

SUMMER 2024

recreation connect

ABBOTSFORD



**ONLINE
REGISTRATION
OPENS MAY 25**

**IN PERSON
REGISTRATION
JUNE 1**

**PROGRAMS
START
JULY 1**

ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

DIRECT2REC.COM





CONNECT TO SWIMMING

recreation connect

ABBOTSFORD

04

EARLY YEARS

Looking for things to keep your 3 to 5 year olds busy? We have a variety of fun, interactive preschool-age programs that will have them learning new skills and making new friends.

08

CHILDREN

We have fun and fitness in the bag for school-aged kids! From soccer to science, we have something to entertain and enlighten the kids no matter what their "jam" is.

12

YOUTH

Are you seeking ways to make the most of your leisure time? Explore these exciting Youth options! These initiatives offer a secure and encouraging setting for young individuals to meet new friends, participate in sports, fitness, and beyond.

14

ADULT

Life moves fast and we know you're trying to get it all done! We are a one-stop shop for staying healthy and fit. Check out some of our great activities that get you out and feeling great!

18

SWIM & FIRST AID

Swimming is an important life skill everyone needs to have! We offer a variety of swim lessons for all skill levels and first aid and lifeguard training to take your aquatic career to the next level.

23

SKATING

Skating is a great sport to learn whatever your age! Our skating lessons are for all ages and presented in a safe, supportive environment that will make mastering a new skill easy and fun.

TRANSLATION

All program information can be translated through the City of Abbotsford website.

recreation connect

CONNECT TO EARLY YEARS PROGRAMS

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm
Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm
Sun | 10am - 8pm

Holiday Hours:

10am - 6pm



EARLY YEARS

DANCE & MUSIC

TINY DANCERS (1.5yrs - 5yrs)

Is your little one longing to be a dancer? This is their chance! Learn the basics of dance in a playful environment with familiar songs and music to get moving.

1.5yrs - 3yrs

Abbotsford Recreation Centre

Jul 3 - 24	W	5pm - 5:30pm	4/\$28	99126
Aug 7 - 28	W	5pm - 5:30pm	4/\$28	99127

3yrs - 5yrs

Abbotsford Recreation Centre

Jul 3 - 24	W	5:45pm - 6:30pm	4/\$33.60	99128
Aug 7 - 28	W	5:45pm - 6:30pm	4/\$33.60	99129

HOBBIES & INTERESTS

FOREST EXPLORERS (3yrs - 5yrs)

Is your child a little explorer who is looking to spend more time outside? Join us for our Forest Explorers Rec School program. Children will spend time playing and connecting to nature through a variety of different activities. Activities will focus on art, physical literacy and exploration while connecting with nature.

Ellwood Park

Jul 5 - 26	F	9:30am - 11:30am	4/\$80.80	98201
Aug 9 - 30	F	9:30am - 11:30am	4/\$80.80	95017

LIL CHEFS (3yrs - 5yrs)

Do you have a toddler who loves to help in the kitchen? Put on your apron and come join us for Lil Chefs. We will learn simple recipes for you to take home and enjoy, while also gaining new skills to use in the kitchen. Parent participation required.

Abbotsford Recreation Centre

July 4 - 25	Th	1pm - 2pm	4/\$40.40	94203
Aug 8 - 29	Th	1pm - 2pm	4/\$40.40	94913

MAD SCIENTISTS (3yrs - 5yrs)

Do you like things that pop, fizz, erupt, glow, and transform? You might just be the mad scientist we are looking for! Grab your lab coat and join us for scientific discovery! Learn, create and experiment in a safe, structured environment where messes are part of the fun.

Abbotsford Recreation Centre

Jul 2 - 23	Tu	2pm - 2:45pm	4/\$33.60	94916
Aug 6 - 27	Tu	2pm - 2:45pm	4/\$33.60	94917



APRIL - NOV

FREE arts, culture & recreation activities

GO PLAY OUTSIDE

Come join the Go Play Outside team for free activities!

These FREE sessions are open to all ages and abilities. We will have an exciting mixture of art, culture and recreation activities for all to enjoy!

Go Play Outside meets at a variety of park locations in Abbotsford.

Jul 1	M	Abbotsford Exhibition Park	12pm - 4pm
Jul 4	Th	Mill Lake - Ware Street	3:30pm - 7:30pm
Jul 11	Th	Mill Lake - Ware Street	3:30pm - 7:30pm
Jul 13	Sat	Swenson Park	12pm - 4pm
Jul 18	Th	Mill Lake - Ware Street	3:30pm - 7:30pm
Jul 20	Sa	Homestead Park	2pm - 4pm
Jul 25	Th	Mill Lake - Ware Street	3:30pm - 7:30pm
Aug 1	Th	Mill Lake - Ware Street	3:30pm - 7:30pm
Aug 3	M	Mill Lake - Ware Street	12pm - 4pm
Aug 8	Th	Mill Lake - Ware Street	3:30pm - 7:30pm
Aug 10	Sa	Gardner Park	12pm - 4pm
Aug 15	Th	Mill Lake - Ware Street	3:30pm - 7:30pm
Aug 16	F	Dave Kandal Park	12pm - 4pm
Aug 22	Th	Mill Lake - Ware Street	3:30pm - 7:30pm
Aug 24	Sa	Mill Lake - Emerson Street	12pm - 4pm
Aug 29	Th	Mill Lake - Ware Street	3:30pm - 7:30pm
Aug 31	M	Mill Lake - Emerson Street	12pm - 4pm

abbotsford.ca/goplayoutside



SPORTS & ACTIVE PLAY

RUMBLE TUMBLE (1yr - 5yrs)

Kids will rumble, tumble, roll, and turn! We'll keep kids moving with an active introduction to FUNdamental movement skills using obstacle courses, mats, somersaults, and more!

