7:00pm Oct 17 4470605
M, W 7:00pm-7:30pm Oct 17 4470602
Sa 10:15am-10:45am Nov 5 4470598
Sa 11:15am-11:45am Nov 5 4470599
Sa 11:45am-12:15pm Nov 5 4470601
Sport & Leisure Arenas

NEWTON 7 Sessions \$53.50 6-16yrs
M 7:00pm-7:30pm Sep 12 4470622
M 7:30pm-8:00pm Sep 12 4470624
M 8:00pm-8:30pm Sep 12 4470623
Su 2:30pm-3:00pm Sep 18 4470628
Su 3:00pm-3:30pm Sep 18 4470634
Su 3:30pm-4:00pm Sep 18 4470629
Su 4:00pm-4:30pm Sep 18 4470630
Su 2:30pm-3:00pm Nov 6 4470631
Su 3:00pm-3:30pm Nov 6 4483555
Su 3:30pm-4:00pm Nov 6 4470632
Su 4:00pm-4:30pm Nov 6 4470633
NEWTON 6 Sessions \$45.75 6-16yrs
M 7:00pm-7:30pm Nov 7 4470625
M 7:30pm-8:00pm Nov 7 4470627
M 8:00pm-8:30pm Nov 7 4470626
Newton Arena

NORTH 10 Sessions \$76 6-16yrs
Tu, Th 5:45pm-6:15pm Oct 11 4470610
Tu, Th 6:45pm-7:15pm Oct 11 4470611
Tu, Th 7:15pm-7:45pm Oct 11 4470612
Tu, Th 5:45pm-6:15pm Nov 15 4470613
Tu, Th 6:45pm-7:15pm Nov 15 4470614
Tu, Th 7:15pm-7:45pm Nov 15 4470615

NORTH 8 Sessions \$61 6-16yrs
Tu, Th 5:45pm-6:15pm Sep 13 4470607
Tu, Th 6:45pm-7:15pm Sep 13 4470608
Tu, Th 7:15pm-7:45pm Sep 13 4470609

NORTH 7 Sessions \$53.50 6-16yrs
Su 10:15am-10:45am Nov 6 4470619
Su 11:15am-11:45am Nov 6 4470620
Su 11:45am-12:15pm Nov 6 4470621
NORTH 6 Sessions \$45.75 6-16yrs
Su 10:15am-10:45am Sep 18 4470616
Su 11:15am-11:45am Sep 18 4470617
Su 11:45am-12:15pm Sep 18 4470618
North Surrey Arena

SOUTH 10 Sessions \$76 6-16yrs
M, W 4:30pm-5:00pm Sep 12 4470641
M, W 5:30pm-6:00pm Sep 12 4470635
M, W 6:30pm-7:00pm Sep 12 4470636
M, W 4:30pm-5:00pm Nov 14 4470647
M, W 5:30pm-6:00pm Nov 14 4470639
M, W 6:30pm-7:00pm Nov 14 4470640
SOUTH 7 Sessions \$53.50 6-16yrs
M, W 4:30pm-5:00pm Oct 17 4470646
M, W 5:30pm-6:00pm Oct 17 4470637
M, W 6:30pm-7:00pm Oct 17 4470638
SOUTH 6 Sessions \$45.75 6-16yrs
Sa 11:15am-11:45am Sep 17 4470642
Sa 12:15pm-12:45pm Sep 17 4470643
Sa 11:15am-11:45am Oct 29 4470644
Sa 12:15pm-12:45pm Oct 29 4470645
South Surrey Arena

Adapted Skating - One To One

Supported skating lessons for those with disabilities, in an inclusive environment. Staff support provided (1 staff: 1 participant), in partnership with SACL.

FLEETWOOD 10 Sessions \$83 Sep 12
M, W 4:00pm-4:30pm 4485191 6-9yrs
M, W 4:30pm-5:00pm 4485190 10-13yrs
M, W 5:00pm-5:30pm 4485178 7-9yrs
M, W 5:30pm-6:00pm 4485177 4-6yrs
M, W 6:00pm-6:30pm 4485179 10-12yrs
M, W 6:30pm-7:00pm 4485180 13-18yrs
FLEETWOOD 7 Sessions \$58.25 Oct 17
M, W 4:00pm-4:30pm 4485192 6-9yrs
M, W 4:30pm-5:00pm 4485189 10-13yrs
M, W 5:00pm-5:30pm 4485182 7-9yrs
M, W 5:30pm-6:00pm 4485181 4-6yrs
M, W 6:00pm-6:30pm 4485183 10-12yrs
M, W 6:30pm-7:00pm 4485184 13-18yrs
FLEETWOOD 10 Sessions \$83 Nov 14
M, W 4:00pm-4:30pm 4485193 6-9yrs
M, W 4:30pm-5:00pm 4485194 10-13yrs
M, W 5:00pm-5:30pm 4485186 7-9yrs
M, W 5:30pm-6:00pm 4485185 4-6yrs
M, W 6:00pm-6:30pm 4485187 10-12yrs
M, W 6:30pm-7:00pm 4485188 13-18yrs
Surrey Sport and Leisure Complex

Youth

Skate

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

FLEETWOOD 10 Sessions \$76 12-16yrs
M, W 7:00pm-7:30pm Sep 12 4483517
M, W 7:00pm-7:30pm Nov 14 4483519
FLEETWOOD 7 Sessions \$53.50 12-16yrs
Sa 11:45am-12:15pm Sep 17 4492701
M, W 7:00pm-7:30pm Oct 17 4483518
Sa 11:45am-12:15pm Nov 5 4492702
Sport & Leisure Arenas

NEWTON 7 Sessions \$53.50 12-16yrs
Su 3:30pm-4:00pm Sep 18 4483523
Su 3:30pm-4:00pm Nov 6 4483524
Newton Arena

NORTH 10 Sessions \$76 12-16yrs
Tu, Th 5:15pm-5:45pm Oct 11 4483521
Tu, Th 5:15pm-5:45pm Nov 15 4483522
NORTH 8 Sessions \$61 12-16yrs
Tu, Th 5:15pm-5:45pm Sep 13 4483520
North Surrey Arena

Adult

Skate

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

CLOVERDALE 7 Sessions \$63 16yrs+
Sa 3:15pm-3:45pm Oct 29 4470510
CLOVERDALE 6 Sessions \$54 12yrs+
Sa 3:15pm-3:45pm Sep 17 4470509
Cloverdale Arena

FLEETWOOD 10 Sessions \$90.25 16yrs+
M, W 11:00am-11:30am Sep 12 4470511
M, W 7:00pm-7:30pm Sep 12 4470514
M, W 11:00am-11:30am Nov 14 4470513
M, W 7:00pm-7:30pm Nov 14 4470516
FLEETWOOD 8 Sessions \$72 16yrs+
M, W 11:00am-11:30am Oct 17 4470512
FLEETWOOD 7 Sessions \$63 16yrs+
M, W 7:00pm-7:30pm Oct 17 4470515
Sport & Leisure Arenas

NEWTON 7 Sessions \$63 16yrs+
M 8:00pm-8:30pm Sep 12 4470520
Su 4:00pm-4:30pm Sep 18 4470522
Su 4:00pm-4:30pm Nov 6 4470523
NEWTON 6 Sessions \$54 16yrs+
M 8:00pm-8:30pm Nov 7 4470521
Newton Arena

NORTH 10 Sessions \$90.25 16yrs+
Tu, Th 7:15pm-7:45pm Oct 11 4470518
Tu, Th 7:15pm-7:45pm Nov 15 4470519
NORTH 8 Sessions \$72 16yrs+
Tu, Th 7:15pm-7:45pm Sep 13 4470517
NORTH 7 Sessions \$63 16yrs+
Su 11:45am-12:15pm Nov 6 4485166
NORTH 6 Sessions \$54 16yrs+
Su 11:45am-12:15pm Sep 18 4485165
North Surrey Arena

SOUTH 10 Sessions \$90.25 16yrs+
M, W 10:30am-11:00am Sep 12 4470524
M, W 6:30pm-7:00pm Sep 12 4470527
M, W 10:30am-11:00am Nov 14 4492629
M, W 6:30pm-7:00pm Nov 14 4470529
SOUTH 8 Sessions \$72 16yrs+
M, W 10:30am-11:00am Oct 17 4492628
SOUTH 7 Sessions \$63 16yrs+
M, W 6:30pm-7:00pm Oct 17 4470528
South Surrey Arena

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 7 Sessions \$51.75 3-5yrs
Su 8:45am-9:45am Sep 11 4483794
Su 8:45am-9:45am Oct 30 4483795
Sport & Leisure Arenas
SOUTH 6 Sessions \$44.25 3-5yrs
Sa 2:45pm-3:45pm Oct 22 4483797
SOUTH 5 Sessions \$37 3-5yrs
Sa 2:45pm-3:45pm Sep 17 4483796
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 7 Sessions \$64.50 6-12yrs
F 4:45pm-6:00pm Oct 28 4483800
CLOVERDALE 6 Sessions \$55.25 6-12yrs
F 4:45pm-6:00pm Sep 16 4483799
Cloverdale Arena
FLEETWOOD 6 Sessions \$55.25 6-12yrs
Su 10:00am-11:15am Sep 18 4483804
FLEETWOOD 5 Sessions \$37 6-12yrs
M-F 12noon-1:15pm Dec 19 4483802
Sport & Leisure Arenas
NORTH 6 Sessions \$55.25 6-12yrs
W 7:15pm-8:30pm Sep 28 4490562
W 4:30pm-5:45pm Nov 9 4490563
North Surrey Arena
SOUTH 6 Sessions \$46 6-12yrs
Sa 4:00pm-5:15pm Oct 22 4483807
SOUTH 5 Sessions \$46 6-12yrs
Sa 4:00pm-5:15pm Sep 17 4483806
South Surrey Arena

Girls Hockey

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

FLEETWOOD 7 Sessions \$64.50 6-16yrs
Su 10:00am-11:15am Oct 30 4492441
Sport & Leisure Arenas

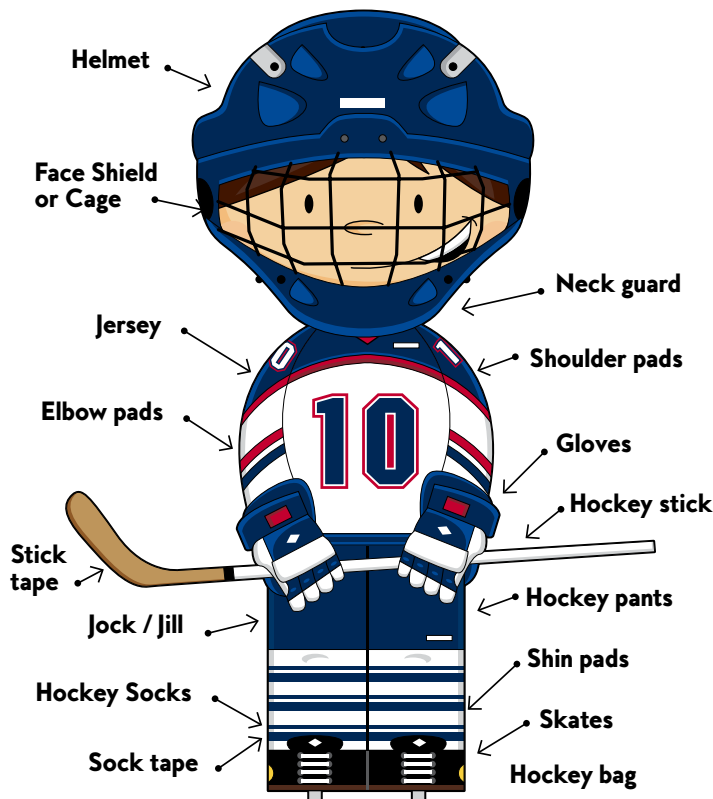
Sledge Hockey

Learn how to move your sled, shoot the puck, and play fun games with an enthusiastic instructor. Great program for children, youth, and adults wanting to learn Canada's national pastime! All abilities welcome.

FLEETWOOD 5 Sessions \$46 6yrs+
Sa 2:30pm-3:45pm Sep 17 4483810
Sa 2:30pm-3:45pm Oct 29 4483811
Sport & Leisure Arenas

Hockey Gear

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



Power Skating - Level 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	8 Sessions \$95.25	6yrs+
Tu	3:30pm-4:15pm Oct 25	4483843
FLEETWOOD	5 Sessions \$59.75	6yrs+
Tu	3:30pm-4:15pm Sep 20	4483842

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	8 Sessions \$95.25	6yrs+
Tu	4:15pm-5:00pm Oct 25	4483848
Tu	5:15pm-6:00pm Oct 25	4483849
FLEETWOOD	5 Sessions \$59.75	6yrs+
Tu	4:15pm-5:00pm Sep 20	4483846
Tu	5:15pm-6:00pm Sep 20	4483847

Sport & Leisure Arenas

NORTH	6 Sessions \$71.75	6yrs+
W	6:15pm-7:00pm Sep 28	4485158
W	6:15pm-7:00pm Nov 9	4485159

North Surrey Arena

SOUTH	5 Sessions \$59.75	6yrs+
Sa	5:30pm-6:15pm Sep 17	4483859
Sa	5:30pm-6:15pm Oct 29	4483860

South Surrey Arena

Power Skating Technique and Conditioning

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

FLEETWOOD	2 Sessions \$30.70	10yrs+
Tu	3:45pm-4:45pm Sep 6	4483868
Tu	5:00pm-6:00pm Sep 6	4483869
FLEETWOOD	3 Sessions \$46.05	10yrs+
Sa	4:15pm-5:15pm Oct 14	4483870

Sport & Leisure Arenas

Learn to Play - Women

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

FLEETWOOD	3 Sessions \$28.80	16yrs+
Sa	5:30pm-6:45pm Oct 14	4484937

Sport & Leisure Arenas

Scrimmage

Bring your friends and spend your Friday evening at the Cloverdale Arena for 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	13 Sessions \$87.75	13-18yrs
F	8:00pm-9:15pm Sep 16	4483808

Cloverdale Arena

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	7 Sessions \$70.25	19yrs+
Su	11:30am-12:45pm Oct 30	4483790
FLEETWOOD	6 Sessions \$60	19yrs+
Su	11:30am-12:45pm Sep 18	4483781

Sport & Leisure Arenas

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	8 Sessions \$80	19yrs+
W	8:00pm-9:15pm Oct 26	4483793
NEWTON	6 Sessions \$60	19yrs+
W	8:00pm-9:15pm Sep 14	4483792

Newton Arena

Coed Hockey League

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

FLEETWOOD	15 Sessions \$320	19yrs+
Sa	2:30pm-3:45pm Sep 17	4484352

Sport & Leisure Arenas

Coed Hockey League Goalies

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

FLEETWOOD	15 Sessions \$	19yrs+
Sa	2:30pm-3:45pm Sep 17	4484384

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	13 Sessions \$259.50	6-10yrs
Sa	12:45pm-2:00pm Sep 17	4484419

Newton Arena

Goalies - Children

For Children's Powerplay Hockey League Goalies.

NEWTON	13 Sessions \$126	6-10yrs
Sa	12:45pm-2:00pm Sep 17	4484429

Newton Arena

Powerplay - Youth

NEWTON	13 Sessions \$259.50	11-15yrs
Sa	3:45pm-5:00pm Sep 17	4484445

Newton Arena

Goalies - Youth

For Youth wanting to play goal for Powerplay Hockey League.

NEWTON	13 Sessions \$126	11-15yrs
Sa	3:45pm-5:00pm Sep 17	4484455

Newton Arena

INFORMATION
604-501-5875
REGISTER
604-501-5100



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 11 Sessions \$60.75 3-5yrs
Sa 11:15am-12noon Sep 24 4488375

CLOVERDALE 11 Sessions \$76 5-7yrs
Sa 10:45am-11:45am Sep 24 4485975
Cloverdale Recreation Centre

CLOVERDALE 12 Sessions \$66.25 3-5yrs
W 10:00am-10:45am Sep 21 4488374
Don Christian Recreation Centre

CLOVERDALE 9 Sessions \$49.75 3-5yrs
Sa 10:00am-10:45am Sep 24 4488373
Hazelgrove Elementary

FLEETWOOD 6 Sessions \$33.25 4-5yrs
Sa 10:00am-10:45am Sep 24 4488946
Fleetwood Community Centre

GUILDFORD 6 Sessions \$33.25 3-5yrs
F 4:30pm-5:15pm Nov 4 4488191
Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$55.25 3-5yrs
Su 11:15am-12noon Sep 25 4489268

GUILDFORD 10 Sessions \$69 6-9yrs
Sa 2:00pm-3:00pm Sep 24 4488832
Guildford Recreation Centre

NEWTON 6 Sessions \$41.50 6-12yrs
Sa 2:15pm-3:15pm Nov 5 4486317

NEWTON 5 Sessions \$34.50 6-12yrs
Sa 2:15pm-3:15pm Sep 24 4486125
Newton Recreation Centre

SOUTH 12 Sessions \$66.25 3-5yrs
F 10:00am-10:45am Sep 23 4489794
F 3:15pm-4:00pm Sep 23 4489797

SOUTH 12 Sessions \$66.25 4-5yrs
Tu 11:00am-11:45am Sep 20 4489795

SOUTH 12 Sessions \$82.75 5-7yrs
W 3:00pm-4:00pm Sep 21 4487995

SOUTH 10 Sessions \$55.25 3-4yrs
Sa 10:00am-10:45am Sep 17 4489800
W 9:45am-10:30am Sep 21 4489799

South Surrey Recreation & Arts Centre

I AM Game Introduction to Sport

PARENT PARTICIPATION IS REQUIRED

CLOVERDALE 11 Sessions \$45.50 2-3yrs
Sa 9:15am-10:00am Sep 24 4488396
Sa 10:15am-11:00am Sep 24 4488397
Cloverdale Recreation Centre

CLOVERDALE 9 Sessions \$37.25 1.5-3yrs
Sa 9:00am-9:45am Sep 24 4488395
Hazelgrove Elementary

FLEETWOOD 6 Sessions \$25 2-3yrs
Sa 9:00am-9:45am Sep 24 4488764
Fleetwood Community Centre

GUILDFORD 6 Sessions \$25 2-3yrs
Sa 10:30am-11:15am Sep 24 4488205
Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$41.50 2-3yrs
W 6:15pm-7:00pm Sep 28 4489253
Guildford Recreation Centre

NEWTON 4 Sessions \$16.75 1.5-3yrs
Tu 11:30am-12:15pm Nov 8 4484980
Newton Recreation Centre

SOUTH 12 Sessions \$49.75 2-3yrs
Tu 10:00am-10:45am Sep 20 4489866
W 10:45am-11:30am Sep 21 4489865
W 5:15pm-6:00pm Sep 21 4489856

SOUTH 12 Sessions \$49.75 1.5-2yrs
F 9:00am-9:45am Sep 23 4489857

SOUTH 10 Sessions \$41.50 2-3yrs
Sa 11:45am-12:30pm Sep 17 4489861

SOUTH 10 Sessions \$41.50 1.5-2yrs
Sa 9:00am-9:45am Sep 17 4489859
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 4-13yrs
Tu 5:00pm-6:00pm Oct 4 4488398
Cloverdale Recreation Centre

I AM Game
Sport Skills

Prepare to enjoy a wide variety of sports. Begin practicing fundamental sport skills in a fun and inclusive environment. Play active games introducing a variety of sport equipment and strategies. Players receive coloured wristbands as they learn new skills and values.

SOUTH 12 Sessions \$82.75 7-10yrs
W 4:00pm-5:00pm Sep 21 4487997
South Surrey Recreation & Arts Centre

Boccia

Boccia is a Paralympic sport for persons with physical disabilities and is adapted to be played in a gym with custom balls and equipment. You will learn the basic skills and strategies of Boccia through games and activities. This program is delivered in partnership with SportAbility.

NEWTON 8 Sessions \$55.25 6yrs+
M 4:15pm-5:30pm Oct 3 4488343
Newton Seniors' Centre

Fencing

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

GUILDFORD 9 Sessions \$126.75 10-12yrs
Sa 1:15pm-2:45pm Oct 1 4488813
GUILDFORD 9 Sessions \$126.75 13-18yrs
Sa 11:45am-1:15pm Oct 1 4491614
GUILDFORD 9 Sessions \$126.75 19yrs+
Sa 11:45am-1:15pm Oct 1 4491613
Guildford Recreation Centre

Table Tennis

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

SOUTH 12 Sessions \$82.75 8-11yrs
Tu 3:15pm-4:15pm Sep 20 4487086
SOUTH 12 Sessions \$82.75 11-14yrs
Tu 4:15pm-5:15pm Sep 20 4487087
South Surrey Recreation & Arts Centre

Golf Lessons

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

CLOVERDALE 4 Sessions \$115 19yrs+
Tu 11:30am-12:30pm Sep 6 4486673
Sa 9:00am-10:00am Sep 10 4486674
Northview Golf & Country Club

Gymnastics

Explore a variety of movements that build coordination, balance, and flexibility. Learn basic gymnastic skills and terminology.

SOUTH 12 Sessions \$82.75 5-7yrs
Th 3:15pm-4:15pm Sep 22 4487107
SOUTH 12 Sessions \$82.75 8-10yrs
Th 4:15pm-5:15pm Sep 22 4487108
SOUTH 10 Sessions \$69 5-7yrs
Sa 1:30pm-2:30pm Sep 17 4487105
SOUTH 10 Sessions \$69 8-10yrs
Sa 2:30pm-3:30pm Sep 17 4487106
South Surrey Recreation & Arts Centre

Horseback Riding

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

SOUTH 7 Sessions \$299 4-7yrs
Sa 1:00pm-2:00pm Sep 10 4488219
Su 1:00pm-2:00pm Sep 11 4488218
Sa 1:00pm-2:00pm Oct 29 4488221
Su 1:00pm-2:00pm Oct 30 4488220
Semiahmoo Stables

Horseback Riding

Introduction to English horseback riding and horsemanship in an indoor arena.

SOUTH 7 Sessions \$350 8-18yrs
Tu 6:15pm-7:15pm Sep 13 4488216
Tu 6:15pm-7:15pm Nov 1 4488217
Semiahmoo Stables

Horseback Riding

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

SOUTH 7 Sessions \$350 19yrs+
Tu 7:30pm-8:30pm Sep 13 4488214
Tu 7:30pm-8:30pm Nov 1 4488215
Semiahmoo Stables

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 Oct 2 4488368
Cloverdale Recreation Centre

Skateboarding

Work on your ollie, learn to slide, shove-it, flip and more! Learn safety, park etiquette and have fun participating in one of the coolest sports around.

CLOVERDALE 6 Sessions \$58 5-7yrs
Sa 9:00am-10:30am Sep 24 4485772
CLOVERDALE 6 Sessions \$58 8-12yrs
Sa 10:45am-12:15pm Sep 24 4485773
Cloverdale Youth Park
NORTH 6 Sessions \$41.50 6-9yrs
M 3:30pm-4:30pm Sep 12 4491761
NORTH 6 Sessions \$58 10-12yrs
M 4:45pm-6:15pm Sep 12 4491762
Chuck Bailey Recreation Centre

Cycling - BMX

In this introductory course you will learn the components of a BMX bike. As well as park etiquette skills, riding on the slopes, obstacles, and even learn some tricks.

CLOVERDALE 6 Sessions \$58 5-7yrs
Sa 9:00am-10:30am Sep 24 4485781
CLOVERDALE 6 Sessions \$58 8-12yrs
Sa 10:45am-12:15pm Sep 24 4485782
Cloverdale Athletic Park

Pickle Ball

Learn basic Pickle Ball skills and rules. Improve fitness, balance, and agility.

CLOVERDALE 8 Sessions \$61.75 18yrs+
Tu 9:00am-10:30am Sep 20 4491642
Cloverdale Recreation Centre
SOUTH 11 Sessions \$81 19yrs+
F 10:00am-11:30am Sep 23 4483206
SOUTH 11 Sessions \$56.75 19yrs+
M 9:45am-10:45am Sep 19 4483209
M 6:45pm-7:45pm Sep 19 4483208
SOUTH 10 Sessions \$73.50 19yrs+
Sa 1:15pm-2:45pm Sep 24 4483207
South Surrey Recreation & Arts Centre

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. See the ad on page 116.

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		

Badminton

Learn basic defensive and offensive shots. Learn about scoring, rules and strategy through introductory level game play.

FLEETWOOD 6 Sessions \$41.50 6-9yrs
M 6:30pm-7:30pm Nov 7 4491339

FLEETWOOD 6 Sessions \$41.50 10-13yrs
M 6:30pm-7:30pm Nov 7 4491342

FLEETWOOD 5 Sessions \$34.50 6-9yrs
M 6:30pm-7:30pm Sep 19 4491338

FLEETWOOD 5 Sessions \$34.50 10-13yrs
M 6:30pm-7:30pm Sep 19 4491340
Berkshire Park

FLEETWOOD 6 Sessions \$41.50 6-9yrs
F 3:30pm-4:30pm Sep 23 4489069

FLEETWOOD 6 Sessions \$41.50 10-13yrs
F 4:30pm-5:30pm Sep 23 4489340
Fleetwood Community Centre

GUILDFORD 8 Sessions \$55.25 6-8yrs
Tu 3:15pm-4:15pm Oct 11 4488157

GUILDFORD 8 Sessions \$55.25 9-12yrs
Tu 4:30pm-5:30pm Oct 11 4488158
Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$69 6-12yrs
Sa 10:30am-11:30am Oct 1 4489493
Guildford Recreation Centre

NEWTON 6 Sessions \$41.25 6-9yrs
W 4:00pm-5:00pm Sep 21 4483038
W 4:00pm-5:00pm Nov 2 4483040
NEWTON 6 Sessions \$41.25 10-12yrs
W 5:00pm-6:00pm Sep 21 4483039
W 5:00pm-6:00pm Nov 2 4483043
Newton Recreation Centre

NORTH 6 Sessions \$41.50 6-12yrs
Tu 4:15pm-5:15pm Sep 13 4491759
Tu 4:15pm-5:15pm Nov 1 4491760
Chuck Bailey Recreation Centre

SOUTH 12 Sessions \$82.75 6-9yrs
Tu 3:15pm-4:15pm Sep 20 4487068

SOUTH 12 Sessions \$82.75 9-12yrs
Tu 4:15pm-5:15pm Sep 20 4487069

SOUTH 10 Sessions \$69 6-9yrs
Sa 9:00am-10:00am Sep 17 4488136
South Surrey Recreation & Arts Centre

NEWTON 6 Sessions \$34.25 13-18yrs
W 6:00pm-7:00pm Sep 21 4491328
W 6:00pm-7:00pm Nov 2 4491330
Newton Recreation Centre

NORTH 6 Sessions \$34.25 13-18yrs
Tu 5:15pm-6:15pm Sep 13 4487935
Tu 5:15pm-6:15pm Nov 1 4487936
Chuck Bailey Recreation Centre

SOUTH 12 Sessions \$68.25 13-16yrs
Tu 5:15pm-6:15pm Sep 20 4482706

SOUTH 10 Sessions \$56.75 13-16yrs
Sa 12noon-1:00pm Sep 17 4491722

SOUTH 5 Sessions \$28.50 13-16yrs
M-F 1:00pm-2:00pm Dec 19 4491960
South Surrey Recreation & Arts Centre

SOUTH 12 Sessions \$62 19yrs+
Tu 12noon-1:00pm Sep 20 4483215

SOUTH 11 Sessions \$56.75 19yrs+
M 8:30am-9:30am Sep 19 4483214
South Surrey Recreation & Arts Centre

Basketball

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

CLOVERDALE 12 Sessions \$82.75 6-8yrs
W 3:30pm-4:30pm Sep 21 4485929

CLOVERDALE 12 Sessions \$82.75 8-10yrs
W 4:45pm-5:45pm Sep 21 4485930

CLOVERDALE 12 Sessions \$82.75 10-12yrs
W 6:00pm-7:00pm Sep 21 4485931

CLOVERDALE 11 Sessions \$60.75 4-6yrs
F 3:15pm-4:00pm Sep 23 4488627

CLOVERDALE 11 Sessions \$76 5-7yrs
Sa 12noon-1:00pm Sep 24 4485976
Cloverdale Recreation Centre

CLOVERDALE 9 Sessions \$62 5-7yrs
Sa 11:00am-12noon Sep 24 4485977
Hazelgrove Elementary

FLEETWOOD 5 Sessions \$34.50 8-12yrs
M 5:00pm-6:00pm Sep 19 4489050
Walnut Road Elementary School

GUILDFORD 8 Sessions \$44.25 3-5yrs
Tu 3:00pm-3:45pm Sep 27 4488154

GUILDFORD 8 Sessions \$55.25 6-8yrs
Tu 4:00pm-5:00pm Sep 27 4488155

GUILDFORD 8 Sessions \$55.25 9-12yrs
Tu 5:15pm-6:15pm Sep 27 4488156
Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$69 6-8yrs
Su 2:15pm-3:15pm Sep 25 4490647
Tu 3:15pm-4:15pm Sep 27 4488776

GUILDFORD 10 Sessions \$69 9-12yrs
Su 3:30pm-4:30pm Sep 25 4490648
Tu 4:30pm-5:30pm Sep 27 4488777

GUILDFORD 10 Sessions \$55.25 13-18yrs
Tu 5:45pm-6:45pm Sep 27 4491612
Guildford Recreation Centre

NEWTON 6 Sessions \$41.50 6-9yrs
Sa 10:00am-11:00am Nov 5 4483668
Sa 11:00am-12noon Nov 5 4483669

NEWTON 6 Sessions \$41.50 10-12yrs
Sa 12noon-1:00pm Nov 5 4483670

NEWTON 6 Sessions \$33.25 13-18yrs
Sa 1:00pm-2:00pm Nov 5 4491341

NEWTON 5 Sessions \$34.50 6-9yrs
Sa 10:00am-11:00am Sep 24 4483665
Sa 11:00am-12noon Sep 24 4483666

NEWTON 5 Sessions \$34.50 10-12yrs
Sa 12noon-1:00pm Sep 24 4483667

NEWTON 5 Sessions \$27.75 13-18yrs
Sa 1:00pm-2:00pm Sep 24 4491336
Newton Recreation Centre

NORTH 6 Sessions \$41.50 6-9yrs
Sa 10:15am-11:15am Nov 5 4491877

NORTH 6 Sessions \$41.50 10-12yrs
Sa 10:15am-11:15am Sep 17 4491876
Bridgeview Community Centre

NORTH 6 Sessions \$41.50 6-12yrs
W 3:30pm-4:30pm Sep 14 4491768
W 3:30pm-4:30pm Nov 2 4491769
Chuck Bailey Recreation Centre

SOUTH 12 Sessions \$82.75 7-9yrs
Su 4:45pm-5:45pm Sep 18 4488239

SOUTH 11 Sessions \$60.75 4-6yrs
Su 2:45pm-3:30pm Sep 18 4488263
Su 3:45pm-4:30pm Sep 18 4488243
Kensington Prairie Community Centre

SOUTH 12 Sessions \$82.75 6-9yrs
Tu 3:15pm-4:15pm Sep 20 4486336

SOUTH 12 Sessions \$82.75 9-12yrs
Tu 4:15pm-5:15pm Sep 20 4486338

SOUTH 12 Sessions \$66.25 13-18yrs
Tu 6:15pm-7:15pm Sep 20 4491756

SOUTH 10 Sessions \$69 6-9yrs
Sa 9:00am-10:00am Sep 17 4486348
Sa 10:00am-11:00am Sep 17 4486337

SOUTH 10 Sessions \$69 9-12yrs
Sa 11:00am-12noon Sep 17 4486339

SOUTH 4 Sessions \$22.25 13-16yrs
Tu-F 1:00pm-2:00pm Dec 27 4491757
South Surrey Recreation & Arts Centre

SOUTH 12 Sessions \$82.75 6-9yrs
Tu 3:15pm-4:15pm Sep 20 4486336

SOUTH 12 Sessions \$82.75 9-12yrs
Tu 4:15pm-5:15pm Sep 20 4486338

SOUTH 12 Sessions \$66.25 13-18yrs
Tu 6:15pm-7:15pm Sep 20 4491756

SOUTH 10 Sessions \$69 6-9yrs
Sa 9:00am-10:00am Sep 17 4486348
Sa 10:00am-11:00am Sep 17 4486337

SOUTH 10 Sessions \$69 9-12yrs
Sa 11:00am-12noon Sep 17 4486339

SOUTH 4 Sessions \$22.25 13-16yrs
Tu-F 1:00pm-2:00pm Dec 27 4491757
South Surrey Recreation & Arts Centre

Basketball for Girls

Skill building and fun game play for girls only. For beginner level players.

CLOVERDALE 12 Sessions \$82.75 8-11yrs
W 3:30pm-4:30pm Sep 21 4485932
Cloverdale Recreation Centre

GUILDFORD 6 Sessions \$41.50 6-10yrs
F 5:30pm-6:30pm Nov 4 4488192
Fraser Heights Recreation Centre

SOUTH 12 Sessions \$82.75 8-12yrs
Tu 5:15pm-6:15pm Sep 20 4488632

SOUTH 4 Sessions \$22.25 13-16yrs
Tu-F 2:00pm-3:00pm Dec 27 4491898
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 Oct 4 4488378
Cloverdale Recreation Centre

Soccer Indoor

Learn fundamental soccer skills including passing, shooting, and ball-handling.

CLOVERDALE 11 Sessions \$60.75 3-5yrs
F 4:00pm-4:45pm Sep 23 4488532
F 6:00pm-6:45pm Sep 23 4488533
Sa 12:15pm-1:00pm Sep 24 4488531

CLOVERDALE 11 Sessions \$76 5-6yrs
M 4:15pm-5:15pm Sep 19 4485926

CLOVERDALE 11 Sessions \$76 7-9yrs
M 5:30pm-6:30pm Sep 19 4485927

CLOVERDALE 11 Sessions \$76 9-12yrs
M 6:45pm-7:45pm Sep 19 4485928
Cloverdale Recreation Centre

CLOVERDALE 9 Sessions \$62 5-7yrs
Sa 12noon-1:00pm Sep 24 4485985
Hazelgrove Elementary

FLEETWOOD 6 Sessions \$41.50 6-9yrs
W 4:15pm-5:15pm Sep 21 4489159
W 5:15pm-6:15pm Nov 9 4489163

FLEETWOOD 6 Sessions \$41.50 10-13yrs
W 6:15pm-7:15pm Sep 21 4489164
W 5:15pm-6:15pm Nov 9 4489242
Fleetwood Community Centre

GUILDFORD 8 Sessions \$55.25 6-8yrs
M 4:30pm-5:30pm Sep 26 4488166
M 5:45pm-6:45pm Sep 26 4488152

GUILDFORD 6 Sessions \$33.25 3-5yrs
F 4:30pm-5:15pm Sep 23 4488151
Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$55.25 3-5yrs
Su 12:15pm-1:00pm Sep 25 4489273
Su 1:15pm-2:00pm Sep 25 4489274

GUILDFORD 10 Sessions \$69 6-8yrs
F 3:15pm-4:15pm Sep 30 4488852

GUILDFORD 10 Sessions \$69 9-12yrs
F 4:30pm-5:30pm Sep 30 4488853
Guildford Recreation Centre

NEWTON 6 Sessions \$33.25 3-5yrs
Su 10:00am-10:45am Nov 6 4484933

NEWTON 6 Sessions \$41.50 6-9yrs
Su 1:00pm-2:00pm Nov 6 4486322
Su 2:00pm-3:00pm Nov 6 4486327

NEWTON 6 Sessions \$41.50 10-12yrs
Su 3:00pm-4:00pm Nov 6 4486325

NEWTON 5 Sessions \$27.75 3-5yrs
Su 10:00am-10:45am Sep 25 4484932

NEWTON 5 Sessions \$34.50 6-9yrs
Su 1:00pm-2:00pm Sep 25 4486132
Su 2:00pm-3:00pm Sep 25 4486130

NEWTON 5 Sessions \$34.50 10-12yrs
Su 3:00pm-4:00pm Sep 25 4486131
Newton Recreation Centre

NORTH 6 Sessions \$41.50 6-12yrs
M 3:30pm-4:30pm Sep 12 4491731
M 3:30pm-4:30pm Nov 7 4491732
Chuck Bailey Recreation Centre

SOUTH 10 Sessions \$55.25 4-6yrs
Sa 10:00am-10:45am Sep 17 4489526

SOUTH 10 Sessions \$69 6-9yrs
Sa 10:45am-11:45am Sep 17 4489492
Jessie Lee Elementary School

SOUTH 12 Sessions \$66.25 4-6yrs
M 5:00pm-5:45pm Sep 19 4488246
Kensington Prairie Community Centre

SOUTH 12 Sessions \$66.25 4-5yrs
Tu 9:00am-9:45am Sep 20 4489524
W 11:45am-12:30pm Sep 21 4489525
F 4:15pm-5:00pm Sep 23 4489520

SOUTH 12 Sessions \$66.25 4-6yrs
Th 3:15pm-4:00pm Sep 22 4489522
F 11:00am-11:45am Sep 23 4489527

SOUTH 12 Sessions \$66.25 5-6yrs
F 5:00pm-5:45pm Sep 23 4489523

SOUTH 12 Sessions \$82.75 5-7yrs
Th 4:15pm-5:15pm Sep 22 4487155

SOUTH 12 Sessions \$82.75 8-12yrs
Th 5:15pm-6:15pm Sep 22 4487156

SOUTH 10 Sessions \$55.25 4-6yrs
Sa 11:00am-11:45am Sep 17 4489521
South Surrey Recreation & Arts Centre

SOUTH 12 Sessions \$66.25 5-6yrs
F 5:00pm-5:45pm Sep 23 4489523

SOUTH 12 Sessions \$82.75 5-7yrs
Th 4:15pm-5:15pm Sep 22 4487155

SOUTH 12 Sessions \$82.75 8-12yrs
Th 5:15pm-6:15pm Sep 22 4487156

SOUTH 10 Sessions \$55.25 4-6yrs
Sa 11:00am-11:45am Sep 17 4489521
South Surrey Recreation & Arts Centre

Soccer Indoor for Girls

CLOVERDALE 11 Sessions \$76 8-12yrs
Sa 1:15pm-2:15pm Sep 24 4485970
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$41.25 8-13yrs
W 3:15pm-4:15pm Sep 21 4489157
W 3:15pm-4:15pm Nov 9 4489158
Fleetwood Community Centre

GUILDFORD 6 Sessions \$41.50 6-10yrs
F 5:30pm-6:30pm Sep 23 4488167
Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$41.50 6-10yrs
F 5:30pm-6:30pm Sep 23 4488167
Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$41.50 6-10yrs
F 5:30pm-6:30pm Sep 23 4488167
Fraser Heights Recreation Centre

Soccer Indoor

PARENT PARTICIPATION IS REQUIRED

CLOVERDALE 11 Sessions \$45.50 2-3yrs
F 5:00pm-5:45pm Sep 23 4488358
Cloverdale Recreation Centre

CLOVERDALE 12 Sessions \$49.75 2-4yrs
W 9:00am-9:45am Sep 21 4488359
Don Christian Recreation Centre

GUILDFORD 6 Sessions \$25 2-3yrs
Sa 9:30am-10:15am Sep 24 4488203
Sa 10:30am-11:15am Nov 5 4488204
Fraser Heights Recreation Centre

NEWTON 5 Sessions \$20.75 2-3yrs
Su 9:00am-9:45am Sep 25 4484931

NEWTON 6 Sessions \$25 2-3yrs
Su 9:00am-9:45am Nov 6 4484934
Newton Recreation Centre

SOUTH 10 Sessions \$41.50 2-3yrs
Sa 9:00am-9:45am Sep 17 4489790
Jessie Lee Elementary School

SOUTH 12 Sessions \$49.75 2-3yrs
M 6:00pm-6:45pm Sep 19 4488247
Tu 4:30pm-5:15pm Sep 20 4488248
Kensington Prairie Community Centre

Floor Hockey

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

CLOVERDALE 10 Sessions \$69	5-8yrs
Tu 3:00pm-4:00pm Sep 27	4486029
CLOVERDALE 10 Sessions \$69	9-12yrs
Tu 4:15pm-5:15pm Sep 27	4486030
Clayton Elementary School	
FLEETWOOD 6 Sessions \$41.50	6-9yrs
Su 3:00pm-4:00pm Sep 25	4488814
Su 3:00pm-4:00pm Nov 13	4489029
Su 4:00pm-5:00pm Nov 13	4489031
FLEETWOOD 6 Sessions \$41.50	10-13yrs
Su 4:00pm-5:00pm Sep 25	4489030
Fleetwood Community Centre	
GUILDFORD 10 Sessions \$69	6-8yrs
Th 3:15pm-4:15pm Sep 29	4488815
GUILDFORD 10 Sessions \$69	9-12yrs
Th 4:30pm-5:30pm Sep 29	4489852
Guildford Recreation Centre	
NEWTON 6 Sessions \$41.50	6-9yrs
Su 1:00pm-2:00pm Nov 6	4486144
NEWTON 6 Sessions \$41.50	10-12yrs
Su 2:00pm-3:00pm Nov 6	4486145
NEWTON 5 Sessions \$34.50	6-9yrs
Su 1:00pm-2:00pm Sep 25	4486142
NEWTON 5 Sessions \$34.50	10-12yrs
Su 1:00pm-2:00pm Sep 25	4486143
Newton Recreation Centre	

SOUTH 12 Sessions \$66.25	4-6yrs
W 4:45pm-5:30pm Sep 21	4489807
SOUTH 12 Sessions \$82.75	5-7yrs
W 3:15pm-4:15pm Sep 21	4489809
Kensington Prairie Community Centre	

SOUTH 12 Sessions \$66.25	4-6yrs
M 3:15pm-4:00pm Sep 19	4489786
SOUTH 10 Sessions \$69	5-7yrs
M 4:15pm-5:15pm Sep 19	4486741
SOUTH 10 Sessions \$69	8-10yrs
M 5:30pm-6:30pm Sep 19	4486742
South Surrey Recreation & Arts Centre	

Floor Hockey

PARENT PARTICIPATION IS REQUIRED

NEWTON 4 Sessions \$16.75	2-3yrs
Tu 11:30am-12:15pm Sep 27	4484951
Newton Recreation Centre	

Floorball

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

CLOVERDALE 11 Sessions \$60.75	4-6yrs
F 4:15pm-5:00pm Sep 23	4488639
CLOVERDALE 11 Sessions \$76	6-9yrs
F 5:00pm-6:00pm Sep 23	4485996
Cloverdale Recreation Centre	

CLOVERDALE 12 Sessions \$82.75	7-9yrs
Th 3:15pm-4:15pm Sep 22	4486688
CLOVERDALE 12 Sessions \$82.75	10-12yrs
Th 4:30pm-5:30pm Sep 22	4486689
Don Christian Recreation Centre	

GUILDFORD 10 Sessions \$55.25	3-5yrs
Sa 10:45am-11:30am Sep 24	4489264
Guildford Recreation Centre	

Floorball

PARENT PARTICIPATION IS REQUIRED

GUILDFORD 6 Sessions \$25	2-3yrs
Sa 9:30am-10:15am Nov 5	4488207
Fraser Heights Recreation Centre	

GUILDFORD 10 Sessions \$41.50	2-3yrs
Sa 9:45am-10:30am Sep 24	4489248
Guildford Recreation Centre	

Volleyball

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

CLOVERDALE 11 Sessions \$76	8-12yrs
Tu 7:00pm-8:00pm Sep 27	4486328
A.J. McLellan Elementary School	

GUILDFORD 8 Sessions \$55.25	8-12yrs
Th 4:30pm-5:30pm Oct 6	4488190

GUILDFORD 8 Sessions \$45.50	13-18yrs
Th 3:15pm-4:15pm Oct 6	4475285
Fraser Heights Recreation Centre	

GUILDFORD 10 Sessions \$69	9-12yrs
W 3:30pm-4:30pm Sep 28	4488875

GUILDFORD 10 Sessions \$56.75	13-18yrs
W 5:00pm-6:00pm Sep 28	4491617
Guildford Recreation Centre	

NORTH 6 Sessions \$41.50	10-12yrs
Th 4:15pm-5:15pm Sep 15	4491961
Th 4:15pm-5:15pm Nov 3	4491962
Chuck Bailey Recreation Centre	

SOUTH 10 Sessions \$69	8-12yrs
M 4:30pm-5:30pm Sep 19	4486745

SOUTH 10 Sessions \$56.75	13-18yrs
M 6:30pm-7:30pm Sep 19	4491782
South Surrey Recreation & Arts Centre	

Volleyball for Girls

CLOVERDALE 12 Sessions \$82.75	9-12yrs
W 5:00pm-6:00pm Sep 21	4485969
Cloverdale Recreation Centre	

SOUTH 10 Sessions \$69	9-12yrs
M 3:15pm-4:15pm Sep 19	4486746

SOUTH 10 Sessions \$56.75	13-18yrs
M 5:30pm-6:30pm Sep 19	4491778
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. Players receive a free skipping rope to improve fitness and footwork. 'I AM Game - Sport Skills' highly recommended as a prerequisite.