Abbotsford Recreation Centre

Rumble Tumble 1 (1yrs - 3yrs)

Jul 8 - 29 M 9am - 9:30am 4/\$24.80 99564

Rumble Tumble 2 (3yrs - 5yrs)

Jul 10 - Aug 7 W 8:45am - 9:30am 5/\$35.75 99565

TOT SOCCER (3yrs - 5yrs)

Join us for soccer! Children learn FUNdamental movement skills and proper soccer techniques with our enthusiastic and engaging staff. Learn the basic skills through fun drills and games.

Abbotsford Recreation Centre

Jul 9 - Aug 6 Tu 12pm - 12:45pm 5/\$35.75 99566

TOT FLOOR HOCKEY (3yrs - 5yrs)

Children learn FUNdamental movement skills and proper hockey techniques. Children will learn skills like passing and shooting, with a focus on building a sense of team work and playing cooperatively.

Abbotsford Recreation Centre

Jul 11 - Aug 8 Th 12pm - 12:45pm 5/\$35.75 99568

COOKIES & CRAFTS!



(3yrs - 5yrs)
EARLY YEARS
ONE DAY WONDERS
ABBOTSFORD RECREATION CENTRE

Join us for these fun themed workshops! Children will be encouraged to use their imagination while we play, create, learn and pretend with each theme.

LET'S BUILD!



COOKIES AND CRAFTS

Do you love creating through food and crafts? Join us for this fun One Day Workshop where we will decorate delicious treats and create imaginative crafts.

Jul 8 M 11:30am - 12:30pm 1/\$14 93922

WIZARDS AND MAGICAL CREATURES

Jump into the land of Wizards and Magical Creatures for this fun One Day Workshop! We will play, pretend and create all things wizards and magical creatures.

Jul 22 M 11:30am - 12:30pm 1/\$14 93923

CONSTRUCTION CHALLENGE

Do you love all things construction? Jump into our One Day Workshop where we will play, create and pretend all things construction!

Aug 12 M 11:30am - 12:30pm 1/\$14 93924

MERMAIDS AND FAIRIES

Do you want to be a mermaid or a fairy? Join us for this fun One Day Workshop where we will play, create and pretend all things mermaids and fairies!

Aug 26 M 11:30am - 12:30pm 1/\$14 93925



CHILDMINDING (6mo - 12yrs)

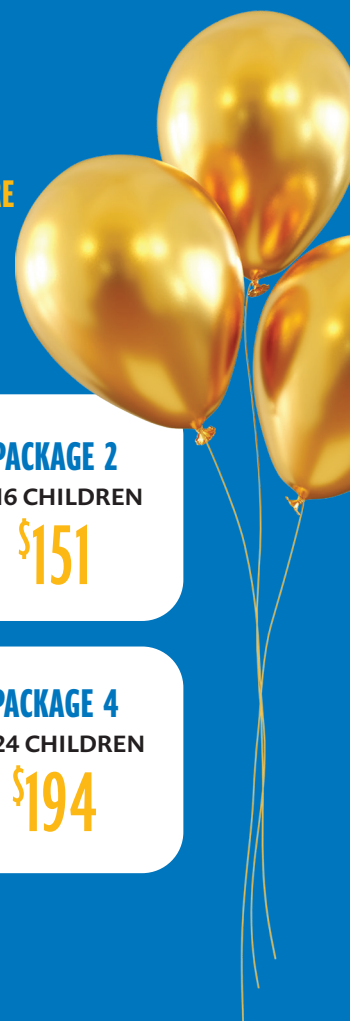
Childminding is a safe and fun space for your child to be while you participate in an activity at Abbotsford Recreation Centre and Matsqui Recreation Centre.

Childminding is available for children ages 6mo - 12yrs for up to 1.5 hours during select times, subject to availability.

Please note, parents must remain in the building at all times.

BIRTHDAY PARTIES AT

ABBOTSFORD RECREATION CENTRE
ABBOTSFORD EXHIBITION PARK
MATSQUI RECREATION CENTRE



PACKAGE 1
1-12 CHILDREN
\$129

PACKAGE 2
13-16 CHILDREN
\$151

PACKAGE 3
17-20 CHILDREN
\$172

PACKAGE 4
21-24 CHILDREN
\$194

* \$7.35 extra child

FUN ZONE

Abbotsford Recreation Centre OR
Abbotsford Exhibition Park

Make this birthday the best and let us bring the fun to your child's party this year! Our parties include a selection of toys, inflatable bouncy castle, and a party room.

MRC SUPER SPLASH

Matsqui Recreation Centre

Make your birthday party a SPLASH! Our parties at MRC include 1 hour in a party room where you and your guests can have a blast playing games while celebrating YOU! Finish your party with a splashing good time in the pool area.

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm
Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm
Sun | 10am - 8pm

Holiday Hours:

10am - 6pm

CHILDREN

ARTS & CRAFTS

ADAPTED ART ZONE (6yrs - 12yrs)

Do you love art and are looking for fun ways to be creative? Join our Adapted Art Zone program where we engage in a variety of arts, crafts, and more! This is an art-based recreation program open for participants with disabilities. Staff ratios are kept at 1:3. No class Monday, August 5.

Abbotsford Recreation Centre

Jul 8 - Aug 26	M	5pm - 6pm	7/\$82.60	94918
----------------	---	-----------	-----------	-------

DRAWING & SKETCHING FOR BEGINNERS (6yrs - 12yrs)

This class is an introduction to the fine art of drawing and sketching. In this beginner class, you will learn new skills and techniques to improve your drawing and sketching skills. All supplies are included.

Abbotsford Recreation Centre

Jul 2 - 23	Tu	6:30pm - 7:30pm	4/\$40.40	99101
Aug 6 - 27	Tu	6:30pm - 7:30pm	4/\$40.40	99102

PAINTING FOR BEGINNERS (6yrs - 12yrs)

This class is designed as an introduction to the fine art of painting. In this beginner class, you will learn the basics of colour theory, colour mixing and explore a variety of paint techniques and mediums. All supplies are included.

Abbotsford Recreation Centre

Jul 2 - 23	Tu	5pm - 6pm	4/\$40.40	99099
Aug 6 - 27	Tu	5pm - 6pm	4/\$40.40	99100

SAFETY

KIDPROOF: AT HOME ALONE (10yrs - 13yrs)

The KidProof At Home Alone program is an interactive, participatory program that is designed to teach children to make safe choices when they are at home alone.

Abbotsford Recreation Centre

Jul 13	Sa	5pm - 7pm	1/\$30	101436
Aug 10	Sa	5pm - 7pm	1/\$30	101437

KIDPROOF: FIRST-AID FOR KIDS (10yrs - 13yrs)

The KidProof First Aid for Kids program is an interactive, participatory program that is designed to teach children to make safe choices and to respond to a basic First Aid emergency.

Abbotsford Recreation Centre

Jul 27	Sa	5pm - 7pm	1/\$30	101438
Aug 24	Sa	5pm - 7pm	1/\$30	101439

SPORTS & ACTIVE PLAY

FLOOR HOCKEY (5yrs - 12yrs)

Grab your stick and join us for some fun floor hockey! Learn and develop the ABCs of movement: agility, balance, coordination and speed, as well as running, passing, twisting and shooting through fun games and activities.

Abbotsford Recreation Centre

5yrs - 8yrs

Jul 11 - Aug 8 Th 5pm - 6pm 5/\$39.25 99569

9yrs - 12yrs

Jul 11 - Aug 8 Th 6:15pm - 7:15pm 5/\$39.25 99570

GUIDED TRAIL WALKS (7yrs+)

Do you want to experience more trails in Abbotsford? Join us for guided trail walks with our experienced guide! Please come prepared with: water, snacks, comfortable shoes, extra layers if forecast calls for cooler weather and any medications you may need. Suggested items: Walking sticks, camera, sunscreen and bugs spray. Bassani Trail walk is a moderate route.

Meet at: 3280 Harvest Dr, Abbotsford

Jul 13 Sa 9am - 11am 1/\$7 95811

Aug 17 Sa 9am - 11am 1/\$7 95812

SOCCER (5yrs - 12yrs)

Join us for soccer! Your child will learn FUNdamental movement skills and proper soccer techniques with our enthusiastic and engaging staff. Learn the basic skills to dribble, pass and shoot through fun drills and games.

Abbotsford Recreation Centre

5yrs - 8yrs

Jul 9 - Aug 6 Tu 5pm - 6pm 5/\$39.25 99571

9yrs - 12yrs

Jul 9 - Aug 6 Tu 6:15pm - 7:15pm 5/\$39.25 99572

SUPERFIT KIDS (9yrs - 12yrs)

This program is designed for kids who are not currently involved in physical activity outside of school. Super Fit Kid's provides a space for kids to learn how to integrate physical activity into their daily lives. We focus on balance, functional movement patterns, strength, and endurance through fun interactive games and exercises.

Abbotsford Recreation Centre

Jul 9 - Aug 27 Tu 2:30pm - 3:30pm 8/\$60.40 99205

YOUTH ATHLETIC DEVELOPMENT (9yrs - 12yrs)

This program is designed for kids who are currently active in sport and are looking to get an edge on the competition. This class focuses on improving speed, power, agility, and mobility. No matter what sport your child is involved in, this program will provide them with tools to develop as well-rounded athletes.