FLEETWOOD 1 Session \$43	6-12yrs
Th 9:00am-3:00pm Nov 10	4491344
Fleetwood Community Centre	

GUILDFORD 10 Sessions \$86	6-9yrs
W 3:15pm-4:15pm Sep 28	4488833
Guildford Recreation Centre	

NEWTON 6 Sessions \$51.75	6-12yrs
Sa 3:30pm-4:30pm Nov 5	4486318

NEWTON 5 Sessions \$43	6-12yrs
Sa 3:30pm-4:30pm Sep 24	4486126
Newton Recreation Centre	

Pickle Ball Intermediate

Learn intermediate Pickle Ball skills. Improving fitness through structured game play.

CLOVERDALE 8 Sessions \$82.75	18yrs+
Tu 10:45am-12:15pm Sep 20	4491645
Cloverdale Recreation Centre	

SOUTH 6 Sessions \$61	19yrs+
F 12:30pm-2:00pm Sep 23	4483210

SOUTH 5 Sessions \$50.75	19yrs+
F 12:30pm-2:00pm Nov 18	4483211
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 4:00pm-5:00pm Sep 24	4493680
Th 4:45pm-5:45pm	

CLOVERDALE 22 Sessions \$169	9-10yrs
Sa 5:00pm-6:00pm Sep 24	4493681
Th 5:45pm-6:45pm	

CLOVERDALE 22 Sessions \$169	11-12yrs
Sa 6:00pm-7:00pm Sep 24	4493682
Th 6:45pm-7:45pm	

GIRLS ONLY

CLOVERDALE 22 Sessions \$169	6-8yrs
Su 3:00pm-4:00pm Sep 25	4493683
Th 4:00pm-5:00pm	

CLOVERDALE 22 Sessions \$169	9-10yrs
Su 4:00pm-5:00pm Sep 25	4493684
Th 5:00pm-6:00pm	

CLOVERDALE 22 Sessions \$169	11-12yrs
Su 5:00pm-6:00pm Sep 25	4493685
Th 6:00pm-7:00pm	

Cloverdale Recreation Centre

GUILDFORD 21 Sessions \$169	6-8yrs
Sa 12noon-1:00pm Sep 24	4488767
M 3:30pm-4:30pm	

GUILDFORD 21 Sessions \$169	9-10yrs
Sa 1:00pm-2:00pm Sep 24	4488768
M 4:30pm-5:30pm	

GUILDFORD 21 Sessions \$169	11-12yrs
Sa 2:00pm-3:00pm Sep 24	4488769
M 5:30pm-6:30pm	

Guildford Recreation Centre

SOUTH 22 Sessions \$169	9-10yrs
Su 11:15am-12:15pm Sep 25	4492162
M 4:05pm-5:00pm	

SOUTH 22 Sessions \$169	11-12yrs
Su 12:15pm-1:15pm Sep 25	4492163
M 5:00pm-6:00pm	

SOUTH 21 Sessions \$169	6-8yrs
Su 11:15am-12:15pm Sep 25	4492161
M 3:15pm-4:05pm	

South Surrey Recreation & Arts Centre

Basketball Intermediate

Learn new skills, practice drills and improve your game. For players with some basketball experience.

SOUTH 10 Sessions \$86	8-10yrs
F 3:30pm-4:30pm Sep 23	4487285

SOUTH 10 Sessions \$86	10-12yrs
F 4:30pm-5:30pm Sep 23	4492457
South Surrey Recreation & Arts Centre	

Badminton Intermediate

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

GUILDFORD 10 Sessions \$97.75	9-12yrs
M 5:00pm-6:00pm Sep 26	4488148

GUILDFORD 8 Sessions \$92	13-18yrs
F 3:15pm-4:45pm Sep 30	4488193
Fraser Heights Recreation Centre	

GUILDFORD 10 Sessions \$97.75	6-12yrs
Th 3:15pm-4:15pm Sep 29	4488770
Sa 9:15am-10:15am Oct 1	4489494

GUILDFORD 10 Sessions \$115	13-18yrs
W 4:30pm-6:00pm Sep 28	4491610
Guildford Recreation Centre	

SOUTH 10 Sessions \$97.75	9-12yrs
Sa 10:00am-11:00am Sep 17	4487992

SOUTH 5 Sessions \$40.25	13-18yrs
M-F 2:00pm-3:00pm Dec 19	4491913

SOUTH 12 Sessions \$85.25	19yrs+
Tu 1:15pm-2:15pm Sep 20	4483216
South Surrey Recreation & Arts Centre	

Badminton Performance

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

GUILDFORD 14 Sessions \$305.50	13-18yrs
Su 12:15pm-3:15pm Sep 11	4488140

GUILDFORD 10 Sessions \$115	13-18yrs
M 3:30pm-5:00pm Sep 26	4488138

GUILDFORD 8 Sessions \$105.75	9-12yrs
F 5:00pm-6:30pm Sep 30	4488194
Fraser Heights Recreation Centre	

GUILDFORD 10 Sessions \$97.75	6-12yrs
Th 4:30pm-5:30pm Sep 29	4488772
Sa 9:15am-10:15am Oct 1	4488771

GUILDFORD 10 Sessions \$80.50	13-18yrs
Th 5:45pm-6:45pm Sep 29	4491611
Guildford Recreation Centre	

SOUTH 10 Sessions \$97.75	9-12yrs
Sa 11:00am-12noon Sep 17	4487993
South Surrey Recreation & Arts Centre	

STAGE FOUR

Sports FOR LIFE

Table Tennis Tournament

Second annual Table Tennis Tournament. All skill levels are welcome: we have multiple divisions to suit all players from recreational to advanced.

CLOVERDALE 1 Session \$18	8-18yrs
Sa 9:00am-5:00pm Oct 8	4476064

CLOVERDALE 1 Session \$18	13yrs+
Sa 9:00am-5:00pm Oct 8	4476060

CLOVERDALE 1 Session \$18	13yrs+
Sa 9:00am-5:00pm Oct 8	4476061

CLOVERDALE 1 Session \$18	55yrs+
Sa 9:00am-5:00pm Oct 8	4476062
Cloverdale Recreation Centre	

Badminton

Recreational Play

An instructor will setup and facilitate fun, recreational level games. Drop ins welcome if space is available. All levels.

FLEETWOOD 12 Sessions \$101.50	19yrs+
Tu, Th 8:10pm-9:55pm Sep 20	4486316

FLEETWOOD 12 Sessions \$101.50	19yrs+
Tu, Th 8:10pm-9:55pm Nov 1	4492428
Coyote Creek Elementary School	

GUILDFORD 10 Sessions \$73.50	19yrs+
W 6:00pm-7:30pm Sep 28	4492391
Guildford Recreation Centre	

Soccer Indoor Recreational Play for Women

Build your soccer skills and enjoy indoor game play for women only.

CLOVERDALE 12 Sessions \$79.25	19yrs+
M 8:00pm-9:30pm Sep 19	



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 September 6, 2016 - January 1, 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+	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+	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		<input checked="" type="checkbox"/> 7:45pm-9:45pm			<input checked="" type="checkbox"/> 8:00pm-9:45pm		
Soccer – Youth							5:00pm-7:00pm
Table Tennis – Family					4:00pm-6:00pm		
Volleyball – Adult			<input checked="" type="checkbox"/> 7:45pm-9:30pm				2:45pm-4:30pm
Volleyball Value – Open			12:15pm-2:15pm				

Subject to change without notice, please call ahead to confirm. Participants can sign up and play for one of two 1.5 hour time slots. Full facility memberships are accepted during Adult Pickle Ball times.

BRIDGEVIEW COMMUNITY CENTRE 604-592-7081 11475 126A STREET *Effective September - December, 2016*

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym – Adult		6:00pm-8:00pm					
Stay & Play – Parent & Tot						9:00am-10:00am	
I am Game – Pre-teen	3:00pm-4:00pm				3:00pm-4:00pm		
Pre-teen Membership Sport	4:00pm-6:00pm				4:00pm-6:00pm		
Youth Membership Sport					6:00pm-9:00pm		

Schedule subject to change. Please call ahead to confirm and reserve spots.

NEWTON RECREATION CENTRE 604-501-5540 13730 72 AVENUE *Effective September - December, 2016*

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton – Adult			<input checked="" type="checkbox"/> 7:00pm-9:00pm**	<input checked="" type="checkbox"/> 7:30pm-9:30pm**			<input checked="" type="checkbox"/> 8:00am-9:30am** <input checked="" type="checkbox"/> 9:35am-11:00am**
Badminton – Family							11:15am-1:15pm**
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**						

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

CHUCK BAILEY RECREATION CENTRE 604-598-5898 13458 107A AVENUE *Effective September - December, 2016*

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton – Adult		<input checked="" type="checkbox"/> 7:00pm-9:00pm			1:00pm-3:00pm		
Badminton – Open	9:00am-11:00am						<input checked="" type="checkbox"/> 9:00am-11:00am
Basketball – Adult	<input checked="" type="checkbox"/> 7:15pm-9:00pm			<input checked="" type="checkbox"/> 7:00pm-9:00pm		9:15am-11:15am	
Basketball – Open	12noon-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+			9:00am-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** – Adult		7:00pm-9:00pm**					
Table Tennis*** – 55+		1:00pm-4:00pm		1:00pm-4:00pm			
Sport Pre-teen Membership					4:00pm-5:30pm	4:00pm-5:30pm	
Sport Youth Membership					5:45pm-7:15pm 7:30pm-9:00pm	5:45pm-7:45pm 8:00pm-10:00pm	

Schedule subject to change. Please call ahead to confirm and reserve spots. Family gym participants must have 1 (or more) adult plus 1 (or more) child(ren).

* Held in preschool room **Held in the Multi-purpose Room ***City-Wide/Town-Centre Seniors Membership required to participate and additional fees may apply.

CLOVERDALE RECREATION CENTRE 604-598-7960 6188 176 STREET Effective September 5- December 30, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton – Adult	<input checked="" type="checkbox"/> 8:00pm-9:45pm	12:30pm-2:30pm		11:45am-1:15pm	<input checked="" type="checkbox"/> 7:15pm-9:45pm		
Badminton – Family		6:00pm-7:30pm					8:30am-11:00am
Badminton – Youth		3:00pm-4:45pm					
Basketball – Adult	7:15pm-9:45pm		<input checked="" type="checkbox"/> 7:45pm-9:45pm		12:15pm-2:45pm 5:30pm-7:00pm		1:15pm-2:45pm
Basketball – Family							11:15am-2:45pm
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				
Sports – Preteen Member						4:00pm-6:00pm	
Sports – Youth Member	5:15pm-7:45pm				6:00pm-10:00pm	6:00pm-8:00pm	
I AM GAME – Preteen		5:30pm-7:30pm					
I AM GAME – Youth		5:30pm-7:30pm					
Pickle Ball – Open		7:45pm-9:45pm			11:15am-1:45pm	<input checked="" type="checkbox"/> 8:15am-11:15am	
Pickle Ball – Family	4:00pm-6:00pm						
Soccer – Adult		<input checked="" type="checkbox"/> 8:00pm-9:45pm		7:30pm-9:30pm			6:15pm-7:45pm
Soccer – Women			8:00pm-9:45pm				
Stay & Play – Parent & Tot	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			
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.

FRASER HEIGHTS RECREATION CENTRE 604-592-6920 10588 160 STREET Effective September - December, 2016

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			
Soccer – Youth Member							4:00pm-6:00pm
Volleyball – Adult				7:15pm-9:45pm			
Sports – Family			6:00pm-8:00pm			9:00am-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.

SOUTH SURREY RECREATION & ARTS CENTRE 604-592-6970 14601 20 AVENUE Effective Sep - Dec, 2016

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 – Youth	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.



Fitness & Wellness

www.surrey.ca/register

Get fit with us!

Whether you want to work out in a fully equipped weight room or take a group fitness class, we're ready to help you meet your goals, seven days a week. Our certified instructors can provide personal training sessions or simply help you learn the equipment.

Book your Drop-in spot
Online



You can now sign up early for select drop-ins using our registration website. Just look for this symbol beside the drop-in activity you want to attend.

Look online for the most up-to-date schedule information.
www.surrey.ca/recreation



Don't Know Where To Start?

Getting Started

Have you ever wondered what a yoga class would be like, are you new to group fitness, or are coming back after a hiatus or injury? These classes are for those people wanting to try a new class or to gradually get back into fitness.

Spin for Beginners	South Surrey Recreation & Arts Centre Guildford Recreation Centre
Yoga for Beginners	Guildford Recreation Centre Kensington Prairie Community Centre Kwomais Point Park

If you are looking to get started with weight and cardio equipment, ask about our weight room introductions. Registered instructors will give you the tips to get started on a safe, balanced and effective workout.

Personal Training

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

	Single	Semi-Private
Initial Consultation (90 minutes)	\$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.

Orientations

If you are looking to get started with weight and cardio equipment, ask about our weight room introductions. Registered instructors will lead you through an orientation on how to properly use the weight and cardio machines.

Weight Room Etiquette

- Be courteous and respectful
- Place belongings in lockers
- Turn cellular phones to silent mode
- Wear appropriate workout attire: clean T-shirts, shorts/sweat pants, clean athletic shoes
- No open toe shoes or sandals
- Replace weights in rack after use - no dropping
- Share equipment and clean after use
- Sign up while using cardio equipment (30 min max)
- Use a clean towel during your workout

Minimum age 13 yrs (ID required) Consult your doctor prior to beginning a fitness program. The City of Surrey is not responsible for lost, stolen or damaged items. A fee will be charged for lost locker keys.

QUICK FIND

DROP-IN

LOOKING FOR FITNESS SCHEDULES?

In an effort to supply the most accurate information, please refer to our online schedules or pick up the latest drop-in schedule at your local recreation centre.

Group Fitness **DROP-IN**

We offer a variety of group fitness and wellness classes for every ability. Whether you're new to fitness classes or are looking for a challenge, we have a class to fit your needs. Classes vary by facility. Check the drop-in schedule online for the latest information.

CLASS DESCRIPTION

CARDIO: STEP CLASSES

Step and Kickbox/ Step and Sculpt	Challenge yourself to focus on proper technique to get the most out of a workout starting with step cardio and finishing off with punches and kicks or with body sculpt using balls, bands and weights.
Step Interval	A high energy workout combining step intervals and muscle conditioning exercises.

CARDIO: NON-STEP OPTION

Cardio Kickbox	A fun filled hour of punching, kicking, and sweating your way to improved fitness.
Cardio Combo	A fun filled cardio class combining a variety of formats such as step, hi/lo, cardio drills or cardio kickbox, followed by muscle conditioning and/ or relaxing exercises. May include a pilates or yoga component. Express fit is a condensed version of this format.
Cardio Dance	Get fit while you groove to your favorite dance moves.
Dance Fit	Cardio workout featuring dance steps from a variety of dance styles.
High/Low Aerobics	An extended cardio component at a slightly lower intensity. High impact options demonstrated for those who like to jump. This class is followed by muscular conditioning and relaxing stretch exercises.
Zumba Basics	Fun and easy to follow Zumba routines modified for all shapes and sizes. Suitable for overweight and inactive individuals.
Bollywood Aerobics	Cardio workout combining Indian dance moves to Bollywood music.
Bootcamp	Increase your strength, stamina, and flexibility with a variety of fitness and athletic conditioning drills.

CARDIO: INDOOR CYCLING

Spin and Strength	This spin class will focus on hill training and be completed with upper body strength training and stretch.
Spin	A non-impact cardio workout! The instructor will guide your ride through a terrain of hills and drills. Adjust the intensity to suit your comfort level throughout the ride.

NON CARDIO

Body Sculpt	Emphasis is placed on proper technique during this one hour of muscle strength, muscle endurance and flexibility training. This class maybe formatted into a circuit workout where individuals move from station to station.
Core Conditioning	Emphasis is placed on your core muscles. Work on proper balance, posture, and stability.

ADULT 55+

Ball, Balance and Strength 55+	This class will introduce you to balance & strength training through the use of stability balls, hand weights and other useful equipment.
Fit 55+	A moderate intensity class consisting of low impact cardio followed by muscle conditioning and relaxing stretch techniques. Improve heart and lung fitness, as well as balance, strength and flexibility.
Fit 55+ Lite (Chair Exercises)	A low intensity class designed for adults with physical limitations. Class uses both upper and lower body movements and the exercises are done in and out of chairs- with no floor work. Improve circulation and respiration as well as balance, strength and flexibility.
Gentle Fit	A low intensity class designed to introduce the less active or less mobile older adult to physical activity. Class uses both upper and lower body movements and the exercises are done in and out of chairs- with no floor work.
Low Impact 55+	A challenging, yet gentle workout. Classes include warm-up, cardio, strength, and stretch. Ideal for all levels of fitness.
Senior Circuit 55+	In this weight room based group exercise program you will use cardio and strength training machines. A great way to familiarize yourself with the weight room equipment.
Yoga 55+	An introduction to yoga. Focuses on stretching and relaxing exercises using a variety of techniques. May include a meditation component.

MIND BODY

Yoga	An introduction to yoga. Focuses on stretching and relaxing exercises using a variety of techniques. May include a meditation component.
Gentle Yoga	A slower paced class using supported postures and modifications to improve balance, strength and flexibility
Yoga and Meditation	A traditional Hatha Yoga followed by a structured meditation component to help achieve a clear mind, improve concentration and discover the wisdom and peace with you.
Fitness Yoga	A blend of yoga postures, pilates exercises and fitness moves bringing the mind body element to fitness conditioning.
Fitness Pilates	Stretching and strengthening movements combined with specific techniques to produce natural, balanced muscle conditioning.
Flow Yoga	A dynamic series of flowing postures connected by rhythmic breathing almost dance-like, for an invigorating body-mind workout.

Format and intensity may differ between instructors. Low impact options are provided

Family

Zumba - Family

This class is Zumba for families. They'll have a blast doing a combination of dance and fitness moves to Latin and international rhythms and music.

FLEETWOOD 6 Sessions \$21 5yrs+
 Tu 7:15pm-8:15pm Sep 20 4487664
 Tu 7:15pm-8:15pm Nov 8 4487666
Fleetwood Community Centre

NEWTON 6 Sessions \$21 5yrs+
 Su 11:30am-12:30pm Sep 25 4489833
Newton Recreation Centre

Yoga - Parent & 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 Sep 25 4487977
 Su 10:00am-10:45am Nov 6 4489849
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 Sep 9 4489621
 F 6:30pm-7:30pm Oct 7 4489622
 F 6:30pm-7:30pm Nov 4 4489665
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$21 6yrs+
 Sa 1:30pm-2:30pm Sep 24 4487663
Fleetwood Community Centre

GUILDFORD 6 Sessions \$21 6yrs+
 Su 11:00am-12noon Nov 6 4487698
Guildford Recreation Centre

NEWTON 7 Sessions \$24.50 6yrs+
 Sa 11:30am-12:30pm Sep 17 4489803
 Sa 11:30am-12:30pm Nov 5 4489781
Newton Seniors' Centre

SOUTH 11 Sessions \$38.50 6yrs+
 M 6:30pm-7:30pm Sep 19 4487975

SOUTH 10 Sessions \$26.25 6yrs+
 Su 11:15am-12noon Sep 25 4487976
South Surrey Recreation & Arts Centre

Children

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 10 Sessions \$99.75 7-12yrs
 F 4:45pm-5:45pm Sep 30 4489805
Guildford Recreation Centre

Dance Fit

Combine the inspiring music of Latin, Hip Hop and other International music with Dance Fitness.

GUILDFORD 10 Sessions \$99.75 6-12yrs
 F 3:30pm-4:30pm Sep 30 4489429
Guildford Recreation Centre

Ku Yu Kai - Level I

Have fun learning traditional Go-Ju-Ryu karate. Chief instructor brings over 35 years experience. Students learn at their own pace with a focus on self discipline.

NORTH 13 Sessions \$91 6-12yrs
 M, W 6:00pm-7:00pm Sep 12 4493932
 W, M 6:00pm-7:00pm Nov 2 4493944
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 13 Sessions \$104 6-12yrs
 M, W 7:00pm-8:30pm Sep 12 4493945
 W, M 7:00pm-8:30pm Nov 2 4493946
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 Nov 2 4486129

NEWTON 7 Sessions \$40 6-12yrs
 W, M 6:00pm-7:00pm Sep 12 4486127

M, W 6:00pm-7:00pm Oct 3 4486128

NEWTON 4 Sessions \$40 6-12yrs
 M, W 6:00pm-7:00pm Dec 5 4486982
Newton Seniors' Centre

Tae Kwon Do - Level I

This is an introductory program that will provide participants the opportunity to learn basic self-defense techniques, develop physical conditioning, and build individual self-esteem.

GUILDFORD 28 Sessions \$193 8-12yrs
 Sa 11:15am-12:15pm Sep 10 4488870
 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 28 Sessions \$193 8-12yrs
 Sa 12:30pm-1:30pm Sep 10 4488871
 Tu 5:45pm-6:45pm
 Sa 1:45pm-2:45pm Sep 10 4488872
 Th 7:00pm-8:00pm
Guildford Recreation Centre

Tae Kwon Do - Level 3

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

GUILDFORD 28 Sessions \$193 8-12yrs
 F 6:45pm-7:45pm Sep 9 4488874
 W 5:45pm-6:45pm
 Sa 3:00pm-4:00pm Sep 10 4488873
 Tu 7:00pm-8:00pm
Guildford Recreation Centre

Yoga

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

GUILDFORD 10 Sessions \$99.75 6-12yrs
 Su 12:15pm-1:15pm Sep 25 4489226
Guildford Recreation Centre

SOUTH 6 Sessions \$60 6-12yrs
 F 3:30pm-4:30pm Oct 28 4489801

SOUTH 5 Sessions \$50 6-12yrs
 F 3:30pm-4:30pm Sep 23 4487974
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 7 Sessions \$56 13-18yrs
 Tu 4:00pm-5:00pm Sep 13 4491180
 Tu 4:00pm-5:00pm Nov 1 4491181
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 8 Sessions \$64 13-18yrs
 Th 4:00pm-5:00pm Sep 8 4475847
SOUTH 7 Sessions \$56 13-18yrs
 Th 4:00pm-5:00pm Nov 3 4475848
South Surrey Recreation & Arts Centre

Ku Yu Kai Go-Ju

Have fun learning traditional Go-Ju-Ryu karate. Chief instructor brings over 35 years' experience. Students learn at their own pace with a focus on self-discipline.

NORTH 13 Sessions \$104 13-18yrs
 M, W 7:00pm-8:30pm Sep 12 4493948
 W, M 7:00pm-8:30pm Nov 2 4494090

NORTH 7 Sessions \$63 13-18yrs
 W 7:00pm-8:30pm Sep 14 4493950
 W 7:00pm-8:30pm Nov 2 4494092

NORTH 6 Sessions \$54 13-18yrs
 M 7:00pm-8:30pm Sep 12 4493949
 M 7:00pm-8:30pm Nov 7 4494091
Chuck Bailey Recreation Centre

Tae Kwon Do

Workout at your own pace. This diverse martial art can suit anyone. For fitness/ cardio, self defense, sport, in a safe, friendly and fun environment.

GUILDFORD 28 Sessions \$154.50 14-18yrs
 Sa 4:15pm-5:15pm Sep 10 4492511
 Tu 8:15pm-9:15pm
Guildford Recreation Centre

Tae Kwon Do - Level 2

GUILDFORD 28 Sessions \$154.50 14-18yrs
 Sa 4:15pm-5:15pm Sep 10 4496381
 Th 8:15pm-9:15pm
Guildford Recreation Centre

Yoga

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

SOUTH 6 Sessions \$48 13-18yrs
 F 4:45pm-5:45pm Oct 28 4489855

SOUTH 5 Sessions \$40 13-18yrs
 F 4:45pm-5:45pm Sep 23 4487979
South Surrey Recreation & Arts Centre

Get Fit

WITH PERSONAL FITNESS TRAINING

DISCOVER YOUR 'PERSONAL' BEST



Working with a variety of the latest cardio and strength training equipment, City of Surrey's certified personal trainers will create inspiring, highly personalized plans designed just for you!

NINE CONVENIENT LOCATIONS

BENEFITS

Motivation:

- Enjoy a personalized, goal-oriented and varied fitness program designed to help you stay motivated and avoid feeling bored or discouraged.

Support:

- Learn correct exercise techniques to avoid injury, while getting the individual support you need to reach your goals.

Efficiency:

- Maximize your workout effectiveness with a program that fits your schedule.

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 8 Sessions Member \$39.50
Non-member \$52.50**

Tu, Th 9:15am-10:15am Sep 6 4488441
Tu, Th 10:30am-11:30am Sep 6 4488442

**CLOVERDALE 10 Sessions Member \$49.25
Non-member \$65.50**

Tu, Th 9:15am-10:15am Oct 4 4488443
Tu, Th 10:30am-11:30am Oct v 4488444

Tu, Th 9:15am-10:15am Nov 8 4488540
Tu, Th 10:30am-11:30am Nov 8 4488541

Cloverdale Recreation Centre

**GUILDFORD 8 Sessions Member \$39.50
Non-member \$52.50**

M, W 10:30am-11:30am Sep 5 4489547
M, W 10:30am-11:30am Oct 3 4489548

W, M 10:30am-11:30am Nov 2 4489549

**GUILDFORD 6 Sessions Member \$29.50
Non-member \$39.50**

M, W 10:30am-11:30am Dec 5 4489553

Fraser Heights Recreation Centre

**SOUTH 8 Sessions Member \$39.50
Non-member \$52.50**

M, W 10:30am-11:30am Oct 31 4491088

**SOUTH 7 Sessions Member \$34.50
Non-member \$46**

M, W 10:30am-11:30am Oct 3 4491087

**SOUTH 6 Sessions Member \$29.50
Non-member \$39.50**

M, W 10:30am-11:30am Sep 12 4491086

M, W 10:30am-11:30am Nov 28 4491143

Grandview Heights Aquatic Centre

**SOUTH 8 Sessions Member \$39.50
Non-member \$52.50**

Tu, Th 9:15am-10:15am Sep 6 4475835

Tu, Th 10:30am-11:30am Sep 6 4475838

Tu, Th 9:15am-10:15am Oct 4 4475836

Tu, Th 10:30am-11:30am Oct 4 4475839

M, W 9:15am-10:15am Oct 31 4475846

M, W 10:30am-11:30am Oct 31 4475840

Tu, Th 9:15am-10:15am Nov 1 4475837

Tu, Th 10:30am-11:30am Nov 1 4475843

M, W 9:15am-10:15am Nov 28 4475861

M, W 10:30am-11:30am Nov 28 4475860

Tu, Th 9:15am-10:15am Nov 29 4475858

Tu, Th 10:30am-11:30am Nov 29 4475859

**SOUTH 7 Sessions Member \$34.50
Non-member \$46**

W, M 9:15am-10:15am Sep 7 4475844

W, M 10:30am-11:30am Sep 7 4475842

M, W 9:15am-10:15am Oct 3 4475845

M, W 10:30am-11:30am Oct 3 4475841

South Surrey Recreation & Arts Centre

Functional Training

Enhance day-to-day functionality through balance training and core strength using a variety of equipment.

GUILDFORD 10 Sessions \$49.25

Th 7:15pm-8:00pm Sep 29 4487697

Guildford Recreation Centre

Functional Training Syngy Circuit

A full body circuit workout using the multi-station Syngy functional training unit featuring a variety of cable, band, medicine ball and TRX exercises.

GUILDFORD 9 Sessions \$59

M 5:30pm-6:30pm Sep 26 4487659

Guildford Recreation Centre

SOUTH 8 Sessions \$52.50

Tu, Th 7:15pm-8:15pm Oct 4 4490278

M, W 9:15am-10:15am Oct 31 4490315

Tu, Th 7:15pm-8:15pm Nov 1 4490321

SOUTH 7 Sessions \$46

M, W 9:15am-10:15am Oct 3 4490279

SOUTH 6 Sessions \$39.50

M, W 9:15am-10:15am Sep 12 4490277

Tu, Th 7:15pm-8:15pm Sep 13 4490275

Sa 8:45am-9:45am Sep 17 4490374

Sa 8:45am-9:45am Nov 5 4490276

M, W 9:15am-10:15am Nov 28 4490317

Tu, Th 7:15pm-8:15pm Nov 29 4490325

Grandview Heights Aquatic Centre

SOUTH 8 Sessions \$52.50

Tu 1:00pm-2:00pm Sep 6 4475852

F 11:45am-12:45pm Sep 9 4475853

Tu 1:00pm-2:00pm Nov 1 4475869

SOUTH 7 Sessions \$46

F 11:45am-12:45pm Nov 4 4475868

South Surrey Recreation & Arts Centre

TRX Suspension Training

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

CLOVERDALE 5 Sessions \$41

W 7:45pm-9:00pm Sep 7 4488498

W 7:45pm-9:00pm Oct 12 4488499

W 7:45pm-9:00pm Nov 16 4488500

CLOVERDALE 5 Sessions \$32.75

F 6:30pm-7:30pm Sep 9 4488501

F 6:30pm-7:30pm Oct 14 4488525

F 6:30pm-7:30pm Nov 18 4488526

Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$39.50

F 8:00pm-9:00pm Sep 23 4486927

FLEETWOOD 6 Sessions \$29.50

Sa 8:00am-8:45am Sep 17 4486928

FLEETWOOD 4 Sessions \$26.25

F 8:00pm-9:00pm Nov 25 4486958

Fleetwood Community Centre

GUILDFORD 6 Sessions \$39.50

Tu 4:30pm-5:30pm Sep 6 4489617

Tu 4:30pm-5:30pm Oct 25 4489619

GUILDFORD 4 Sessions \$26.25

Tu 4:30pm-5:30pm Dec 6 4489620

Fraser Heights Recreation Centre

SOUTH 11 Sessions \$72.25

M 5:15pm-6:15pm Sep 19 4487465

South Surrey Recreation & Arts Centre

Outdoor Running Sampler

Improve your running skills while enjoying the great outdoors. Work on hills, stairs, sprints, tempo runs and more. All running levels welcome! This program runs rain or shine.

SOUTH 8 Sessions \$52.50

Th 8:00am-9:00am Sep 8 4495132

Th 8:00am-9:00am Nov 3 4495315

Grandview Heights Aquatic Centre

Barre Strength and Stretch

An interval training program using classical Ballet and Pilates movements. These small isometric movements will help you strengthen, tone, and stabilize those hard to target areas including the core.

CLOVERDALE 5 Sessions \$38.50
Sa 9:30am-10:30am Sep 24 4501264
Sa 9:30am-10:30am Nov 5 4501267
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$57.50
M 7:30pm-8:30pm Sep 12 4501233
W 6:15pm-7:15pm Sep 14 4501243
M 7:30pm-8:30pm Nov 7 4501234
W 6:15pm-7:15pm Nov 9 4501244
Sport & Leisure Aquatics

GUILDFORD 6 Sessions \$57.50
W 7:00pm-8:00pm Sep 28 4501317
Su 8:30am-9:30am Sep 25 4501312

GUILDFORD 5 Sessions \$48
W 7:00pm-8:00pm Nov 9 4501318
Su 8:30am-9:30am Nov 6 4501315
Guildford Recreation Centre

SOUTH 12 Sessions \$115
W 7:00am-8:00am Sep 21 4501155
South Surrey Recreation & Arts Centre

Stretch & Strength



Learn how to improve your flexibility and work on overall muscular toning and strengthening exercises. Use of handheld resistant equipment will be introduced.

GUILDFORD 14 Sessions Member \$69 Non-member \$91.75
Tu, Th 9:00am-10:00am Sep 6 4490698
Tu, Th 9:00am-10:00am Oct 25 4490702

GUILDFORD 10 Sessions Member \$49.25 Non-member \$65.50
Tu, Th 9:00am-10:00am Nov 22 4490725
Fraser Heights Recreation Centre

NEWTON 7 Sessions Member \$34.50 Non-member \$46
W 11:00am-12noon Sep 14 4488904
W 11:00am-12noon Nov 2 4488905
Newton Seniors' Centre

Semi-Private Pilates Training

Strengthen core muscles and improve coordination and balance by working with a trainer who will guide you to improve technique using a Reformer (Pilates machine where pulleys and springs create resistance).

SOUTH 12 Sessions \$344.25
Tu 8:00am-9:00am Sep 20 4486976
Tu 9:00am-10:00am Sep 20 4486974
W 8:00am-9:00am Sep 21 4486975
W 5:15pm-6:15pm Sep 21 4486978
Th 5:10pm-6:10pm Sep 22 4486979
Th 6:15pm-7:15pm Sep 22 4486980

SOUTH 11 Sessions \$315.50
M 4:00pm-5:00pm Sep 19 4486981
F 8:00am-9:00am Sep 23 4486977
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 8 Sessions \$76.75
Tu 7:15pm-8:15pm Sep 6 4490615
Tu 7:15pm-8:15pm Nov 1 4490634
Cloverdale Recreation Centre

CLOVERDALE 12 Sessions \$115
F 12noon-1:00pm Sep 9 4490655
Don Christian Recreation Centre

GUILDFORD 10 Sessions \$96
Tu 5:00pm-6:00pm Sep 27 4487722
Guildford Recreation Centre

NEWTON 6 Sessions \$57.50
M 6:35pm-7:35pm Sep 12 4489772

NEWTON 7 Sessions \$67.25
M 6:35pm-7:35pm Oct 31 4489773
Newton Seniors' Centre

SOUTH 12 Sessions \$152.75
Th 7:30pm-8:30pm Sep 22 4493664
South Surrey Recreation & Arts Centre

Pilates - Level 2

An advanced workout using a body conditioning routine emphasizing spinal and pelvic alignment, breathing, developing a strong core and improving coordination and balance.

CLOVERDALE 8 Sessions \$76.75
Tu 6:15pm-7:15pm Sep 6 4492417
Tu 6:15pm-7:15pm Nov 1 4492418
Cloverdale Recreation Centre

GUILDFORD 10 Sessions \$96
Tu 6:15pm-7:15pm Sep 27 4487723
Guildford Recreation Centre

NEWTON 6 Sessions \$57.50
M 5:30pm-6:30pm Sep 12 4489778

NEWTON 7 Sessions \$67.25
M 5:30pm-6:30pm Oct 31 4489779
Newton Seniors' Centre

SOUTH 12 Sessions \$115
W 6:30pm-7:30pm Sep 21 4486912
South Surrey Recreation & Arts Centre

Ku Yu Kai Go Ju Ryu

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

NORTH 13 Sessions \$104
M, W 7:00pm-8:30pm Sep 12 4494093
W, M 7:00pm-8:30pm Nov 2 4494096

NORTH 7 Sessions \$63
W 7:00pm-8:30pm Sep 14 4494095
W 7:00pm-8:30pm Nov 2 4494098

NORTH 6 Sessions \$54
M 7:00pm-8:30pm Sep 12 4494094
M 7:00pm-8:30pm Nov 7 4494097
Chuck Bailey Recreation Centre

Kyokushin Karate

Self-defence, conditioning and stretching will be emphasized in this program.

NEWTON 9 Sessions \$50
W, M 7:00pm-9:00pm Nov 2 4486670

NEWTON 6 Sessions \$50
W, M 7:00pm-9:00pm Sep 12 4486668
M, W 7:00pm-9:00pm Oct 3 4486669
M, W 7:00pm-9:00pm Dec 5 4486671
Newton Seniors' Centre

Yoshinkan Karate-Do

This powerful, dynamic martial art emphasizes natural body movements and the total development of the individual. Challenging workouts are complemented with relaxation techniques and stress management.

FLEETWOOD 13 Sessions \$85.25
W 7:00pm-8:00pm Sep 14 4486972
Sa 11:15am-12:15pm

FLEETWOOD 11 Sessions \$72.25
W 7:00pm-8:00pm Nov 2 4487007
Sa 11:15am-12:15pm
Fleetwood Community Centre

Tae Kwon Do

Gradually increase muscle conditioning, flexibility, and coordination while progressing at your own pace in this low impact class that focuses on traditional Tae kwon Do and street self defense.

GUILDFORD 28 Sessions \$192.75
Sa 4:15pm-5:15pm Sep 10 4493676
Tu 8:15pm-9:15pm
Guildford Recreation Centre

Tae Kwon Do - Level 2

GUILDFORD 28 Sessions \$192.75
Sa 4:15pm-5:15pm Sep 10 4493675
Th 8:15pm-9:15pm
Guildford Recreation Centre

Yoga for Beginners

Learn the basic yoga poses and experience different styles of yoga to develop strength, flexibility and good body alignment.