Abbotsford Recreation Centre

Jul 11 - Aug 29 Th 2:30pm - 3:30pm 8/\$60.40 99210



HOBBIES & INTERESTS

BESTWAY TECHNOLOGY: CREATIVE CODING WITH SCRATCH (8yrs - 12yrs)

Embark on a tailored Scratch programming adventure. This course enables children to create engaging games like Bouncing Ball, Apple Catcher, and Fish Eater. This new program will foster creativity, logic, and problem-solving. It's more than fun – it's a stepping stone to prepare young minds for a digital future. Participants are required to bring their own laptop.

Abbotsford Recreation Centre

Jul 11 - Aug 29 Th 4:30-6:00pm 8/\$189 98293

MAD SCIENTISTS (5yrs - 8yrs)

Do you like things that pop, fizz, erupt, glow, and transform? You might just be the mad scientist we are looking for! Grab your lab coat and join us for scientific discovery! Learn, create and experiment in a safe, structured environment where messes are part of the fun.

Abbotsford Recreation Centre

Jul 4 - 25 Th 4:30pm - 5:30pm 4/\$40.40 94914

Aug 8 - 29 Th 4:30pm - 5:30pm 4/\$40.40 94915



HIP HOP FOR BEGINNERS (6yrs - 10yrs)

This introduction to Hip Hop will encourage creativity and self-exploration through the use of various techniques. Engage in various warm-ups, body isolations, and development drills that will prepare you for a choreographed dance routine.

Abbotsford Recreation Centre

Jul 3 - 24 W 6:45pm - 7:45pm 4/\$40.40 99131

Aug 7 - 28 W 6:45pm - 7:45pm 4/\$40.40 99132

TRANSLATION

All program information can be translated through the City of Abbotsford website.



CONNECT WITH EXCITING ACTIVITIES

BASKETBALL PROGRAM

ABBOTSFORD RECREATION CENTRE

BC BOUNCE (Kindergarten - Gr 9)

Summer 3 on 3 session. Players will be selected to teams based on ability and skills, our coaches will do our best to make teams a fair as possible. There will be from 4 to 6 players per team based on registration numbers. After the teams are set they will play together for the remainder of the session. This session is not for first time players or beginners.

Abbotsford Recreation Centre

M/W/F/Sa 4pm - 7pm



TEEN WEIGHT ROOM PROGRAM

ABBOTSFORD RECREATION CENTRE
MATSQUI RECREATION CENTRE

TEEN WEIGHT ROOM ORIENTATION (13yrs - 15yrs)

This program provides teens with the knowledge needed to use the weight room safely and independently and is required for anyone 13yrs - 15yrs who wishes to use the weight room. It includes a guided tour through the weight room with a certified fitness leader to help introduce you to the facility and the equipment. Please come prepared to try the equipment. Closed toe shoes are required to participate.

Abbotsford Recreation Centre

Jul 2 - Aug 27 Tu 4:45pm - 5:45pm \$15.65

Matsqui Recreation Centre

Jul 7 - Aug 11 Su 1:30pm - 2:30pm \$15.65

recreation
connect
CONNECT TO YOUTH PROGRAMS

ABBOTSFORD YOUTH COMMISSION

ABBOTSFORD RECREATION CENTRE (ARC)
MATSQUI RECREATION CENTRE (MRC)

BABYSITTER COURSE!



JOIN THE FUN FREE!

BABYSITTERS TRAINING COURSE - RED CROSS (11yrs - 15yrs)

This Red Cross program will teach youth the skills to care for infants to school aged children and help youth become responsible babysitters. Certificate provided upon completion.

MRC Youth Centre

Jul 2 - 4	Tu - Th	9:30am - 12pm	3/\$65
Jul 22 - 25	M - Th	10am - 12pm	4/\$65
Jul 29 - Aug 1	M - Th	10am - 12pm	4/\$65
Aug 19 - 22	M - Th	10am - 12pm	4/\$65

FOODSAFE (14yrs - 18yrs)

This level one course is for service front line workers such as bus persons, servers, dishwashers and cooks. Foodsafe Certificate with successful completion.

MRC Youth Centre

Aug 16	F	9am - 5pm	1/\$80
--------	---	-----------	--------

FREE PROGRAMS

ABBOTSFORD YOUTH COMMISSION

DROP-IN YOUTH CENTRES (12yrs - 18yrs)

Our Youth Centres are fully staffed and supervised and are a safe place for youth to hang out throughout the summer months. We have video games, pool tables, and different activities every day.

ARC Youth Centre

Jul 2 - Aug 23	M - F	12pm - 4:30pm
----------------	-------	---------------

MRC Youth Centre

Jul 2 - 5	M - F	12pm - 4:30pm
Aug 19 - 23	M - F	12pm - 4:30pm

OPEN GYM DROP-IN (12yrs - 18yrs)

Join us for free access to the gymnasium to play basketball, badminton, nine square, soccer and more! Enter through the Youth Centre.

Abbotsford Recreation Centre

Tu / Th	3:15pm - 4:30pm
---------	-----------------

ARTFUL MOMENTS (12yrs - 18yrs)

Join us every Tuesday this summer as we take time to do mindful art activities. There will be space to chat, create and share (or not). You can also bring your own small projects to work on. Let's intentionally pause and create our very own Artful Moments. FREE.

ARC & MRC Youth Centres

Jul 2 - Aug 20	Tu	2:30pm - 3:30pm
----------------	----	-----------------



AYC SUMMER CAMPS

MINDFUL MORNINGS (12yrs - 18yrs)

Summer is here and what better way to kick it off than joining us for mindful mornings. You'll have the opportunity to learn and practice some great mental health tips and strategies to set you up for success this summer. We'll start each day with stretching and breathing exercises to set the tone for our mindful activities which will include games, art expression and fun in the great outdoors.

*Bring a Lunch and stay to hang out in our FREE Youth Centre until 4:30pm at no extra cost!

ARC Youth Centre

Jul 2 - 5 Tu - Th 10am - 12pm 4/\$30

ENCOUNTER THE ARTS (12yrs - 15yrs)

Calling all creatives! Paint the next Mona Lisa, embody a fancy art critic, become a fashion icon—you name it! This camp will explore all aspects of the arts, from drawing and drama to literature and so much more. We'll end the week with an inspirational out-trip and plenty of unique surprises.

MRC Youth Centre

Jul 8 - 12 M - F 9am - 4pm 5/\$150

THE LEADERSHIP CHALLENGE! (12yrs - 15yrs)

Youth will learn and practice valuable leadership skills with their peers! We've combined fun, action-packed, hands-on activities into daily leadership challenges. We'll even end the week with an out-trip and lots of cool surprises!

ARC Youth Centre

Jul 15 - 19 M - F 9am - 4pm 5/\$150

NOTE: Lunch is not provided at Summer Camps *Please pack a lunch and water bottle and bring a swimsuit, towel and sunscreen each day for Full Day Camps*

PROJECT: UPCYCLE (12yrs - 18yrs)

Do you have an eye for turning trash into treasure? Join us for an exciting week of thrifting, competing, and creating from unlikely materials - egg cartons, duct tape, T-shirts, and everything in between. We'll even end the week with a fun fashion show!

*Bring a Lunch and stay to hang out in our FREE Youth Centre until 4:30pm at no extra cost!

ARC Youth Centre

Jul 22 - 25 M - Th 10am - 12pm 4/\$75

WATER WORLD UPCYCLE (12yrs - 18yrs)

Want to stay cool during the heat of the summer? Grab your swimsuit and towel and join us for our wet & wild water world adventures. Get ready to make a mid-summer splash!

*Bring a Lunch and stay to hang out in our FREE Youth Centre until 4:30pm at no extra cost!

ARC Youth Centre

Jul 29 - Aug 1 M - Th 10am - 12pm 4/\$50

AYC SUMMER OLYMPICS! (12yrs - 15yrs)

Full Day Camp for youth ages 12-15 years! Join us for a week in Paris as we celebrate the Summer Olympic Games! Channel your inner Olympian in this fun-filled week and compete in physical and mental challenges. Do you have what it takes to win gold for your country? We'll end the week with a victorious out-trip and lots of surprises for all participants.

ARC Youth Centre

Aug 6 - 9 Tu - F 9am - 4pm 4/\$125

THE BEST OF SUMMER CAMP! (12yrs - 15yrs)

Youth will enjoy a full week of all their favourite games of the summer, including the most liked board games, video games, tournaments, outdoor games, Slurpee runs, swimming and more! We'll even end the week with the teen's choice out trip and lots of cool surprises.

ARC Youth Centre

Aug 12 - 16 M - F 9am - 4pm 5/\$150

GAME OVER! (12yrs - 18yrs)

End the summer with an epic video game showdown with friends, try out some IRL games, and test your gaming knowledge! All level of gamers welcome. GLHF! *Bring a Lunch and stay to hang out in our FREE Youth Centre until 4:30pm at no extra cost!

MRC Youth Centre

Aug 19 - 22 M - Th 10am - 12pm 4/\$50

Healthy snacks will be served each day at Full Day Camps and at the Drop-in Centres.

FOR MORE INFO



778.880.8559
info@abbyyouth.com
Instagram: @abbyyouth



abbyyouth.com

recreation connect

CONNECT TO ADULT PROGRAMS

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm
Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm
Sun | 10am - 8pm

Holiday Hours:

10am - 6pm

**BUILDING
STRENGTH!**



ADULT

PREVENTATIVE HEALTH

CARDIAC REHAB AT ARC

This program is designed to support people who are at risk for a cardiovascular event or have suffered from one. A certified professional from the cardiac center works alongside a certified fitness professional to provide a safe and welcoming environment. This class does require medical clearance and a referral. For Fraser Health personnel inquiries, please contact People Information & Benefits at 604.520.4420 or 1.877.795.4119 (toll-free); or by email at PIB@fraserhealth.ca. **Intensity Level: 1**