GUILDFORD 10 Sessions \$65.50
Th 5:30pm-6:30pm Sep 29 4487695
Guildford Recreation Centre

SOUTH 12 Sessions \$78.75
Th 4:45pm-5:45pm Sep 22 4488237
Kensington Prairie Community Centre

SOUTH 12 Sessions \$78.75
Tu 7:15pm-8:15pm Sep 20 4487521
Th 6:15pm-7:15pm Sep 22 4487523

SOUTH 11 Sessions \$72.25
M 12:15pm-1:15pm Sep 19 4487522
Kwomais Point Park

Yoga

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

CLOVERDALE 5 Sessions \$32.75
Tu 5:15pm-6:15pm Sep 6 4488450
Tu 5:15pm-6:15pm Oct 11 4488451
Tu 5:15pm-6:15pm Nov 15 4488468
Clayton Hall

CLOVERDALE 5 Sessions \$49.25
Tu 9:15am-10:45am Sep 6 4488446
Tu 9:15am-10:45am Oct 11 4488546
Tu 9:15am-10:45am Nov 15 4488464
Tu 9:15am-10:45am Nov 15 4488555

CLOVERDALE 5 Sessions \$41
Th 9:15am-10:30am Sep 8 4488447
Th 9:15am-10:30am Oct 13 4488449
Th 9:15am-10:30am Nov 17 4488547
Cloverdale Recreation Centre

CLOVERDALE 9 Sessions \$73.75
Th 6:00pm-7:15pm Sep 8 4488452

CLOVERDALE 6 Sessions \$49.25
Th 6:00pm-7:15pm Nov 10 4488470
Don Christian Recreation Centre

FLEETWOOD 6 Sessions \$39.50
M 4:30pm-5:30pm Sep 12 4486963
M 5:40pm-6:40pm Sep 12 4486962
Th 6:30pm-7:30pm Sep 15 4486964
Th 7:40pm-8:40pm Sep 15 4486961
Th 6:30pm-7:30pm Nov 3 4486965
Th 7:40pm-8:40pm Nov 3 4486966
M 4:30pm-5:30pm Nov 7 4486967
M 5:40pm-6:40pm Nov 7 4486969
Fleetwood Community Centre

GUILDFORD 6 Sessions \$49.25
Su 9:30am-10:45am Nov 6 4489135

GUILDFORD 5 Sessions \$41
W 8:15pm-9:30pm Sep 28 4487665
W 8:15pm-9:30pm Nov 2 4487677
Guildford Recreation Centre

NEWTON 7 Sessions \$46
Tu 5:00pm-6:00pm Sep 13 4489453
Tu 6:05pm-7:05pm Sep 13 4489452
Tu 7:10pm-8:10pm Sep 13 4489454
Th 6:00pm-7:00pm Sep 15 4489694
Tu 5:00pm-6:00pm Nov 1 4489461
Tu 6:05pm-7:05pm Nov 1 4489460
Tu 7:10pm-8:10pm Nov 1 4489463
Th 6:00pm-7:00pm Nov 3 4489455
Newton Seniors' Centre

NORTH 6 Sessions \$49.25
Tu 6:30pm-7:45pm Sep 6 4488299
Tu 6:30pm-7:45pm Oct 18 4488308

NORTH 4 Sessions \$32.75
Tu 6:30pm-7:45pm Nov 29 4488311
Bridgeview Community Centre

SOUTH 12 Sessions \$98.25
W 11:00am-12:15pm Sep 21 4487467

SOUTH 12 Sessions \$78.75
Th 7:30pm-8:30pm Sep 22 4487468

SOUTH 11 Sessions \$72.25
M 11:00am-12noon Sep 19 4487472
M 6:00pm-7:00pm Sep 19 4487471
F 10:30am-11:30am Sep 23 4487469

SOUTH 10 Sessions \$65.50
Su 10:30am-11:30am Sep 25 4487470
Kwomais Point Park

Yin Yoga

Targets the connective tissues of the hips, pelvis, and lower spine through emphasis on internal heat and the lengthening and contracting of our muscles.

SOUTH 12 Sessions \$78.75
Th 6:00pm-7:00pm Sep 22 4488236
Kensington Prairie Community Centre

SOUTH 12 Sessions \$78.75
Tu 6:00pm-7:00pm Sep 20 4487466
Kwomais Point Park

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.



Yoga - Level 2

An advanced programs that develops strength, flexibility and good body alignment while completing a combination of postures through breathing.

NEWTON 7 Sessions \$48.25
 Th 7:15pm-8:45pm Sep 15 4489457
 Th 7:15pm-8:45pm Nov 3 4489458
Newton Seniors' Centre

SOUTH 12 Sessions \$98.25
 Th 6:00pm-7:15pm Sep 22 4487905

SOUTH 12 Sessions \$78.75
 W 7:30pm-8:30pm Sep 21 4487906
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 Sep 8 4488580
 Th 11:45am-12:45pm Oct 13 4488581
 Th 11:45am-12:45pm Nov 17 4488609
Cloverdale Recreation Centre

SOUTH 11 Sessions Member \$54.25 Non-member \$72.25
 M 9:45am-10:45am Sep 19 4487971
Kwomais Point Park

SOUTH 12 Sessions Member \$59 Non-member \$78.75
 Th 8:00am-9:00am Sep 22 4487972
South Surrey Recreation & Arts Centre

Yoga Dance

Express yourself! Have fun exploring your creativity in a spontaneous blend of yoga and dance to contemporary and world rhythms.

SOUTH 11 Sessions \$72.25
 F 6:00pm-7:00pm Sep 23 4487516
South Surrey Recreation & Arts Centre

Fitness Yoga

A blend of yoga postures bringing the mind-body element to fitness conditioning.

NEWTON 7 Sessions \$46
 Sa 9:00am-10:00am Sep 17 4489706
 Sa 9:00am-10:00am Nov 5 4489707
Newton Seniors' Centre

Restorative Yoga

Adapts classical yoga postures with an emphasis on healing through gentle, supported postures to improve well-being through the release of tension and gentle re-alignment.

CLOVERDALE 5 Sessions \$41
 Tu 6:30pm-7:45pm Sep 6 4488490
 F 12noon-1:15pm Sep 9 4488489
 Tu 6:30pm-7:45pm Oct 11 4488491
 F 12noon-1:15pm Oct 14 4489028
 Tu 6:30pm-7:45pm Nov 15 4488601
 F 12noon-1:15pm Nov 18 4489802
Clayton Hall

Tu 4:45pm-6:00pm Sep 6 4488486
 F 4:45pm-6:00pm Sep 9 4489824
 Tu 4:45pm-6:00pm Oct 11 4488487
 F 4:45pm-6:00pm Oct 14 4489825
 Tu 4:45pm-6:00pm Nov 15 4489014
 F 4:45pm-6:00pm Nov 18 4489881
Cloverdale Recreation Centre

SOUTH 12 Sessions \$98.25
 W 9:30am-10:45am Sep 21 4486939
Kwomais Point Park

Yoga Stretch

Improve your health with gentle stretching using yoga postures, yoga breathing and relaxation techniques.

NEWTON 7 Sessions Member \$43 Non-member \$57.50
 Tu 1:00pm-2:15pm Sep 13 4488888
 W 9:30am-10:45am Sep 14 4488892
 F 10:45am-12noon Sep 16 4488890
 Tu 1:00pm-2:15pm Nov 1 4488889
 W 9:30am-10:45am Nov 2 4488893
NEWTON 6 Sessions Member \$37 Non-member \$49.25
 F 10:45am-12noon Nov 4 4488891
Newton Seniors' Centre

Chair Yoga - Level 1

Gain confidence with your balance and mobility through the use of a chair for support during yoga postures.

CLOVERDALE 4 Sessions Member \$14.75 Non-member \$19.75
 Tu 12:15pm-1:00pm Sep 6 4488460
 Tu 12:15pm-1:00pm Oct 4 4488461
 Tu 12:15pm-1:00pm Nov 1 4488516
 Tu 12:15pm-1:00pm Nov 29 4488517
Cloverdale Recreation Centre

SOUTH 6 Sessions Member \$29.50 Non-member \$39.50
 F 10:30am-11:30am Sep 23 4493745
SOUTH 5 Sessions Member \$24.75 Non-member \$32.75
 F 10:30am-11:30am Nov 2 4494405
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 \$32.75
 W 10:20am-11:20am Nov 2 4488067
NORTH 4 Sessions Member \$19.75 Non-member \$26.25
 W 10:20am-11:20am Sep 7 4488064
 M 10:20am-11:20am Oct 3 4488068
 W 10:20am-11:20am Oct 5 4488065
 M 10:20am-11:20am Nov 7 4488066
NORTH 3 Sessions Member \$14.75 Non-member \$19.75
 M 10:20am-11:20am Sep 12 4488062
 M 10:20am-11:20am Dec 5 4488069
 W 10:20am-11:20am Dec 7 4488070
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.

NEWTON 7 Sessions Member \$34.50 Non-member \$46
 Tu 10:00am-11:00am Sep 13 4488886
 Tu 10:00am-11:00am Nov 1 4488887
Newton Seniors' Centre

NORTH 5 Sessions Member \$24.75 Non-member \$32.75
 Tu 10:45am-11:45am Nov 1 4488058
NORTH 4 Sessions Member \$19.75 Non-member \$26.25
 Tu 10:45am-11:45am Sep 6 4488056
 Th 10:45am-11:45am Sep 8 4496415
 Tu 10:45am-11:45am Oct 4 4488057
 Th 10:45am-11:45am Oct 6 4496416
 Th 10:45am-11:45am Nov 3 4496417
NORTH 3 Sessions Member \$14.75 Non-member \$19.75
 Th 10:45am-11:45am Dec 1 4488059
 Tu 10:45am-11:45am Dec 6 4496419
Chuck Bailey Recreation Centre
SOUTH 6 Sessions Member \$39.50 Non-member \$29.50
 W 10:30am-11:30am Sep 21 4483212
 W 10:30am-11:30am Nov 2 4494405
South Surrey Recreation & Arts Centre

Gentle Fitness

A gentle introduction to physical activity just for seniors! Joint this fun class and let your body ease back into fitness. Reduce your risk of falls by improving your balance and coordination.

NEWTON 7 Sessions Member \$34.50 Non-member \$46
 Th 2:00pm-3:00pm Sep 15 4488746
 Th 2:00pm-3:00pm Nov 3 4488747
Newton Seniors' Centre

Tai Chi

Gain flexibility, balance and strength using non stressful movements to restore the internal energy of 'Chi'.

GUILDFORD 10 Sessions \$65.50
 Th 7:00pm-8:00pm Sep 29 4487696
Guildford Recreation Centre

Tai Chi

Introduction to this Chinese system of gentle exercise that promotes better health through slow, rhythmic, non-stressful movement.

GUILDFORD 10 Sessions Member \$49.25 Non-member \$65.50
 W 7:15am-8:15am Sep 28 4487753
Guildford Recreation Centre
NORTH 11 Sessions Member \$54.25 Non-member \$72.25
 F 11:45am-12:45pm Sep 9 4488948
Chuck Bailey Recreation Centre
SOUTH 12 Sessions Member \$59 Non-member \$78.75
 Tu 11:45am-12:45pm Sep 20 4483213
South Surrey Recreation & Arts Centre

Tai Chi - Level 3

Participants will continue to develop the Tai Chi 24 form as well as completing the Yang style classical long form.

NEWTON 7 Sessions Member \$34.50 Non-member \$46
 F 9:30am-10:30am Sep 16 4488743
NEWTON 6 Sessions Member \$29.50 Non-member \$39.50
 F 9:30am-10:30am Nov 4 4488744
Newton Seniors' Centre
NORTH 11 Sessions Member \$54.25 Non-member \$72.25
 F 10:30am-11:30am Sep 9 4488906
Chuck Bailey Recreation Centre

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anywhere – anytime.

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WWW.SURREY.CA/CITYSPEAKS

CitySpeaks 
YOUR SURREY YOUR SAY

Osteoarthritis Fitness

Focus is on joint stability, posture, light resistance training and safe stretching.

CLOVERDALE 5 Sessions \$32.75

Tu	11:00am-12noon	Oct 4	4488475
F	11:00am-12noon	Oct 7	4489702
Tu	11:00am-12noon	Nov 8	4489012
F	11:00am-12noon	Nov 18	4489703

CLOVERDALE 4 Sessions \$26.25

Tu	11:00am-12noon	Sep 6	4488474
F	11:00am-12noon	Sep 9	4489701

Cloverdale Recreation Centre

SOUTH 12 Sessions \$78.75

Tu	10:30am-11:30am	Sep 20	4486637
Th	10:30am-11:30am	Sep 22	4486636

South Surrey Recreation & Arts Centre

Osteofit for Life

An ongoing exercise maintenance program designed by the BC Women's Hospital & Health Centre. Safe for people with osteoporosis and low bone mass of all ability levels and incorporates progression designed to improve bone health, muscle strength and balance.

NEWTON 6 Sessions Member \$29.50 Non-member \$39.50

M	9:45am-10:45am	Sep 12	4488751
M	9:45am-10:45am	Nov 7	4488752

NEWTON 7 Sessions Member \$34.50 Non-member \$46

W	9:45am-10:45am	Sep 14	4488753
W	9:45am-10:45am	Nov 2	4488754

Newton Seniors' Centre

Osteofit - Level 1

A gentle exercise program designed by the BC Women's Hospital & Health Centre, which is safe for people with osteoporosis and low bone mass. Focus is to improve strength, quality of life and reduce the risk of falls and fractures for those new to exercise.

GUILDFORD 9 Sessions Member \$44.25 Non-member \$59

Tu, Th	1:00pm-2:00pm	Nov 1	4488076
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GUILDFORD 8 Sessions Member \$39.50 Non-member \$52.50

Tu, Th	1:00pm-2:00pm	Sep 6	4488074
Tu, Th	1:00pm-2:00pm	Oct 4	4488075

GUILDFORD 6 Sessions Member \$29.50 Non-member \$39.50

Th, Tu	1:00pm-2:00pm	Dec 1	4488077
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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 \$44.25 Non-member \$59

W, M	10:30am-11:30am	Nov 2	4488080
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GUILDFORD 8 Sessions Member \$39.50 Non-member \$52.50

M, W	10:30am-11:30am	Oct 3	4488079
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GUILDFORD 7 Sessions Member \$34.50 Non-member 46

W, M	10:30am-11:30am	Sep 7	4488078
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GUILDFORD 6 Sessions Member \$29.50 Non-member \$39.50

M, W	10:30am-11:30am	Dec 5	4488081
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Guildford Recreation Centre

Arthritis Joint Works

Joint Works is a recreational exercise program designed specifically for people with arthritis. The instructor is a fitness professional specifically trained in arthritis exercise technique.

NEWTON 14 Sessions Member \$69 Non-member \$91.75

Tu, Th	10:15am-11:15am	13 Sep	4489683
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NEWTON 13 Sessions Member \$64 Non-member \$85.25

Tu, Th	10:15am-11:15am	Nov 1	4489684
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Newton Seniors' Centre

Arthritis Joint Works - Level 2

Fitness class specifically designed for those with arthritis. The program and instructor are approved by the Arthritis Society.

NEWTON 14 Sessions Member \$69 Non-member \$91.75

Tu, Th	11:30am-12:30pm	Sep 13	4489691
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NEWTON 13 Sessions Member \$64 Non-member \$85.25

Tu, Th	11:30am-12:30pm	Nov 1	4489692
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Newton Seniors' 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

Th, Tu	1:00pm-2:30pm	Sep 1	4488083
Tu, Th	1:00pm-2:30pm	Nov 1	4488085

GUILDFORD 8 Sessions \$85

Tu, Th	1:00pm-2:30pm	Oct 4	4488084
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GUILDFORD 6 Sessions \$85

Th, Tu	1:00pm-2:30pm	Dec 1	4488086
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Guildford Recreation Centre

NEWTON 8 Sessions \$85

F, W	11:00am-12:30pm	Sep 2	4486718
W, F	11:00am-12:30pm	Oct 5	4486719
W, F	11:00am-12:30pm	Nov 2	4486728
F, W	11:00am-12:30pm	Dec 2	4486729

Newton Recreation Centre

Cardiac Rehabilitation Program: Maintenance

This course is designed for those individuals that have progressed from the Cardiac Rehab Level 2 program s.

GUILDFORD 9 Sessions \$60

Th, Tu	11:30am-1:00pm	Sep 1	4488087
Th, Tu	2:30pm-4:00pm	Sep 1	4488091
Tu, Th	11:30am-1:00pm	Nov 1	4488089
Tu, Th	2:30pm-4:00pm	Nov 1	4488094

GUILDFORD 8 Sessions \$60

Tu, Th	11:30am-1:00pm	Oct 4	4488088
Tu, Th	2:30pm-4:00pm	Oct 4	4488092

GUILDFORD 6 Sessions \$60

Th, Tu	11:30am-1:00pm	Dec 1	4488093
Th, Tu	2:30pm-4:00pm	Dec 1	4488090

Guildford Recreation Centre

NEWTON 8 Sessions \$60

F, W	9:00am-10:30am	Sep 2	4486723
W, F	9:00am-10:30am	Oct 5	4486724
W, F	9:00am-10:30am	Nov 2	4486726
F, W	9:00am-10:30am	Dec 2	4486727

Newton Recreation Centre

Meditation

Develop consciousness and awareness using meditation techniques.

GUILDFORD 10 Sessions \$65.50

W	5:45pm-6:45pm	Sep 28	4487682
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Guildford Recreation Centre

SOUTH 11 Sessions \$72.25

M	8:15pm-9:15pm	Sep 19	4486624
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SOUTH 10 Sessions \$65.50

Su	9:15am-10:15am	Sep 25	4486625
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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 9 Sessions Member \$33.25 Non-member \$44.25

Tu	1:15pm-2:00pm	Sep 20	4488082
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Guildford Recreation Centre

Falls & Injury Prevention Workshop

Falling can cause injury and loss of mobility and independence, and this is the sixth leading cause of death in seniors. One in three adults over the age of 65 falls at least once per year. A Fraser Health staff member will provide tips and tricks on how falls can be reduced or prevented.

CLOVERDALE 1 session

TU	10:30am-12noon	Sep 13	4499831
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Cloverdale Recreation Centre

Chronic Pain Self-Management

This peer-lead six-session workshop helps people living with chronic pain manage their symptoms and daily activities. Topics include pacing activity and rest, managing fatigue/sleep, medications, goal setting and communicating with health care providers. Caregivers are welcome to attend. For more information visit the website www.selfmanagementbc.ca or call 604-940-1273 or 1-866-902-3767.

CLOVERDALE 6 Sessions

Tu	1:00pm-3:30pm	Oct 4	4495013
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Cloverdale Recreation Centre

Living A Healthy Life With Diabetes

This peer-lead six-session workshop teaches the skills to manage the daily challenges of living with Diabetes. Topics include discussions and strategies for healthy eating, exercise, dealing with stress, difficult emotions, goal setting and communicating with health care providers. Caregivers are welcome to attend. For more information visit the website www.selfmanagementbc.ca or call 604-940-12736 or 1-866-902-3767.

CLOVERDALE 6 Sessions

Th	6:00pm-8:30pm	Sep 22	4499628
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Cloverdale Recreation Centre

Choose to Move

This free program for seniors ages 65 and up is designed to motivate participants and connect them to physical activity programs in their community. Participants will also learn about cost effective seniors programs with Surrey Recreation.

The group will meet with an Activity Coach and other participants four times over a period of 6 months to discuss how their physical activity plans are progressing, learn about healthy living topics and shared lessons. Participants will also meet one-on-one with an activity coach at the start of the program to develop a physical activity plan customized to each participants needs, interests and abilities. There will also be regular one on one check ins with the activity coach by phone.

In addition, participants have the opportunity to enroll in the new and FREE ActivAge older adult fitness class as part of their physical activity plan.

GUILDFORD 6 Sessions 65yrs+

M	10:00am	Sep-Mar	4494087
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Guildford Recreation Centre

SOUTH 12 Sessions 65yrs+

Tu	1:30pm	Sep-Mar	4486889
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South Surrey Recreation & Arts Centre

ActivAge

This fun and friendly program consists of twelve 1-hour group fitness sessions (one class per week for 12 weeks). For more information contact Paul at Guildford Recreation Centre: 604-591-4118 Tara-Lee at South Surrey Recreation Centre: 604-592-6979

There are 2 separate ActivAge classes and each has a different focus. Register for ONE option only:

OPTION 1

The focus is on functional exercises focused on improving activities of daily living, strengthening muscles used day-to-day

GUILDFORD 12 Sessions 65yrs+

W	9:00am-10:00am	Sep 14	4494088
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Guildford Recreation Centre

SOUTH 12 Sessions 65yrs+

Th	1:30pm-2:30pm	Sep 8	4486890
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South Surrey Recreation & Arts Centre

OPTION 2

The focus is on individuals who would like to become more involved with other activity programs or sports.

GUILDFORD 12 Sessions 65yrs+

W	10:15am-11:15am	Sep 14	4494089
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Guildford Recreation Centre

SOUTH 12 Sessions 65yrs+

Th	2:45pm-3:45pm	Sep 8	4486891
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South Surrey Recreation & Arts 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

Farm Tots: All About Apples

A is for Apple! Tots go on an adventure in our heritage orchard, craft apple prints and taste sweet apple cider after stories and games.

CITYWIDE	1 Session \$5	1-3yrs
F	10:30am-11:30am	Sep 16 4489774
F	2:00pm-3:00pm	Sep 16 4489775

Historic Stewart Farm

Fall Fun

Celebrate the Harvest season! Enjoy an afternoon with themed arts, crafts, songs and games. A special harvest treat included.

GUILDFORD	1 Session \$7	1.5-3yrs
Su	10:00am-11:00am	Oct 16 4488123

Fraser Heights Recreation Centre

SOUTH	1 Session \$9.25	1-3yrs
F	9:30am-11:00am	Sep 23 4490116

Meridian Centre

SOUTH	1 Session \$9.25	1-3yrs
Su	9:30am-11:00am	Sep 18 4490115

South Surrey Recreation & Arts Centre

Harvest Time

Children will create a harvest-themed projects using harvest vegetables and leaves, play games and sing songs.

GUILDFORD	1 Session \$12.50	2-5yrs
Sa	9:45am-11:15am	Oct 1 4489252

Guildford Recreation Centre

SOUTH	1 Session \$9.25	2-3yrs
F	9:30am-11:00am	Oct 7 4490220

Meridian Centre

SOUTH	1 Session \$9.25	2-3yrs
Su	9:30am-11:00am	Oct 2 4490219

South Surrey Recreation & Arts Centre

Farm Tots: Pumpkin Fun

How far can a pumpkin roll? Find out as we feature these gorgeous gourds in our crafts, songs, stories and a Pumpkin Bowling Challenge in the barn.

CITYWIDE	1 Session \$5	1-3yrs
F	10:30am-11:30am	Oct 14 4489846
F	2:00pm-3:00pm	Oct 14 4489847

Historic Stewart Farm

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	2-3yrs
F	9:30am-11:00am	Oct 14 4490441

Meridian Centre

SOUTH	1 Session \$9.25	2-3yrs
Su	9:30am-11:00am	Oct 16 4490440

South Surrey Recreation & Arts Centre

Story Time at Redwood Park

FREE

Join us with your little one for a seasonal story. Make a craft and enjoy a walk through the park before you go! Parent/guardian attendance required.

SOUTH	1 Session	1-5yrs
Th	10:00am-10:45am	Oct 27 4491081
Th	11:00am-11:45am	Oct 27 4491084
M	10:00am-10:45am	Dec 19 4491090

Redwood Park

Halloween Fun

Enjoy activities and crafts around the Halloween theme.

FLEETWOOD	1 Session \$11	1.5-3yrs
Sa	12:15pm-1:45pm	Oct 29 4490581

Fleetwood Community Centre

GUILDFORD	1 Session \$7	1.5-3yrs
Su	10:00am-11:00am	Oct 30 4488126

Fraser Heights Recreation Centre

GUILDFORD	1 Session \$12.50	2-3yrs
Sa	9:00am-10:30am	Oct 29 4489251

Guildford Recreation Centre

SOUTH	1 Session \$9.25	2-3yrs
F	9:30am-11:00am	Oct 28 4490405

Meridian Centre

SOUTH	1 Session \$9.25	2-3yrs
Su	9:30am-11:00am	Oct 30 4490404

South Surrey Recreation & Arts Centre

Pirate Play Day

Ahoy matey! Be a pirate for the day. This program is filled with a variety of pirate crafts, games, stories, music and general pirate fun!

GUILDFORD	1 Session \$12.50	2-3yrs
Sa	9:00am-10:30am	Nov 19 4489254

Guildford Recreation Centre

SOUTH	1 Session \$9.25	2-3yrs
F	9:30am-11:00am	Nov 4 4490212

Meridian Centre

SOUTH	1 Session \$9.25	2-3yrs
Su	9:30am-11:00am	Nov 6 4490211

South Surrey Recreation & Arts Centre

QUICK FIND

CHECK OUT OUR **NEW** SECTIONS

SPORTS Pages 52 - 57

FITNESS & WELLNESS Page 58, 60

Farm Tots: Winter's Coming

Do squirrels have jackets? Do bears wear pajamas? Find out how these critters get cozy for the winter through songs, crafts, and games, and a cup of hot cocoa.

CITYWIDE 1 Session \$5 1-3yrs
 F 10:30am-11:30am Nov 18 4489922
 F 2:00pm-3:00pm Nov 18 4489923
Historic Stewart Farm

Myths & Mysteries

An enchanted day that will take your little one to far away fairy tale lands. Adventure your way through mystical arts, crafts, games and music.

SOUTH 1 Session \$9.25 2-3yrs
 F 9:30am-11:00am Nov 18 4490329
Meridian Centre

SOUTH 1 Session \$9.25 2-3yrs
 Su 9:30am-11:00am Nov 20 4490392
South Surrey Recreation & Arts Centre

Kids in Space

Blast off to find out about the moon, planets and what astronauts eat in space.

GUILDFORD 1 Session \$7 1.5-3yrs
 Su 10:00am-11:00am Nov 20 4488130
Fraser Heights Recreation Centre

Hibernating Animals

Learn how bears, raccoons, birds and other animals live in the winter. Explore different animal tracks and sing songs.

SOUTH 1 Session \$9.25 1-3yrs
 F 9:30am-11:00am Nov 25 4490473
Meridian Centre

SOUTH 1 Session \$9.25 1-3yrs
 Su 9:30am-11:00am Nov 27 4490472
South Surrey Recreation & Arts Centre

Christmas Decorations

Make the season more magical. Parent and child will create Christmas ornaments to add to the family's fun.

GUILDFORD 1 Session \$7 1.5-3yrs
 Sa 10:30am-11:30am Dec 3 4488725
Fraser Heights Recreation Centre

GUILDFORD 1 Session \$7.25 2-3yrs
 Sa 9:00am-10:30am Dec 3 4489245
Guildford Recreation Centre

NEWTON 1 Session \$7 1.5-3yrs
 Su 9:30am-10:30am Dec 11 4485041
Newton Recreation Centre

SOUTH 1 Session \$9.25 1.5-3yrs
 F 9:30am-11:00am Dec 16 4490508
Meridian Centre

SOUTH 1 Session \$9.25 1.5-3yrs
 Su 9:30am-11:00am Dec 11 4490507
South Surrey Recreation & Arts Centre

Gingerbread Crafts

Have a Gingerbread Christmas with us. Parent and child will decorate cookies and create crafts using the gingerbread theme. Games, stories and a sing along will add to your yummy good time.

GUILDFORD 1 Session \$8.25 2-3yrs
 Sa 9:00am-10:30am Dec 17 4489249
Guildford Recreation Centre

SOUTH 1 Session \$9.25 2-3yrs
 F 9:30am-11:00am Dec 9 4490491
Meridian Centre

SOUTH 1 Session \$9.25 2-3yrs
 Su 9:30am-11:00am Dec 4 4490490
South Surrey Recreation & Arts Centre

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 \$7 1.5-3yrs
 Su 10:00am-11:00am Dec 11 4488133
Fraser Heights Recreation Centre

Christmas Celebration

Parent and preschooler participate together in this program filled with a variety of crafts, games, music and Christmas fun!

GUILDFORD 1 Session \$7 1.5-3yrs
 Sa 10:30am-11:30am Dec 17 4488723
Fraser Heights Recreation Centre

Parent & Preschooler

DROP-IN

Stay and Play

Provides parents and children opportunities for free play and interaction with others in a safe, nurturing, and engaging environment where all can participate. Guided activities may include, parachute games, ride on toys, music and movement and active games.

An adult must participate in this program and are responsible for the supervision of their child(ren).

\$3.25 per child
\$1.75 per 2nd child 1-5yrs

Bridgeview Community Centre
 Saturday 9:00am-10:00am

Chuck Bailey Recreation Centre
 M/W 5:30pm-7:30pm
 Th 4:00pm-6:00pm

Cloverdale Recreation Centre
 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

Fleetwood Community Centre
 Tuesday 5:00pm-6:30pm

Nature Play

FREE

Join us for some forest fun! Our leader will engage children in outdoor play with nature arts and exploration, storytelling, games, and best of all child-led free play.

Parent participation required.

Surrey Nature Centre 3-5yrs
 Saturdays 9:30am-11:00am

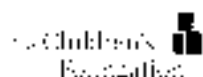
Parenting Classes

FREE

COMMUNITIES CARING FOR CHILDREN

To register call 604-586-3351 or at www.surreyearlychildhood.ca

Childminding & bus tickets provided if needed



Right from the Start

For parents of children 0-12 months

- Reduce parenting stress
- Improve parent-child relationships
- Get support & share ideas
- 8 week course (one 2 hour class per week)

COPEing with Toddler Behaviour

For parents of children 12-36 months

- Learn parenting skills
- Teach "good" behaviour
- Enjoy time with your toddler
- Talk to other parents
- 8 week course (one 2 hour class per week)

Triple P - Positive Parenting Program

For parents of children 3-6 years

- Learn how to talk to your child
- Understand your child
- Manage behaviour
- 7 week course (one 2 hour class per week)

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 \$17.75 2-3yrs
Sa 10:15am-11:00am Oct 15 4488966
Fraser Heights Recreation Centre

NEWTON 5 Sessions \$22.25 1.5-3yrs
Su 11:30am-12:15pm Sep 25 4485013
Su 11:30am-12:15pm Nov 6 4485014
Newton Recreation Centre

SOUTH 4 Sessions \$22.75 6-18mos
M 9:00am-10:00am Sep 19 4488742
M 9:00am-10:00am Oct 24 4488749

SOUTH 4 Sessions \$22.75 1.5-3yrs
M 10:30am-11:30am Sep 19 4488748
M 10:30am-11:30am Oct 24 4488750
Meridian Centre

SOUTH 4 Sessions \$17.75 2-3yrs
Sa 10:15am-11:00am Sep 17 4488422
M 5:00pm-5:45pm Sep 19 4488421
Sa 10:15am-11:00am Oct 22 4488424
M 5:00pm-5:45pm Nov 7 4488423
South Surrey Recreation & Arts Centre

Crafts Galore

Learn new ways to use everyday materials and make items that you can enjoy or give as gifts. Holiday themed.

NORTH 1 Session \$10.50 3-5yrs
Su 10:00am-12noon Dec 18 4488275
Chuck Bailey Recreation 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 Oct 23 4488864
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.

FLEETWOOD 6 Sessions \$37.75 2-5yrs
F 3:30pm-4:15pm Sep 23 4487675
Fleetwood Community Centre

SOUTH 6 Sessions \$48.25 2-5yrs
Tu 3:30pm-4:30pm Sep 20 4488251
Tu 3:30pm-4:30pm Nov 1 4488637
Kensington Prairie Community Centre

Social Recreation

Gym Time Before Bedtime

Have you got a busy toddler at home that needs to burn off some energy before bedtime? Parents & toddlers will enjoy songs, and active play in the gym.

GUILDFORD 10 Sessions \$48.75 1.5-4yrs
Th 5:45pm-6:30pm Sep 29 4489250
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 10:15am-11:00am Sep 28 4488722
Fraser Heights Recreation Centre

Parent & 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 Sep 23 4488724
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 12 Sessions \$116.75 2-3yrs
Th 9:30am-11:00am Sep 22 4488286
Cloverdale Recreation Centre

CLOVERDALE 12 Sessions \$116.75 2-3yrs
F 9:15am-10:45am Sep 16 4488285
Don Christian Recreation Centre

SOUTH 12 Sessions \$116.75 2-4yrs
Tu 11:00am-12:30pm Sep 20 4488417

SOUTH 12 Sessions \$116.75 12-3yrs
Tu 9:15am-10:45am Sep 20 4488356
Meridian Centre

SOUTH 12 Sessions \$116.75 2-4yrs
W 9:15am-10:45am Sep 21 4488351
W 11:00am-12:30pm Sep 21 4488353

SOUTH 11 Sessions \$107 2-4yrs
M 9:15am-10:45am Sep 19 4488350
F 9:15am-10:45am Sep 23 4488352
F 11:00am-12:30pm Sep 23 4488355

SOUTH 11 Sessions \$107 18mos-2yrs
M 11:00am-12:30pm Sep 19 4488354
South Surrey Recreation & Arts Centre

Story, Art & Play

Introduction to preschool through songs, crafts and exploration. Different themes include dinosaurs, insects, farms, gardening, jungle animals, ocean life and more!

SOUTH 12 Sessions \$168.50 2-4yrs
W 9:30am-11:30am Sep 21 4488366

SOUTH 12 Sessions \$129.75 1.5-3yrs
Th 9:30am-11:00am Sep 22 4488361

SOUTH 11 Sessions \$119 2-3yrs
F 9:30am-11:00am Sep 23 4488360
Kwomais Point Park

SOUTH 4 Sessions \$24 1.5-3yrs
M 6:00pm-6:45pm Sep 19 4488362
M 6:00pm-6:45pm Oct 24 4488363
South Surrey Recreation & Arts Centre

Music

Exploring Music

This is an opportunity for parents and children to enjoy music through musical stories, rhythm, rhymes and instruments.

CLOVERDALE 11 Sessions \$45.50 1-3yrs
Th 10:00am-10:45am Sep 22 4488415
Don Christian Recreation Centre

FLEETWOOD 6 Sessions \$25 1-17mos
Th 9:15am-10:00am Sep 15 4488760

FLEETWOOD 6 Sessions \$25 1.5-3yrs
Th 10:15am-11:00am Sep 15 4488761

FLEETWOOD 5 Sessions \$20.75 1-17mos
Th 9:15am-10:00am Nov 17 4489496

FLEETWOOD 5 Sessions \$25 1.5-3yrs
Th 10:15am-11:00am Nov 17 4489497
Fleetwood Community Centre

GUILDFORD 6 Sessions \$25 1-3yrs
W 9:15am-10:00am Sep 28 4488721
Fraser Heights Recreation Centre

SOUTH 4 Sessions \$16.75 5-17mos
Th 9:15am-10:00am Sep 22 4488918

SOUTH 4 Sessions \$16.75 1.5-3yrs
Th 10:15am-11:00am Sep 22 4488919
Kwomais Point Park

SOUTH 4 Sessions \$16.75 5-17mos
Th 9:15am-10:00am Nov 10 4488920

SOUTH 4 Sessions \$16.75 1.5-3yrs
Th 10:15am-11:00am Nov 10 4488921
Meridian Centre

Music & Movement

Music, song, and dance! Explore balance and rhythm using a variety of instruments and other materials. Parent participation is required.

CLOVERDALE 11 Sessions \$45.50 12-30mos
Sa 10:30am-11:15am Sep 24 4488418
Cloverdale Recreation Centre

CLOVERDALE 11 Sessions \$45.50 12-30mos
Th 9:00am-9:45am Sep 22 4488419
Don Christian Recreation Centre

GUILDFORD 4 Sessions \$16.75 1.5-3yrs
Sa 10:45am-11:30am Nov 12 4488223
Fraser Heights Recreation Centre

NEWTON 4 Sessions \$16.75 1.5-3yrs
Tu 10:45am-11:30am Sep 27 4484942
Newton Recreation Centre

SOUTH 10 Sessions \$41.50 2-3yrs
M 10:15am-11:00am Sep 19 4488928

SOUTH 10 Sessions \$41.50 1.5-2yrs
M 9:15am-10:00am Sep 19 4488927
Kwomais Point Park

Music Together®

Early childhood music program includes singing, movement, chanting, and instrument play in a mixed aged environment. Includes CD and songbook. Program providers are licensed by Music Together LLC - www.musictogether.com

CLOVERDALE 10 Sessions \$160 1-5yrs
W 10:00am-11:00am Sep 21 4490051
W 11:00am-12noon Sep 21 4490052
Cloverdale Recreation Centre

SOUTH 10 Sessions \$160 1-5yrs
Sibling rate \$100
W 9:30am-10:15am Sep 21 4488208
W 10:30am-11:15am Sep 21 4488209

SOUTH 9 Sessions \$160 1-5yrs
Sibling rate \$100
F 9:30am-10:15am Sep 23 4488212
F 10:30am-11:15am Sep 23 4488213
Elgin Hall

SOUTH 10 Sessions \$160 1-5yrs
Sibling rate \$100
Tu 9:30am-10:15am Sep 20 4488210
Tu 10:30am-11:15am Sep 20 4488211
Kwomais Point Park

SOUTH 10 Sessions \$160 1-5yrs
Sibling rate \$100
Th 5:30pm-6:15pm Sep 22 4494301
South Surrey Recreation & Arts Centre

Suzuki Violin Preparatory Class

Every child can learn to play the violin and this 10 week Suzuki prep class prepares children for success through developing rhythm, singing, and learning to hold their instruments. Parents attend the classes along with their children, as parental participation is a core concept of the Suzuki method. No instruments are needed for the class.

SOUTH 10 Sessions \$105 3-5yrs
Tu 10:00am-10:45am Sep 20 4482842

SOUTH 10 Sessions \$115 6-8yrs
F 3:30pm-4:30pm Sep 23 4482843
South Surrey Recreation & Arts Centre

Wee-Dance: Moves & 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 20mos-3yrs
Th 10:15am-11:00am Sep 22 4482840
Th 11:00am-11:45am Sep 22 4482841
South Surrey Recreation & Arts Centre

Rhythm & Rhyme

This is an opportunity for you and your child to experience movement to music, songs, rhythmic instruments and musical games.

CLOVERDALE 11 Sessions \$45.50 1.5-3yrs
 Sa 9:30am-10:15am Sep 24 4488646
 Cloverdale Recreation Centre

Dance

Songs & Dance

Learn the moves to all your favourite songs and take home some new ones too! Sing and dance your way to your own musical.

NEWTON 4 Sessions \$16.75 1.5-3yrs
 Tu 10:30am-11:15am Nov 8 4484961
 Newton Recreation Centre

Ballet

Share some time with your 'little one' learning the basics of ballet! This program is designed especially for both of you. No special equipment is required.

CLOVERDALE 11 Sessions \$45.50 2-3yrs
 Tu 9:30am-10:15am Sep 27 4488289

CLOVERDALE 9 Sessions \$37.25 2-3yrs
 Sa 9:45am-10:30am Sep 24 4488288
 Sa 10:45am-11:30am Sep 24 4488287
 Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$25 2-3yrs
 Th 5:45pm-6:30pm Sep 22 4487667
 Th 6:45pm-7:30pm Sep 22 4487674
 Th 5:45pm-6:30pm Nov 10 4487673
 Th 6:45pm-7:30pm Nov 10 4487668
 Fleetwood Community Centre

GUILDFORD 10 Sessions \$41.50 2-3yrs
 F 10:30am-11:15am Sep 30 4488185
 Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$41.50 2-3yrs
 Sa 9:30am-10:15am Sep 24 4489244
 Guildford Recreation Centre

NEWTON 6 Sessions \$25 1.5-3yrs
 Sa 9:00am-9:45am Nov 5 4483770

NEWTON 5 Sessions \$20.75 1.5-3yrs
 Sa 9:00am-9:45am Sep 24 4483768
 Newton Seniors' Centre

SOUTH 10 Sessions \$41.50 2-3yrs
 W 9:15am-10:00am Sep 28 4488755
 Th 10:30am-11:15am Sep 29 4488756
 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 10 Sessions \$41.50 2-3yrs
 M 9:00am-9:45am Sep 26 4486833
 Don Christian Recreation Centre

GUILDFORD 8 Sessions \$33.25 1.5-3yrs
 Th 3:30pm-4:15pm Sep 29 4488186
 Fraser Heights Recreation Centre

SOUTH 10 Sessions \$41.50 2-3yrs
 Sa 9:00am-9:45am Sep 17 4488911
 F 10:30am-11:15am Sep 23 4488910
 F 5:00pm-5:45pm Sep 23 4488909
 South Surrey Recreation & Arts Centre

HELP US PLAN YOUR PARKS!

Surrey Parks, Recreation & Culture (PRC) is developing a new 10-year Strategic Plan, and we need YOUR input. This Summer we are collecting information to plan for the future of your parks.

Complete the survey at

www.surrey.ca/PRCPlan

before October 31, 2016 and be entered to win a **\$250 gift certificate** to Potter's Farm & Nursery!

For more information contact PRCplan@surrey.ca



www.surrey.ca/PRCplan





Preschool AGE 3 - 6 YEARS

A variety of programs are offered for this age group to encourage and support the children's learning and independence. These programs include, dance, sport, art, crafts, mini gym, school readiness, special themed events and more.

DISCOVER THE *Difference*

Quality: As a recipient of the Province of BC's Child Care Award of Excellence, we are committed to providing the highest quality programs, facilities and experiences.

Value: Our program fees are amongst the lowest in the city with options for discounted and free programs.

Choice: We offer a wide variety of programs in 52 convenient locations across the city.

Staff: Our certified Early Child Educators and instructors specialize in leading quality programs to help children reach their full potential in a positive, welcoming and safe environment.

Preschool Spaces

BOOK NOW FOR THE 2016/2017 SCHOOL YEAR
Year long 3 year old Social Recreation and 4 year old Pre-Kindergarten licensed programs.

Registration is ongoing, see what is available in your community

www.surrey.ca/preschool

One Day Wonders

Farm Tykes: Happy Harvest

Little farmers learn about an old-fashioned harvest through songs, games, scarecrow dances and a cornucopia craft.

CITYWIDE 1 Session \$11.75 3-5yrs
Sa 11:00am-12noon Sep 10 4489695
Historic Stewart Farm

Tots Celebrate: Mooncake Festival

Tots learn about the Moon Queen, make lunar crafts and taste delicious mooncakes as they experience an important Chinese cultural celebration.

CITYWIDE 1 Session \$11.70 3-5yrs
F 10:30am-12noon Sep 16 4491691
Surrey Museum

Camping Adventure

We'll bring the outdoors in, with campfire stories, crafts and camping treats!

NORTH 1 Session \$15.75 3-5yrs
Su 11:00am-1:00pm Sep 18 4487849
Chuck Bailey Recreation Centre

Fall Fun

Celebrate the harvest season and enjoy this class filled with themed crafts, songs and games!