Abbotsford Recreation Centre

Jul 8 - Aug 26	M	2pm - 3:45pm	1/\$10.30	99411
Jul 2 - Sep 3	Tu	7:30am - 9:15am	1/\$10.30	93595
Jul 2 - Sep 3	Tu	9:30am - 11:30am	1/\$10.30	93596
Jul 3 - Sep 4	W	2pm - 3:45pm	1/\$10.30	99412
Jul 4 - Sep 5	Th	7:30am - 9:15am	1/\$10.30	93597
Jul 4 - Sep 5	Th	9:30am - 11:30am	1/\$10.30	93598

CARDIAC AFTERCARE AT ARC

This program is for anyone who has a history of heart disease and has been cleared by a physician to participate in physical activity. It combines cardiovascular exercise with strength exercises that not only will be good for your heart, but also your overall wellness. If you have graduated from the Cardiac Rehab program you are also eligible for this program. Please note there is a minimal physical requirement for this program. You need to be able to walk upstairs independently. **Intensity Level: 2**

Abbotsford Recreation Centre

Jul 8 - Aug 26	M	3pm - 4:30pm	8/\$87.60	99179
Jul 3 - Sep 4	W	3pm - 4:30pm	10/\$109.95	99181

CARDIAC MAINTENANCE AT ARC

This program is for anyone who has a history of heart disease and has been cleared by a physician to participate in physical activity. It combines cardiovascular exercise with strength exercises that not only will be good for your heart, but also your overall wellness. If you have graduated from the Cardiac AfterCare program you are also eligible for this program. Please note there is a minimal physical requirement for this program. You need to be able to walk upstairs independently. **Intensity Level: 2**

Abbotsford Recreation Centre

Jul 3 - Sep 4	W	1:15pm - 2:45pm	10/\$109.95	99180
Jul 8 - Aug 26	M	1:15pm - 2:45pm	8/\$87.60	99178

CARDIAC AFTERCARE/MAINTENANCE HYBRID MORNING CLASS

This is a hybrid class of the AfterCare program and the Maintenance program. The instructor will modify programs for individuals in each program. **Intensity Level: 2**

Abbotsford Recreation Centre

Jul 3 - Sep 4	W	7:30am - 9am	10/\$109.50	99177
Jul 8 - Aug 26	M	7:30am - 9am	8/\$87.60	99176

FITNESS LEVELS

Each of our fitness classes has a number beside the description indicating the class intensity. Classes can be modified; however, for safety reasons and your own enjoyment, if you are a beginner, please stay with intensity of 3 or below.

LEVEL 1

These classes are very low impact, and slow pace.

LOW
IMPACT
SLOW PACE

LEVEL 2

These classes offer you activity that provides you either low impact, or modifications so that everyone is able to perform.

LOW
IMPACT
OR
MODIFICATIONS

LEVEL 3

These classes are designed to get participants moving in different planes—standing to seated, to the floor—and will also incorporate some balance/stability movements.

ACTIVE
3+
x/week

LEVEL 4

Classes have advanced movements such as single leg stands, and movement from the floor to a standing position as well as balancing on BOSU balls and balance boards. Best suited for those active over four days a week and of good health.

ACTIVE
4+
x/week

LEVEL 5

Classes provide mainly a cardiovascular workout and are designed for those who are active more than 5 days a week and of good health.

ACTIVE
5+
x/week



LADIES
BOOTCAMP!

LADIES ONLY BOOTCAMP

Join the fun and supportive group class where you will learn how to work out in a safe environment. This class is great for those looking to exercise in a women's only setting, and for those looking to take their new found fitness knowledge and apply it in the gym independently. This class will give you the tools and confidence to continue your fitness journey for years to come. Each day will be different, so come prepared to be challenged in ways you never have! **Intensity level: 4**

Abbotsford Recreation Centre

Jul 8 - Aug 26 M 7pm - 8pm 8/\$87.60 99174

RELAXATION YOGA SERIES

This specialized Yoga class is a great addition to anyone's busy day. This class uses traditional yoga poses held for longer periods of time allowing for a deeper stretch, with an emphasis on deep relaxation, meditation, and breathing. This class builds on sequences and by the end be prepared to let your troubles fade away while finding mindfulness. **Intensity Level: 3**

Abbotsford Recreation Centre

Jul 11 - Aug 29 Th 2:30pm - 3:30pm 8/\$99.20 99173



RELAXATION
YOGA!

TIME (TOGETHER IN MOVEMENT AND EXERCISE)

TIME is an exercise program tailored to benefit persons with neurological conditions after discharge from rehabilitation. It is a nationwide program that is a circuit based programed and partnered with Fraser Health. Our certified instructors provide a fun, safe environment for the participants. This class does require medical clearance and a referral. **Intensity Level: 1**

Abbotsford Recreation Centre

July 3 - Sept 4	W	12pm - 1pm	10/\$129.50	99184
July 5 - Sept 6	F	12pm - 1pm	10/\$129.50	99185
Jul 8 - Aug 26	M	12pm - 1pm	8/\$103.60	99183

Did You Know That Volunteering...

Contributes to improved mental health through an increase in one's self-confidence, self-esteem, and even allows one to develop a more positive outlook on life.



Contact us about our Volunteer Opportunities

PARKS

- Adopt a Park / Trail / Street
- Community Clean Up Month
- One Time Beautification
- Marker Maintenance
- 5-2-1-0 Playboxes

CULTURE

- Special Events

RECREATION

- Arenas
- Aquatics
- Fitness
- Day Camps
- Art, Recreation & Sports Programs

CITY WIDE

- Storm Drain Troopers
- Extended Emergency Support Services

Contact our Volunteer Coordinator
604.557.7050
volunteer@abbotsford.ca

Abbotsford Recreation Centre | 2499 McMillan Rd
abbotsford.ca/volunteerapplication





INVOLVE ABBOTSFORD 2024

Save the Date!
Thursday, November 21
8:30am - 3:30pm

Check out the website
 for more info coming soon!

abbotsford.ca/involve



ADULT BUS TOURS (18yrs+)

Enjoy the journey and the destination with exciting tours focusing on fun adventures and unique experiences all year long.

Waterfall Tour

Jul 2 Tu 8:15am - 5pm 1/\$109 98258

Charming Waterfront Towns (USA)

Jul 9 Tu 8:15am - 6:45pm 1/\$129 95618

Fireworks Dinner Cruise

Jul 27- 28 Sat/Sun 5:15pm - 1:15am 1/\$189 95642

Senior's Party Cruise

Aug 2 F 9:45am - 5pm 1/\$179 98259

Galiano Island

Aug 7 W 8am - 8:45pm 1/\$159 95643

Harrison Sunflower Festival

Aug 30 F 8:45am - 4:15pm 1/\$129 95644



Register Online Today!
DIRECT2REC.COM

recreation connect

CONNECT TO SWIM, FIRST AID & SKATE

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm

Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm

Sun | 10am - 8pm

Holiday Hours:

10am - 6pm

PRIVATE
LESSON BLITZ!
JUL 2-5



SWIM, FIRST AID & SKATE

SWIM

SWIM LESSONS

Summer swim lessons are important for individuals of all ages. As the weather warms up get ready for summer by learning and improving your swimming skills. Get confident in the water so you can make it a fun and safe season. Your Community Rec Centre is ready to help you make this happen.

See page 20 for more details.

ADVANCED AQUATICS

Our Advanced Aquatics courses provide skills to develop lifesaving techniques and to improve your overall fitness and strength. You will gain a sense of camaraderie and teamwork with other participants. Whether aspiring to become a Lifeguard, Swim Instructor or simply seeking personal growth, these classes offer a unique opportunity to push boundaries and excel in the water.

See page 21 for courses offered.

FIRST AID

FIRST AID TRAINING

Be prepared and ready to respond effectively in emergency situations with the knowledge and skills offered in these First Aid courses at your local Community Rec Centre. Accidents can happen at any time and you can make a difference by saving lives and helping those in need with serious injuries.

See page 22 for the courses offered.

SKATE

SKATE LESSONS

This summer we are offering Skating Lessons where you can practice improving balance, coordination, and overall fitness. It's a great way to have fun and stay active!

See page 23 for details.





TRANSLATION

All program information can be translated through the City of Abbotsford website.

connect

CONNECT WITH SWIM LESSONS

SUMMER SWIM LESSONS

MATSQUI RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
TUES - FRI	Jul 2 - 5	4	Morning & Evening Privates Lessons
MON - FRI	Jul 8 - 19	10	Morning Lessons
MON - FRI	Jul 22 - Aug 2	10	Morning Lessons
TUES - FRI MON - FRI	Aug 6 - 16	9	Morning Lessons
MON - FRI	Aug 19 - 30	10	Morning Lessons
MON/WED	July 8 - 31	8	Afternoon Lessons
MON/WED	Aug 7 - 28	7	Afternoon Lessons (starts on Wednesday)
TUES/THUR	Jul 9 - Aug 1	8	Afternoon Lessons
TUES/THUR	Aug 6 - 29	8	Afternoon Lessons
SAT	Jul 13 - Aug 3	4	Morning Lessons
SAT	Aug 10 - 31	4	Morning Lessons

ABBOTSFORD RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
TUES - FRI	Jul 2 - 5	4	Morning & Evening Private Lessons
MON - FRI	Jul 8 - 12	5	Morning Lessons
MON - FRI	Jul 15 - 19	5	Morning Lessons
MON - FRI	Jul 22 - 26	5	Morning Lessons
MON - FRI	Jul 29 - Aug 2	5	Morning Lessons
TUES - FRI	Aug 6 - 9	4	Morning Lessons
MON - FRI	Aug 12 - 16	5	Morning Lessons
MON - FRI	Aug 19 - 23	5	Morning Lessons
MON - FRI	Aug 26 - 30	5	Morning Lessons
MON - THURS	Jul 8 - 18	8	Afternoon Lessons
MON - THURS	Jul 22 - Aug 1	8	Afternoon Lessons
TUES - THURS MON - THURS	Aug 6 - 15	7	Afternoon Lessons
MON - THURS	Aug 19 - 29	8	Afternoon Lessons
FRI	Jul 12 - Aug 2	4	Afternoon Lessons
FRI	Aug 9 - 30	4	Afternoon Lessons

VISIT US ONLINE FOR COMPLETE LESSON INFORMATION

SWIM

ADVANCED AQUATICS

BRONZE STAR (13yrs+)

Bronze Star is a pre-Bronze Medallion training program that focuses on developing swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles.