GUILDFORD 1 Session \$8.25 3-5yrs
Su 11:15am-12:30pm Oct 16 4488124
Fraser Heights Recreation Centre

SOUTH 1 Session \$9.25 3-5yrs
F 12:30pm-2:00pm Sep 23 4490125
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Sep 18 4490124
South Surrey Recreation & Arts Centre

Construction Production

Use all sorts of different materials and innovative designs to build houses, bridges, castles, and more.

SOUTH 1 Session \$9.25 3-5yrs
F 12:30pm-2:00pm Sep 30 4490128
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 9:30am-11:00am Sep 25 4490127
South Surrey Recreation & Arts Centre

Harvest Time

Children will create a variety of harvest-themed projects including vegetable and leaf stamping, play games and learn to make applesauce.

GUILDFORD 1 Session \$11.50 3-5yrs
Sa 11:30am-1:00pm Oct 1 4489267
Guildford Recreation Centre

SOUTH 1 Session \$9.25 3-5yrs
F 12:30pm-2:00pm Oct 7 4490270
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Oct 2 4490269
South Surrey Recreation & Arts Centre

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 Oct 5 4489917
Surrey Museum

Tots Celebrate Thanksgiving

Kids will be thankful for fall games, cookies to decorate, and their own handmade Terry the Turkey to take home as they explore a Canadian Thanksgiving.

CITYWIDE 1 Session \$11.70 3-5yrs
F 10:30am-12noon Oct 7 4491683
Surrey Museum

Farm Tykes: Monster Mash

Preschoolers will catch on in a flash as they do the Monster Mash, walk like a zombie and get ready for the big day.

CITYWIDE 1 Session \$5 3-5yrs
Sa 11:00am-12noon Oct 22 4489888
Historic Stewart Farm

Halloween Fun

Enjoy activities and crafts around the Halloween theme.

GUILDFORD 1 Session \$8.25 3-5yrs
Su 11:15am-12:30pm Oct 30 4488127
Fraser Heights Recreation Centre

GUILDFORD 1 Session \$11.50 3-5yrs
Sa 10:45am-12:15pm Oct 29 4489266
Guildford Recreation Centre

NORTH 1 Session \$14.75 3-5yrs
Sa 10:00am-12noon Oct 29 4488266
Chuck Bailey Recreation Centre

SOUTH 1 Session \$9.25 3-5yrs
F 12:30pm-2:00pm Oct 28 4490417
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Oct 30 4490416
South Surrey Recreation & Arts Centre

Pirate Play Day

Ahoy matey! Be a pirate for the day. This program is filled with a variety of pirate crafts, games, stories, music and general pirate fun!

GUILDFORD 1 Session \$11.50 3-5yrs
Sa 10:45am-12:15pm Nov 19 4489271
Guildford Recreation Centre

SOUTH 1 Session \$9.25 3-5yrs
F 12:30pm-2:00pm Nov 4 4490323
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Nov 6 4490322
South Surrey Recreation & Arts Centre

Farm Tykes: Victorian Social

Preschoolers transform into proper Victorian ladies and gents as they learn their bows and curtsies, dress in fancy costumes and host an elegant tea party complete with china teacups and saucers.

CITYWIDE 1 Session \$5 3-5yrs
Sa 11:00am-12noon Nov 5 4489916
Historic Stewart Farm

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.



Myths & Mysteries

An enchanted day that will take your little one to far away fairy tale lands. Adventure your way through mystical arts, crafts, games and music.

SOUTH 1 Session \$9.25 3-5yrs
F 12:30pm-2:00pm Nov 18 4490398
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Nov 20 4490395
South Surrey Recreation & Arts Centre

Kids in Space

Blast off to find out about the moon, planets and what astronauts eat in space.

GUILDFORD 1 Session \$8.25 3-5yrs
Su 11:15am-12:30pm Nov 20 4488131
Fraser Heights Recreation Centre

Curious Tykes: Gingerbread Joy

Tots make their own crafty gingerbread house to take home. They'll love decorating a cookie to eat inside our 'gingerbread' condo.

CITYWIDE 1 Session \$11.70 3-5yrs
F 10:30am-12noon Nov 25 4491206
Surrey Museum

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
F 12:30pm-2:00pm Nov 25 4490477
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Nov 27 4490476
South Surrey Recreation & Arts Centre

Winter Fun

Celebrate winter, snow and the warmth of the indoors. Enjoy an afternoon of arts, crafts, songs, games and a special treat.

FLEETWOOD 1 Session \$9.25 3-5yrs
Su 11:15am-12:45pm Dec 4 4490590
Fleetwood Community Centre

GUILDFORD 1 Session \$8.25 3-5yrs
Su 11:15am-12:30pm Dec 11 4488134
Fraser Heights Recreation Centre

Santa's Workshop

Join Santa's Elves in their magical mini workshop creating special gifts for family and friends.

GUILDFORD 1 Session \$8.50 3-5yrs
Sa 10:45am-12:15pm Dec 3 4489272
Guildford Recreation Centre

SOUTH 1 Session \$9.25 3-5yrs
F 3:30pm-5:00pm Dec 16 4490526
Sa 10:30am-12noon Dec 17 4490527
Sa 12:30pm-2:00pm Dec 17 4490525
Su 10:00am-11:30am Dec 18 4490528
Su 1:00pm-2:30pm Dec 18 4490529
M 9:30am-11:00am Dec 19 4490524
South Surrey Recreation & Arts Centre

Gingerbread Fun

Have a 'Gingerbread Christmas' with us. Make cookies and fun crafts with a gingerbread theme. Games, stories and a sing along will add to our yummy good time.

GUILDFORD 1 Session \$8.50 3-5yrs
Sa 10:45am-12:15pm Dec 17 4489265
Guildford Recreation Centre

SOUTH 1 Session \$9.25 3-5yrs
F 12:30pm-2:00pm Dec 9 4490498
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Dec 4 4490497
South Surrey Recreation & Arts Centre

Christmas Crafts

Get into the Christmas spirit! Create crafts and gifts for your family and friends.

NEWTON 1 Session \$7 3-5yrs
Su 10:45am-11:45am Dec 11 4485048
Newton Recreation Centre

SOUTH 1 Session \$9.25 3-5yrs
F 12:30pm-2:00pm Dec 16 4490505
Meridian Centre

SOUTH 1 Session \$9.25 3-5yrs
Su 11:30am-1:00pm Dec 11 4490504
South Surrey Recreation & Arts Centre

Tots Celebrate: Christmas

Coal in your stocking? Cookies for Santa? Find out about St Nicks and their sidekicks from around the world and how kids in other countries exchange Christmas gifts.

CITYWIDE 1 Session \$11.70 3-5yrs
F 10:30am-12noon Dec 9 4491695
Surrey Museum

Visual Arts

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
Sa 11:15am-12noon Oct 15 4488968
Fraser Heights Recreation Centre

NEWTON 5 Sessions \$28.25 3-5yrs
Su 12:30pm-1:15pm Sep 25 4485024
Su 12:30pm-1:15pm Nov 6 4485026
Newton Recreation Centre

SOUTH 4 Sessions \$27.50 3-5yrs
M 3:45pm-4:45pm Sep 19 4488779
M 3:45pm-4:45pm Nov 7 4488782

SOUTH 4 Sessions \$22.75 4-6yrs
Sa 11:15am-12noon Sep 17 4488780
Sa 11:15am-12noon Oct 22 4488781
South Surrey Recreation & Arts Centre

Art Explosion

Budding artists will boost their creativity and build self-confidence as they explore art using a wide array of materials in new and unusual ways. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 8 Sessions \$69.50 3-5yrs
Th 3:30pm-4:30pm Oct 6 4487008

CITYWIDE 6 Sessions \$52 3-5yrs
Su 2:00pm-3:00pm Oct 23 4486699
Surrey Arts Centre

Mud Buddies

Making things with clay is super fun. Get together with other kids and make animals, simple bowls, coil snakes, pots, and other great stuff. Projects will be fired and glazed or painted. Surrey Arts Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 6 Sessions \$49.50 4-5yrs
Su 3:30pm-4:30pm Oct 23 4486709
Surrey Arts Centre

Music

Exploring Music

This is an opportunity for your baby to enjoy music through musical stories, rhythm, rhymes and instruments.

SOUTH 4 Sessions \$22.25 3-5yrs
Th 11:15am-12noon Sep 22 4489306
Kwomais Point Park

SOUTH 4 Sessions \$22.25 3-5yrs
Th 11:15am-12noon Oct 20 4489307
Meridian Centre

SOUTH 4 Sessions \$22.25 3-5yrs
Sa 9:15am-10:00am Sep 17 4489308
Sa 9:15am-10:00am Oct 22 4489309
South Surrey Recreation & Arts Centre

Music & 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 4 Sessions \$22.25 3-5yrs
Sa 11:45am-12:30pm Nov 12 4488222
Fraser Heights Recreation Centre

SOUTH 10 Sessions \$55.25 3-5yrs
M 11:15am-12noon Sep 19 4489318
Kwomais Point Park

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 5 Sessions \$28.50 3-5yrs
Sa 11:30am-12:15pm Sep 10 4487836
Sa 11:30am-12:15pm Oct 22 4487837

NORTH 4 Sessions \$22.75 3-5yrs
Sa 11:30am-12:15pm Nov 26 4487838
Chuck Bailey Recreation Centre

SOUTH 5 Sessions \$27.75 3-5yrs
F 3:15pm-4:00pm Sep 23 4489326
F 3:15pm-4:00pm Oct 28 4489327

SOUTH 5 Sessions \$27.75 4-6yrs
F 4:15pm-5:00pm Sep 23 4489328
F 4:15pm-5:00pm Oct 28 4489329
South Surrey Recreation & Arts Centre

QUICK FIND

CHECK OUT OUR  SECTIONS

SPORTS Pages 52 - 57

FITNESS & WELLNESS Page 58, 60

Dance

Ballet - Level I

This class will introduce your child to basic ballet movements. Children will be encouraged to be creative in this fun and friendly atmosphere.

CLOVERDALE 11 Sessions \$60.75 3-5yrs
Tu 10:30am-11:15am Sep 27 4486840
Tu 12:30pm-1:15pm Sep 27 4486835

CLOVERDALE 9 Sessions \$49.75 3-5yrs
Sa 11:45am-12:30pm Sep 24 4486836
Sa 1:45pm-2:30pm Sep 24 4486837

Cloverdale Recreation Centre

CLOVERDALE 10 Sessions \$55.25 3-5yrs
M 10:00am-10:45am Sep 26 4486838
M 11:00am-11:45am Sep 26 4486839

Don Christian Recreation Centre

FLEETWOOD 6 Sessions \$33.25 3-5yrs
W 11:45am-12:30pm Sep 21 4488925
W 12:45pm-1:30pm Sep 21 4488896

W 11:45am-12:30pm Nov 9 4488898
W 12:45pm-1:30pm Nov 9 4488926

Fleetwood Community Centre

FLEETWOOD 6 Sessions \$33.25 3-5yrs
Sa 9:30am-10:15am Sep 24 4488894
Sa 10:30am-11:15am Sep 24 4488895

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$55.25 3-5yrs
F 11:30am-12:15pm Sep 30 4488183

Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$55.25 3-5yrs
Sa 10:30am-11:15am Sep 24 4489256
M 2:15pm-3:00pm Sep 26 4489255

W 3:15pm-4:00pm Sep 28 4489257

Guildford Recreation Centre

NEWTON 6 Sessions \$33.25 3-5yrs
Sa 10:00am-10:45am Nov 5 4484926
Sa 11:00am-11:45am Nov 5 4484927

NEWTON 5 Sessions \$27.75 3-5yrs
Sa 10:00am-10:45am Sep 24 4483777
Sa 11:00am-11:45am Sep 24 4483778

Newton Seniors' Centre

NORTH 5 Sessions \$27.75 3-5yrs
Su 10:15am-11:00am Sep 11 4488272
Su 10:15am-11:00am Oct 16 4488273

Su 10:15am-11:00am Nov 20 4488274

Bridgeview Community Centre

NORTH 5 Sessions \$27.75 3-5yrs
Sa 9:30am-10:15am Sep 10 4487821
Sa 9:30am-10:15am Oct 22 4487823

Tu 4:00pm-4:45pm Nov 22 4487846

NORTH 4 Sessions \$22.25 3-5yrs
Sa 9:30am-10:15am Nov 26 4487826

Chuck Bailey Recreation Centre

SOUTH 10 Sessions \$55.25 3-4yrs
F 11:30am-12:15pm Sep 23 4488940
W 11:15am-12:00pm Sep 28 4488936

SOUTH 10 Sessions \$55.25 3-5yrs
Sa 10:00am-10:45am Sep 17 4488941
F 12:30pm-1:15pm Sep 23 4488939

Th 9:30am-10:15am Sep 29 4488937
Th 12:30pm-1:15pm Sep 29 4488938

W 10:15am-11:00am Oct 5 4488942

SOUTH 10 Sessions \$55.25 4-6yrs
F 3:00pm-3:45pm Sep 23 4488943

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 Sep 22 4482838

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 11 Sessions \$60.75 4-5yrs
Tu 11:30am-12:15pm Sep 27 4486848
Tu 1:30pm-2:15pm Sep 27 4486849

CLOVERDALE 9 Sessions \$49.75 4-6yrs
Sa 12:45pm-1:30pm Sep 24 4486850

Cloverdale Recreation Centre

GUILDFORD 10 Sessions \$55.25 4-5yrs
F 12:30pm-1:15pm Sep 30 4488184

Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$55.25 4-5yrs
Sa 11:30am-12:15pm Sep 24 4489258
M 3:15pm-4:00pm Sep 26 4489259

Guildford Recreation Centre

NEWTON 6 Sessions \$33.25 3-5yrs
Sa 12noon-12:45pm Nov 5 4484930

NEWTON 5 Sessions \$27.75 3-5yrs
Sa 12noon-12:45pm Sep 24 4484929

Newton Seniors' Centre

NORTH 5 Sessions \$27.75 3-5yrs
Sa 9:30am-10:15am Sep 10 4487820
Sa 9:30am-10:15am Oct 22 4487824

Tu 4:00pm-4:45pm Nov 22 4487847

NORTH 4 Sessions \$22.25 3-5yrs
Sa 9:30am-10:15am Nov 26 4487825

Chuck Bailey Recreation Centre

SOUTH 10 Sessions \$55.25 4-5yrs
Sa 11:00am-11:45am Sep 17 4488972
F 1:30pm-2:15pm Sep 23 4488971

W 12:15pm-1:00pm Sep 28 4488969
Th 11:30am-12:15pm Sep 29 4488970

Th 12:30pm-1:15pm Sep 29 4488974

SOUTH 10 Sessions \$55.25 4-6yrs
F 4:00pm-4:45pm Sep 23 4488973

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 10 Sessions \$55.25 4-6yrs
Sa 12:30pm-1:15pm Sep 24 4491171

Guildford Recreation Centre

Bhangra

This introductory dance class will teach you the basic Bhangra steps, a popular, traditional Punjabi dance. Instructor speaks English and Punjabi.

GUILDFORD 8 Sessions \$44.25 3-5yrs
Su 10:45am-11:30am Sep 25 4488120

Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$55.25 3-5yrs
Su 10:45am-11:30am Sep 25 4489261

Guildford Recreation Centre

NEWTON 6 Sessions \$33.25 3-5yrs
W 4:45pm-5:30pm Sep 21 4483763
W 4:45pm-5:30pm Nov 2 4483764

Newton Seniors' Centre

Dance Sampler

This lively sampler of dance moves introduces students to the basics of Hip Hop, Jazz, Line dance and more.

CLOVERDALE 10 Sessions \$55.25 3-5yrs
M 10:15am-11:00am Sep 26 4486852

Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$33.25 3-5yrs
Tu 11:45am-12:30pm Sep 20 4490129
Tu 11:45am-12:30pm Nov 8 4490138

Fleetwood Community Centre

SOUTH 10 Sessions \$55.25 4-6yrs
Th 3:00pm-3:45pm Sep 22 4491795

South Surrey Recreation & Arts Centre

Hip Hop

Cool dancing for little ones! Emphasis is on fun. Boys and girls welcome.

CLOVERDALE 10 Sessions \$55.25 3-5yrs
M 9:15am-10:00am Sep 26 4486851

Cloverdale Recreation Centre

GUILDFORD 6 Sessions \$33.25 3-5yrs
W 3:30pm-4:15pm Sep 28 4488160

Fraser Heights Recreation Centre

NEWTON 5 Sessions \$27.25 3-5yrs
M 4:15pm-5:00pm Sep 19 4483765
M 4:15pm-5:00pm Nov 7 4483767

Newton Seniors' Centre

NORTH 5 Sessions \$27.75 3-5yrs
Su 11:15am-12noon Sep 11 4488265
Su 11:15am-12noon Oct 16 4488269

Su 11:15am-12noon Nov 20 4488270

Bridgeview Community Centre

NORTH 5 Sessions \$27.75 3-5yrs
Sa 10:30am-11:15am Sep 10 4487827
Tu 4:00pm-4:45pm Sep 13 4487843

Tu 4:00pm-4:45pm Oct 18 4487845
Sa 10:30am-11:15am Oct 22 4487828

NORTH 4 Sessions \$22.25 3-5yrs
Sa 10:30am-11:15am Nov 26 4487829

Chuck Bailey Recreation Centre

SOUTH 5 Sessions \$27.75 3-4yrs
M 3:00pm-3:45pm Sep 19 4488975
M 3:00pm-3:45pm Nov 7 4488977

SOUTH 5 Sessions \$27.75 4-6yrs
M 4:00pm-4:45pm Sep 19 4488976
M 4:00pm-4:45pm Nov 7 4488978

South Surrey Recreation & Arts Centre

Jazz & Hip Hop

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 11 Sessions \$60.75 3-5yrs
W 3:15pm-4:00pm Sep 28 4488410

Don Christian Recreation Centre

GUILDFORD 6 Sessions \$33.25 3-5yrs
W 3:30pm-4:15pm Nov 9 4488164

Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$55.25 3-6yrs
Sa 1:30pm-2:15pm Sep 24 4489269
Sa 2:30pm-3:15pm Sep 24 4489270

Guildford Recreation 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 5 Sessions \$40 4-6yrs
Su 10:15am-11:15am Nov 6 4485028

Newton Recreation Centre

SOUTH 5 Sessions \$56 4-6yrs
M 12:30pm-2:00pm Sep 19 4489513
M 12:30pm-2:00pm Oct 31 4489514

Meridian Centre

Science Discovery

Young scientists join us for a day of exciting activities and experiments that you can try at home!

GUILDFORD 6 Sessions \$38.50 3-5yrs
M 3:45pm-4:30pm Sep 26 4488145

Fraser Heights Recreation Centre

Ready Set Read

A fun and interactive environment to introduce your child to reading. Course includes phonics, letter recognition and more.

NEWTON 5 Sessions \$56 4-6yrs
Su 9:30am-11:00am Sep 25 4485027

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 \$95.25 3-5yrs
M 11:30am-1:30pm Sep 12 4486846
M 11:30am-1:30pm Nov 7 4486847

Don Christian Recreation Centre

FLEETWOOD 6 Sessions \$69.25 3-5yrs
Th 4:30pm-5:45pm Sep 22 4492444
Th 4:30pm-5:45pm Nov 10 4492445

Fleetwood Community Centre

GUILDFORD 4 Sessions \$46.25 4-6yrs
Th 3:00pm-4:15pm Sep 29 4488169
Th 3:00pm-4:15pm Nov 3 4488170

Fraser Heights Recreation Centre

NORTH 4 Sessions \$40.50 4-6yrs
Sa 10:30am-11:30am Sep 3 4489434
Sa 10:30am-11:30am Oct 8 4489435

Sa 10:30am-11:30am Nov 12 4489436

Bridgeview Community Centre

SOUTH 6 Sessions \$78 3-5yrs
M 1:30pm-3:00pm Sep 19 4488244
M 1:30pm-3:00pm Oct 31 4488245

Kensington Prairie Community Centre

SOUTH 5 Sessions \$50.50 3-5yrs
Sa 9:00am-10:00am Sep 17 4489498
Sa 9:00am-10:00am Oct 29 4489499

South Surrey Recreation & Arts Centre

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 26 Sessions \$433 3-5yrs
W, F 9:00am-11:00am Sep 14 4489613

Clayton Park

NORTH 28 Sessions \$466.25 3-5yrs
Tu, Th 9:00am-11:00am Sep 13 4491335

Surrey Nature Centre

Preschool Programs

Preschool Social Recreation and Pre-Kindergarten programs are based on responsive curriculum where the educators offer an exciting, reflective program based on children's interests. Our approach focuses on the five areas of healthy child development: social, emotional, physical, creative and cognitive. Based on our responsive approach, programs include a wide variety of learning opportunities open ended activities, free play and exploration. Parent participation field trip opportunities may be a part of the program.

Social Recreation

All children must be 3 years old by December 31 of the current school year to enroll.

Social Rec Seasonal

CLOVERDALE 12 Sessions \$183.25 3-5yrs
 Tu 9:30am-11:30am Sep 20 4488291
 Cloverdale Recreation Centre

CLOVERDALE 12 Sessions \$183.25 3-5yrs
 F 11:45am-1:45pm Sep 16 4488293
 Don Christian Recreation Centre

NEWTON 12 Sessions \$216.50 3-5yrs
 Sa 9:00am-11:30am Sep 17 4485136
 Newton Recreation Centre

Social Rec Year Long

CLOVERDALE 108 Sessions \$1648.50 2-3yrs
 Tu-Th 9:00am-11:00am Sep 13 4469117
 Don Christian Recreation Centre

NORTH 108 Sessions \$1648.50 2-4yrs
 Tu-Th 9:00am-11:00am Sep 13 4469865
 North Surrey Recreation Centre

Social Rec Year Long Licensed

CLOVERDALE 98 Sessions \$1767.75 2-3yrs
 M,W,F 9:00am-11:30am Sep 12 4469092
 M,W,F 12:30pm-3:00pm Sep 12 4469093
 Cloverdale Recreation Centre

FLEETWOOD 98 Sessions \$1767.75 2-3yrs
 M,W,F 9:00am-11:30am Sep 12 4469413

FLEETWOOD 72 Sessions \$1298.75 2-3yrs
 Tu, Th 9:00am-11:30am Sep 13 4469411
 Tu, Th 9:00am-11:30am Sep 13 4469412

FLEETWOOD 31 Sessions \$559.25 2-3yrs
 Sa 9:00am-11:30am Sep 17 4469414
 Fleetwood Community Centre

GUILDFORD 98 Sessions \$1767.75 2-3yrs
 M,W,F 9:00am-11:30am Sep 12 4467035
 M,W,F 12:30pm-3:00pm Sep 12 4467034
 Fraser Heights Recreation Centre

GUILDFORD 98 Sessions \$2039.75 2-3yrs
 M,W,F 9:00am-12noon Sep 12 4469894
 M,W,F 12:30pm-3:30pm Sep 12 4469897

GUILDFORD 72 Sessions \$1498.50 2-3yrs
 Tu, Th 9:00am-12noon Sep 13 4469895
 Tu, Th 12:30pm-3:30pm Sep 13 4469896
 Guildford Recreation Centre

NEWTON 96 Sessions \$1998 2-4yrs
 M,W,F 12noon-3:00pm Sep 12 4469505

NEWTON 71 Sessions \$1477.75 2-4yrs
 Tu, Th 12noon-3:00pm Sep 13 4469506
 Bear Creek Elementary School

NEWTON 96 Sessions \$1998 2-4yrs
 M,W,F 8:30am-11:30am Sep 12 4469503
 M,W,F 12noon-3:00pm Sep 12 4469504
 Boundary Park Elementary School

NEWTON 71 Sessions \$1477.75 2-4yrs
 Tu, Th 12noon-3:00pm Sep 13 4469498
 Cougar Creek Elementary School

NEWTON 72 Sessions \$1498.50 2-4yrs
 Tu, Th 9:00am-12noon Sep 13 4469502
 Newton Athletic Pavilion

NEWTON 98 Sessions \$1631.75 2-4yrs
 M,W,F 1:15pm-3:30pm Sep 12 4476918

NEWTON 72 Sessions \$1498.50 2-4yrs
 Tu, Th 8:45am-11:45am Sep 13 4469500

NEWTON 72 Sessions \$1298.75 2-4yrs
 Tu, Th 12:15pm-2:45pm Sep 13 4469501
 Newton Recreation Centre

NEWTON 71 Sessions \$1477.75 2-4yrs
 Tu, Th 12noon-3:00pm Sep 13 4469497
 W.E. Kinvig Elementary School

NEWTON 71 Sessions \$1477.75 2-4yrs
 Tu, Th 12noon-3:00pm Sep 13 4469499
 Westerman Elementary School

NORTH 71 Sessions \$1083.75 2-3yrs
 Tu, Th 9:15am-11:15am Sep 13 4469870
 Tu, Th 12:15pm-2:15pm Sep 13 4469872
 A.H.P. Matthew Elementary School

NORTH 71 Sessions \$1083.75 2-3yrs
 Tu, Th 12:15pm-2:15pm Sep 13 4469874
 Betty Huff Elementary School

NORTH 71 Sessions \$1083.75 2-3yrs
 Tu, Th 12:15pm-2:15pm Sep 13 4469875
 Cedar Hills Elementary School

NORTH 72 Sessions \$1298.75 2-3yrs
 Tu, Th 9:00am-11:30am Sep 13 4469876
 Chuck Bailey Recreation Centre

NORTH 71 Sessions \$1083.75 2-3yrs
 Tu, Th 12noon-2:00pm Sep 13 4469885
 David Brankin Elementary School

SOUTH 72 Sessions \$1498.50 2-3yrs
 Tu, Th 9:15am-12:15pm Sep 13 4469263
 Elgin Centre

SOUTH 97 Sessions \$2019 2-3yrs
 M,W,F 9:00am-12noon Sep 12 4466951

SOUTH 72 Sessions \$1498.50 2-3yrs
 Tu, Th 9:00am-12noon Sep 13 4466950
 Kensington Prairie Community Centre

SOUTH 98 Sessions \$2039.75 2-3yrs
 M,W,F 9:15am-12:15pm Sep 12 4469259

SOUTH 72 Sessions \$1498.50 2-3yrs
 Tu, Th 9:15am-12:15pm Sep 13 4469260
 Tu, Th 9:15am-12:15pm Sep 13 4469262
 South Surrey Recreation & Arts Centre

Pre-Kindergarten

All children must be 4 years old by December 31 of the current school year and entering Kindergarten the following September to enroll.

Pre-K Year Long

CLOVERDALE 108 Sessions \$1648.50 3-4yrs
 Tu-Th 12noon-2:00pm Sep 13 4469210
 Don Christian Recreation Centre

NORTH 108 Sessions \$1648.50 3-4yrs
 Tu-Th 12noon-2:00pm Sep 13 4471215
 North Surrey Recreation Centre

Pre-K Year Long Licensed

CLOVERDALE 98 Sessions \$2719.50 3-4yrs
 M,W,F 9:15am-1:15pm Sep 12 4469216
 Cloverdale Mini Rec

CLOVERDALE 98 Sessions \$1903.75 3-4yrs
 M,W,F 12:30pm-3:15pm Sep 12 4469211

CLOVERDALE 72 Sessions \$1498.50 3-4yrs
 Tu, Th 12:15pm-3:15pm Sep 13 4469214
 Cloverdale Recreation Centre

FLEETWOOD 98 Sessions \$2039.75 3-4yrs
 M,W,F 12noon-3:00pm Sep 12 4469247
 M,W,F 12noon-3:00pm Sep 12 4469250

FLEETWOOD 98 Sessions \$1767.75 3-4yrs
 M,W,F 9:00am-11:30am Sep 12 4469245

FLEETWOOD 72 Sessions \$1498.50 3-4yrs
 Tu, Th 12noon-3:00pm Sep 13 4469251
 Tu, Th 12noon-3:00pm Sep 13 4469410

FLEETWOOD 31 Sessions \$645.25 3-4yrs
 Sa 9:00am-12noon Sep 17 4469249
 Fleetwood Community Centre

GUILDFORD 98 Sessions \$2039.75 3-4yrs
 M,W,F 9:00am-12noon Sep 12 4467006
 Fraser Heights Recreation Centre

GUILDFORD 98 Sessions \$2039.75 3-4yrs
 M,W,F 9:00am-12noon Sep 12 4469890
 M,W,F 12:30pm-3:30pm Sep 12 4469892

GUILDFORD 72 Sessions \$1498.50 3-4yrs
 Tu, Th 9:00am-12noon Sep 13 4469893
 Tu, Th 12:30pm-3:30pm Sep 13 4469891
 Guildford Recreation Centre

NEWTON 71 Sessions \$1970.25 3-5yrs
 Tu, Th 9:00am-1:00pm Sep 13 4469254
 Boundary Park Elementary School

NEWTON 96 Sessions \$1998 3-5yrs
 M,W,F 12noon-3:00pm Sep 12 4469494
 Cougar Creek Elementary School

NEWTON 98 Sessions \$2719.50 3-5yrs
 M,W,F 10:00am-2:00pm Sep 12 4469257
 Newton Athletic Pavilion

NEWTON 98 Sessions \$2719.50 3-5yrs
 M,W,F 9:00am-1:00pm Sep 12 4469255
 Newton Recreation Centre

NEWTON 96 Sessions \$1998 3-5yrs
 M,W,F 12noon-3:00pm Sep 12 4469256
 W.E. Kinvig Elementary School

NEWTON 96 Sessions \$1998 3-5yrs
 M,W,F 12noon-3:00pm Sep 12 4469485
 Westerman Elementary School

NORTH 96 Sessions \$1465.25 3-4yrs
 M,W,F 9:15am-11:15am Sep 12 4469787
 M,W,F 12:15pm-2:15pm Sep 12 4469793
 A.H.P. Matthew Elementary School

NORTH 96 Sessions \$1465.25 3-4yrs
 M,W,F 12:15pm-2:15pm Sep 12 4469794
 Betty Huff Elementary School

NORTH 96 Sessions \$1465.25 3-4yrs
 M,W,F 12:15pm-2:15pm Sep 12 4469796
 Cedar Hills Elementary School

NORTH 170 Sessions \$3538.25 3-4yrs
 M-F 12:15pm-3:15pm Sep 12 4469839

NORTH 98 Sessions \$1767.75 3-4yrs
 M,W,F 9:00am-11:30am Sep 12 4469806
 Chuck Bailey Recreation Centre

NORTH 96 Sessions \$1731.75 3-4yrs
 M,W,F 9:00am-11:30am Sep 12 4469855

NORTH 96 Sessions \$1465.25 3-4yrs
 M,W,F 12noon-2:00pm Sep 12 4469858

NORTH 71 Sessions \$1280.75 3-4yrs
 Tu, Th 9:00am-11:30am Sep 13 4469861
 David Brankin Elementary School

SOUTH 98 Sessions \$2039.75 3-4yrs
 M,W,F 9:00am-12noon Sep 12 4466934

SOUTH 72 Sessions \$1498.50 3-4yrs
 Tu, Th 9:00am-12noon Sep 13 4466935
 Kensington Prairie Community Centre

SOUTH 98 Sessions \$2039.75 3-4yrs
 M,W,F 12:45pm-3:45pm Sep 12 4469407

SOUTH 72 Sessions \$1498.50 3-4yrs
 Tu, Th 12:45pm-3:45pm Sep 13 4469408
 South Surrey Recreation & Arts Centre

Pre-K Year Long Licensed (Extended Hours)

GUILDFORD 72 Sessions \$2488.50 3-4yrs
 Tu, Th 9:00am-2:00pm Sep 13 4467387
 Fraser Heights Recreation Centre

SOUTH 98 Sessions \$3387 3-4yrs
 M,W,F 9:15am-2:15pm Sep 12 4469252
 Elgin Centre

SOUTH 96 Sessions \$3318 3-4yrs
 M,W,F 9:00am-2:00pm Sep 12 4466949

SOUTH 71 Sessions \$2454 3-4yrs
 Tu, Th 9:00am-2:00pm Sep 13 4466948
 Kensington Prairie Community Centre



Children

We've got a wide variety of activities that will keep your children active and engaged, learning new skills and having fun.

One Day Wonders

Fall Fun

Celebrate the Harvest season! Enjoy an afternoon with themed arts, crafts, songs and games. A special harvest treat included.

GUILDFORD 1 Session \$9.25 6-10yrs
Su 12:45pm-2:15pm Oct 16 4488125
Fraser Heights Recreation Centre

NEWTON 1 Session \$9.25 6-12yrs
Sa 12noon-1:30pm Oct 29 4486140
Newton Recreation Centre

SOUTH 1 Session \$9.25 5-7yrs
Su 1:30pm-3:00pm Sep 18 4492354
South Surrey Recreation & Arts Centre

Science Club: Medieval Magic

Professor Whiz-Bang's experiments will make your cauldron boil and bubble. Collect your fourth Science Club badge as you experiment with medieval magic.

CITYWIDE 1 Session \$11.70 7-10yrs
Sa 10:30am-12noon Sep 24 4490492
Surrey Museum

Construction Production

Use all sorts of different materials and innovative designs to build houses, bridges, castles, and more.

SOUTH 1 Session \$9.25 5-7yrs
Su 11:30am-1:00pm Sep 25 4490143
South Surrey Recreation & Arts Centre

Harvest Time

Children will create a variety of harvest-themed projects including vegetable and leaf stamping, play games and learn to make applesauce.

GUILDFORD 1 Session \$9.25 6-9yrs
Sa 1:15pm-2:45pm Oct 1 4488827
Guildford Recreation Centre

Spooky Sweets

Learn how to make yummy Halloween treats. Creepy cupcakes, spooky cookies, and edible eyeballs are some of the scrumptious sweets you'll make.

CLOVERDALE 1 Session \$13 8-12yrs
W 3:30pm-5:00pm Oct 19 4485916
Cloverdale Recreation Centre

GUILDFORD 1 Session \$11.25 6-9yrs
Sa 12:30pm-2:00pm Oct 29 4488854
Guildford Recreation Centre

Halloween Dance - Family

Join us for an evening of family entertainment. There will be music for all ages, crafts for kids, many activities and prizes for the best costumes! Dress-up or not, gather your friends and family for an evening of Halloween Fun.

CLOVERDALE 1 Session \$3.50
F 6:00pm-9:00pm Oct 21 4488727
Don Christian Recreation Centre

FLEETWOOD 1 Session \$8.75
F 6:00pm-8:30pm Oct 28 4489444
Fleetwood Community Centre

Masks: Alternate Identities

Make a disguise with plaster bandages, paint and bling as you learn about masks from the past and from other lands.

CITYWIDE 1 Session \$15.60 8-10yrs
Sa 2:00pm-4:00pm Oct 22 4491694
Surrey Museum

Halloween Craft

The focus will be on fun as we make crafts, play games and tell Halloween stories. Costumes are encouraged.

GUILDFORD 1 Session \$9.25 6-10yrs
Su 12:45pm-2:15pm Oct 30 4488129
Fraser Heights Recreation Centre

SOUTH 1 Session \$9.25 5-7yrs
Sa 1:30pm-3:00pm Oct 29 4492442
South Surrey Recreation & Arts Centre

Science Club: Energy in Action

Experience high voltage fun as you make a potato battery and turn on the lights with circuits. Professor Whiz-Bang will award you your final Science Club pin after you conduct energy experiments.

CITYWIDE 1 Session \$11.70 7-10yrs
Sa 10:30am-12noon Nov 5 4490925
Surrey Museum

Pirate Day

Ahoy matey! Be a pirate for the day. This program is filled with a variety of pirate crafts, games, stories, music and general pirate fun!

GUILDFORD 1 Session \$9.25 6-9yrs
Sa 12:30pm-2:00pm Nov 19 4488849
Guildford Recreation Centre

Kids in Space

Blast off to find out about the moon, planets and what astronauts eat in space.

GUILDFORD 1 Session \$9.25 6-10yrs
Su 12:45pm-2:15pm Nov 20 4488132
Fraser Heights Recreation Centre

Myths & Mysteries

An enchanted day that will take your child to far away fairy tale lands. Adventure your way through mystical arts, crafts, games and music.

SOUTH 1 Session \$9.25 5-7yrs
Su 1:30pm-3:00pm Nov 20 4492443
South Surrey Recreation & Arts Centre

Christmas Countdown Calendar

Learn the history of advent calendars and make your own calendar for your Christmas countdown. Fill each pocket with a special treat!

CITYWIDE 1 Session \$15.60 9-12yrs
Sa 1:30pm-3:30pm Nov 26 4491635
Surrey Museum

QUICK FIND

CHECK OUT OUR **NEW** SECTIONS

SPORTS Pages 52 - 57

FITNESS & WELLNESS Page 58, 60

Winter Camp: Polar Bear Buddies

Parents can run holiday errands while kids discover the lives of these mighty white bears through Arctic experiments, furry crafts and polar bear games.

CITYWIDE 1 Session \$20.35 6-9yrs
Sa 10:00am-2:00pm Dec 3 4491637
Surrey Museum

Lantern Lights

Celebrate the holiday of light with your family by crafting rustic mason jar lanterns with simple materials. Complete your afternoon with a guided tour of the farm grounds and a sweet treat.

CITYWIDE 1 Session \$7.50 6yrs+
Sa 1:00pm-2:30pm Dec 3 4490559
Historic Stewart Farm

Santa's Sweets

Clusters and suckers are some of the scrumptious treats you'll make. Create a gift box to take your goodies home.

CLOVERDALE 1 Session \$13 8-12yrs
W 3:30pm-5:00pm Dec 7 4485919
Cloverdale Recreation Centre

GUILDFORD 1 Session \$13 6-12yrs
Th 3:30pm-5:00pm Dec 15 4488181
Fraser Heights Recreation Centre

SOUTH 1 Session \$16 6-9yrs
Su 10:00am-12noon Dec 4 4489660

SOUTH 1 Session \$16 9-12yrs
Su 12:30pm-2:30pm Dec 4 4489664
South Surrey Recreation & Arts Centre

Christmas Crafts

Get into the Christmas spirit while creating crafts and gifts for your family and friends.

NEWTON 1 Session \$9.25 6-12yrs
Su 12noon-1:30pm Dec 11 4486986
Newton Recreation Centre

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 6-10yrs
Su 12:45pm-2:15pm Dec 11 4488135
Fraser Heights Recreation Centre

Story Time at Redwood Park

FREE

Join us with your little one for a story. Make a craft and enjoy a walk through the park before you go! Parent/guardian attendance required.

SOUTH 1 Session 5yrs+
F 10:00am-10:45am Oct 21 4491058
F 11:00am-11:45am Oct 21 4491062
Th 3:15pm-4:00pm Oct 27 4491066
M 11:00am-11:45am Dec 19 4491071
M 12noon-12:45pm Dec 19 4491076
Redwood Park

Breakfast With Santa

Join Santa and Mrs Claus for a fun filled breakfast!

Adults \$4 Children \$8 2yrs & under FREE
CLOVERDALE 1 Session
Sa 9:30am-11:00am Dec 10 4488726
Cloverdale Recreation Centre

FLEETWOOD 1 Session
Sa 9:30am-11:00am Dec 10 4489025
Fleetwood Community Centre

GUILDFORD 1 Session
Sa 9:30am-11:00am Dec 3 4489563
Fraser Heights Recreation Centre

NORTH 1 Session
Sa 9:30am-11:00am Dec 17 4488691
Bridgeview Community Centre

SOUTH 1 Session
Sa 9:00am-10:15am Dec 10 4490110
Sa 10:30am-11:45am Dec 10 4490111
South Surrey Recreation & Arts Centre

Gingerbread Creations

This class is all about gingerbread! Make imaginative creations to give as gifts or just to eat and enjoy.

GUILDFORD 1 Session \$9.25 6-12yrs
Th 3:30pm-5:00pm Dec 8 4488178
Fraser Heights Recreation Centre

GUILDFORD 1 Session \$9.25 6-9yrs
Sa 12:30pm-2:00pm Dec 17 4488823
Guildford Recreation Centre

Winter Camp: DIY

Crafty kids will put their creativity to use making their own holiday treasures. Your little elf will go home with stocking stuffers and ornaments for friends and family.

CITYWIDE 1 Session \$20.35 8-12yrs
Sa 10:00am-2:00pm Dec 10 4491697
Surrey Museum

Santa's Workshop

Join Santa's elves in their magical mini workshop creating special gifts for family and friends.

GUILDFORD 1 Session \$8.50 6-9yrs
Sa 12:30pm-2:00pm Dec 3 4488850
Guildford Recreation Centre

SOUTH 1 Session \$9.25 5-7yrs
Sa 10:30am-12noon Dec 17 4489559
Su 10:30am-12noon Dec 18 4489560
M 12:30pm-2:00pm Dec 19 4491155

SOUTH 1 Session \$9.25 7-10yrs
Sa 2:30pm-4:00pm Dec 17 4489561
Su 1:00pm-2:30pm Dec 18 4489562
South Surrey Recreation & 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

Crafts

Kids Can Sew: Christmas Sewing

Kids become crafters as they learn the sewing skills to create their own Christmas stocking or one-of-a-kind gift. Supply fee \$10.

CITYWIDE 3 Sessions \$39.75 8-12yrs
W 4:00pm-6:00pm Nov 23 4489945
Surrey Museum

Felted Christmas Ornaments

Parents and kids watch the magic happen when colourful wool, soap, water and friction are combined to make felted Christmas ornaments. Parent free.

CITYWIDE 3 Sessions \$47 7yrs+
Th 4:00pm-6:00pm Nov 17 4489942
Surrey Museum

Fibre Art Accessories

Customize your style with colourful necklaces, pendants and wristbands. Make your own felt beads, then learn to weave with yarn, beads and feathers.

CITYWIDE 3 Sessions \$46.75 8-12yrs
Sa 10:00am-12noon Sep 24 4489983
Surrey Museum

Kids Can Sew: Doll Clothes

Want to give your American Girl doll a cool new wardrobe? Start with this class that gives kids the skills to make their own clothes for an 18-inch doll. Supply fee \$10.

CITYWIDE 3 Sessions \$49.50 8-12yrs
W 3:30pm-6:00pm Oct 26 4489940
Surrey Museum

Kids Can Sew: Spooky Sewing

Create creepy creatures, ghoulish getups, or a classic treat bag as you learn hand and machine sewing skills. Supply fee \$10.

CITYWIDE 3 Sessions \$39.75 8-12yrs
W 4:00pm-6:00pm Oct 5 4489931
Surrey Museum

Knitting

Learn how to cast on, knit, purl, increase, decrease and cast off. Participants will complete a fashionable and functional project using all of these techniques.

GUILDFORD 6 Sessions \$55.50 8-12yrs
Th 5:15pm-6:45pm Oct 20 4488189
Fraser Heights Recreation Centre

Spin Knit Weave!

It's a fibre triple-threat! Learn three new skills as you make a cool belt, wristband and more using fun fibres like cozy alpaca and fluffy chenille.

CITYWIDE 6 Sessions \$93 8-12yrs
Th 4:00pm-6:00pm Sep 22 4489850
Surrey Museum



Visual Arts

Art Explorer

Children will learn to express themselves with creativity and imagination through basic drawing and painting techniques in various media, including tempera, oil pastels and charcoal. Learn a different project every week. Supplies included.

CLOVERDALE 10 Sessions \$68.50 6-7yrs
M 3:15pm-4:15pm Sep 26 4486314

CLOVERDALE 10 Sessions \$68.50 8-10yrs
M 4:30pm-5:30pm Sep 26 4486315
Don Christian Recreation Centre

FLEETWOOD 6 Sessions \$41 6-9yrs
W 4:00pm-5:00pm Sep 21 4489535
W 4:00pm-5:00pm Nov 9 4489536

FLEETWOOD 6 Sessions \$41 10-13yrs
W 5:00pm-6:00pm Sep 21 4489537
W 5:00pm-6:00pm Nov 9 4489538
Fleetwood Community Centre

NEWTON 5 Sessions \$34.25 6-12yrs
Su 1:30pm-2:30pm Sep 25 4483033
Su 1:30pm-2:30pm Sep 25 4485821
Su 1:30pm-2:30pm Nov 6 4483037
Su 1:30pm-2:30pm Nov 6 4485825
Newton Recreation Centre

NORTH 6 Sessions \$41 6-9yrs
Su 10:15am-11:15am Sep 18 4491177

NORTH 6 Sessions \$41 10-12yrs
Su 10:15am-11:15am Nov 6 4491178
Bridgeview Community Centre

SOUTH 10 Sessions \$68.50 5-7yrs
Tu 3:00pm-4:00pm Sep 20 4488002
South Surrey Recreation & Arts Centre

Preteen Art Extreme

Experiment with extremely different kinds of art: ceramics, watercolours, acrylics, drawing with all kinds of mediums, printmaking, and more! Try something new every week. Surrey Art Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 6 Sessions \$99.75 9-13yrs
Su 2:30pm-4:30pm Oct 23 4487011
Surrey Arts Centre

Discovery Nature Art

Create Art using nature and learn about the environment and all of the living things that live in the park. Express your creativity through painting and drawing projects.

SOUTH 5 Sessions \$29.75 6-9yrs
Tu 4:30pm-5:30pm Sep 20 4492263
Tu 4:30pm-5:30pm Nov 1 4492268
South Surrey Recreation & Arts Centre

Art Express

Explore art and express yourself by experimenting with different techniques, ideas, and materials. You'll learn to combine the elements of colour, line, texture, and shape through a variety of weekly projects that include drawing, painting, mixed media, and sculpture. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 8 Sessions \$96.50 5-8yrs
Sa 10:30am-12noon Oct 15 4486700
Sa 1:00pm-2:30pm Oct 15 4486701
Surrey Arts Centre

Collage & Assemblage

Collage and assemblage offers a limitless opportunity to reinvent everyday materials and objects. We will use imagination and creativity to explore ways of building, joining, and transforming materials. Projects will be embellished with print, paint, and photo transfer techniques. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 8 Sessions \$99.75 9-12yrs
W 4:30pm-6:00pm Oct 5 4487978
Surrey Arts Centre

Mixed Media Sculpture

Clay, cardboard, wood, paint, plaster, papier-mache - it's all better together! Learn how to combine traditional art supplies with found and recycled materials, mixing mediums to build and decorate your own colourful, exciting sculptures. Surrey Art Gallery instructors are practicing artists and art educators.

CITYWIDE 8 Sessions \$96.50 6-8yrs
Tu 3:30pm-5:00pm Oct 4 4486868
Surrey Arts Centre

Drawing Techniques

Explore the foundations of drawing and begin developing the observational skills necessary for great results. Experiment with pastels, charcoal, pencil, and crayons while creating portraits, landscapes, and more. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 8 Sessions \$99.75 9-13yrs
Sa 10:30am-12noon Oct 15 4486712
CITYWIDE 6 Sessions \$74.75 9-13yrs
Su 12:30pm-2:00pm Oct 23 4487009
Surrey Arts Centre

Cartooning - Level I

Learn the basics of drawing cartoons. The instructor will cover the basic techniques and steps to designing animation.

FLEETWOOD 6 Sessions \$51.50 9-13yrs
Tu 4:00pm-5:00pm Sep 20 4489125
Tu 4:00pm-5:00pm Nov 8 4489129
Fleetwood Community Centre

SOUTH 10 Sessions \$85.50 6-9yrs
M 3:30pm-4:30pm Sep 19 4488000

SOUTH 10 Sessions \$85.50 9-12yrs
M 4:30pm-5:30pm Sep 19 4488001
South Surrey Recreation & Arts Centre

Cartooning & Comics

Bring characters to life! You'll learn the basics of creating appealing cartoon characters for animation using skills such as expressions, posing, and panel composition. You'll create full Character Pose Sheets for a character that is ready to be animated! This course is recommended as a prerequisite for Cartoons & Animation. Surrey Art Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 8 Sessions \$74.50 7-10yrs
Th 5:45pm-7:25pm Oct 6 4486705
Surrey Arts Centre

Hand Drawn Animation

Learning how to animate with paper and pencil, you will have an opportunity to create your own hand drawn animation video using various animation techniques learned during the course. 'Cartooning & Comics' is recommended as a prerequisite. Surrey Art Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 8 Sessions \$74.50 8-12yrs
Th 4:00pm-5:30pm Oct 6 4486706
Surrey Arts Centre

Coloured Pencil Pro

Learn colour mixing, and how to create texture, light and shadow with coloured pencil. Explore the foundations of drawing and colour to begin developing the observational skills necessary for great results. Experiment with new techniques while creating portraits, landscapes, and more. Surrey Art Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 8 Sessions \$99.75 9-13yrs
Sa 12:30pm-2:00pm Oct 15 4486711
Surrey Arts Centre

Drawing & 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 8 Sessions \$77.75 6-8yrs
M 4:30pm-5:30pm Sep 26 4488147
Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$97.25 6-9yrs
M 3:15pm-4:15pm Sep 26 4488807

GUILDFORD 10 Sessions \$97.25 10-12yrs
M 4:30pm-5:30pm Sep 26 4488808
Guildford Recreation Centre

SOUTH 10 Sessions \$97.25 6-9yrs
Tu 4:15pm-5:15pm Sep 20 4487998

SOUTH 10 Sessions \$97.25 9-12yrs
Tu 5:15pm-6:15pm Sep 20 4487999
South Surrey Recreation & Arts Centre

Paint/Draw & Sculpt: Still Life

Students will explore different styles of still life 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 8 Sessions \$96.50 6-9yrs
Th 5:00pm-6:30pm Oct 6 4491009
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. Pre-registration is required.

CITYWIDE 1 Session \$24 6-11yrs
Sa 3:30pm-6:30pm Oct 22 4490324
Surrey Arts Centre

Arduino Workshop

Building fun interactive projects with microcontrollers! Learn about basic electronics, hardware sensors, programming in the Arduino language, physical prototyping, and then get your projects started with the help and guidance of our experts. In partnership with, and on location at, SFU Surrey, brought to you by Intentions Lab.

CITYWIDE 3 Sessions \$84 9-14yrs
 Sa 10:00am-1:00pm Oct 22 4492899
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 8 Sessions \$99.75 8-12yrs
 Tu 5:30pm-7:00pm Oct 4 4487980
Surrey Arts Centre

Creative Clay

Learn the ancient art of hand building with clay! You'll create functional, decorative, and sculptural projects while learning centuries-old techniques. Surrey Art Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 8 Sessions \$96.50 6-8yrs
 Sa 3:00pm-4:30pm Oct 15 4486708
Surrey Arts Centre

Clayworks

Enjoy being creative with your hands and imagination as you make unique creatures and things with clay manipulation.

FLEETWOOD 6 Sessions \$58.50 6-9yrs
 Tu 5:00pm-6:00pm Sep 20 4489130
 Tu 5:00pm-6:00pm Nov 8 4489136

FLEETWOOD 6 Sessions \$58.50 10-13yrs
 Tu 6:00pm-7:00pm Sep 20 4489131
 Tu 6:00pm-7:00pm Nov 8 4489137
Fleetwood Community Centre

SOUTH 10 Sessions \$97.25 6-9yrs
 M 3:15pm-4:15pm Sep 19 4487182
South Surrey Recreation & Arts Centre

Home School - Explore & Create

Inspired by an exploration of Surrey Art Gallery exhibitions students will engage in studio art projects that encourage self-exploration, creative discovery, and artistic expression as well as build knowledge and develop new skills through experimenting with materials, techniques, and the elements of art. One parent per family is welcome to participate. Surrey Art Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 4 Sessions \$81.25 6-17yrs
 F 1:15pm-3:15pm Oct 14 4486877
 F 1:15pm-3:15pm Nov 18 4486879
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.



Drawing & 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 4:30pm-6:00pm Sep 20 4482833
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 cartooning, including drawing expressions, caricature development and the drawing and painting techniques to bring your imagination to life!

SOUTH 4 Sessions \$60 7-11yrs
 Sa 12:30pm-2:00pm Sep 10 4482844
 Sa 12:30pm-2:00pm Nov 19 4482845
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 Sep 21 4482836

SOUTH 8 Sessions \$105 7-11yrs
 W 5:00pm-6:30pm Sep 21 4482837
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 Sep 22 4482831

SOUTH 8 Sessions \$120 7-11yrs
 Th 5:00pm-6:30pm Sep 22 4482832
South Surrey Recreation & Arts Centre

Textile Workshop: Finger Knitting for All

This is a family friendly workshop where you and your child will learn the fast and fun art of finger knitting. Join textile artist Gloria Villamil, who will teach you the surprisingly easy technique of knitting without needles! Once you learn you, you'll be on your way to creating simple, quick, and fun finger knit projects like scarves, bracelets, necklaces, headbands, and more!

SOUTH 1 Session \$15 5yrs+
 Sa 1:00pm-3:00pm Oct 22 4483581
South Surrey Recreation & Arts Centre

Textile Workshop: Family Felting

Soapy, squishy fun! This is a family friendly workshop where you and your child will learn the creative and fun technique of wet felting. Come and experience the magic of turning fluffy wool into a beautiful fabric picture.

SOUTH 1 Session \$15 5yrs+
 Sa 1:00pm-3:00pm Oct 29 4490154
South Surrey Recreation & Arts Centre

Kids Crafty Christmas

Kids, get into the spirit of Christmas! Enjoy holiday music and snacks while you learn how to make some fabulous gifts and decorations out of upcycled sweaters and other materials. Learn how to finger knit gifts for your family and friends! This two week class will have you ready for the holidays!

SOUTH 2 Sessions \$28 4-7yrs
 W 3:30pm-5:00pm Dec 7 4492973

SOUTH 2 Sessions \$28 7-11yrs
 W 5:00pm-6:30pm Dec 7 4492974
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 6 Sessions \$41.50 9-13yrs
 Sa 11:30am-12:30pm Sep 24 4488913
Fleetwood Community Centre

NEWTON 6 Sessions \$41.25 6-12yrs
 Sa 10:45am-11:45am Nov 5 4483685

NEWTON 5 Sessions \$34.50 6-12yrs
 Sa 10:45am-11:45am Sep 24 4483684
Newton Seniors' Centre

SOUTH 5 Sessions \$34.50 6-9yrs
 F 5:00pm-6:00pm Sep 23 4488161

F 5:00pm-6:00pm Oct 28 4488162
South Surrey Recreation & Arts Centre

Musical Theatre

Sing and dance like a Broadway star with this fun and entertaining combination of acting, singing and dancing.

CLOVERDALE 11 Sessions \$76 6-8yrs
 M 5:30pm-6:30pm Sep 19 4485922

CLOVERDALE 11 Sessions \$76 9-12yrs
 M 6:30pm-7:30pm Sep 19 4485923
Cloverdale Recreation Centre

CLOVERDALE 11 Sessions \$76 8-12yrs
 M 2:45pm-3:45pm Sep 19 4486319
Martha Currie Elementary School

SOUTH 10 Sessions \$69 5-7yrs
 Th 3:30pm-4:30pm Sep 22 4487228
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 10 Sessions \$69 8-12yrs
 Th 4:30pm-5:30pm Sep 22 4487224
South Surrey Recreation & 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 9 Sessions \$180 9-15yrs
 Tu 6:00pm-8:00pm Sep 27 4485152
Surrey Arts Centre

Acting for the Stage

Ready to break a leg? You'll tread the boards with theatre games and exercises, cold reads, monologues, scene study, and more! You'll also get to show your stuff at the last class with a showcase for family and friends. Surrey Arts Centre instructors are practicing arts professionals and experienced educators.

CITYWIDE 10 Sessions \$199 9-15yrs
 Tu 3:30pm-5:30pm Sep 27 4485137
Surrey 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. 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 1 Session \$29.25 6-12yrs
 M 9:00am-3:00pm Sep 26 4486730
 F 9:00am-3:00pm Oct 21 4486731
 Th 9:00am-3:00pm Nov 10 4486732
Don Christian Recreation Centre

GUILDFORD 1 Session \$31.50 6-12yrs
 M 8:30am-3:00pm Sep 26 4492312
 F 8:30am-3:00pm Oct 21 4492313
 Th 8:30am-3:00pm Nov 10 4492315
Fraser Heights Recreation Centre

GUILDFORD 1 Session \$29.25 6-12yrs
 M 9:00am-3:00pm Sep 26 4488820
 F 9:00am-3:00pm Oct 21 4488821
 Th 9:00am-3:00pm Nov 10 4488822
Guildford Recreation Centre

NEWTON 1 Session \$29.25 6-12yrs
 M 9:00am-3:00pm Sep 26 4486134
 F 9:00am-3:00pm Oct 21 4486698
 Th 9:00am-3:00pm Nov 10 4486707
Newton Recreation Centre

NORTH 1 Session \$29.25 6-12yrs
 M 9:00am-3:00pm Sep 26 4486750
 F 9:00am-3:00pm Oct 21 4486751
 Th 9:00am-3:00pm Nov 10 4486752
Chuck Bailey Recreation Centre

SOUTH 1 Session \$29.25 6-12yrs
 M 9:00am-3:00pm Sep 26 4488897
 F 9:00am-3:00pm Oct 21 4488899
 Th 9:00am-3:00pm Nov 10 4488900
South Surrey Recreation & Arts Centre

Spies and Superheroes

Spies and superheroes need a mask, crest and cape to maintain an air of mystery. Design your own Halloween superhero costume and hear the stories of a mysterious Surrey spy from WW1.

CITYWIDE 1 Session \$30.50 7-10yrs
 F 9:00am-3:00pm Oct 21 4491688
Surrey Museum

Swim & Skate Camp

Activities include swimming, skating, games and crafts as well. Skate and helmet rentals included in the camp fee. Parents/Guardians MUST accompany children on the first day to fill out medical forms.

FLEETWOOD 1 Session \$30.75 7-12yrs
 M 9:00am-3:00pm Sep 26 4483526
 F 9:00am-3:00pm Oct 21 4483527
 Th 9:00am-3:00pm Nov 10 4483578
Surrey Sport and Leisure Arena

Toys and Games

Gepetto's toy shop brought to life! Young toymakers create their own vintage toys and play Victorian parlour games.

CITYWIDE 1 Session \$30.50 6-12yrs
 Th 9:00am-3:00pm Nov 10 4489899
Historic Stewart Farm

Witchy Fun

Join other young witch and wizard hopefuls at Surrey's own Hogwarts. Attend witch school, get your fortune told and create a potion to enjoy with spooky treats.

CITYWIDE 1 Session \$30.50 6-12yrs
 F 9:00am-3:00pm Oct 21 4489854
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 \$47.75 6-11yrs
 F 9:00am-3:00pm Oct 21 4486721
 Th 9:00am-3:00pm Nov 10 4486722
Surrey Arts Centre

Art Explorer

Express yourself with creativity and imagination through basic drawing and painting techniques in various media, including tempera, oil pastels and charcoal. Supplies included.

FLEETWOOD 1 Session \$31 6-12yrs
 W 9:00am-3:00pm Oct 21 4491343
Fleetwood Community Centre

Nature Discovery Camp

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
 M 9:00am-4:00pm Sep 26 4491183
 F 9:00am-4:00pm Oct 21 4491184
 Th 9:00am-4:00pm Nov 10 4491188
Surrey Nature Centre

LOOK IN THE ARENAS & POOLS SECTIONS FOR MORE SCHOOL'S-OUT CAMPS

Music

Guitar - Level I

This program is designed to offer an opportunity to learn basic notes and how to read music sheets. Participants are required to bring their own guitar in good playing condition.

CLOVERDALE 12 Sessions \$82.75 9-12yrs
 Tu 3:30pm-4:30pm Sep 20 4485838
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$41.50 9-12yrs
 M 5:30pm-6:30pm Nov 7 4489035

FLEETWOOD 5 Sessions \$34.50 6-9yrs
 M 4:30pm-5:30pm Sep 19 4489032

FLEETWOOD 5 Sessions \$34.50 9-12yrs
 M 5:30pm-6:30pm Sep 19 4489034
Fleetwood Community Centre

GUILDFORD 10 Sessions \$69 8-12yrs
 Sa 9:00am-10:00am Sep 24 4490942
Guildford Recreation Centre

NEWTON 8 Sessions \$55.25 8-12yrs
 Sa 10:45am-11:45am Sep 24 4486123
Newton Seniors' Centre

SOUTH 10 Sessions \$69 9-12yrs
 F 3:30pm-4:30pm Sep 23 4487163
South Surrey Recreation & Arts Centre

Guitar - Level I - Family

This program is designed to offer an opportunity to learn basic notes and how to read music sheets. Each participant is required to bring their own guitar in good playing condition. A great way for families to be participate together!

GUILDFORD 10 Sessions \$39.50 6yrs+
 Sa 11:30am-12:30pm Sep 24 4490944
Guildford Recreation 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 12 Sessions \$82.75 9-12yrs
 Tu 4:45pm-5:45pm Sep 20 4485848
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$41.50 8-12yrs
 M 6:30pm-7:30pm Nov 7 4489040

FLEETWOOD 5 Sessions \$34.50 8-12yrs
 M 6:30pm-7:30pm Sep 19 4489039
Fleetwood Community Centre

GUILDFORD 10 Sessions \$69 8-12yrs
 Sa 10:15am-11:15am Sep 24 4488825
Guildford Recreation Centre

NEWTON 8 Sessions \$55.25 8-12yrs
 Sa 9:45am-10:45am Sep 24 4486124
Newton Seniors' Centre

SOUTH 10 Sessions \$69 9-12yrs
 F 4:30pm-5:30pm Sep 23 4487166
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 6 Sessions \$41.50 6-9yrs
 Tu 3:45pm-4:45pm Sep 20 4489081
 Tu 3:45pm-4:45pm Nov 8 4489088

FLEETWOOD 6 Sessions \$41.50 10-13yrs
 Tu 4:45pm-5:45pm Sep 20 4489091
 Tu 4:45pm-5:45pm Nov 8 4489092

Fleetwood Community Centre

GUILDFORD 10 Sessions \$69 6-8yrs
 W 4:00pm-5:00pm Sep 28 4491003

GUILDFORD 10 Sessions \$69 9-12yrs
 W 5:15pm-6:15pm Sep 28 4491004

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 10 Sessions \$39.50 6yrs+
 Su 12noon-1:00pm Sep 25 4491007
 Su 1:15pm-2:15pm Sep 25 4491008

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 6 Sessions \$41.50 6-9yrs
 Tu 5:45pm-6:45pm Sep 20 4489111
 Tu 5:45pm-6:45pm Nov 8 4489121

FLEETWOOD 6 Sessions \$41.50 10-13yrs
 Tu 6:45pm-7:45pm Sep 20 4489122
 Tu 6:45pm-7:45pm Nov 8 4489124

Fleetwood Community Centre

GUILDFORD 10 Sessions \$69 9-12yrs
 W 6:30pm-7:30pm Sep 28 4491016

Guildford Recreation Centre

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

CHUCK BAILEY RECREATION CENTRE

F	7:00pm-9:30pm	Sep 9	4487901
F	7:00pm-9:30pm	Oct 14	4487902
F	7:00pm-9:30pm	Nov 18	4487903
F	7:00pm-9:30pm	Dec 9	4487904

DON CHRISTIAN RECREATION CENTRE

F	7:00pm-9:30pm	Sep 9	4492281
F	7:00pm-9:30pm	Oct 7	4492282
F	7:00pm-9:30pm	Nov 4	4492283
F	7:00pm-9:30pm	Dec 2	4492403

Save by purchasing 4 sessions \$18

F	7:00pm-9:30pm		4492409
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FLEETWOOD COMMUNITY CENTRE

F	7:00pm-9:30pm	Sep 16	4489405
F	7:00pm-9:30pm	Oct 21	4489406
F	7:00pm-9:30pm	Nov 18	4489407
F	7:00pm-9:30pm	Dec 16	4489408

GUILDFORD RECREATION CENTRE

F	7:00pm-9:30pm	Sep 30	4491622
F	7:00pm-9:30pm	Oct 28	4491623
F	7:00pm-9:30pm	Nov 25	4491624

NEWTON SENIORS' CENTRE

F	7:00pm-9:30pm	Sep 16	4491331
F	7:00pm-9:30pm	Oct 21	4491332
F	7:00pm-9:30pm	Nov 18	4491333
F	7:00pm-9:30pm	Dec 16	4491334

Save by purchasing 4 sessions \$18

F	7:00pm-9:30pm		4499700
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SOUTH SURREY RECREATION & ARTS CENTRE

F	7:00pm-9:30pm	Sep 9	4491133
F	7:00pm-9:30pm	Oct 14	4491134
F	7:00pm-9:30pm	Nov 18	4491135
F	7:00pm-9:30pm	Dec 9	4491136

Celebrating A BIRTHDAY?

Party before the preteen dance to celebrate your special day, then dance the night away after!

See page 21 & 22 for party details.

Dance

Ballet & Jazz

A little bit poised, a little bit rock and roll. Try out this fun dance class combining ballet, and jazz.

GUILDFORD	10 Sessions \$69	6-8yrs
M	3:15pm-4:15pm	Sep 26 4488773
GUILDFORD	10 Sessions \$69	9-12yrs
M	4:30pm-5:30pm	Sep 26 4488774
Guildford Recreation Centre		

Ballet - Level I

This program is for children with very little or no ballet training. You will learn about rhythm, poise, classical ballet steps and positions.

CLOVERDALE	11 Sessions \$76	5-7yrs
Tu	3:00pm-4:00pm	Sep 27 4485896
Cloverdale Recreation Centre		
GUILDFORD	8 Sessions \$55.25	6-8yrs
Th	4:30pm-5:30pm	Sep 29 4488182
Fraser Heights Recreation Centre		
GUILDFORD	10 Sessions \$69	5-7yrs
M	4:15pm-5:15pm	Sep 26 4488775
Guildford Recreation Centre		
NEWTON	6 Sessions \$41.50	6-12yrs
Sa	1:00pm-2:00pm	Nov 5 4483664
NEWTON	5 Sessions \$34.50	6-12yrs
Sa	1:00pm-2:00pm	Sep 24 4483663
Newton Seniors' 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	11 Sessions \$76	6-9yrs
Tu	4:00pm-5:00pm	Sep 27 4485902
Cloverdale Recreation Centre		

Bhangra Dance - Family

Learn basic Indian dance moves to Bhangra music.

NEWTON	7 Sessions \$24.50	
Th	5:00pm-6:00pm	Sep 15 4489851
Th	5:00pm-6:00pm	Nov 3 4489853
Newton Seniors' Centre		

Bhangra Dance

This introductory dance class will teach you the basic Bhangra steps, a popular, traditional Punjabi dance.

GUILDFORD	8 Sessions \$55.25	6-9yrs
Su	11:45am-12:45pm	Sep 25 4488122
Fraser Heights Recreation Centre		
GUILDFORD	10 Sessions \$69	6-12yrs
Su	11:45am-12:45pm	Sep 25 4488778
Guildford Recreation Centre		
NEWTON	6 Sessions \$41.50	6-9yrs
W	5:30pm-6:30pm	Sep 21 4483672
NEWTON	6 Sessions \$41.50	10-12yrs
W	6:30pm-7:30pm	Sep 21 4483673
NEWTON	5 Sessions \$34.50	6-9yrs
W	5:30pm-6:30pm	Nov 2 4483675
NEWTON	5 Sessions \$34.50	10-12yrs
W	6:30pm-7:30pm	Nov 2 4483676
Newton Seniors' 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	Sep 23 4489376
Fleetwood Community Centre		
NORTH	6 Sessions \$41.50	6-9yrs
W	3:30pm-4:30pm	Oct 5 4492453
NORTH	6 Sessions \$41.50	10-12yrs
W	4:30pm-5:30pm	Oct 5 4492454
Bridgeview Community Centre		

Dance Sampler

This lively sampler introduces students to the basics of a variety of dance moves and much more.

FLEETWOOD	6 Sessions \$41.50	6-9yrs
Sa	1:00pm-2:00pm	Sep 24 4489017
FLEETWOOD	6 Sessions \$41.50	10-13yrs
Sa	2:00pm-3:00pm	Sep 24 4489019
Fleetwood Community Centre		
SOUTH	10 Sessions \$69	6-8yrs
Th	3:45pm-4:45pm	Sep 22 4487099
SOUTH	10 Sessions \$69	9-12yrs
Th	4:45pm-5:45pm	Sep 22 4487100
South Surrey Recreation & Arts Centre		

Jazz & Hip Hop

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.

GUILDFORD	6 Sessions \$41.50	6-9yrs
W	4:30pm-5:30pm	Nov 9 4488165
Fraser Heights Recreation Centre		

Hip Hop

Learn the latest in hip hop and dance coordination in this funky energetic class. Ideal for those with little to no dance experience.

CLOVERDALE	11 Sessions \$76	6-8yrs
W	4:15pm-5:15pm	Sep 28 4486664
CLOVERDALE	11 Sessions \$76	8-10yrs
W	5:30pm-6:30pm	Sep 28 4486665
Don Christian Recreation Centre		
GUILDFORD	6 Sessions \$41.50	6-9yrs
W	4:30pm-5:30pm	Sep 28 4488163
Fraser Heights Recreation Centre		
GUILDFORD	10 Sessions \$69	6-8yrs
Su	1:00pm-2:00pm	Sep 25 4488828
GUILDFORD	10 Sessions \$69	9-12yrs
Su	2:15pm-3:15pm	Sep 25 4488829
Guildford Recreation Centre		
NEWTON	5 Sessions \$34.50	6-9yrs
M	5:15pm-6:15pm	Sep 19 4483686
M	5:15pm-6:15pm	Nov 7 4483689
NEWTON	5 Sessions \$34.50	10-12yrs
M	6:15pm-7:15pm	Sep 19 4483687
M	6:15pm-7:15pm	Nov 7 4483690
Newton Seniors' Centre		
SOUTH	10 Sessions \$69	6-9yrs
Tu	3:15pm-4:15pm	Sep 27 4487194
SOUTH	10 Sessions \$69	9-12yrs
Tu	4:15pm-5:15pm	Sep 27 4487195
South Surrey Recreation & Arts Centre		

General Interest

Kids Who Cook

Come out and enjoy cooking with us! Learn to make fun and easy recipes that you can add to your very own cookbook.

CLOVERDALE 5 Sessions \$65 6-10yrs
 F 4:45pm-6:15pm Sep 30 4486694
 F 4:45pm-6:15pm Nov 4 4486695
Don Christian Recreation Centre

CLOVERDALE 8 Sessions \$92.25 5-8yrs
 F 2:45pm-4:00pm Sep 30 4486050
CLOVERDALE 8 Sessions \$92.25 9-12yrs
 F 4:15pm-5:30pm Sep 30 4486051
Katzie Elementary School

GUILDFORD 4 Sessions \$52 7-12yrs
 Th 4:30pm-6:00pm Nov 3 4488171
Fraser Heights Recreation Centre

NEWTON 5 Sessions \$65 8-12yrs
 Su 3:00pm-4:30pm Sep 25 4483678
 Su 3:00pm-4:30pm Nov 6 4483679
Newton Recreation Centre

NORTH 6 Sessions \$78 6-9yrs
 Su 10:00am-11:30am Sep 25 4492480
 Su 10:00am-11:30am Nov 6 4492481

NORTH 6 Sessions \$78 10-12yrs
 Tu 4:30pm-6:00pm Sep 20 4492478
 Tu 4:30pm-6:00pm Nov 8 4492479
Bridgeview Community Centre

SOUTH 6 Sessions \$78 6-9yrs
 M 3:15pm-4:45pm Sep 19 4488241
 M 3:15pm-4:45pm Oct 31 4488242
Kensington Prairie Community Centre

SOUTH 5 Sessions \$65 6-9yrs
 Sa 10:30am-12noon Sep 17 4487169
 Sa 10:30am-12noon Oct 29 4487170

SOUTH 5 Sessions \$65 9-12yrs
 Sa 12:30pm-2:00pm Sep 17 4487171
 Sa 12:30pm-2:00pm Oct 29 4487172
South Surrey Recreation & Arts Centre

Cooking - Desserts

Get in touch with your inner baker! This class will focus on baking different desserts and pastries, while also trying out different decorating techniques.

CLOVERDALE 1 Session \$13 8-12yrs
 W 3:30pm-5:00pm Sep 21 4485913
Cloverdale Recreation Centre

Cooking - 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 Oct 5 4485914
Cloverdale Recreation Centre

GUILDFORD 1 Session \$13 8-12yrs
 F 5:15pm-6:45pm Nov 18 4488200
Fraser Heights Recreation Centre

Healthy Kids Who Cook

Children learn about nutrition through cooking. It focuses on the benefits of maintaining an active lifestyle and eating healthy from day to day.

GUILDFORD 4 Sessions \$52 7-12yrs
 Th 4:30pm-6:00pm Sep 29 4488168
Fraser Heights Recreation Centre

Cooking - Indian

Enjoy the hands on experience of preparing, cooking and sampling a selection of dishes from India.

GUILDFORD 1 Session \$13 8-12yrs
 F 5:15pm-6:45pm Oct 21 4488199
Fraser Heights Recreation Centre

Cooking - Italian

Enjoy the hands on experience of preparing, cooking and sampling a selection of pasta dishes from Italy.

CLOVERDALE 1 Session \$13 8-12yrs
 W 3:30pm-5:00pm Nov 23 4485918
Cloverdale Recreation Centre

Snack Attack

Create your snack cookbook and make your own simple, nutritious and tasty snacks.

FLEETWOOD 6 Sessions \$60.50 6-9yrs
 Th 3:30pm-4:30pm Sep 22 4485917
 Th 3:30pm-4:30pm Nov 10 4489368

FLEETWOOD 6 Sessions \$60.50 10-13yrs
 Th 4:30pm-5:30pm Sep 22 4489291
 Th 4:30pm-5:30pm Nov 10 4489369
Fleetwood Community Centre

Sushi - Level 1

Learn the basics of making your own Sushi, including California Rolls and Kappa Maki!

GUILDFORD 1 Session \$13 8-12yrs
 F 5:15pm-6:45pm Oct 7 4488198
Fraser Heights Recreation Centre

THRIFTY FOODS Young Chef

Sponsored by Thrifty Foods, this engaging camps allows children to learn the basics of food preparation, kitchen skills and healthy eating. Young Chefs enjoy hands on nutritional snack preparations, as well as customizing their own recipe book.

SOUTH 12 Sessions \$25 9-12yrs
 W 5:00pm-6:30pm Sep 21 4488172
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 \$13 6-12yrs
 Th 3:30pm-5:00pm Oct 27 4488175
 Th 3:30pm-5:00pm Dec 1 4488176
Fraser Heights Recreation Centre

Personal Development

Short Stories

Ever wanted to write your own book? Here's your chance to get creative! Learn how to write a short story and have your very own by the end of the session!

GUILDFORD 8 Sessions \$80 6-9yrs
 Th 3:15pm-4:15pm Oct 27 4488851
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 10 Sessions \$80 9-12yrs
 M 5:45pm-6:45pm Sep 26 4488805
 Th 4:30pm-5:30pm Sep 29 4488806
Guildford Recreation Centre

NEWTON 6 Sessions \$48 8-12yrs
 Sa 9:30am-10:30am Nov 5 4483683

NEWTON 5 Sessions \$40 8-12yrs
 Sa 9:30am-10:30am Sep 24 4483681
Newton Seniors' Centre

SOUTH 10 Sessions \$80 8-12yrs
 M 4:30pm-5:30pm Sep 19 4487189
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 11 Sessions \$86.50 7-11yrs
 W 5:45pm-6:45pm Sep 28 4485906
Cloverdale Recreation Centre

GUILDFORD 10 Sessions \$78.50 6-8yrs
 F 3:30pm-4:30pm Sep 30 4488818

GUILDFORD 10 Sessions \$78.50 10-12yrs
 F 4:45pm-5:45pm Sep 30 4488819
Guildford Recreation Centre

Japanese

Children learn the alphabet, numbers and basic phrases, and emphasis will be on conversational Japanese

GUILDFORD 10 Sessions \$78.50 7-12yrs
 Tu 5:45pm-6:45pm Sep 27 4488835
Guildford Recreation Centre

Spanish

Children learn the alphabet, numbers and basic phrases, and emphasis will be on conversational spanish.

SOUTH 10 Sessions \$78.50 8-12yrs
 Tu 4:30pm-5:30pm Sep 20 4491221
South Surrey Recreation & Arts Centre

Chess

Build your creativity, concentration and critical thinking while learning the game of chess.

GUILDFORD 8 Sessions \$64 6-8yrs
 Su 9:30am-10:30am Sep 25 4488201

GUILDFORD 8 Sessions \$64 9-12yrs
 Su 10:45am-11:45am Sep 25 4488202
Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$80 6-8yrs
 Su 3:30pm-4:30pm Sep 25 4489229
Guildford Recreation Centre

Young Scientists

Have you ever wondered what makes popcorn pop or why an onion makes you cry? These and many other questions can be discovered through a variety of experiments. Emphasis on fun through the use of materials found in the home.

GUILDFORD 10 Sessions \$80 6-8yrs
 Tu 3:15pm-4:15pm Sep 27 4488876

GUILDFORD 10 Sessions \$80 9-12yrs
 Tu 4:30pm-5:30pm Sep 27 4488877
Guildford Recreation Centre

Home Sense

Create a safe environment while home alone. Important topics such as message taking, food preparation, playing safe and stranger danger are all taught through fun and educational activities.

CLOVERDALE 1 Session \$28 10-13yrs
 Sa 9:00am-12noon Oct 15 4487834
 W 10:00am-1:00pm Dec 28 4488267
Cloverdale Recreation Centre

F 4:00pm-7:00pm Nov 18 4487835
Don Christian Recreation Centre

FLEETWOOD 1 Session \$27.50 10-13yrs
 Sa 10:00am-1:00pm Sep 24 4489021
 Sa 10:00am-1:00pm Nov 12 4489022
Fleetwood Community Centre

GUILDFORD 1 Session \$20.50 10-13yrs
 Sa 10:00am-1:00pm Oct 22 4488830
 Sa 10:00am-1:00pm Nov 19 4488831
Guildford Recreation Centre

SOUTH 1 Session \$27.50 10-13yrs
 Sa 11:00am-2:00pm Oct 1 4489288
 Sa 11:00am-2:00pm Nov 26 4489289
South Surrey Recreation & Arts 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 9 sessions or pick your days!
CLOVERDALE 9 Sessions \$149 6-12yrs
 Sa 1:30pm-4:30pm Sep 24 4483726

CLOVERDALE 1 Session \$17.50 6-12yrs
Under the Sea
 Sa 1:30pm-4:30pm Sep 24 4483727

Anchors Away
 Sa 1:30pm-4:30pm Oct 1 4483728

Zootopia
 Sa 1:30pm-4:30pm Oct 15 4483729

Art Attack
 Sa 1:30pm-4:30pm Oct 22 4483730

Cooking Monsters
 Sa 1:30pm-4:30pm Oct 29 4483731

Sports Stars
 Sa 1:30pm-4:30pm Nov 5 4483732

Under the Big Top
 Sa 1:30pm-4:30pm Nov 26 4483733

Treasure Island
 Sa 1:30pm-4:30pm Dec 3 4483734

Winter Wonderland
 Sa 1:30pm-4:30pm Dec 10 4483801
Cloverdale Recreation Centre

WINTER Day Camps

Preschool

Christmas Break Camp

Action packed days for your preschooler. Full of fun, thrills and friends including games, arts and crafts, sports and much more.

GUILDFORD 5 Sessions \$63 3-5yrs
M-F 9:00am-12noon Dec 19 4492272

GUILDFORD 4 Sessions \$50.50 3-5yrs
Tu-F 9:00am-12noon Dec 27 4492274
Fraser Heights Recreation Centre

GUILDFORD 5 Sessions \$63 3-5yrs
M-F 9:00am-12noon Dec 19 4489262

GUILDFORD 4 Sessions \$50.50 3-5yrs
Tu-F 9:00am-12noon Dec 27 4489263
Guildford Recreation Centre

SOUTH 5 Sessions \$45 3-5yrs
M-F 9:30am-11:30am Dec 19 4490602
M-F 12:30pm-2:30pm Dec 19 4490601

SOUTH 4 Sessions \$36 3-5yrs
Tu-F 9:30am-11:30am Dec 27 4490604
Tu-F 12:30pm-2:30pm Dec 27 4490603
South Surrey Recreation & Arts Centre

Science and Nature Camp

Every day is a journey into the world of science! Your 'young Einstein' will spend the week exploring fascinating subjects in science and nature.

FLEETWOOD 5 Sessions \$83 4-5yrs
M-F 12:30pm-2:30pm Dec 19 4490326
Fleetwood Community Centre

Melody Makers Camp

An opportunity for your child to make home made instruments, learn fun songs and stories.

FLEETWOOD 4 Sessions \$60 3-5yrs
Tu-F 12:30pm-2:30pm Dec 27 4490415
Fleetwood Community Centre

Cooking Camp

Have fun in the kitchen! Children will create simple snacks while learning about kitchen etiquette and safety plus make your own recipe book!

FLEETWOOD 5 Sessions \$74.75 4-5yrs
M-F 10:15am-12noon Dec 19 4490299
Fleetwood Community Centre

Dance Camp

Have fun learning rhythm, timing, and different dance moves in this dance camp.

FLEETWOOD 4 Sessions \$41.50 3-5yrs
Tu-F 10:30am-12noon Dec 27 4490394
Fleetwood Community Centre

SOUTH 5 Sessions \$52 3-5yrs
M-F 1:00pm-2:30pm Dec 19 4490632

SOUTH 4 Sessions \$41.50 3-5yrs
Tu-F 1:00pm-2:30pm Dec 27 4490633
South Surrey Recreation & Arts Centre

Introduction to Sport Camp

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 \$31.25 3-5yrs
Tu-Th 9:00am-10:30am Dec 20 4490920
Tu-Th 9:00am-10:30am Dec 27 4490922

SOUTH 3 Sessions \$31.25 4-6yrs
Tu-Th 9:00am-10:30am Dec 20 4490921
Tu-Th 9:00am-10:30am Dec 27 4490923
South Surrey Recreation & Arts Centre

Children

Cook and Play Camp

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 6-12yrs
M-F 9:00am-3:00pm Dec 19 4488187

SOUTH 4 Sessions \$172.50 6-12yrs
Tu-F 9:00am-3:00pm Dec 27 4488923
Kwomais Point Park

Kids Who Cook Camp

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 \$153 6-12yrs
M-F 9:00am-12noon Dec 19 4492460

NORTH 4 Sessions \$93 6-12yrs
Tu-F 9:00am-12noon Dec 27 4492462
Bridgeview Community Centre

Fun Zone

Camp programs include sports, arts, crafts, music, dance and games. 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 6-12yrs
M-F 9:00am-3:00pm Dec 19 4486094

CLOVERDALE 4 Sessions \$93.50 6-12yrs
Tu-F 9:00am-3:00pm Dec 27 4486095
Cloverdale Recreation Centre

FLEETWOOD 5 Sessions \$116.75 6-12yrs
M-F 9:00am-3:00pm Dec 19 4491210

FLEETWOOD 4 Sessions \$93.50 6-12yrs
Tu-F 9:00am-3:00pm Dec 27 4491211
Fleetwood Community Centre

GUILDFORD 5 Sessions \$125.75 6-12yrs
M-F 8:30am-3:00pm Dec 19 4492265

GUILDFORD 4 Sessions \$100.75 6-12yrs
Tu-F 8:30am-3:00pm Dec 27 4492266
Fraser Heights Recreation Centre

GUILDFORD 5 Sessions \$116.75 6-12yrs
M-F 9:00am-3:00pm Dec 19 4488801

GUILDFORD 4 Sessions \$93.50 6-12yrs
Tu-F 9:00am-3:00pm Dec 27 4488802
Guildford Recreation Centre

NEWTON 5 Sessions \$116.75 6-12yrs
M-F 9:00am-3:00pm Dec 19 4486136

NEWTON 4 Sessions \$93.50 6-12yrs
Tu-F 9:00am-11:45am Dec 27 4486137
Newton Recreation Centre

NORTH 5 Sessions \$116.75 6-12yrs
M-F 9:00am-3:00pm Dec 19 4486766

NORTH 4 Sessions \$93.50 6-12yrs
Tu-F 9:00am-3:00pm Dec 27 4486767
Chuck Bailey Recreation Centre

SOUTH 5 Sessions \$116.75 6-12yrs
M-F 9:00am-3:00pm Dec 19 4488004

SOUTH 4 Sessions \$93.50 6-12yrs
Tu-F 9:00am-3:00pm Dec 27 4488005
South Surrey Recreation & Arts Centre

Nature Discovery Camp

Get outside and explore our environment! Discover plants and animals, get creative with eco-art, play outdoor games, and take nature walks.