Abbotsford Recreation Centre

Jul 13 - 14	Sa - Su	9am - 2pm	2/\$120	99288
-------------	---------	-----------	---------	-------

BRONZE MEDALLION/BRONZE CROSS (13yrs+)

Combined Bronze Medallion and Bronze Cross course.

Abbotsford Recreation Centre

Jul 1 - 5	M	10am - 6:30pm		
	Tu - F	9am - 5:30pm	5/\$495	99289
Jul 8 - 12	M - F	9am - 5:30pm	5/\$495	99290
Jul 22 - 26	M - F	9am - 5:30pm	5/\$495	99291
Aug 5 - 9	M	10am - 6:30pm		
	Tu - F	9am - 5:30pm	5/\$495	99292
Aug 19 - 23	M - F	9am - 5:30pm	5/\$495	99293
Aug 26 - 30	M - F	9am - 5:30pm	5/\$495	99294

SWIM FOR LIFE - SWIM INSTRUCTOR COURSE (15yrs+)

The Lifesaving Society Swim Instructor course trains candidates on the Competency Level 1 knowledge, skills, and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs. This is a new course starting January 2023 that replaces the Canadian Red Cross Water Safety Instructor program.

Matsqui Recreation Centre

Jul 2 - 7	Tu - Su	8am - 4:30pm	6/\$598	99312
Jul 21 - 26	Su - F	8am - 4:30pm	6/\$598	99313
Aug 4 - 9	Su - F	8am - 4:30pm		
	M	10am - 6:30pm	6/\$598	99314
Aug 25 - 30	Su - F	8am - 4:30pm	6/\$598	99315



SWIM FOR LIFE - SWIM INSTRUCTOR COURSE RECERTIFICATION (15yrs+)

The Lifesaving Society Swim Instructor course trains candidates on the Competency Level 1 knowledge, skills, and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs. This is a new course starting January 2023 that replaces the Canadian Red Cross Water Safety Instructor program.

Matsqui Recreation Centre

Jul 20	Sa	8am - 1pm	1/\$	99315
Aug 24	Sa	8am - 1pm	1/\$	99316

NATIONAL LIFEGUARD - POOL OPTION (15yrs+)

NL Training develops basic lifeguarding skills, principles and decision-making to assist the lifeguard in evaluating and adapting to different aquatic emergencies and facilities. NL is the standard measurement of lifeguarding performance across Canada.

Matsqui Recreation Centre

Jul 8 - 12	M - F	9am - 6:30pm	5/\$515	99295
Jul 29 - Aug 2	M - F	9am - 6:30pm	5/\$515	99296
Aug 11 - 16	Su - F	9am - 5:30pm	5/\$515	99297
Aug 25 - 30	Su - F	9am - 5:30pm	5/\$515	99298

NATIONAL LIFEGUARD RECERTIFICATION (15yrs+)

This course includes both a pre-certification refresher and the recertification for certified lifeguards.

Matsqui Recreation Centre

Jul 27	Sa	10am - 6pm	1/\$134	99299
--------	----	------------	---------	-------

recreation connect

CONNECT TO SWIM, FIRST AID & SKATE

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm

Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm

Sun | 10am - 8pm

Holiday Hours:

10am - 6pm

MRC Pool will be shut for annual maintenance from September 3- 24, 2024. The pool will re-open on Wednesday, September 25 during regular operating hours.



FIRST AID

STANDARD FIRST AID, CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED) RECERTIFICATION

Standard First Aid, CPR C & AED is a comprehensive course that gives participants the ability to deliver first aid treatment in different environments. Upon successful completion, you will be prepared for a variety of first-aid situations. Standard First Aid, CPR C & AED includes all emergency first aid course content plus victim management, hot and cold injuries, bone and joint injuries, sprains, wounds, head trauma, diabetes, burns, and poisons.

Matsqui Recreation Centre

Jul 13 - 14	Sa 9am - 5pm, Su 9am - 4pm	2/\$175	99280
Aug 3 - 4	Sa 9am - 5pm, Su 9am - 4pm	2/\$175	99284
Aug 24 - 25	Sa 9am - 5pm, Su 9am - 4pm	2/\$175	99285

STANDARD FIRST AID, CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED) RECERTIFICATION

This is a recertification course for Standard First Aid with CPR C and AED.

Abbotsford Recreation Centre

Jul 13	Sa 9am - 5pm	1/\$175	99286
Aug 10	Sa 9am - 5pm	1/\$175	99287



**SUMMER
SKATING!**

SKATE LESSONS

ABBOTSFORD RECREATION CENTRE
MATSQUI RECREATION CENTRE

DAYS	FACILITY	DATES	# OF LESSONS	SESSIONS
M - F	MRC	Aug 19 - 23	5	9am - 11:15am (1/2hr lesson time slots)
M - F	ARC	Aug 26 - 30	5	9am - 11:15am (1/2hr lesson time slots)

recreation
connect
ABBOTSFORD

ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

DIRECT2REC.COM