NORTH 5 Sessions \$166.75 6-9yrs
M-F 9:00am-3:00pm Dec 19 4491182
Surrey Nature Centre

Swim & Skate Camp

Activities include swimming, skating, games and crafts as well. Skate and helmet rentals included in the fee. There will also be a movie on Friday! 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 Dec 19 4483529

FLEETWOOD 5 Sessions \$153 10-12yrs
M-F 9:00am-3:00pm Dec 19 4483544

FLEETWOOD 4 Sessions \$121.50 7-9yrs
Tu-F 9:00am-3:00pm Dec 27 4483545

FLEETWOOD 4 Sessions \$121.50 10-12yrs
Tu-F 9:00am-3:00pm Dec 27 4483546
Surrey Sport and Leisure Arena

Horseback Riding Camp

Learn about horse safety and behaviour, stable management, proper grooming, feeding and handling techniques. Develop basic riding skills in a fun, positive environment.

SOUTH 3 Sessions \$230 8-16yrs
M-W 10:00am-2:00pm Dec 19 4489296

W-F 10:00am-2:00pm Dec 28 4489297
Semiahmoo Stables

Badminton Camp

Improve fitness and speed while learning fundamental badminton skills, including forehand and backhand grips and serving.

SOUTH 5 Sessions \$64.75 9-12yrs
M-F 10:45am-12:45pm Dec 19 4488932
South Surrey Recreation & Arts Centre

Basketball Camp

Learn new skills or improve on your existing ones. Slam dunk your summer and join us for some fun!

SOUTH 4 Sessions \$52 6-9yrs
Tu-F 10:45am-12:45pm Dec 27 4488179

SOUTH 4 Sessions \$52 9-12yrs
Tu-F 10:45am-12:45pm Dec 27 4488180
South Surrey Recreation & Arts Centre

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. Water park days and 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.

SOUTH 5 Sessions \$116.75 10-13yrs
M-F 9:00am-3:00pm Dec 19 4491975

SOUTH 4 Sessions \$93.50 10-13yrs
Tu-F 9:00am-3:00pm Dec 27 4491976
South Surrey Recreation & Arts Centre

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 \$194.25 10-13yrs
M-F 9:00am-3:00pm Dec 19 4492132
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!

SURREY Youth: FEST 2016

SATURDAY SEPTEMBER 17, 2016
GUILDFORD RECREATION CENTRE

www.surrey.ca/youth

QUICK FIND

CHECK OUT OUR **NEW** SECTIONS

SPORTS Pages 52 - 57

FITNESS & WELLNESS Pages 58, 60

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	Sep 21	4488276
W	5:30pm-7:00pm	Oct 5	4488277
W	5:30pm-7:00pm	Oct 19	4488284
W	5:30pm-7:00pm	Nov 9	4488278
W	5:30pm-7:00pm	Nov 23	4488279
W	5:30pm-7:00pm	Dec 7	4488295

Cloverdale Recreation Centre

NORTH 6 Sessions \$78 13-18yrs			
Tu	6:15pm-8:00pm	Sep 20	4492492
Tu	6:15pm-8:00pm	Nov 8	4492493

Bridgeview Community Centre

SOUTH 6 Sessions \$69.25 13-18yrs			
W	3:30pm-5:00pm	Sep 21	4491791
W	3:30pm-5:00pm	Nov 2	4491814

South Surrey Recreation & Arts 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 SACL.

Register for 9 sessions or pick your days!

***Activities will vary each day, depending on the interests of the participants**

NEWTON 1 Session \$30 12-18 yrs			
Sa	1:00pm-5:00pm	Sep 24	4483736
Sa	1:00pm-5:00pm	Oct 1	4483737
Sa	1:00pm-5:00pm	Oct 15	4483738
Sa	1:00pm-5:00pm	Oct 22	4483739
Sa	1:00pm-5:00pm	Oct 29	4483740
Sa	1:00pm-5:00pm	Nov 05	4483741
Sa	1:00pm-5:00pm	Nov 26	4483742
Sa	1:00pm-5:00pm	Dec 3	4483773
Sa	1:00pm-5:00pm	Dec 10	4483784

Meet at Newton Arena lobby/parking lot

Cooking - Desserts

Get in touch with your inner baker! This class will focus on baking different desserts and pastries, while also trying out different decorating techniques.

FLEETWOOD 4 Sessions \$52 13-18yrs			
Th	6:00pm-7:30pm	Sep 22	4489295
Th	6:00pm-7:30pm	Nov 10	4489367

Fleetwood Community Centre

Heritage : Very Vintage Comic Books

Who will save us now? Captain Canuck will! Quirky Canadian comic book history comes to life as a local comic book artist teaches time-honoured comic strip techniques.

CITYWIDE 1 Session \$22 12-15yrs			
Sa	1:00pm-2:30pm	Oct 1	4490538

Surrey Museum

Very Vintage: Hair Affair

Learn how to pull off buoyant beehives, Rockabilly rolled bangs and elegant updos from an expert stylist. Capture your new look in our photo booth.

CITYWIDE 1 Session \$16.50 12yrs+			
Th	6:00pm-8:30pm	Nov 24	4491205

Surrey Museum

Christmas Cookie Baking

Discover the joy of Christmas through cooking baking!

GUILDFORD 1 Session \$8.75 13-18yrs			
F	5:15pm-6:45pm	Dec 16	4489780

Fraser Heights Recreation Centre

Winter Dinner

Join us for an evening of friends and festivities with a delicious traditional turkey dinner.

NORTH 1 Session \$ 10-18yrs			
F	3:00pm-7:00pm	Dec 23	4487900

Chuck Bailey Recreation Centre

Personal Development

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	6:30pm-7:30pm	Oct 4	4475289

Fraser Heights Recreation Centre

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	Sep 24	4487932
Sa-Su	9:00am-2:00pm	Nov 5	4487933
M-Tu	9:00am-2:00pm	Dec 19	4488271

Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$74.25 12-15yrs			
Sa-Su	9:00am-2:00pm	Oct 1	4489023
Sa-Su	9:00am-2:00pm	Dec 3	4489024

Fleetwood Community Centre

GUILDFORD 2 Sessions \$73.25 12-18yrs			
Sa-Su	9:00am-2:00pm	Oct 15	4475873

Fraser Heights Recreation Centre

GUILDFORD 2 Sessions \$67.25 12-15yrs			
Sa-Su	9:00am-2:00pm	Oct 1	4491619
Sa-Su	9:00am-2:00pm	Nov 5	4491620

Guildford Recreation Centre

NEWTON 2 Sessions \$73.25 12-15yrs			
Sa	12noon-5:00pm	Oct 1	4492485
Sa	12noon-5:00pm	Nov 19	4492500

Newton Recreation Centre

NORTH 2 Sessions \$73.25 12-15yrs			
Sa-Su	9:00am-2:00pm	Sep 24	4487918
Sa-Su	9:00am-2:00pm	Nov 19	4487919

Chuck Bailey Recreation Centre

SOUTH 2 Sessions \$73.25 12-16yrs			
Sa-Su	10:00am-3:00pm	Oct 8	4491153

South Surrey Recreation & Arts Centre

Youth OPPORTUNITIES



RECREATION SURREY
Healthy Communities. Active Together.

Make Your Ideas Happen!

Connect with the new Youth Engagement Program Teams in your community to get support in planning new programs and events for other Surrey youth. Have ideas? We can help! It's a great way to learn, develop skills and get involved in your city! Contact your local recreation centre or go online www.surrey.ca/youth.

Get Active!

FITNESS CENTRES

Classes and Drop-ins are available for anyone 13 years or older.

Refer to our online schedules or pick-up the latest drop-in schedule at your local recreation centre.

SPORTS SPECIFIC DROP-IN

Play your sport of choice. Specific sports times for soccer, basketball, badminton, and more. Drop-in fee required.

Drop-in Gym pages 56-57

SKATING & SWIMMING

In addition to times that are open to the public at large, many recreation centres have time set aside for youth as well.

Arenas page 47
Pools pages 24-27

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



ARTS & GENERAL INTEREST *Youth*

Get involved!

DISCOVER THE LEADER IN YOU

The Surrey Leadership Youth Council

SLYC is an initiative of the City of Surrey to meaningfully engage youth in Social and Community Planning. SLYC helps youth speak up about important issues and help to organize events for youth to express their ideas.

Leadership Fundamentals 14 - 21yrs only \$16.75

This interactive workshop focuses on understanding leadership as an attitude and a process. It covers the characteristics of effective leaders, team interaction and achieving goals. Volunteers will leave with an insight to inspiring others to achieve a shared vision.

Youth Leadership Development

Youth Leadership Development is a safe, fun and comfortable environment for youth, where they can build self esteem, great relationships and develop strong leadership skills.

GUILDFORD 36 Sessions \$25 10-18yrs
Th 6:30pm-8:30pm Sep 15 4491625
Guildford Recreation Centre

NEWTON 12 Sessions \$25 10-18yrs
Tu 7:00pm-9:00pm Sep 20 4492504
Kwantlen Polytechnic University

SOUTH 34 Sessions \$25 10-18yrs
Tu 6:30pm-8:30pm Sep 20 4492222
South Surrey Recreation & Arts Centre

CHECK US OUT

Keep up-to-date with our events. Be social. Connect with us.



facebook.com/surreyyouth

twitter.com/surreyyouth

Performing Arts

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 9 Sessions \$135 13-18yrs
Th 6:30pm-8:00pm Sep 29 4485164
Surrey Arts Centre

Band-Aid: Youth Musician Development Workshop



Join music-industry mentors for a jam-packed day of workshops for bands and musicians who want to further their musical careers. Jam session after to wrap up the night.

CITYWIDE 1 Session 12-21yrs
Sa 10:30am-10:00pm Sep 10 4481518
City Hall

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 9 Sessions \$180 9-15yrs
Tu 6:00pm-8:00pm Sep 27 4485152
Surrey Arts Centre

Acting for the Stage

Ready to break a leg? You'll tread the boards with theatre games and exercises, cold reads, monologues, scene study, and more! You'll also get to show your stuff at the last class with a showcase for family and friends. Surrey Arts Centre instructors are practicing arts professionals and experienced educators.

CITYWIDE 10 Sessions \$199 9-15yrs
Tu 3:30pm-5:30pm Sep 27 4485137
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 Oct 5 4492490
W 5:30pm-6:30pm Nov 16 4492491
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 5 Sessions \$27.75 13-18yrs
M 7:15pm-8:15pm Sep 19 4491320
M 7:15pm-8:15pm Nov 7 4491321
Newton Seniors' Centre

Music

Guitar - Level I

Grab your guitar from the closet and come learn basic notes, strum patterns and how to read chord charts.

FLEETWOOD 6 Sessions \$41.50 13-18yrs
M 7:30pm-8:30pm Nov 7 4489047

FLEETWOOD 5 Sessions \$34.50 13-18yrs
M 7:30pm-8:30pm Sep 19 4489046
Fleetwood Community Centre

GUILDFORD 10 Sessions \$55.25 13-18yrs
Sa 12:45pm-1:45pm Sep 24 4491615
Guildford Recreation Centre

SOUTH 10 Sessions \$55.25 13-18yrs
F 5:45pm-6:45pm Sep 23 4491816
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 10 Sessions \$55.25 13-18yrs
Sa 2:00pm-3:00pm Sep 24 4491616
Guildford Recreation Centre

Visual Arts

Animation

Using your drawing skills, you will learn classical animation techniques to bring characters to life on paper. Students will also have an opportunity to create a hand-drawn animation video. Recommended that you have taken 'Art of Graphic Novel & Manga', or have similar drawing experience. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 8 Sessions \$74.50 12-15yrs
Th 7:30pm-9:00pm Oct 6 4490302
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 8 Sessions \$74.50 12-17yrs
W 5:00pm-6:30pm Oct 5 4486717
Surrey Arts Centre

Clay & Drawing

If you already like to draw and paint and are curious about clay, come learn how to apply your 2D skills to sculptures and pottery. You'll learn hand-building, clay modelling, and tips and tricks to make illustrated ceramic surfaces that bring 3D forms to life. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 8 sessions \$74.50 12-15yrs
Tu 7:30-9:00 PM Oct 4 4486787
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 Oct 15 4486720
Surrey Arts Centre

Mixed Media Manga

Create your own unique Manga style with instruction from artist, Nicci Battilana. You will learn the basics of proportion and perspective, plus get tips on story writing, caricature and panel composition while developing skills in sketching, watercolour and acrylic painting.

SOUTH 4 Sessions \$75 10-15yrs
Sa 2:30pm-4:00pm Sep 10 4482846
Sa 2:30pm-4:00pm Nov 19 4482847
South Surrey Recreation & Arts Centre

Photo Fun for Kids

Have fun with your camera! Explore the world around you! Professional photographer and teacher, Craig Wardle will teach children the technical aspects of their cameras while encouraging their unique perspectives. Through hands-on photo shoots, and one-on-one attention, kids will learn all about composition, camera functions and how to take better photos. Bring your own camera.

SOUTH 7 Sessions \$95 11-17yrs
Tu 4:30pm-6:00pm Sep 20 4482830
South Surrey Recreation & Arts Centre

Soapstone Carving

Learn about the ancient art of carving stone. Soapstone is a beautiful and easy to carve material using simple and inexpensive tools. Students will learn some of the interesting history of soapstone carving and create some sculptures of their own! Semiahmoo Arts instructors are practicing artists and experienced art educators.

SOUTH 5 Sessions \$80 12-17yrs
M 4:30pm-6:00pm Sep 19 4482835
M 4:30pm-6:00pm Nov 7 4483575
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 6:00pm-8:00pm Sep 20 4482834
South Surrey Recreation & Arts Centre

Teen Pottery

Welcome to the world of pottery! Students will be led through techniques in both handbuilding and wheelthrowing. A great class for both beginners and returning students wishing to develop already existing pottery skills. Demonstrations and instruction will be given in glazing as well as painting your finished pottery pieces.

SOUTH 8 Sessions \$120 11-17yrs
W 4:00pm-5:30pm Sep 21 4482848
South Surrey Recreation & Arts Centre



Crafts

Crochet

Learn new skills and complete projects with the help of an experienced instructor. All abilities welcome!

GUILDFORD 6 Sessions \$51.25
Th 7:00pm-8:30pm Nov 10 4492912
Fraser Heights 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 \$5
Su 9:00am-4:00pm Oct 9 4481599
Cloverdale Recreation Centre

Joy of Wreaths

Craft a West Coast holiday wreath from fresh local greens, then chat over tea and cookies in the farmhouse. Cost includes supplies.

CITYWIDE 1 Session \$25
Sa 10:00am-12noon Nov 19 4489934
Historic Stewart Farm

Knitting

Complete a project which allows you to learn how to cast on, knit, purl, increase, decrease and cast off.

CLOVERDALE 6 Sessions \$51
Tu 7:00pm-8:30pm Sep 27 4481580
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$51
Tu 6:00pm-7:30pm Sep 20 4486329
Tu 6:00pm-7:30pm Nov 8 4486330
Fleetwood Community Centre

GUILDFORD 6 Sessions \$51.25
Th 7:00pm-8:30pm Sep 29 4485920
Fraser Heights Recreation Centre

Quilting - Irish Chain

Learn the basics of hand and machine quilting by creating a quilt: fabric selection, rotary cutting and piecing the blocks. You will also join the blocks, add a border, sandwich and baste the quilt. Supplies discussed at first class.

CLOVERDALE 6 Sessions \$66.50
M 6:30pm-8:30pm Sep 26 4482688
Cloverdale Recreation Centre

Quilting - Strip Pieced Table Runner

Assembled and quilted in the same step, this table runner goes together quickly and is perfect as a gift or for your own decorating needs.

CLOVERDALE 1 Session \$21.25
Sa 12:30pm-4:30pm Sep 10 4482689
Cloverdale Recreation Centre

Traditional Rug Hooking

Get hooked on rugs! Our instructor will share her passion and all the techniques you need to create a small sampler to take home. Supply fee \$85.

CITYWIDE 1 Session \$38.75
Sa 10:00am-4:00pm Oct 1 4489867
Surrey Museum

You Can Sew - Level 1

Express your creative side, save money and make clothes that fit as you join our stitchery wiz and learn to make a flared or straight skirt. Supply fee \$15.

CITYWIDE 4 Sessions \$60.50
Th 7:00pm-9:00pm Oct 6 4489938
Surrey Museum

You Can Sew - Level 2

Put the needle on the mark and your foot on the pedal as you take your sewing skills to the next level. Let our experienced teacher guide you to make a long vest or top.

CITYWIDE 4 Sessions \$60.50
Th 7:00pm-9:00pm Nov 10 4489941
Surrey Museum

Christmas Cards

Make some fun and beautiful Christmas cards for your friends and family. We will incorporate a lot of embellishments including die-cuts and glitter of course!

CLOVERDALE 1 Session \$13.75
Tu 6:15pm-8:45pm Nov 1 4482556
CLOVERDALE 1 Session \$13.75
Sa 9:30am-12noon Nov 5 4482557
Cloverdale Recreation Centre


Adult & 55+ Programs

Whether you want to try something new, stay active or meet new people, we've got a program for you! Perfect a dance move, try your hand at arts & crafts or learn a new language with our wide ranging general interest programs.

ARE YOU OVER THE AGE OF 55?

Become a Member

Look what Your Get From a Membership!

Membership with Surrey's Seniors Services offers great benefits, including discounted pricing on registered programs, specific volunteer led drop-in programs, bus trips, special events and services. 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 Fitness Pass

A one-year full facility pass gets you drop-in admission to our fitness centres, fitness classes, drop-in sports at our gymnasiums, swimming and skating at any Recreation Centre throughout Surrey. See page 4 for pricing details.

When you purchase a one-year full facility pass, you will automatically receive a City-wide Seniors membership, valid for all 55+ membership activities.

QUICK FIND

CHECK OUT OUR  SECTIONS

SPORTS Pages 52 - 57

FITNESS & WELLNESS Pages 58 - 65

Visual Arts

A Fresh Look at Still Life

Use both conventional and unconventional media to take a fresh look at Still Life. Ideas and discussion will inform individual choices of still life imagery but instruction will be offered in drawing, painting, printing, and collage media as well as formal concerns of composition, colour, line, and value.

CITYWIDE 8 Sessions \$79.75
Sa 2:30pm-4:30pm Oct 15 4487948
Surrey Arts Centre

Art Collages

Create unique collages using a variety of materials such as papers, leaves and jewellery.

CLOVERDALE 1 Session \$18.25
Sa 9:30am-1:00pm Nov 5 4481600
Cloverdale Recreation Centre

Clay & Collage

This unique class combines the 3D sculptural aspects of handbuilt pottery with the 2D elements of collage. Find your authentic creative voice by creating artwork using a variety of expressive art mediums; techniques in printing, painting, collage, and pottery will be taught to facilitate individual projects and goals.

CITYWIDE 5 Sessions \$109.75
Th 7:00pm-9:30pm Nov 10 4486917
Surrey Arts Centre

Collage & Assemblage

Collage and assemblage offers a limitless opportunity to reinvent everyday materials and objects. Drawing on a rich tradition that spans cultures and times, we will work in 2D and 3D with found objects and diverse media, such as paint, photo transfers, and print. Create fun, inventive, whimsical, and creative artworks!

CITYWIDE 8 Sessions \$79.75
W 7:00pm-9:00pm Oct 5 4487949
Surrey Arts Centre

Contemporary Art Bus Tour: North Shore

See why Vancouver has been identified as one of the most dynamic cities for contemporary art! Led by the Surrey Art Gallery's director and curator, participants will experience art in a range of media, see what artists are making today, and learn about new gallery trends - all in a friendly, accessible, and conversational environment.

CITYWIDE 1 Session \$39
W 9:00am-3:00pm Oct 26 4490327
Surrey Arts Centre

Drawing

Learn basics including the value scale, texture and perspective.

GUILDFORD 10 Sessions \$85
W 6:30pm-8:00pm Sep 28 4492419
Guildford Recreation Centre

The Art of Drawing

Develop your drawing skills as you progress through studies of observation, visualization, and perspective. One-to-one guidance will be given. All levels of ability are welcome to attend. Surrey Art Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 8 Sessions \$99.75
W 7:00pm-9:30pm Oct 5 4486744
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 \$87.50
F 12:30pm-2:30pm Sep 23 4482555
Cloverdale Recreation Centre

Abstract Painting in Oil & Acrylic

Explore abstract painting through various approaches and techniques. Besides giving you a chance to express yourself through form and colour, it will help you in your realistic paintings. Use oil or acrylic - the only requirement is previous familiarity with the medium.

CITYWIDE 8 Sessions \$79.75
Tu 7:00pm-9:00pm Oct 4 4486725
Surrey Arts Centre

Still Life in Oil

Students will develop oil painting techniques while exploring approaches to, and styles of, still life painting. Techniques such as dry brush, Alla Prima, knife techniques, blending, and under painting will be covered, as well as thumbnail sketches and perspective. Suitable for beginner and intermediate painters.

CITYWIDE 8 Sessions \$99.75
Th 7:00pm-9:30pm Oct 6 4490853
Surrey Arts Centre

Painting with Acrylics

Explore the properties, techniques and applications of acrylic paint in a variety of genres, from landscapes to portraits.

NORTH 4 Sessions \$40.25
M 6:00pm-8:00pm Oct 3 4493350
Bridgeview Community Centre

NORTH 8 Sessions \$87.50
M 6:00pm-8:00pm Oct 31 4486658

NORTH 7 Sessions \$76.50
M 6:00pm-8:00pm Sep 5 4486326
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 \$34.50 Non-member \$46
W 11:45am-1:45pm Sep 7 4491147
W 11:45am-1:45pm Oct 5 4491148
W 11:45am-1:45pm Nov 2 4491149
W 11:45am-1:45pm Dec 7 4491159
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 \$87.50
Th 9:30am-11:30am Sep 29 4481590
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$65.50
Th 12:30pm-2:30pm Sep 22 4486630
Th 12:30pm-2:30pm Nov 10 4486641
Fleetwood Community Centre

Photography

Discover your camera's technology and improve your photo-taking skills with an emphasis on composition.

CLOVERDALE 6 Sessions \$65.50
W 6:30pm-8:30pm Sep 21 4481598
Cloverdale Recreation Centre

SOUTH 9 Sessions \$98.25
Th 6:45pm-8:45pm Sep 22 4488141
South Surrey Recreation & Arts Centre

Pottery - Continuing

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 10 Sessions \$219.75
W 7:00pm-9:30pm Oct 5 4486747
Th 9:30am-12noon Oct 6 4486748
Surrey Arts Centre

Pottery - Glazing & Surface Decoration

In this pottery class we will learn the ins and outs of glazing and surface techniques to enhance your pottery and build your skills. Exploration of different clays, glazes, slips, underglazes, printing, and mark making will be combined with handbuilding and throwing techniques.

CITYWIDE 5 Sessions \$109.75
Th 7:00pm-9:30pm Oct 6 4486887
Surrey Arts Centre

Kiln Operations Workshop

Learn all about electric kiln operations from an experienced pottery instructor and kiln manager. Topics will include kiln loading, re-wiring, firing schedules, cones, trigger adjustments, troubleshooting, and safety.

CITYWIDE 1 Session \$26.50
Su 2:00pm-4:30pm Nov 27 4486867
Surrey Arts Centre

Pottery - 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 8 Sessions \$138.50
Sa 10:00am-2:00pm Oct 15 4486765
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
Tu 7:00pm-9:30pm Oct 4 4486776
Surrey Arts Centre

Raku Firing Workshop

Enhance your pottery with the beautiful crackle or iridescent glazes, and smoky textures of raku. Workshop includes an information session, one studio drop-in visit, one bag of clay, bisque firing, raku glazes, and a full day of raku firing.

CITYWIDE 2 Sessions \$99.75
Tu 7:30pm-8:30pm Nov 15 4486938
Su 9:30pm-4:30pm Dec 11
Surrey Arts Centre

Professional Development for Artists

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. Detailed descriptions of each course online.

CITYWIDE 1 Session \$25
Marketing Skills
Su 1:00pm-4:00pm Oct 2 4490331
Gaining Perspectives On Your Art
Su 1:00pm-4:00pm Dec 11 4490338
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 5 Sessions \$127
 M 10:30am-1:30pm Sep 12 4482818
 M 10:30am-1:30pm Nov 7 4482819
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 will learn new art techniques such as collage, stenciling, watercolour, inks, word art, and more!

SOUTH 7 Sessions \$153
 Th 10:00am-12:30pm Sep 22 4482823
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 13 Sessions \$60
 Tu 6:00pm-8:00pm Sep 6 4488268
South Surrey Recreation & Arts Centre

Drawing the Face

Learn to draw the face using charcoal and graphite mediums. Explore the differences between male, female and children's faces. Colour and caricature will be touched on. This is a good start toward portraiture. Don't be intimidated! Accredited artist and instructor Tony O'Regan will demonstrate and lead you through all concepts and methods. Instruction is supported by Tony's video website (toregan.com). Suitable for beginners to intermediates.

SOUTH 4 Sessions \$120
 M 6:30pm-9:00pm Sep 12 4482820
South Surrey Recreation & Arts Centre

Drawing the Figure

Learn to draw the figure using charcoal and graphite mediums. This course will also touch on colour, caricature, and clothing as well as composing groups of people in village or city streets, standing, walking, sitting, bicycling etc. Great for painters, animators, graphic novels or anyone wishing to understand and depict the figure. Don't be intimidated! Accredited artist and instructor Tony O'Regan will demonstrate and lead you through all concepts and methods. Suitable for beginners to intermediates.

SOUTH 4 Sessions \$120
 M 6:30pm-9:00pm Nov 7 4482821
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
 Sa 10:00am-12:30pm Sep 17 4482817
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 5 Sessions \$127
 W 10:30am-1:30pm Sep 14 4490120
 W 10:30am-1:30pm Nov 9 4490121
South Surrey Recreation & Arts Centre

Photography Fundamentals

Join photographer Craig Wardle in this dynamic photography class that is tailored to suit your individual needs. Learn photography fundamentals of lighting and composition while gaining knowledge in the technical aspects of your camera and photography tools. Whether your interest lies in landscapes, sports or portraits this is the photography class for you!

SOUTH 7 Sessions \$120
 Tu 6:30pm-8:30pm Sep 20 4482822
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
 W 6:30pm-9:00pm Sep 21 4482815
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
 M 10:00am-1:00pm Sep 19 4482816
South Surrey Recreation & Arts Centre

Pottery on the Wheel

Cultivate your ceramic creativity! Further develop your wheel throwing foundation skills with professional potter Connie Glover. Explore new construction, decoration, and glazing techniques. Students must have taken a beginner's pottery class or have equivalent experience.

SOUTH 8 Sessions \$214
 Tu 6:30pm-9:30pm Sep 20 4488302
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
 W 7:00pm-9:00pm Sep 21 4488307
 W 7:00pm-9:00pm Oct 26 4488310
South Surrey Recreation & Arts Centre

Textile Workshop: Joy Flags with Elizabeth Carefoot

Joy flags are loosely based on prayer flags that are displayed all around Buddhist temple grounds, particularly in Nepal and Tibet. Join Elizabeth Carefoot, 2014 Surrey Civic Treasure recipient, for this unique workshop where you will make your own flags by hand-stitching items that have personal meaning onto pre-cut fabric flags. No sewing experience is necessary.

SOUTH 1 Session \$25
 Sa 12noon-2:00pm Oct 8 4483576
South Surrey Recreation & Arts Centre

Textile Workshop: Textile Photo Embellishment

Learn how to transfer photos onto fabric, then enhance and embellish the image with textiles and machine and freehand stitchery. Textile artist Karen Kroeker will show you textile techniques that will transform your photo into a beautiful and ephemeral piece of art!

SOUTH 2 Sessions \$75
 Sa 12noon-2:00pm Oct 29 4490118
South Surrey Recreation & Arts Centre

Textile Workshop: Yarn Bomb Knitting

Join the quiet and colourful yarn bomb revolution that has been embraced by crochet and knitting artists of all ages, nationalities, and genders. Textile artist Gloria Villamil will describe the history of this global phenomenon and how to create and responsibly display a temporary yarn installation right here in South Surrey! Participants will use pre-knit and upcycled textile pieces as well as create their own contributions. Installation pieces will be taken down and used again for future projects.

SOUTH 2 Sessions \$40
 Sa 1:00pm-3:00pm Oct 8 4483580
South Surrey Recreation & Arts Centre

The Wow of Watercolour!

Instructor Kathryn Ragan will show you how to create radiant and vibrant watercolour paintings. Using photos, drawings, and your imagination we will create dazzling artwork. Develop a variety of watercolour techniques through experimentation, exploration and demonstrations.

SOUTH 5 Sessions \$89
 Sa 10:00am-12noon Sep 17 4482825
 Sa 10:00am-12noon Nov 5 4482826
South Surrey Recreation & Arts Centre

Writing for Legacy

Join award-winning writer, Taslim Jaffer in this empowering workshop where you will take guided steps on a journey of self-discovery through writing exercises and discussion. Unearth lessons learned throughout your lifetime. This course is perfect for writers of all levels, focusing on how to use writing as a tool for your own benefit.

SOUTH 4 Sessions \$75
 M 6:30pm-8:30pm Nov 7 4483585
South Surrey Recreation & Arts Centre

Writing for Self-Discovery

Join award-winning writer, Taslim Jaffer in this empowering workshop where you will take guided steps on a journey of self-discovery through writing exercises and discussion. Unearth lessons learned throughout your lifetime. This course is perfect for writers of all levels, focusing on how to use writing as a tool for your own benefit.

SOUTH 4 Sessions \$75
 M 6:30pm-8:30pm Sep 12 4483583
South Surrey Recreation & Arts Centre

Writing: Yes You Can (Write a Poem)

Curious about writing poetry but afraid to try? This is the class for you! Writer and poet, Heidi Greco will help unleash your inner poet through guided steps and exercises. See the world through new eyes and write about it!

SOUTH 4 Sessions \$88
 W 6:30pm-8:30pm Oct 19 4483586
South Surrey Recreation & Arts Centre

Performing Arts

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 \$199
W 6:30pm-8:30pm Sep 28 4485160
Surrey Arts Centre

Stand-Up Comedy

Getting a laugh can be one of the most exhilarating of feelings. In this workshop, stand-up comedy will bring together your life stories with a punchline. You'll learn to be your authentic self while getting smiles and downright belly laughs. We will work collaboratively to generate the jokes and personal performing style of each class member using some tried and true formulas. And of course you'll get to show off your material with a showcase at the last class. All experience levels welcome.

CITYWIDE 6 Sessions \$180
Tu 12:30pm-2:30pm Sep 27 4485198
Rehearsal & Showcase Performance
Tu 5:30pm-9:00pm Nov 1
Surrey 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 11 Sessions Member \$52.75
Non-member \$70.25**
F 12:30pm-1:30pm Sep 9 4492371
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
M 6:30pm-7:30pm Sep 19 4481592
W 11:00am-12noon Sep 21 4481593
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$32.75
Tu 6:30pm-7:30pm Sep 20 4487030
Tu 6:30pm-7:30pm Nov 8 4487053
Fleetwood Community Centre

NEWTON 7 Sessions \$38.25
Tu 6:30pm-7:30pm Sep 13 4489808
Tu 6:30pm-7:30pm Nov 1 4489811
Newton Seniors' Centre

Guitar - Level 2

Build on basic guitar skills with further chord development and tablature. Bring your guitar.

CLOVERDALE 10 Sessions \$54.50
M 7:30pm-8:30pm Sep 19 4481594
Cloverdale Recreation Centre

FLEETWOOD 6 Sessions \$32.75
Tu 7:45pm-8:45pm Sep 20 4487074
Tu 7:45pm-8:45pm Nov 8 4487076
Fleetwood Community Centre

NEWTON 7 Sessions \$38.25
Tu 7:30pm-8:30pm Sep 13 4489814
Tu 7:30pm-8:30pm Nov 1 4489815
Newton Seniors' Centre

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
M 8:30pm-9:30pm Sep 19 4481596
W 12noon-1:00pm Sep 21 4481597
Cloverdale Recreation Centre

NEWTON 7 Sessions \$38.25
Tu 8:30pm-9:30pm Sep 13 4489816
Tu 8:30pm-9:30pm Nov 1 4489817
Newton Seniors' 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 11 Sessions \$60
M 7:45pm-8:45pm Sep 19 4483202
Cloverdale Recreation Centre

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: pop, classics, R&B, jazz, musical theatre.

Love to Sing - Try It! FREE

CITYWIDE 1 sessions
W 2:00pm-4:00pm Sep 21 4485161
Surrey Arts Centre

Love to Sing - Level 1

CITYWIDE 10 sessions \$99
W 2:00pm-4:00pm Sep 28 4485162
Surrey Arts Centre

Love to Sing - Level 2

CITY WIDE 10 sessions \$99
Th 2:00pm-4:00pm Sep 29 4485163
Surrey Arts Centre

Singing For All

Learn about voice warm-ups, melody, harmony and rhythm while enjoying singing.

FLEETWOOD 6 Sessions \$65.50
Tu 7:00pm-9:00pm Sep 27 4486642
Tu 7:00pm-9:00pm Nov 15 4486644
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
M 7:00pm-9:00pm Sep 19 4486645
M 7:00pm-9:00pm Nov 14 4486648
Fleetwood Community Centre

Evening Carol Sing

Sing your heart out during a festive evening of carols, treats, and merriment after hours in the charmingly decorated Stewart Hall.

**CITYWIDE 1 Session \$7.50 Adults
\$5 Children, \$5 Seniors**
Sa 6:00pm-7:00pm Dec 10 4490572
Sa 7:30pm-8:30pm Dec 10 4490589
Historic Stewart Farm

Dance

Ballroom Dance

Learn ballroom dances including the waltz, fox trot and tango. Singles and couples welcome.

CLOVERDALE 10 Sessions \$81.75
Tu 7:15pm-8:45pm Sep 20 4481601
Don Christian Recreation Centre

Two Step Dance 55+

Two-step is an easy to learn dance with progressive steps. No experience necessary and no partner required.

**NEWTON 6 Sessions Member \$24.75
Non-member \$32.75**
F 2:00pm-3:00pm Sep 16 4488737
F 2:00pm-3:00pm Nov 4 4488738
Newton Seniors' Centre

Tap Dance - Level 3 55+

This program requires previous tap experience.

**NORTH 14 Sessions Member \$57.25
Non-member \$76.50**
F 11:30am-12:30pm Sep 9 4492351
Chuck Bailey Recreation Centre

Belly Dance

Learn basic belly dance movements including hip drops, shimmies, and undulations while applying Middle Eastern dance techniques to exotic music and rhythms.

GUILDFORD 6 Sessions \$32.75
Tu 7:00pm-8:00pm Sep 27 4485921
Tu 7:00pm-8:00pm Nov 8 4489501
Fraser Heights Recreation Centre

Belly Dance 55+

An introduction to basic Middle Eastern belly dance moves. This dance form is excellent exercise for all shapes and sizes.

**NEWTON 6 Sessions Member \$24.75
Non-member \$32.75**
F 12:45pm-1:45pm Sep 16 4488739
F 12:45pm-1:45pm Nov 4 4488740
Newton Seniors' Centre

City-wide Seniors Information

For more information about Seniors Services in Surrey check out our new annual City-Wide Seniors Guide, available at your local Recreation Centre, and each Centre's individual monthly newsletter. Information can also be found online at www.surrey.ca/seniors.

Sign up for our e-newsletter at www.surrey.ca/econnect

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

Newton Seniors' Centre
2nd & 4th Monday 10:00am-12noon

South Surrey Recreation Centre & Arts Centre
2nd & 4th Monday 9:30am-11:30am

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 9 Sessions \$73.75
M 7:45pm-9:15pm Sep 26 4481582
Cloverdale Recreation Centre

Bhangra Dance

Learn basic Indian dance moves to Bhangra music.

GUILDFORD 4 Sessions \$22
Su 2:30pm-3:30pm Sep 25 4489509
Su 2:30pm-3:30pm Oct 30 4489510
Fraser Heights Recreation Centre

GUILDFORD 10 Sessions \$54.50
F 4:45pm-5:45pm Sep 30 4488962
Guildford Recreation Centre

NEWTON 7 Sessions \$38.25
W 5:30pm-6:30pm Sep 21 4489845
W 5:30pm-6:30pm Nov 9 4489844
Newton Seniors' Centre

Greek Dance

Learn a variety of Greek dances. Singles and couples welcome.

NORTH 8 Sessions \$65.50
W 7:00pm-8:30pm Sep 14 4487676

NORTH 7 Sessions \$57.25
W 7:00pm-8:30pm Nov 9 4487680

NORTH 5 Sessions \$41
Th 7:00pm-8:30pm Sep 22 4487678
Chuck Bailey Recreation Centre

Hawaiian Dance

Dance and exercise to the beautiful music of the South Sea Islands.

**FLEETWOOD 9 Sessions Member \$55.25
Non-member \$73.75**
M 10:15am-11:45am Sep 12 4487658
Fleetwood Community Centre

**NEWTON 7 Sessions Member \$28.75
Non-member \$38.25**
Tu 9:30am-10:30am Sep 13 4488733

**NEWTON 3 Sessions Member \$12.50
Non-member \$16.50**
Tu 9:30am-10:30am Nov 1 4488734
Newton Seniors' Centre

Hawaiian Dance - Level 2

Dance and exercise to the beautiful music of the South Sea Islands.

**NEWTON 7 Sessions Member \$43
Non-member \$57.25**
Tu 10:30am-12noon Sep 13 4494401

**NEWTON 3 Sessions Member \$18.50
Non-member \$24.75**
Tu 10:30am-12noon Nov 1 4494402
Newton Seniors' Centre

Line Dance

No partner required & no previous experience necessary. Enjoy the challenge of learning new dance combinations and routines.

**NEWTON 7 Sessions Member \$28.75
Non-member \$38.25**
W 1:30pm-2:30pm Sep 14 4488729
W 1:30pm-2:30pm Nov 2 4488730
Newton Seniors' Centre

**SOUTH 12 Sessions Member \$49.25
Non-member \$65.50**
Th 10:30am-11:30am Sep 22 4483204
South Surrey Recreation & Arts Centre

Line Dance - Level 2

A fun, social style of dance that everyone can learn. This class is for people who have completed a Level 1 course.

**NEWTON 7 Sessions Member \$28.75
Non-member \$38.25**
W 2:45pm-3:45pm Sep 14 4488731
W 2:45pm-3:45pm Nov 2 4488732
Newton Seniors' Centre

**SOUTH 12 Sessions Member \$49.25
Non-member \$65**
Th 11:30am-12:30pm Sep 22 4483205
South Surrey Recreation & Arts Centre

General Interest

Pioneer Kitchen: Christmas Cookies

Calling all bakers to the Farm's Christmas cookie exchange. Bring a plate of your favourite holiday goodies to share, and then bake some of the Farm's recipes in the woodstove to enjoy with tea.

CITYWIDE 1 Session \$25
Sa 10:00am-1:00pm Nov 26 4489939
Historic Stewart Farm

Pioneer Kitchen: Pumpkins and Squash

Nothing says Thanksgiving like fresh pumpkin pie. Learn to make your own with heirloom pumpkins from the Farm's gardens. Get pastry tips from our resident baker then enjoy treats and tea.

CITYWIDE 1 Session \$25
Sa 10:00am-1:00pm Oct 1 4489776
Historic Stewart Farm

Christmas Tea

Settle after hours in the cozy farmhouse kitchen for fresh scones, holiday cookies, and figgy pudding served with a pot of our exclusive Murchie's tea and some festive cheer.

CITYWIDE 1 Session \$20 6yrs+
Sa 4:00pm-5:00pm Dec 3 4490566
Historic Stewart Farm

Scottish Afternoon Tea

Enjoy delectable farm-baked scones and Scottish shortbread served with a pot of your favourite tea and a little Stewart family history. Then explore the charming 1890s farmhouse and grounds with a costumed guide.

CITYWIDE 1 Session \$12
F 1:00pm-2:30pm Sep 2 4489634
F 1:00pm-2:30pm Sep 9 4489635
F 1:00pm-2:30pm Sep 16 4489636
F 1:00pm-2:30pm Oct 7 4489637
F 1:00pm-2:30pm Oct 14 4489638
Historic Stewart Farm

Cooking - Gluten Free

Cook, prepare, and sample a selection of dishes prepared without gluten. \$5 supply fee included in the cost.

GUILDFORD 1 Session \$11
M 6:30pm-8:30pm Oct 24 4492917
Fraser Heights Recreation Centre

Cooking - Desserts

Bake desserts and pastries and explore different decorating techniques. \$5 supply fee included in the cost.

FLEETWOOD 1 Session \$11
M 6:30pm-8:30pm Nov 21 4492429
Fleetwood Community Centre

GUILDFORD 1 Session \$11
M 6:30pm-8:30pm Dec 5 4489546
Fraser Heights Recreation Centre

Cooking - 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 \$11
M 5:45pm-7:45pm Sep 26 4488331
M 5:45pm-7:45pm Oct 24 4488332
M 5:45pm-7:45pm Nov 28 4488333
M 5:45pm-7:45pm Dec 19 4488337
Bridgeview Community Centre

NORTH 1 Session \$11
Tu 6:00pm-8:00pm Oct 25 4486873
Tu 6:00pm-8:00pm Nov 1 4486874
Tu 6:00pm-8:00pm Dec 13 4486885
Tu 6:00pm-8:00pm Dec 20 4486886
Chuck Bailey Recreation Centre

Cooking - Greek

Enjoy the hands on experience of preparing, cooking and sampling a selection of dishes from Greece. \$5 supply fee included in the cost.

FLEETWOOD 1 Session \$11
M 6:00pm-8:00pm Sep 19 4492435
M 6:00pm-8:00pm Oct 17 4492436
M 6:00pm-8:00pm Nov 28 4492437
Fleetwood Community Centre

NORTH 1 Session \$11
Tu 6:00pm-8:00pm Sep 13 4486865
Tu 6:00pm-8:00pm Sep 20 4486866
Tu 6:00pm-8:00pm Oct 11 4486871
Tu 6:00pm-8:00pm Oct 18 4486872
Tu 6:00pm-8:00pm Nov 8 4486875
Tu 6:00pm-8:00pm Nov 15 4486876
Chuck Bailey Recreation Centre

Cooking - Indian

Prepare, cook and sample a selection of dishes from India. \$5 supply fee included in the cost.

GUILDFORD 1 Session \$11
Th 6:30pm-8:30pm Oct 6 4485924
Fraser Heights Recreation Centre

Cooking - Italian

Prepare, cook and sample a selection of dishes from Italy. \$5 supply fee included in the cost.

GUILDFORD 1 Session \$11
M 6:30pm-8:30pm Sep 26 4489544
Fraser Heights Recreation Centre

NORTH 1 Session \$11
Tu 6:00pm-8:00pm Sep 27 4486869
Tu 6:00pm-8:00pm Oct 4 4486870
Chuck Bailey Recreation Centre

Cooking - Mexican

Prepare and sample a complete Mexican meal from appetizers to dessert.

GUILDFORD 1 Session \$11
M 6:30pm-8:30pm Nov 7 4492913
Fraser Heights Recreation Centre

Cooking - Sushi

Learn the basics of making Sushi including California Rolls and Kappa Maki. \$6 supply fee included in the cost.

FLEETWOOD 1 Session \$11
Su 11:00am-1:00pm Sep 25 4492440
Fleetwood Community Centre

NORTH 1 Session \$11
Su 11:00am-1:00pm Sep 18 4486881
Su 11:00am-1:00pm Oct 30 4486882
Su 12noon-2:00pm Nov 27 4486883
Su 12noon-2:00pm Dec 18 4486884
Chuck Bailey Recreation Centre

Cooking - Thai

Learn techniques, tastes and traditions of Thailand. \$5 supply fee included in the cost.

GUILDFORD 1 Session \$11
M 6:30pm-8:30pm Nov 21 4485925
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 \$11
F 5:30pm-7:30pm Sep 16 4488318
F 5:30pm-7:30pm Oct 21 4488319
F 5:30pm-7:30pm Nov 18 4488320
F 5:30pm-7:30pm Dec 16 4488329
Bridgeview Community Centre

NORTH 1 Session \$11
Tu 6:00pm-8:00pm Nov 22 4486878
Tu 6:00pm-8:00pm Nov 29 4486880
Chuck Bailey Recreation Centre

An Evening with the Paranormal Society

Ever felt an unseen hand on your shoulder or had the lights mysteriously flicker? Join the Vancouver Paranormal Society as they share their investigations at the Stewart Farm and elsewhere.

CITYWIDE 1 Session \$15
Th 6:30pm-8:30pm Oct 13 4489792
Historic Stewart Farm

Historic Cemetery Tour

Explore 130-year old Surrey Centre Cemetery and Christ Church Anglican Churchyard with author Warren Sommer as he reveals the fascinating stories that lie beneath the headstones.

CITYWIDE 1 Session \$20
Sa 2:00pm-3:30pm Oct 22 4490827
Sa 7:00pm-8:30pm Oct 22 4490796
Surrey Museum

Scary Movie Night

Before Walking Dead and iZombie, there was 1932's White Zombie. Join us in the creepy farmhouse for the first ever zombie movie, including popcorn, hot chocolate and chills.

CITYWIDE 1 Session \$5 13yrs+
Th 6:30pm-8:30pm Oct 27 4489895
Historic Stewart Farm

Jacquard Loom - Then and Now

Join Jacquard weaver Ruth Scheuing to learn the fascinating history of the Jacquard loom and the amazing fabrics they produce. Enjoy a rare opportunity to see the museum's unique loom in action.

CITYWIDE 1 Session \$10
Sa 1:00pm-2:30pm Nov 5 4490003
Surrey Museum

Fitzmaurice and the Great War

Join Robin Anderson, Associate Professor at University of the Fraser Valley, on an exploration of the Great War cartoons of The Province cartoonist James Fitzmaurice. Discover BC's unique perspective on this tumultuous era.

CITYWIDE 1 Session \$11
Sa 11:00am-12noon Nov 12 4492323
Surrey Archives

Surrey in the Forties

Hi-de-ho! Join us as we delve into the rip-roaring 1940s Surrey-style. Retro photos, local recollections and '40s news rags bring this decade of war, victory and development to life.

CITYWIDE 1 Session \$11
Sa 11:00am-12noon Oct 8 4492310
Surrey Archives

Teachers, Texts and School Bells

Sharpen your pencils and roll up your sleeves as we zip through a history of Surrey's one-room schoolhouses and recent schoolyard tales. Explore our educational landscape through vintage yearbooks, photos, and more.

CITYWIDE 1 Session \$11
Sa 11:00am-12noon Sep 10 4492278
Surrey Archives

Winter in the City

Snowfalls, frozen fields and holiday merrymaking. Long-ago winter experiences are rekindled as we explore past chilly seasons. You'll reach for your toques and mittens after these archival photos, news reports and reminiscences.

CITYWIDE 1 Session \$11
Sa 11:00am-12noon Dec 10 4492330
Surrey Archives

Museum After Dark

Combine local wine and cheese with the secrets of the Museum vault for a unique night out. Get a behind-the-scenes look at our collections and exhibits then sip and socialize.

CITYWIDE 1 Session \$18
Th 6:30pm-9:00pm Nov 17 4490975
Surrey Museum

Seed Saving 101

Save your pennies, save your seeds! Get hands-on with our garden experts as you learn the ins and outs of saving seeds from your favourite plants.

CITYWIDE 1 Session \$10
Sa 1:00pm-2:30pm Oct 1 4489785
Historic Stewart Farm

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
Th 6:30pm-8:30pm Oct 27 4490830
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
Sa 1:00pm-4:30pm Nov 5 4490902
Surrey Museum

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 \$6
Tu 1:00pm-3:00pm Sep 20 4482717
Tu 1:00pm-3:00pm Oct 11 4482718
Tu 1:00pm-3:00pm Nov 8 4482719
Tu 1:00pm-3:00pm Dec 13 4482720
Cloverdale Recreation Centre

Burnaby Village Museum

Join us on an exciting and informative Bus trip to the Burnaby Village Museum. Includes: A carousel ride, lunch and a guided Discovery tour. This tour provides a general overview of the Museum, highlighting important historical moments in Burnaby's past. The group will visit several historical homes and businesses in the Village with a special focus on buildings not normally staffed by interpreters

NORTH 1 Session \$60
Tu 10:45am-4:15pm Oct 18 4492439
Chuck Bailey Recreation Centre

Personal Development

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.

CLOVERDALE 1 Session 13yrs+
Tu 6:00pm-7:30pm Sep 13 4494276
Cloverdale Library

NEWTON 1 Session 13yrs+
Th 6:00pm-7:30pm Oct 6 4494277
Newton Library

Lectures

Various lectures for covering a variety of topics.

FLEETWOOD 1 Session \$
Sa 9:00am-2:30pm Sep 17 4487960
Fleetwood Community Centre

French

Learn basic French words, sentences and phrases.

CLOVERDALE 8 Sessions \$58.75
W 7:00pm-8:30pm Sep 21 4481591
Cloverdale Recreation Centre

Mandarin

Learn basic Mandarin words, sentences and phrases.

SOUTH 12 Sessions \$88.25
W 6:15pm-7:45pm Sep 21 4488261
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 12 Sessions \$88.25
Tu 6:15pm-7:45pm Sep 27 4491665
Kensington Prairie Community Centre

Punjabi Conversation

Learn basic Punjabi words, sentences and phrases to create conversational skills and comprehension.

CLOVERDALE 8 Sessions \$58.75
F 10:00am-11:30am Sep 23 4483798
Cloverdale Recreation Centre

Spanish

Learn the basics of this useful language for travel or for conversation at home.

SOUTH 12 Sessions Member \$66.25 Non-member \$88.25
Th 1:30pm-3:00pm Sep 22 4488238
Kensington Prairie Community Centre

Spanish

Learn basic Spanish vocabulary, pronunciation of sentences and phrases to help build conversational skills and comprehension.

CLOVERDALE 9 Sessions \$66.25
W 6:00pm-7:30pm Sep 21 4481584
Cloverdale Recreation Centre

GUILDFORD 10 Sessions \$49
M 6:15pm-7:15pm Sep 26 4487702
Guildford Recreation Centre

NEWTON 7 Sessions \$34.25
Tu 6:15pm-7:15pm Sep 13 4489818
Tu 6:15pm-7:15pm Nov 1 4489821
Newton Seniors' Centre

NORTH 8 Sessions \$78.25
Tu 6:30pm-8:30pm Sep 6 4486622
Tu 6:30pm-8:30pm Nov 1 4486655
Chuck Bailey Recreation Centre

SOUTH 12 Sessions \$88.25
Th 3:15pm-4:45pm Sep 22 4488234
Kensington Prairie Community Centre

SOUTH 12 Sessions \$88.25
Tu 6:00pm-7:30pm Sep 20 4488143
South Surrey Recreation & Arts Centre

Spanish - Level 2

Increase Spanish vocabulary, continue practicing pronunciation and learn to build your own sentences and phrases to communicate.

CLOVERDALE 9 Sessions \$66.25
M 12:45pm-2:15pm Sep 19 4481586
W 7:45pm-9:15pm Sep 21 4481585
Cloverdale Recreation Centre

GUILDFORD 10 Sessions \$73.50
M 7:30pm-9:00pm Sep 26 4487721
Guildford Recreation Centre

NEWTON 7 Sessions \$34.25
Tu 7:30pm-8:30pm Sep 13 4489822
Tu 7:30pm-8:30pm Nov 1 4489823
Newton Seniors' Centre

SOUTH 12 Sessions \$88.25
Th 6:30pm-8:00pm Sep 22 4488235
Kensington Prairie Community Centre

SOUTH 12 Sessions \$88.25
Tu 7:45pm-9:15pm Sep 20 4488144
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 9 Sessions \$66.75
M 11:00am-12:30pm Sep 19 4481588
M 7:00pm-8:30pm Sep 19 4481587
Cloverdale Recreation Centre

GUILDFORD 10 Sessions \$49
Th 7:00pm-8:00pm Sep 29 4487738
Guildford Recreation Centre

NEWTON 7 Sessions \$51.50
W 7:00pm-8:30pm Sep 14 4489831
W 7:00pm-8:30pm Nov 2 4489832
Newton Seniors' Centre

Conversational Spanish

Participants continue working on your fluency in Spanish by exchanging dialogue. Level 3 Spanish required.

CLOVERDALE 9 Sessions \$66.25
Th 10:30am-12noon Sep 22 4481583
Cloverdale Recreation Centre

First Aid

Emergency Child Care First Aid & 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
Sa 9:00am-5:00pm Oct 8 4492544
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$114.55
Su 9:00am-5:00pm Nov 20 4492546
Su 9:00am-5:00pm Dec 11 4492547
Sport & Leisure Aquatics

GUILDFORD 1 Session \$114.55
Sa 9:00am-5:00pm Sep 10 4492543
Guildford Recreation Centre

SOUTH 1 Session \$114.55
W 9:00am-5:00pm Oct 26 4492545
Grandview Heights Aquatic Centre

Emergency First Aid & CPR C

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

CLOVERDALE 1 Session \$120.15
Sa 9:00am-5:00pm Oct 22 4492552
Su 9:00am-5:00pm Nov 13 4492555
Sa 9:00am-5:00pm Dec 3 4492556
Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$120.15
Tu, Th 5:30pm-9:30pm Dec 6 4492558

FLEETWOOD 1 Session \$120.15
Sa 9:30am-5:30pm Oct 1 4492550
Sa 9:00am-5:00pm Nov 26 4492554
Su 9:00am-5:00pm Dec 11 4492557
Sport & Leisure Aquatics

GUILDFORD 1 Session \$120.15
Th 9:00am-5:00pm Sep 22 4492549
Guildford Recreation Centre

GUILDFORD 1 Session \$120.15 14yrs+
Th 9:00am-5:00pm Oct 13 4492551
Fraser Heights Recreation Centre

SOUTH 1 Session \$120.15
Sa 9:00am-5:00pm Nov 5 4492553
Grandview Heights Aquatic Centre

SOUTH 1 Session \$120.15
Sa 9:30am-5:30pm Sep 10 4492548
South Surrey Indoor Pool

Emergency First Aid & CPR C Recertification

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

CLOVERDALE 1 Session \$80
Sa 9:00am-5:00pm Oct 22 4492563
Su 9:00am-5:00pm Nov 13 4492566
Sa 9:00am-5:00pm Dec 3 4492567
Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$80
Tu, Th 5:30pm-9:30pm Dec 6 4492568

FLEETWOOD 1 Session \$80
Sa 9:00am-5:00pm Oct 1 4492561
Sa 9:00am-5:00pm Nov 26 4492565
Su 9:00am-5:00pm Dec 11 4492569
Sport & Leisure Aquatics

GUILDFORD 1 Session \$80
Th 9:00am-5:00pm Sep 22 4492560
Guildford Recreation Centre

GUILDFORD 1 Session \$80 All Ages
Th 9:00am-5:00pm Oct 13 4492562
Fraser Heights Recreation Centre

SOUTH 1 Session \$80
Sa 9:00am-5:00pm Nov 5 4492564
Grandview Heights Aquatic Centre

SOUTH 1 Session \$80
Sa 9:30am-5:30pm Sep 10 4492559
South Surrey Indoor Pool

CPR C & AED

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

CLOVERDALE 1 Session \$96.75
Su 9:00am-2:00pm Oct 9 4492592
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$96.75
Sa 9:00am-2:00pm Dec 17 4492594
Sport & Leisure Aquatics

NEWTON 1 Session \$96.75 14yrs+
M 9:00am-2:00pm Sep 5 4492591
Newton Recreation Centre - Wave Pool

GUILDFORD 1 Session \$96.75 14yrs+
W 9:00am-12noon Nov 16 4492593
Fraser Heights Recreation 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 9:00am-5:00pm Dec 11 4492538
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$84
Su 9:00am-5:00pm Sep 11 4492535
Su 9:00am-5:00pm Nov 13 4492537
Sport & Leisure Aquatics

GUILDFORD 1 Session \$84
Su 9:00am-5:00pm Oct 9 4492536
Guildford Recreation Centre

Looking for Instructor Training & Lifeguard Courses?

For a complete listing of programs offered this season, please look in the Aquatics Section on pages 43-45.

CPR C & AED Recertification

Recertify your CPR 'C' certificate. Review skills and get updated in new standards.

CLOVERDALE 1 Session \$63.20
Tu 6:00pm-9:00pm Sep 20 4492583
Su 2:00pm-5:00pm Oct 9 4492584
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$63.20
W 6:00pm-9:00pm Oct 5 4492589
Sa 2:00pm-5:00pm Dec 17 4492586
Sport & Leisure Aquatics

GUILDFORD 1 Session \$63.20
M 6:00pm-9:00pm Oct 24 4492590
Th 5:00pm-8:00pm Nov 10 4492587
Guildford Recreation Centre

GUILDFORD 1 Session \$63.20 14yrs+
W 2:00pm-5:00pm Nov 16 4492585
Fraser Heights Recreation Centre

NEWTON 1 Session \$63.20 14yrs+
M 2:00pm-5:00pm Sep 5 4492582
Newton Recreation Centre

NORTH 1 Session \$63.20
W 2:00pm-5:00pm Nov 16 4492585
M 6:00pm-9:00pm Nov 28 4492588
North Surrey Recreation Centre

Standard First Aid (SFA) - Online

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

FLEETWOOD 1 Session \$178.65
Su 9:00am-5:00pm Nov 27 4492570
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
Sa-Su 9:00am-5:00pm Oct 22 4492599
Su 9:00am-5:00pm Nov 13 4492602
Sa-Su 9:00am-5:00pm Dec 3 4492603
Cloverdale Recreation Centre

FLEETWOOD 4 Sessions \$182.25
Tu, Th 5:30pm-9:30pm Dec 6 4492604

FLEETWOOD 2 Sessions \$182.25
Sa-Su 9:30am-5:30pm Oct 1 4492595
Sa-Su 9:00am-5:00pm Nov 26 4492601
Su 9:00am-5:00pm Dec 11 4492605
Sport & Leisure Aquatics

GUILDFORD 2 Sessions \$182.25
Th-F 9:00am-5:00pm Sep 22 4492596
Guildford Recreation Centre

GUILDFORD 2 Sessions \$182.25 14yrs+
Th-F 9:00am-5:00pm Oct 13 4492598
Fraser Heights Recreation Centre

SOUTH 2 Sessions \$182.25
Sa-Su 9:00am-5:00pm Nov 5 4492600
Grandview Heights Aquatic Centre

SOUTH 2 Sessions \$182.25
Sa-Su 9:30am-5:30pm Sep 10 4492597
South Surrey Indoor Pool

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
Su 9:00am-5:00pm Oct 23 4492575
Su 9:00am-5:00pm Nov 20 4492578
Su 9:00am-5:00pm Dec 4 4492579
Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$90.75
Tu, Th 5:30pm-9:30pm Dec 13 4492581

FLEETWOOD 1 Session \$90.75
Su 9:00am-5:00pm Oct 2 4492573
Su 9:00am-5:00pm Nov 27 4492577
Su 9:00am-5:00pm Dec 18 4492580
Sport & Leisure Aquatics

GUILDFORD 1 Session \$90.75
F 9:00am-5:00pm Sep 23 4492572
Guildford Recreation Centre

GUILDFORD 1 Session \$90.75 14yrs+
F 9:00am-3:00pm Oct 14 4492574
Fraser Heights Recreation Centre

SOUTH 1 Session \$90.75
Su 9:00am-5:00pm Nov 6 4492576
Grandview Heights Aquatic Centre

SOUTH 1 Session \$90.75
Su 9:30am-5:30pm Sep 11 4492571
South Surrey Indoor Pool

Drop - In 55+ 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
CLOVERDALE RECREATION CENTRE 604-598-7960	Seniors' Lounge 9am - 4pm Reflexology Service 9am - 4pm (by appt only) Computer Club (SIG) 9:30am - 11:30am Quilters 9:30am - 12noon Food Service 11:30am - 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 11:30am - 12:45pm Table Tennis 1pm - 3pm	Seniors' Lounge 9am - 4pm Knit & Chat 9:30am - 11:30am Food Service 11:30am - 12:45pm Poker* 12:30pm - 4pm Scrabble 12:30pm - 3:30pm Bingo* 1pm - 3pm Pickle Ball 1pm - 3pm	Seniors' Lounge 9am - 4pm Computer Club 10am - 12noon Food Service 11:30am - 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 Walking Club 1pm - 2pm Table Tennis 1:30pm - 3:30pm	Seniors' Lounge 9am - 4pm Woodcarvers 9am - 12noon Pickle Ball 9am - 11am Food Service 11:30am - 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 of month)	Billiards 9am - 9pm Carpet Bowling 9am - 12noon Painting for Pleasure 9am - 12noon Ballroom Dance 1pm - 3pm Table Tennis 1pm - 4pm	Billiards 9am - 9pm Pickle Ball 9am - 11:30am Hot Lunch Program 10:30am - 12:30pm (4th Wednesday) Tosh 12noon - 3pm Bridge 12:45pm - 3pm Whist 12:45pm - 3pm	Billiards 9am - 9pm Carpet Bowling 9am - 12noon Crafters 1pm - 3pm Table Tennis 1pm - 4pm Wheeling 8s 7pm - 9pm	Billiards 9am - 5pm Tosh 12noon - 3pm Bridge 12:30pm - 3pm Whist 12:30pm - 3pm	Billiards 9am - 5pm Bingo 12noon - 2pm
FLEETWOOD COMMUNITY CENTRE 604-501-5030	Ballroom Dance 1pm - 4pm Bingo 12:45pm - 3:30pm Bridge 6:45pm - 9:45pm Seep (in Punjabi) 12noon - 4:30pm	Ballroom Dance 1pm - 4pm Seep (in Punjabi) 12noon - 4:30pm Partners Bridge 12:30pm - 3:30pm (1st, 2nd & 3rd Tuesday of month)	Canasta 12:30pm - 3:30pm Cribbage 6:30pm - 9pm Happy Hookers 9:30am - 12noon Seep (in Punjabi) 12noon - 4:30pm Table Tennis 1pm - 4pm	Gold's Sing - Along Group 10am - 11am Carpet Bowling 1:30pm - 3:30pm Jammers 11:30am - 1:30pm Birthday Lunch (3rd Thursday) 11:30am - 1:30pm Seep (in Punjabi) 12noon - 4:30pm Blood Pressure Clinic (1st Thursday) Social in Mandarin or Cantonese 12noon - 2pm	Drop - In Social Group offered in Punjabi 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 Floor Curl 1pm - 3pm Table Tennis 1pm - 4pm	Seep 12:15pm - 4:30pm
GUILDFORD RECREATION CENTRE 604-502-6360	Seniors' Lounge 9am - 4pm Badminton 8:45am - 11:45am Carpet Bowling 12noon - 2:30pm Cards Club/Canasta 1pm - 4pm Pickle Ball 12noon - 3pm Scrabble 12noon - 3pm Sky Walkers 9am - 3pm	Seniors' Lounge 9am - 4pm Badminton 8:45am - 11:45am Bridge 12noon - 4pm Cards Club 1pm - 4pm Dining Out Club 12:30pm (1st Tuesday) Pickle Ball 12noon - 3pm Sky Walkers 9am - 3pm Arts Club 11am - 1pm	Seniors' Lounge 9am - 4pm Badminton 8:45am - 11:45am Carpet Bowling 12noon - 2:30pm P.U.R.L.S (Knitting) 1pm - 3pm Sky Walkers 9am - 3pm	Seniors' Lounge 9am - 4pm Badminton 8:45am - 11:45am Bridge 12noon - 4pm Pickle Ball 12noon - 3pm Sky Walkers 9am - 3pm	Seniors' Lounge 9am - 4pm Badminton 8:45am - 11:45am Jammers 10:30am - 1pm Pickle Ball 12noon - 3pm Sky Walkers 9am - 3pm	
NEWTON SENIORS' CENTRE 604-501-5010	Billiards 9:15am - 3:45pm Wood Carving 9:15am - 12noon Carpet Bowling 10am - 12noon Walking Club 9:30am - 11:30am Womens' Social+ 11am - 1pm Computer Group 1pm - 3pm Social Bridge* 1pm - 3:30pm Whist* 1pm - 3:30pm	Billiards 9:15am - 3:45pm Writing Group 10am - 12noon (4th Tuesday) Krazy Krafters 10am - 12noon Tennis 10am - 12noon (in season) Bingo* 12:30pm - 3:45pm Guitar Club 1pm - 2:30pm	Billiards 9:15am - 3:45pm Stamp Collecting 10am - 12noon (3rd Wednesday) Carpet Bowling 1pm - 3pm 10 Card Cribbage* 1pm - 3:30pm	Golf 6am - 10am (in season) Billiards 9:15am - 3:45pm Card Making 9:15am - 12noon (1st Thursday) Pizazz Performers! 9:15 - 12noon Craft Group 1pm - 3pm Cribbage* 1pm - 3pm Canasta* 1 - 3:30pm	Billiards 9:15am - 3:45pm Painting Group 9:15am - 12:15pm Tennis 10am - 12noon (in season) Cribbage Tournament* 12noon - 3:30pm (3rd Friday of month) Rummoli* 1pm - 3:30pm Music Makers 1pm - 3:30pm Dinner/Dance 5:30 - 9pm (2nd Friday)	Billiards 12:15pm - 3:45pm Table Tennis 12:15pm - 3:45pm
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 4 courts 7:30am - 10:30am Pickle Ball 4 courts 10:45am - 12:45pm Table Tennis 1pm - 3pm	Badminton 8 courts 12:45pm - 2:45pm Pickle Ball 4 courts 6:30am - 9:30am	Badminton 4 courts 7:30am - 10:30am Pickle Ball 4 courts 10:45am - 1:45pm Table Tennis 12:45pm - 3pm	Pickle Ball 8 courts 12:30pm - 2:30pm	

Schedules subject to change. Please call ahead to confirm. + Held at the Newton Recreation Centre Wave Pool * 'Know your limit, play with it'.

Fitness classes geared towards the 55+ age group are also available at most facilities, go to page 58-65 for 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.

Seniors Advisory and Accessibility Committee

This City of Surrey committee, chaired by Councillor Barbara Steele, includes 30 members representing City departments, community resource agencies, Provincial government agencies, safety services (police and fire), and related community groups. The purpose of the committee is to provide networking opportunities for individuals, service agencies, and organizations working with our seniors, and further to undertake initiatives to provide information with regard to the many programs and services available to seniors through the City of Surrey and other various service agencies and organizations. The committee works collaboratively with passion and resources to facilitate a wide range of community forums, workshops, events, and programs that will help support our aging population and their families/caregivers in Surrey.

Focus on Seniors Forums

The Forums were initiated in 2008 with the focus of preventing and responding to elder abuse. As part of a series for seniors and their caregivers, the forums raise awareness of issues impacting seniors, as well as provide valuable information about legal, safety, and support resources available to seniors and their caregivers in Surrey. Adult family members are welcome to attend. The Forums are offered in various languages throughout Surrey.

Caregiver Workshops

These workshops, presented by Seniors Come Share Society, focus on refreshing your spirit, validating your efforts, and assisting you in your journey as a caregiver. Specific topics vary by workshop, but may include: "The Do's and Don'ts of Dementia", "Educate Yourself: It May Not Be Dementia", and "Remaining Healthy and Successful While Caring for Another", among others. Come share your wisdom and make connections with others in a similar role. Seniors, caregivers, and families are all welcome to attend these sessions, as valuable information will be provided.

A Roof Over My Head Sessions

These sessions are offered in collaboration with agencies and organizations that provide seniors with information that includes, but is not limited to: safety in your home, fire prevention, home care, assisted living and facility care, Home is Best Program, and Home Service Line. Housing information for seniors and caregivers is provided.

Mobile Outreach

These 'mini mobile information sessions' provide an integrated approach to the delivery of resources and services to seniors within various neighbourhoods in Surrey. The mobile outreach program increases awareness of services and resources available to prevent isolation and abuse. Each session consists of one or more Seniors Advisory and Accessibility Committee members' presentations, totalling 45 minutes to 2 hours in length. Subjects may include, but are not limited to, elder abuse, personal safety, and housing/transportation issues.

Transportation and Mobility Symposium(s)

These symposiums provide information, resources and workshops focusing on four key areas,

- Supporting older drivers
- Providing education on how to use transit, including regional HandyDART door-to-door service
- Encouraging and supporting cycling, walking, and wheeling to neighbourhood destinations
- Raising awareness of scooter safety

***The dates and locations of these forums, programs and workshops are posted at www.surrey.ca/seniors and are advertised in local newspapers and at City recreation facilities.**

**** All sessions require pre-registration**

Bus Trips 55+

Brought to you by Enjoy Tour & Travel

Day long bus trips that offer a variety of locations and experiences.

Site-specific or City-Wide Seniors Membership required to receive the member price.

TRIPS TO USA: Boeing Factory + Amtrak, Chihuly Garden & Glass, Mount Baker

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.

Mount Baker (USA)

Mount Baker has amazing views and on clear days visitors are treated to 360-degree views of Mount Shuksan, lakes and glaciers. Take an escorted 1/2 mile walk at Picture Lake displaying Mount Shuksan's spectacular reflection and an escorted 2-mile loop walk around the Bagley Lakes. This tour includes lunch at Milano's Restaurant on the scenic Mount Baker Highway, bottled water and trail snack bar. Activity Level: Easy

1 session	Non Member \$114/Member \$109	
4486998	Thursday, September 1	
GUILDFORD	Depart 7:45am	Return 7:45pm
CHUCK BAILEY	Depart 8:00am	Return 7:30pm
NEWTON	Depart 8:30am	Return 7:00pm

Harrison Lake Cruise

Enjoy a two hour wildlife sightseeing cruise on Harrison Lake aboard a yacht boasting a large open upper deck area that is perfect for taking pictures, viewing wildlife and scenery and a lower deck with all the comforts of home. This tour includes lunch, refreshments at Green Point and one hour free time to explore Harrison Hot Springs' sandy beaches and eclectic shops and stores. Activity Level: Easy

1 session	Non Member \$134/Member \$129	
4481525	Monday, September 12	
CLOVERDALE	Depart 8:30am	Return 5:45pm
FLEETWOOD	Depart 8:45am	Return 5:30pm
SOUTH	Depart 8:00am	Return 6:15pm

Chihuly Garden and Glass (USA)

Located at Seattle Center, Chihuly Garden and Glass includes an Exhibition Hall, the centerpiece Glasshouse and a lush garden offering visitors a comprehensive look at artist Dale Chihuly's significant series of work. Tour includes admission to Chihuly Garden and Glass and dinner at the Outback Steakhouse in Burlington. Lunch is on your own with various options in Seattle Centre. Activity Level: Easy

1 session	Non Member \$134/Member \$129	
4481526	Wednesday, October 12	
CLOVERDALE	Depart 8:30am	Return 8:45pm
FLEETWOOD	Depart 8:15am	Return 9:00pm
SOUTH	Depart 9:00am	Return 8:15pm

Boeing Factory Tour + Amtrak (USA)

Enjoy a scenic waterview 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 Boeing Factory 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: Easy

1 session	Non Member \$134/Member \$129	
4486999	Wednesday, October 19	
GUILDFORD	Depart 6:00am	Return 5:45pm
CHUCK BAILEY	Depart 6:15am	Return 5:30pm
NEWTON	Depart 6:45am	Return 5:00pm
4481527	Wednesday, November 9	
FLEETWOOD	Depart 6:00am	Return 5:30pm
CLOVERDALE	Depart 6:15am	Return 5:45pm
SOUTH	Depart 6:45am	Return 5:15pm

PICK-UP & RETURNS

CLOVERDALE RECREATION CENTRE
604-598-7960 6188 176 Street

FLEETWOOD COMMUNITY CENTRE
604-501-5030 15996 84 Avenue

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

CHUCK BAILEY RECREATION CENTRE
604-598-5898 13458 107A Avenue

GUILDFORD RECREATION CENTRE
604-502-6360 15105 105 Avenue

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

Bizarre Bazaar (Whistler)

Whistler Arts Council presents Bizarre Bazaar, a vibrant community event that includes live music, a silent auction, dance and food at the Whistler Conference Center. With over 100 artisans from the Sea to Sky Corridor, Lower Mainland and beyond, this craft fair features a wide array of ceramics, clothing, fine art, wood, glass, metal, jewelry, candles and aromatherapy products as well as Christmas decorations. Activity Level: Easy

1 session	Non Member \$74/Member \$69	
4487000	Sunday, November 27	
NEWTON	Depart 7:45am	Return 5:45pm
CHUCK BAILEY	Depart 8:15am	Return 5:15pm
GUILDFORD	Depart 8:30am	Return 5:00pm

VSO & Choir Traditional Christmas + VanDusen Garden's Festival of Lights

The Lower Mainland's most beloved Christmas music Holiday Tradition! The VSO and Choir together with the amazing acoustics at St. Andrews Wesley Church truly produces Christmas magic. Following the performance visit VanDusen Garden's Festival of Lights bringing Christmas fantasy to life with 1.4 million bulbs. No meals or refreshments included with this tour. Dinner is available for purchase at VanDusen Garden's Truffles Cafe. Activity Level: Easy

1 session	Non Member \$114/Member \$109	
4487033	Saturday, December 10	
NEWTON	Depart 1:45pm	Return 9:15pm
CHUCK BAILEY	Depart 2:15pm	Return 9:00pm
GUILDFORD	Depart 2:30pm	Return 8:45pm

Vancouver Christmas Lights Tour with Train

A holiday tradition! See all the major light displays in Vancouver and catch the festive spirit on the magical Christmas Train in Stanley Park. Includes delicious hot cocoa and treat at Tim Horton's.

1 session	Non Member \$64/Member \$59	
4481528	Wednesday December 14	
CLOVERDALE	Depart 3:15pm	Return 9:45pm
FLEETWOOD	Depart 3:00pm	Return 9:30pm
SOUTH	Depart 3:45pm	Return 10:15pm

VanDusen Festival of Lights + Christmas Market

The ambitious renovation of the VanDusen Garden's Festival of Lights brings Christmas fantasy to life with 1.4 million bulbs, nightly appearances by Santa and his elves and community choir concerts! Before night fall visit the Vancouver Christmas Market in the Plaza at Queen Elizabeth Theatre and ride the only Christmas Carousel in Vancouver. No meals or refreshments included with this tour. Dinner is available for purchase at the VanDusen Garden's Truffles Cafe. Activity Level: Easy

1 session	Non Member \$74/Member \$69	
4481529	Monday, December 19	
CLOVERDALE	Depart 1:45pm	Return 8:15pm
FLEETWOOD	Depart 2:00pm	Return 8:30pm
SOUTH	Depart 1:15pm	Return 7:45pm

Adapted Programs

www.surrey.ca/register

Welcome!



RECREATION
FOR ALL!

Accessibility and Inclusion offers a variety of programs and support for individuals with disabilities to get involved and take part in an active and healthy lifestyle.

HEALTHY COMMUNITIES ACCESSIBILITY AND INCLUSION

604-598-5867 or 604-502-6321 13450 104 Avenue
Fax: 604-502-6315 | inclusion@surrey.ca

Check out some of our services!

- Supported and integrated programs for children, youth and adults with disabilities;
- Volunteer opportunities with the SPIRIT Volunteer Program;
- Volunteer support for recreation and leisure programs;
- Resources and referral services.

Programs **DROP-IN**

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 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 11:30am-12noon Sep 7 4488982
W,M 11:30am-12noon Oct 12 4488984
GUILDFORD 10 Sessions \$53.00 19yrs+
M,W 11:30am-12noon Nov 14 4488988
Individuals with physical disabilities:
GUILDFORD 9 Sessions \$47.75 19yrs+
W,M 12noon-12:30pm Sep 7 4488983
W,M 12noon-12:30pm Oct 12 4488985
GUILDFORD 10 Sessions \$53.00 19yrs+
M,W 12noon-12:30pm Nov 14 4491207
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 SACL.

Guildford 8 Sessions \$64.50 13-18yrs
Sa 11:15am-11:45am Sep 10 4490054
Sa 11:45am-12:15pm Sep 10 4490055
GUILDFORD 5 Sessions \$41.75 13-18yrs
Sa 11:15am-11:45am Nov 5 4490056
Sa 11:45am-12:15pm Nov 5 4490058
Guildford Recreation Centre

FLEETWOOD 9 Sessions \$64.50 13-18yrs
Sa 11:15am-11:45am Sep 10 4491746
Sa 11:45am-12:15pm Sep 10 4491749
FLEETWOOD 5 Sessions \$40.25 13-18yrs
Sa 11:15am-11:45am Nov 19 4491751
Sa 11:45am-12:15pm Nov 19 4491753
Surrey Sport and Leisure Complex

SOUTH 7 Sessions \$56.50 13-18yrs
Sa 11:30am-12noon Sep 10 4492137
Sa 12noon-12:30pm Sep 10 4492186
SOUTH 6 Sessions \$40.75 13-18yrs
Sa 11:30am-12noon Nov 5 4492204
Sa 12noon-12:30pm Nov 5 4492213
South Surrey Indoor Pool



Social programs for children and youth.

Best Me I Can Be 5-12 yrs

Teen Community Awareness 13-19 yrs

Clayton Hall 18513 70 Avenue, Surrey
604-746-4331 info@kidsmattercanada.com
www.kidsmattercanada.com

Program offered in Surrey - Not a registered or drop in PRC program.

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 affects the safety of the participant in a program.
- The participant is currently associated with a support agency.



CANUCKS AUTISM NETWORK

I CAN SKATE LESSONS
I CAN HOCKEY
I CAN SWIM LESSONS
I CAN PLAY BASKETBALL
I CAN PLAY SOCCER
I CAN HAVE PHYSICAL LITERACY

www.canucksautism.ca | 604 685-4049 ext 212



BC WHEELCHAIR
SPORTS

Looking for the next step and more opportunities to get active in wheelchair tennis, wheelchair rugby and athletics?

Contact BC Wheelchair Sports Association at info@bcwheelchairsports.com



COMMUNITY LIVING
BRITISH COLUMBIA

A provincial crown agency that delivers supports and services to adults with developmental disabilities and their families in BC. CLBC works to create communities where people with developmental disabilities have more choices about how they live, work and contribute.



Looking for the next step and more opportunities to play sledge hockey, power soccer and boccia?

Visit the Sportability website www.sportabilitybc.ca



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 an inclusive environment. Staff support provided (1 staff: 1 participant), in partnership with SACL.

GUILDFORD	8 Sessions \$64.50	Sep 10
Sa 9:00am-9:30am	4490053	4-7yrs
Sa 9:30am-10:00am	4491190	7-9yrs
Sa 10:00am-10:30am	4491191	8-10yrs
Sa 10:45am-11:15am	4491193	9-12yrs

GUILDFORD	5 Sessions \$41.75	Nov 19
Sa 9:00am-9:30am	4491196	4-7yrs
Sa 9:30am-10:00am	4491198	7-9yrs
Sa 10:00am-10:30am	4491199	8-10yrs
Sa 10:45am-11:15am	4491200	9-12yrs

Guildford Recreation Centre

FLEETWOOD	9 Sessions \$64.50	Sep 10
Sa 9:00am-9:30am	4491699	4-7yrs
Sa 9:30am-10:00am	4491706	7-9yrs
Sa 10:00am-10:30am	4491711	8-10yrs
Sa 10:45am-11:15am	4491714	9-12yrs

FLEETWOOD	5 Sessions \$40.25	Nov 19
Sa 9:00am-9:30am	4491715	4-7yrs
Sa 9:30am-10:00am	4491719	7-9yrs
Sa 10:00am-10:30am	4491725	8-10yrs
Sa 10:45am-11:15am	4491744	9-12yrs

Surrey Sport and Leisure Complex

SOUTH	7 Sessions \$56.50	Sep 10
Sa 9:30am-10:00am	4492054	4-7yrs
Sa 10:00am-10:30am	4492061	7-9yrs
Sa 10:30am-11:00am	4492066	8-10yrs
Sa 11:00am-11:30am	4492069	9-12yrs

SOUTH	6 Sessions \$40.75	Nov 5
Sa 9:30am-10:00am	4492074	4-7yrs
Sa 10:00am-10:30am	4492095	7-9yrs
Sa 10:30am-11:00am	4492110	8-10yrs
Sa 11:00am-11:30am	4492123	9-12yrs

South Surrey Indoor Pool

Adapted Skating - One To One

Supported skating lessons for those with disabilities, in an inclusive environment. Staff support provided (1 staff: 1 participant), in partnership with SACL.

FLEETWOOD	10 Sessions \$83	Sep 12
M, W 4:00pm-4:30pm	4485191	6-9yrs
M, W 4:30pm-5:00pm	4485190	10-13yrs
M, W 5:00pm-5:30pm	4485178	7-9yrs
M, W 5:30pm-6:00pm	4485177	4-6yrs
M, W 6:00pm-6:30pm	4485179	10-12yrs
M, W 6:30pm-7:00pm	4485180	13-18yrs

FLEETWOOD	7 Sessions \$58.75	Oct 17
M, W 4:00pm-4:30pm	4485192	6-9yrs
M, W 4:30pm-5:00pm	4485189	10-13yrs
M, W 5:00pm-5:30pm	4485182	7-9yrs
M, W 5:30pm-6:00pm	4485181	4-6yrs
M, W 6:00pm-6:30pm	4485183	10-12yrs
M, W 6:30pm-7:00pm	4485184	13-18yrs

FLEETWOOD	10 Sessions \$83	Nov 14
M, W 4:00pm-4:30pm	4485193	6-9yrs
M, W 4:30pm-5:00pm	4485194	10-13yrs
M, W 5:00pm-5:30pm	4485186	7-9yrs
M, W 5:30pm-6:00pm	4485185	4-6yrs
M, W 6:00pm-6:30pm	4485187	10-12yrs
M, W 6:30pm-7:00pm	4485188	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 SACL.

Register for 9 sessions or pick your days!
*Activities will vary each day, depending on the interests of the participants

NEWTON	1 Session \$30	12-18 yrs
Sa 1:00pm-5:00pm	Sep 24	4483736
Sa 1:00pm-5:00pm	Oct 1	4483737
Sa 1:00pm-5:00pm	Oct 15	4483738
Sa 1:00pm-5:00pm	Oct 22	4483739
Sa 1:00pm-5:00pm	Oct 29	4483740
Sa 1:00pm-5:00pm	Nov 05	4483741
Sa 1:00pm-5:00pm	Nov 26	4483742
Sa 1:00pm-5:00pm	Dec 3	4483773
Sa 1:00pm-5:00pm	Dec 10	4483784

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 9 sessions or pick your days!

CLOVERDALE	9 Sessions \$149	6-12yrs
Sa 1:30pm-4:30pm	Sep 24	4483726

CLOVERDALE	1 Session \$17.50	6-12yrs
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Under the Sea	Sa 1:30pm-4:30pm	Sep 24	4483727
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Anchors Away	Sa 1:30pm-4:30pm	Oct 1	4483728
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Zootopia	Sa 1:30pm-4:30pm	Oct 15	4483729
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Art Attack	Sa 1:30pm-4:30pm	Oct 22	4483730
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Cooking Monsters	Sa 1:30pm-4:30pm	Oct 29	4483731
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Sports Stars	Sa 1:30pm-4:30pm	Nov 5	4483732
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Under the Big Top	Sa 1:30pm-4:30pm	Nov 26	4483733
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Treasure Island	Sa 1:30pm-4:30pm	Dec 3	4483734
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Winter Wonderland	Sa 1:30pm-4:30pm	Dec 10	4483801
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Cloverdale Recreation Centre

Kids Who Cook

Learn how to prepare healthy meals for breakfast, lunch and dinner in this welcoming and inclusive program.

NEWTON	5 Sessions \$65	8-12yrs
Su 3:00pm-4:30pm	Sep 25	4485815
Su 3:00pm-4:30pm	Nov 6	4485817

Newton Recreation Centre

Art Explorer

Express your creativity and improve fine motor skills through basic drawing and painting techniques.

NEWTON	5 Sessions \$34.25	6-12yrs
Su 1:30pm-2:30pm	Sep 25	4485821
Su 1:30pm-2:30pm	Nov 6	4485825

Newton Recreation Centre

Hip Hop

Improve overall balance, posture, strength and coordination in this inclusive, energetic class.

NEWTON	5 Sessions \$34.50	Sep 19
M 4:15pm-5:00pm	4485835	3-5yrs
M 5:15pm-6:15pm	4485846	6-9yrs
M 6:15pm-7:15pm	4485849	10-12yrs
M 7:15pm-8:15pm	4492308	13-18yrs

NEWTON	5 Sessions \$34.50	Nov 7
M 4:15pm-5:00pm	4485840	3-5yrs
M 5:15pm-6:15pm	4485852	6-9yrs
M 6:15pm-7:15pm	4485853	10-12yrs
M 7:15pm-8:15pm	4492311	13-18yrs

Newton Seniors' Centre

Adapted Sports

Sledge Hockey

Learn how to move your sled, shoot the puck, and play fun games with an enthusiastic instructor. Great program for children, youth, and adults wanting to learn Canada's national pastime! All abilities welcome.

FLEETWOOD	5 Sessions \$46	6yrs+
Sa 2:30pm-3:45pm	Sep 17	4483810
Sa 2:30pm-3:45pm	Oct 29	4483811

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	Oct 3	4488343

Newton Seniors' Centre

Power Soccer

Participants will learn the skills and fundamental movements of power soccer through fun games and drills using their power wheelchairs. In partnership with SportAbility.

CLOVERDALE	8 sessions \$55.25	6yrs+
Su 1:00pm-2:15pm	Oct 2	4488368

Cloverdale Recreation Centre

Drama

Improve your confidence and communication skills through drama exercises, games, theatre sports, play building and improvisations.

NEWTON	5 Sessions \$34.50	6-12yrs
Sa 10:45am-11:45am	Sep 24	4485828
NEWTON	6 Sessions \$41.50	6-12yrs
Sa 10:45am-11:45am	Nov 5	4485832

Newton Seniors' 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.

CITYWIDE	9 Sessions \$135	13-18yrs
Th 6:30pm-8:00pm	Sep 29	4485164

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	Oct 4	4488378

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	Oct 4	4488398

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

Become a Member OF OUR DYNAMIC TEAM!

Application Process

To become a volunteer with the City of Surrey, you must successfully complete all of the application steps. Some areas have age requirements, please check those before applying. Apply online today.

- 1 Go to surrey.ca/volunteer and look through our Volunteer Opportunities. Find an area of interest and click, "apply now".
- 2 Create your online profile through this area. If you already have an account, simply click, "log on". With your username and password you will be able to join additional areas that are actively recruiting.
- 3 Once your online profile is saved, you will receive a welcome email with the next steps! These may include:
 - a) Attending an interview. You will use your online account to sign-up for an interview time. Interviews are conducted monthly.
 - b) Provide two references. Use the forms found under the "Files" section of your online account. These need to be filled out by persons other than family or friends. Simply upload them to your profile once complete!
 - c) Police Information Check (PIC). After a) & b) are complete, you may be asked to provide a PIC. You will need to go to your local RCMP detachment with the forms we provide. Once completed, these forms will need to go to City Hall's Human Resources department for processing.
- 4 Once you are approved you can volunteer! Sign-up for shifts online and track your hours!
- 5 Check for updates and stay in the know with upcoming Surrey events, workshops, and opportunities.

With our online system you can create your profile and let us know the volunteer positions that interest you. Once approved, you can sign up for activities and print off a record of your volunteer hours. Check out our website to explore all the opportunities available.

This Fall YOU CAN...



Participate at Tree Lighting Festival

On November 19th we'll be lighting up our 55 foot tree and you can be a part of it! This magical festival brings over 15,000 people to enjoy great music, delicious food trucks, and take pictures with Santa.

Become a Zone Captain

Launched last spring, Zone Captains have a heightened responsibility and role during special events. This fall we will be hosting Zone Captain training for all those qualified and interested in this exciting leadership opportunity. To learn more contact the Volunteer Resources team.



Join our Adult Programs

Help newcomers improve their English during our English Conversation Classes, lead tours at City Hall, or participate in a senior's lounge or kitchen. Our adult programs will begin to include knowledge transfer pieces that will be accessible to the community. To learn more and get involved contact Volunteer Resources.

There's More!

Look in these sections for additional information on volunteer opportunities.

Parks, Aquatics, Surrey Arts Centre, Heritage & Adapted Programs

Volunteer Information Sessions



Find out how to apply, where you can volunteer, what opportunities are available and the benefits of volunteering in your community.

Tu 6:00pm-7:30pm
Sep 13 4494276
Cloverdale Library

Th 6:00pm-7:30pm
Nov 3 4494278
Ocean Park Library

Th 6:00pm-7:30pm
Oct 6 4494277
City Centre Library

CITY OF SURREY
VOLUNTEER



RESOURCES

Come learn with us!

VOLUNTEER DEVELOPMENT PROGRAM

We offer great workshops at a low cost to support the personal and professional growth our volunteers. We also offer free workshops that are open to everyone in the community. Start learning today!

For upcoming workshop dates and registration information, visit www.surrey.ca/register and select the Volunteer Resources section.



Communicating Through Conflict \$16.75

Learn time-tested approaches that help defuse situations, increase communication and shift the focus from conflict to problem solving.

Leadership Fundamentals \$16.75

This interactive workshop focuses on understanding leadership as an attitude and a process. It covers the characteristics of effective leaders, team interaction and achieving goals. Volunteers will leave with an insight to inspiring others to achieve a shared vision. 14-21yrs only

WorldHost Ambassador \$9.50

This interactive workshop addresses the fundamentals of excellent customer service. Learn about being an ambassador in your community and how to encourage visitors to return.

Foodsafe Level I \$30

Learn safe food handling and preparation techniques. Topics include receiving, storing, preparing and presenting food.

High Five - Principles of Healthy Child Development \$30

Designed for people that provide direct leadership to children (age 6-12) across a broad spectrum of programs, this session provides participants with an approach that ensures a healthy experience for each child. 16yrs+

I AM Game - Training \$30

I AM Game is the City of Surrey's unique approach to fun and inclusive sport programs that promote physical literacy. Training introduces instructors, coaches and volunteers to I AM Game principles and coaching strategies that help participants build movement skills and confidence with physical activity and sport.

Emergency First Aid & CPR Level C \$30

Learn basic first aid techniques and the skills needed to recognize and respond to cardiovascular and choking emergencies for adults, children and infants (CPR C). Includes injury management, personal scene safety and AED (Automatic External Defibrillator). Red Cross certificate issued (3 year expiry).

FREE WORKSHOPS: OPEN TO EVERYONE

Emergency Preparedness

Get ready for an emergency, this course will assist you in being personally prepared at home, work or school. Learn how to identify the risks in your home and find out how to make your own emergency preparedness kit. Co-sponsored with the Emergency Neighbourhood Preparedness Program.

Discover Surrey

Explore everything Surrey has to offer! You'll learn about the history of our diverse City and find out why Surrey is a great place to live, work and play. Co-sponsored with Toursim Surrey.

Introduction to Public Speaking

Gain confidence while learning how to improve your public speaking and leadership skills. Topics include speech organization, using gestures, eye contact, humour and overall delivery. Co-sponsored with Toastmasters.

Employment Preparation

Gain valuable skills that will be beneficial in your job search. This interactive workshop will focus on skills assessment, resume/cover letter development, interview techniques and employment resources. Co-sponsored with Avia Employment Services.



CHILDREN



4991
VOLUNTEER
HOURS

- 97 volunteers contributed 4991 hours to over 140 day camps
- Volunteers support camps in 6 town centres across Surrey

SPIRIT

16 SPIRIT VOLUNTEERS support 32 youth with disabilities on their vacation to Whistler each year

HERITAGE

192 volunteers support 328 programs and **15 000** PARTICIPANTS



EMERGENCY SOCIAL SERVICES

19 VOLUNTEERS assisted in the North Surrey Apartment Fires with more than 110 hours donated.

PARKS

PLANTED **5123** native trees and shrubs in our forested parks

REMOVED **197** cubic metres of invasive plants from forested parks

Surrey Arts Centre

www.surrey.ca/arts


604-501-5566 Box Office · General Info

604-501-5187 Gift Shop · Art Rental


13750 - 88 Avenue (1 block east of King George Blvd in Bear Creek Park)

Events are subject to change.

Follow us through social media:

 Surrey Civic Theatres | Surrey Art Gallery

 @SurreyArtsCtre | @SurreyArtGal

 surreyartgal

Volunteering

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

Youth Docent Program

Discover contemporary art and ideas, develop public speaking skills, and gain leadership experience. Join our Youth Docents—enhance exhibitions through activities that are equal parts fun and educational. Opportunities to inspire and be inspired abound.



▲ Youth Docent engages young visitor in Gallery activity

Gallery Event Volunteers

Are you a people person? Would you like to be engaged in contemporary art? Gallery Event volunteers assist at exhibition openings, artist talks, Family Sundays, and Gallery outreach programs.

Children's Art Program Assistants

Share your passion for art! Learn about leadership and working with children. Volunteer at our art day camps or classes: lead games, organize studios, and assist the artists.

On Exhibit AT THE SURREY ART GALLERY

Experience new art, new ideas, and new media at Surrey's contemporary art museum.

Admission is free. Everyone is welcome.

Small Stages

Sep 17–Dec 4

Opening Reception: Sep 17 | 7:30–9:30pm

Paintings of bowls of fruit, flowers, and objects on a table top are imagery commonly associated with classic still life art, but what about a photograph of books with miniature llamas on them, or a chandelier sculpture of kitchen and garden utensils? Drawn from the Gallery's permanent collection, the artworks in this show depict carefully arranged—and sometimes unusual—scenes that reflect on and expand the still life genre. You'll see paintings, sculptures, photographs, and prints.

Also on view this fall are four other exhibits—including audio and video works—focused on the still life genre.



▲ Bill Burns, *How to Help Animals Escape from Natural History (The Lama Version) (2005)*, chromogenic photographic print on paper. Collection of the Surrey Art Gallery.

Over the course of the exhibition, events such as 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 on our Events page at surrey.ca/artgallery.

There's More

Look in the Arts & General Interest section.

For performing arts classes look in these sub-sections: Children | Youth | Adults

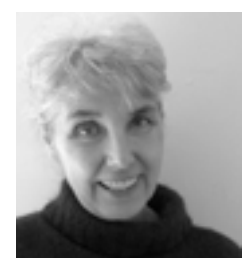
For visual art classes look in these sub-sections: Early Years | Children | Youth | Adults

Art Instructor PROFILES

Surrey Art Gallery invites you to learn with instructors who are experienced art educators and practicing artists. Here are three of our fall instructors.

Dalia Ibrahim

Dalia Ibrahim has been a practicing fine artist, graphic designer, and art teacher for the last 20 years. She holds a Bachelor of Fine Arts and Diploma in Graphic Design for Marketing. Dalia's art teaching style focuses on developing technical skills while improving the ability to see details, form, and depth. She enjoys those "Ahhh!" moments when her students grasp a technique or learn to see the world in a different way. This quarter, Dalia is teaching Preteen Art Extreme and Drawing Techniques. See page 76.



April Davis

April is a practicing artist and art instructor with experience in a broad range of artistic mediums and processes. She has her BFA from Emily Carr University where she received the Governor General's Award upon graduation.

April believes that through an appreciation of art and participation in the creative process, we become more aware of ourselves and the world around us. She loves to share in this experience with others through her teaching. April instructs the Surrey Art Gallery's School Program and, this fall, she is teaching Explore & Create for Home Learners. See page 77.

Inoka Manori

Born in Sri Lanka, Inoka's unique talents and artistic insight were discovered at an early age. She was placed in a convent to study art before obtaining her master's degree at the prestigious Surikov Academy of the Arts in Moscow. Her award-winning work has been shown in a variety of international exhibitions, and her works are held in private collections throughout the world. Inoka works to constantly expand her artistic knowledge. She recently graduated from The Art Institute of Vancouver with a computer graphic design diploma. This session, Inoka will teach Still Life in Oil. See page 86.



Want to stay in the know?

SIGN UP FOR E-NEWSLETTERS!

www.surrey.ca/arts-signup

SURREY CIVIC
THEATRES

WE'VE GOT YOUR:

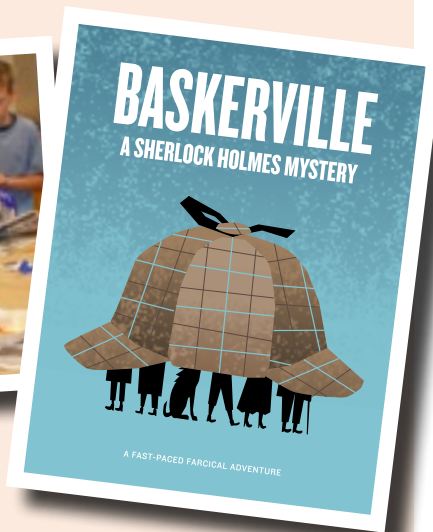
✓ *Family FUN*

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 production of *Baskerville: A Sherlock Holmes Mystery* on October 22 at 4pm, 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 the show. Details at www.surrey.ca/theatre (click Arts Club On Tour Series) or call the Box Office at 604-501-5566.



✓ *DAYTIME Distractions*

Are daytimes your free times? Check out these possibilities at the Surrey Arts Centre.

Classical Coffee Concerts

Socialize over coffee, tea, and goodies in the lobby, followed by a concert in the Studio Theatre at Surrey Arts Centre. What a great way to spend your morning!

Details at www.surrey.ca/theatre (click Surrey Spectacular Series) or call the Box Office at 604-501-5566.

Love to Sing

Join recording artist Rhayne for her relaxed and fun group class for adults. Rhayne's vibrant and friendly teaching style creates an encouraging atmosphere—you'll be amazed what you can do! Details on page 88.

Stand-Up Comedy

Getting a laugh can be one of the most exhilarating of feelings. In this class, Janice Bannister will help you bring together your life stories with a punchline. Then you'll get to show off your material at a showcase. Details on page 88.



▲ Elizabeth and Marcel Bergmann host and perform in the Classical Coffee Concerts

▲ Stand-Up Comedy class



Public Art IN SURREY

Water Guardian
by Susan Point

The 2016 Public Art Street Banners designed by Susan Point feature the same smiling frog used in her recently completed sculpture *Water Guardians* at Hazelgrove Park in Cloverdale. The frog's traditional design symbolizes the cycle of life, small transformative beginnings, and the rhythm of the land. Susan Point is a descendant of the Musqueam people and is a distinguished local Coast Salish artist.

13th Annual

SURREY INTERNATIONAL
Children's Festival



May 25-27, 2017

Surrey Arts Centre & Bear Creek Park

At the Surrey International Children's Festival, it's all about arts education, creativity, cultural sharing and a lot of fun!

**SCHOOL & GROUP
TICKETS ON SALE NOVEMBER 1ST**

STAY CONNECTED!

🐦 @ SurreyChildFest

www.surrey.ca/childrensfestival

Festival Info: 604-501-5598

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 M, Feb 6, 2017

Entrance by donation

Groups of 10 or more people must book in advance

Bring on fall with its bright leaves and crisp days! Join us in the Farmhouse kitchen to warm chilled fingers by the wood stove. We'll help you welcome colder days with workshops, events and good old-fashioned hospitality.

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! Families get hands-on in the Kids Gallery, take in kid-friendly events, and drop in for crafts and activities.



Registered

Reminisce Kit

Museum staff encourage lively discussions and trigger fond memories as we visit your seniors' facility or group with Reminisce Kits. Artifacts, newspaper clippings, photographs and music from the early 20th century will bring back recollections of the good old days. For information about themes or to book a session, call 604-592-6956.

1 session \$75 **55yrs+**
Tuesdays-Fridays

Heritage Discovery Kits: After School Exploration

Learning and fun collide when kids encounter Surrey's heritage after school program. Surrey Museum staff engage children's curiosity with a hands-on collection of artifacts, photographs, crafts and activities to be experienced at the Museum or your site. Call 604-592-6956 for themes and to book.

1 session \$71.60 **6-12yrs**
Tuesday-Friday afternoons

Girl Guides of Canada Badge Program Heritage Home Skills

Guides, Brownies and Sparks tour the farm to learn about people of the past. Prepare applesauce on a wood-burning stove, use a hand churn to make fresh butter, do old-style chores and sew your own bean bag. Finish with a traditional barn dance. This program covers six of the requirements for a Heritage Home Skills badge.

\$10 per participant
Must pre-book at 604-592-6956
Select Saturdays **1:00pm-3:30pm**

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

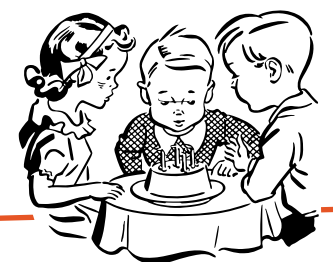
Enjoy delectable farm-baked scones and Scottish shortbread served with a pot of your favourite tea and a little Stewart family history. Then explore the charming 1890s farmhouse and grounds with a costumed guide.

\$12/person **16yrs+**
Fridays, Sep & Oct **1:00pm-2:30pm**

There's More!

Look for more ways to experience all that Surrey's heritage facilities have to offer!

Arts & General Interest
Section under **Early Years | Children | Adults**



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

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

Subscribe to Heritage

Would you like to receive e-mail updates on programs, events and exhibits at Surrey's heritage facilities? Are you a teacher or homeschooler interested in heritage school programs?

Go to:

www.surrey.ca/heritage

Click on Heritage Newsletter and enter your name and e-mail address.

We're Sharing Surrey's Heritage!

Want a day in the life of a historic farm? Unpack new collections with us? Explore a facet of Surrey's history via a digital exhibit? We'll connect the dots between the past and present, offer quizzes and trivia games, unveil digital exhibits, and more!

Facebook	Heritage	Heritage Surrey
	Historic Stewart Farm	@StewartFarm1
Twitter	Surrey Museum	@ASurreyMuseum
	Surrey Archives	@SurreyArchives
YouTube	Surrey Archives	surreyarchives

Search Our Database 24/7!

Vintage fashions? We've got it. Early maps of Surrey? Check that!

Find these and more on the Surrey Archives & Museums Online Access (SAMOA) search engine. You'll find non-stop access to over 20,000 historic images, plus hundreds of artifacts from the City's collections. SAMOA's search bookmarks, filters, featured items, and clear design make searching Surrey's history a breeze.

Visit www.surrey.ca/heritage and click on SAMOA Online Access to start your search!

Discovery Saturdays

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

Third Saturday of each month, 1:00pm-4:00pm. All ages, by donation

Dumpling Day

Attention foodies! Taste world dumpling delicacies, and learn tricks from our guest chefs while kids make playdough perogies or paper pot-stickers.

Saturday, September 17

German Christmas

Experience a German Christmas Market. Mulled cider, pretzels, and festive crafting will help usher in the holiday season.

Saturday, November 19

Latin Fiesta

Get out your maracas and brush up your salsa moves! Discover the sounds, tastes and rich culture of Latin America through lively performances, crafts and traditional snacks.

Saturday, October 15

Very Vintage Christmas

Experience a swinging 50s Christmas! Enjoy Christmas carols crooned by local musicians while you make vintage-style decorations and visit with Santa Claus.

Saturday, December 17



Exhibitions

Kids Gallery: Food

Surrey Museum

On display

September 27 to December 23

Pint-sized foodies and little locavores find out where their food comes from (hint – it's not the supermarket). Fresh hands-on activities explore farming past and present from a kid's perspective. Check out modern farming in the greenhouse, plant a window box, puzzle over land use while building a mini-community, and climb the treehouse!

COMMUNITY TREASURES

Eating in Elegance

Surrey Museum

On display

July 12-December 23

Early settlers brought very little from their homelands, but precious table settings were often carefully carried to the new country. This sparkling display of silver, china and crystal will take you back to a time of elegance, tradition and fine manners.

Programs

DROP-IN

Olde Harvest Fair

Historic Stewart Farm

Celebrate food and farming at this fall fair! Tap your toes to live music, taste mulled apple cider and shop local artisans. Jump in the hay pile, hop in a sack race, make real butter, and play like pioneers!

Saturday, September 24 12noon-3:00pm
All ages, Free

Pumpkin Power

Surrey Museum

Need more pumpkin spice in your life? Design your own take-home Jack O' Lantern, go on a spooky scavenger hunt in the exhibit galleries, and compete for best costume.

Saturday, October 29 11:30am-2:00pm
All ages, Free

Surrey Remembers

Surrey Museum

Take part in the Remembrance Day ceremony at the Cenotaph, then come in from the cold for refreshments, films and crafts for kids.

Friday, November 11 9:30am-1:30pm
All ages, Free

Lecture: Canadian Sikhs in World War I

Surrey Museum

Join Sharanjit Kaur Sandhra of the Centre for Indo-Canadian Studies as she shares the forgotten story of 10 Canadian-Sikh soldiers who served for Canada during World War I.

Friday, November 11 11:30am-12:30pm

Heritage Christmas Saturdays

Historic Stewart Farm

Drop in for a different old-time Christmas activity each Saturday. Taste fresh baked festive treats, string popcorn, and try on real winter woollies.

Saturdays, Nov 26, Dec 3, 17 12noon-3:00pm
All ages, Free

Santa Claus Parade

Surrey Museum

Baby it's cold outside! Come in for hot chocolate and a stroll around the galleries before the Surrey Santa Parade.

Sunday, December 4 12noon-5:00pm
All ages, by donation

Christmas Open House

Historic Stewart Farm

Make holiday memories with a visit to our annual seasonal gathering. Sing along with classic carols played on our piano, indulge in sweet Victorian treats baked in the woodstove, and craft old-time Christmas décor for your tree.

Saturday, December 10 12noon-4:00pm
All ages, Free

HERITAGE Family Day

FREE

Historic Stewart Farm

All ages

Back to School

Kids pumped about going back to school? Ease them back in with a stop in our old-fashioned classroom complete with real slates and vintage costumes.

Saturday, September 3 12noon-3:00pm

Haunted Farm

A shadowy barn, creaky floorboards, rustling trees – visit our haunted farm if you dare! This safe and fun family drop-in shares old-time All Hallow's Eve traditions, crafts and spooky treats.

Saturday, October 29 12noon-3:00pm

Let's Remember

Continue the weekend of remembering and peace by decorating a red poppy cookie in the farmhouse kitchen and doing family-friendly crafts and activities.

Saturday, November 12 12noon-3:00pm

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!

Get connected to your local park spaces this fall as a volunteer. Visit www.surrey.ca/volunteer to learn more about volunteering with the City.

Volunteer To Improve And Enhance Your Park!

Surrey has hundreds of community parks, playgrounds, and gardens. Volunteer to keep them healthy, active spaces for all to enjoy! As a Partners in Parks volunteer, your efforts will enhance our parks and motivate others to get involved. Sign up to clean up litter, care for a park bin, help with a park beautification project, assist at community events, and more. Visit www.surrey.ca/volunteer, call 604-501-5050, or email partnersinparks@surrey.ca for more information.

Volunteer To Care For Our Urban Forest!

Surrey has over 75,000 street trees and over 3800 acres of natural areas. Volunteer to restore, enhance, and grow our urban forest, and promote nature appreciation in our community! Opportunities include removing invasive plants, creating homes for wildlife, educating the public at environmental events, leading nature walks, and more. To find out which opportunity is right for you, and how to get started, contact environment@surrey.ca, call 604.501.5132, or visit www.surrey.ca/volunteer to find out more!



Releaf Tree Planting

Join us in your local parks and around the City as we celebrate Surrey's urban forest. Help plant trees and shrubs to help create wildlife habitat, improve air quality and make Surrey a more beautiful place for all of us. Watch for more tree-related activities throughout the fall to find out how you can get involved.

National Tree Day Planting Party

Saturday, September 24 | 10:00am-2:00pm
Panorama Park 12863 60 Avenue

Releaf Community Tree Planting

Saturday, October 1 | 11:00am-1:30pm
McLeod Park 14115 62 Avenue
Saturday, October 8 | 11:00am-1:30pm
Claude Harvie Park 5780 182 Street
Saturday, October 15 | 11:00am-1:30pm
Walnut Park 16175 80A Avenue
Saturday, October 22 | 11:00am-1:30pm
Royal Kwantlen Park 12925 Old Yale Road

Get Involved!

Neighbourhood Toolkit

Check out our new Neighbourhood Toolkit at www.surrey.ca/neighbourhoodteam for community building ideas! Here are some of the ways that 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 of your project! All Surrey residents, community groups, businesses and associations can apply.

NEIGHBOURHOOD EVENT EQUIPMENT

Are you planning a local community event like a block party, festival, outdoor music performance, neighbourhood clean-up or art jam? We can provide some equipment to help make it a success. You can borrow a tent, tables, chairs, portable sound system and block party traffic barriers.

The Neighbourhood Toolkit is a project of the City of Surrey's Neighbourhood Team. Any questions, contact us at neighbourhoodteam@surrey.ca or learn more at www.surrey.ca/neighbourhoodteam.

Neighbour Day

Share a wonderful day with your neighbours and win! Neighbour Day is a celebration of community, with the purpose of building better relationships with the people who live around us, because ultimately a connected community is a happy community. Plan an activity in your neighbourhood this summer between August 1 and September 17th. It might be a tea on your front lawn, a block party, sports day, tree planting or street cleanup – as long as it's with your neighbours, it counts. Share a photo of your event on the City's Facebook account with #SurreyNeighbourDay and you'll be automatically entered to win a weekly prize, and maybe even the Grand Prize for your entire neighbourhood to enjoy. Visit us online at www.surrey.ca/neighbourhoodteam for more details and contest rules.

Bulbs for Beauty

October is Bulbs for Beauty month! Every fall, school classes, community groups and individual residents plant thousands of bulbs throughout different parks in Surrey. Volunteers gain gardening experience, while contributing to enhancing the visual appeal of our neighbourhoods and fostering a sense of ownership amongst community residents. Visit www.surrey.ca/events, call 604-501-5050, or email partnersinparks@surrey.ca for planting details.

Lend-a-Hand

Calling all elementary and secondary teachers! Teach your students about social responsibility and the value of volunteering by adopting a local park during the school year. Participating classes will commit to weekly park clean-up sessions. This free parks program includes an interactive 30-minute orientation and all litter pick-up supplies. To register your class, please call 604-501-5050, or email partnersinparks@surrey.ca.

Story Time AT REDWOOD PARK

Halloween

Join us for a not-so-scary Halloween story inside the treehouse at Redwood Park. Make a Halloween craft and enjoy a walk through the park before you go!

Parent/Guardian attendance required.

SOUTH	1 Session	5yrs+
F	10:00am-10:45am	Oct 21 4491058
F	11:00am-11:45am	Oct 21 4491062
Th	10:00am-10:45am	Oct 27 4491081
Th	11:00am-11:45am	Oct 27 4491084
Th	3:15pm-4:00pm	Oct 27 4491066

Holiday

Join us with your little one for a seasonal story time inside the treehouse at Redwood Park! Make a winter craft and enjoy a walk through the park before you go.

Parent/Guardian attendance required.

SOUTH	1 Session	1-5yrs
M	10:00am-10:45am	Dec 19 4491090
SOUTH	1 Session	5yrs+
M	11:00am-11:45am	Dec 19 4491071
M	12noon-12:45pm	Dec 19 4491076

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. Come play and learn at your own pace! You'll find lots to do, both indoors and out.

Hours September to December:

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 on Saturday mornings for our weekly drop-in Nature Play 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

Explore SURREY'S PARKS!



Saturday Nature Walks

Join us for nature walks throughout Surrey this fall. Explore Surrey's parks as we search for signs of wildlife, discover art in nature, meet the trees in two arboretums and more!

Dress for the weather; walks will go rain or shine. Please call 604-502-6065 to register.

NATURE DISCOVERY WALK - FOR KIDS

October 1 10 - 11am
Crescent Park 5yrs+

October 22 10 - 11am
Green Timbers Park 5yrs+

Come discover art in nature! Look up close at nature's patterns and colours, watch a tree dance, paint with grass stains, and create your own masterpiece in the forest.

HABITATS OF ELGIN HERITAGE PARK

October 1 2 - 3:30pm
Elgin Heritage Park 10yrs+

Come out for a guided tour where land meets water. Look for eagles, ducks, muskrats, and songbirds as you explore the scenic wetland habitats they call home.

MEET THE TREES OF REDWOOD PARK

October 8 2 - 3:30pm
Redwood Park 10yrs+

Immerse yourself in the sights, smells, and sounds of fall on a guided tour of this forested park. Meet some of Surrey's most exotic trees in the arboretum and learn about the legacy left by a family of early pioneers.

WILDLIFE WALK - FOR KIDS

October 15 10 - 11am
Bear Creek Park 5yrs+

Search for signs of wildlife in the Bear Creek Park! Who will you see? Look for the eagle nest, check out wildlife trees, and maybe even see salmon in the creek.

PLANT AND TREE WALK

October 22 2 - 3:30pm
Green Timbers Park 10yrs+

Discover some of the fascinating ways trees and plants have been used by people in this hands-on arboretum tour!

BEAR CREEK WILDLIFE WALK

October 29 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.

Saturday Birding Walks

Join a local naturalist on a series of free monthly walks to discover Surrey's birds. Become familiar with many bird species and their habitats, improve your identification skills, and get to know your local parks.

Dress for the weather and bring a pair of binoculars and a field guide if you have them (we will also have some extras to borrow). Call 604-502-6065 for more information.

HI-KNOLL PARK

19569 Colebrook Road

September 17 10am-12noon

BLACKIE SPIT PARK

3136 McBride Avenue

October 15 10am-12noon

SERPENTINE WILDLIFE MANAGEMENT AREA

14246 44 Avenue

November 19 10am-12noon

HAWTHORNE ROTARY PARK

10503 144 Street

December 17 10am-12noon

Sports Field & Ball Diamond

BOOKINGS & INFORMATION

Field/Ball Diamonds

Deadline for booking requests is:

Spring/Summer Track facilities November 1

Ball diamonds, lacrosse boxes, cricket pitches December 15

Sports fields (soccer, field hockey, football) January 15

Fall/Winter Sports fields June 1

Requests submitted after these dates will be treated on a first-come, first-served basis.

Any teams or clubs belonging to a league in Surrey must apply through their club or league. For additional information, email to bookafield@surrey.ca or call 604-501-5174.

Surrey School District Gym & Field Bookings

Surrey school gyms and outdoor sports fields are allocated through the school district office. Call 604-595-6084 for booking information.

Sportsfield Closures

Most fall/winter natural grass sports fields are closed upon completion of the fall/winter sports season in April. These fields then begin their renovation period until the late summer. Any team playing on a closed field risks a fine and suspension. There are designated spring/summer grass fields and 14 artificial turf fields that are able to accommodate spring/summer play. Call 604-501-5174 to book these fields.

Artificial Turf Fields

There are 14 artificial turf fields in the City of Surrey located at:

PARK	FIELD	ADDRESS	SPORT PLAYED
Cloverdale Athletic Park	Field 1	16900 64 Avenue	football, soccer, field hockey
Cloverdale Athletic Park	Field 3	16900 64 Avenue	soccer, field hockey
Hjorth Road Park	Field 1	10200 block 146 Street	soccer, field lacrosse
Hjorth Road Park	Field 2	10200 block 146 Street	soccer, field hockey
Newton Athletic Park	Field 1	7400 128 Street	soccer
Newton Athletic Park	Field 2	7400 128 Street	soccer
Newton Athletic Park	Field 3	7400 128 Street	soccer
Newton Athletic Park	Field 4	7400 128 Street	soccer, field hockey, field lacrosse
South Surrey Athletic Park	Field 3	1925 148 Street	football, soccer, baseball
South Surrey Athletic Park	Field 9	1925 148 Street	soccer
South Surrey Athletic Park	Field 10	1925 148 Street	soccer, field hockey
Tamanawis Park	Field 1	12500 64 Avenue	field hockey, soccer practice
Tamanawis Park	Field 2	12500 64 Avenue	field hockey, soccer practice
Tom Binnie Park	Field 1	10600 City Parkway	soccer, field lacrosse

Once all league and club bookings on artificial turf fields have been allocated, all other requests are considered on a first-come, first-served basis. Please call 604-501-5174 to book these fields.

For information about artificial turf fields, field closures and outdoor sports facilities, please visit us at www.surrey.ca/culture-recreation/Outdoor.aspx

To find out how to register yourself and/or your child in one of the many community sports associations in the City, visit www.surrey.ca/kids/ or www.surrey.ca/5873.aspx



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.



Join programs like:

- YMCA swim lessons: Parent & Tot, Lil' Dippers, Learn to Swim, Star Swim, YMCA Swim Club, Private Swim and Master Swim
- Aquafit, Prenatal Aquafit, Gentle Joints and much more

Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

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Find out more

Looking for our aquatics program listings?

Go to tonglouieymca.ca or pop by to pick up your on-site activity guides. We have just the program for you.

tonglouieymca.ca



Excellent pre-school and physical literacy programs for health

YMCA Programs for Children (0-5 years)

Parents with young kids are tight on time and energy. That's why we focus on making our programs easy to fit into your schedule, while giving you the chance to exercise and recharge. Whether you're playing games together on Family Night, dropping in for a swim, introducing your child to new activities or each finding your own way to be active at the Y, you can be confident you are growing as a family.

YMCA memberships include programs for kids and adults at the best times of day.



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.

Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622

tonglouieymca.ca



Book your child's next birthday party at the Y. Lots of fun themes.

YMCA Programs for Children (6-12 years)

Did you know that 93% of kids are not getting the daily recommended amount of physical activity? The Y is there to help you give your kids a chance to be active and learn healthy habits—and have a ton of fun at the same time. Every YMCA activity program is child-centered, developing your child's skills, imagination and relationships while promoting positive values. YMCA memberships include programs for kids and adults at the best times of day



Join programs like:

- Pro-D day camps
- Swim lessons
- MultiSports
- Active Brains
- Creative Play
- YMCA/Steve Nash Basketball League
- Martial arts—Karate, Aikido and Tae Kwon Do

Find out more

Looking for our child program listings?

Go to tonglouieymca.ca or pop by to pick up your on-site activity guides. We have just the program for your child.

tonglouieymca.ca

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



YMCA Programs For Youth

Studies show that today's youth feel alone. The Y believes it doesn't have to be this way. That's why we are committed to keeping youth engaged and active with opportunities to participate, learn, grow and lead. YMCA youth programs encourage young people to build a network of friends, develop leadership skills, be inclusive and develop a sense of responsibility to their community and to one another.

From volunteer opportunities to a variety of leadership programs, we have something for everyone.



Join programs like:

- YMCA Youth Leadership Development
- YMCA/Steve Nash Basketball League
- Aquatic leadership—lifeguard and swim instructor training
- Fitness programs
- Leadership Day Camp
- Youth nights

YMCA Youth Leadership Development

YLD is a safe, fun, comfortable environment where you can build self-esteem, lifelong friendships and develop strong leadership skills. Plus, you'll meet new people and have fun.

Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

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 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 or pop by to pick up your on-site activity guides. We have just the program to help you reach your goals.

tonglouieymca.ca

We'd love to see you! Come visit us at:

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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.

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- 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.surreyymca.org

Monday to Friday: 5:00am-11:00pm
Saturday, Sunday and Holidays: 7:00am-9:00pm

YMCA REGISTRATION

Register in person or by calling 604-575-9622
You may pay by cash, cheque, VISA or Mastercard.

Community Group Listing

Surrey has many community groups you can join. Take a look at the list below – there may be a group that’s just right for you! To find a group not listed here, call the Call Centre at 604-501-5100 and press “0” for assistance. The City of Surrey provides this space as a community service. To update your listing, please email your information to leisureguideads@surrey.ca.

General

- Cloverdale Garden Club** 604-882-1217
- Darts Hill Garden Society** www.dartshill.ca
- 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
- 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.semiahmoootters.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
bccg@telus.net
- Lyric Singers**
604-340-4353 www.lyricsingers.ca
- Peace Arch Chorus (Sweet Adelines)**
www.peacearchsings.com
- Soundscape**
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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.guildfordac.com
- Nordic Wrecks Cross Country Ski Club**
Jill Richardson: 604-461-4873
Peter Charles: 604-444-3120
- Peninsula Multisport Club**
Tammy Huguet
info@peninsulamultisports.com
www.peninsulamultisports.com
- Recreation For People With Special Needs**
SPRC: 604-502-6321
- Sahaja Yoga Surrey**
Inge or Allan Morrissey: 604-597-8311
- Sharks Field Hockey Club**
www.surreysharks.ca
- Softball BC** 604-531-0044
- Southside Badminton Association**
Barb: 604-594-6145
- Surrey Beavers Rugby Surrey Mini Rugby**
www.beaversrugby.com
- Surrey Football Club** 604-356-2414
- Surrey Lacrosse Association**
www.surreylacrosse.com
- Surrey Lawn Bowling Club**
www.surreylawnbowlingclub.ca
surreylawnbowling@hotmail.com
604-584-5777 & 604-585-9787
- Surrey Minor Ball Hockey Association**
www.smbha.org
- Surrey Sailing Club** 604-535-9463
- Surrey Special Olympics**
www.sobcsurrey.org
- Surrey Ultimate League**
www.surreyultimate.ca



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 Email: paul.richards@scouts.ca

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 Email: nicomeklregistrar@gmail.com

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North Surrey Skating Club

For more information: northsurreyskatingclub.ca



Photo courtesy of Malloy Doren and fmscreative.com



North Fleetwood Montessori School
8415 160 Street, Surrey, B.C. V4N 0V6

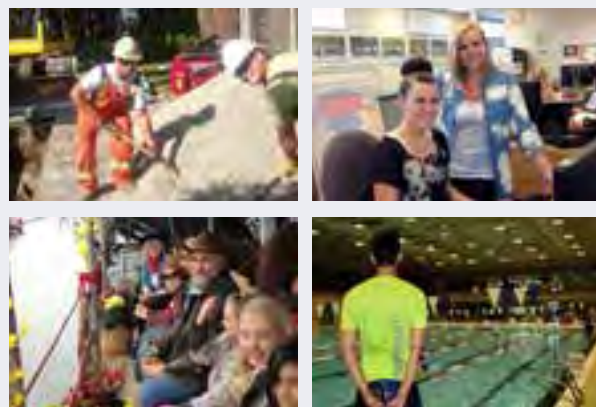
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- | | | |
|-------------------|----------------|---------------|
| 1.0 Mon 9:30-11am | Tues 9:30-11am | Wed 9:30-11am |
| 1.0 Thu 6:30-8pm | Wed 6:30-8pm | Mon 6:30-8pm |
| 1.0 Sat 12-1:30pm | Sun 12:-1:30pm | |
| 2.0 Thu 9:30-11am | Fri 9:30-11am | Wed 9:30-11am |
| 2.0 Tue 6:30-8pm | Wed 8-9:30pm | Mon 6:30-8pm |
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