

WINTER 2024 / 2025

recreation connect

ABBOTSFORD



ONLINE REGISTRATION OPENS 9AM
AQUATIC PROGRAMS - DEC 3
ALL OTHER PROGRAMS - DEC 4

IN PERSON
REGISTRATION
DEC 5-9AM

PROGRAMS
START
JAN 2, 2025

ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

DIRECT2REC.COM





connect

CONNECT TO SKATING



TRANSLATION

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

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ABBOTSFORD

04

EARLY YEARS

Looking for things to keep your child under 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.

11

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.

18

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.

20

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!

24

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.

30

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.

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CONNECT TO EARLY YEARS PROGRAMS

EARLY YEARS

ONE DAY WONDERS

(3yrs - 5yrs)

Abbotsford Recreation Centre
Matsqui 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.

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



ONE DAY WONDERS

ABBOTSFORD RECREATION CENTRE
MATSQUI RECREATION CENTRE



WINTER WONDERLAND

Step into a magical Winter Wonderland! Experience the joy of Winter with festive games, crafts, and enjoy enchanted stories about Winter adventures. This delightful event is sure to warm hearts and spark imagination in a cozy, Winter atmosphere!

Abbotsford Recreation Centre

Dec 19 Th 11:30am - 12:30pm 1/\$14.55 101889

NATURE WONDERS

Calling all nature explorers! Join us for an hour of fun and creativity as we learn about the great outdoors. Unleash your imagination with hands on crafting activities and storytelling. Let's make magic happen in the wild!

Matsqui Recreation Centre

Jan 14 Tu 10:15am - 11:15am 1/\$14.55 108913

SPACE EXPLORERS

Blast off into an exciting journey through the cosmos. Discover fascinating facts about planets, stars, and galaxies, and engage in hands on crafting activities.

Abbotsford Recreation Centre

Jan 16 Th 11:30am - 12:30pm 1/\$14.55 108914

TEDDY BEAR PICNIC

Join us for a cozy Teddy Bear picnic indoors! Bring your favorite teddy bear and enjoy an hour filled with fun activities, including storytelling, games, and craft stations.

Matsqui Recreation Centre

Feb 11 Tu 10:15am - 11:15am 1/\$14.55 108915

LOVE AND FRIENDSHIP

Celebrate love and friendship, join us for heartwarming activities like crafting handmade cards, decorating love-themed treats, and playing fun games. Come share the love and make sweet memories

Abbotsford Recreation Centre

Feb 13 Th 11:30am - 12:30pm 1/\$14.55 108916

IMAGINATION STATION

Step into the Imagination Station, where creativity knows no bounds! Unleash your inner artist through fun activities like storytelling, crafting, and imaginative play.

Matsqui Recreation Centre

Mar 11 Tu 10:15am - 11:15am 1/\$14.55 108917

CONSTRUCTION CHALLENGE

Join us for an action-packed day of fun and creativity! Let your imagination soar as you construct, collaborate, and celebrate your unique creations. It's time to bring your ideas to life – let's build some fun!

Abbotsford Recreation Centre

Mar 13 Th 11:30am - 12:30pm 1/\$14.55 108918

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CONNECT TO EARLY YEARS PROGRAMS

Nurture a passion for the arts. Our programs will help your child to develop confidence, support emerging skills and knowledge in a supportive, engaging and diverse environment.

Program Reminders:

Art Classes: Please wear comfortable clothing that you can get messy in!
Dance Classes: Please wear comfortable clothing and shoes. Please note that our classes are designed for beginners.



EARLY YEARS

ARTS & CRAFTS

BUSY HANDS (1.5yrs - 3yrs)

Introduce your little one to the many benefits of art from squishing and squidding paint to exploring colours, textures and other sensory experiences. Your child will develop fine and gross motor skills, make friends and build confidence. Parent participation required.

Abbotsford Recreation Centre

Jan 9 - Feb 6	Th	9am - 9:45am	5/\$43.50	109568
Feb 13 - Mar 13	Th	9am - 9:45am	5/\$43.50	109636

Matsqui Recreation Centre

Jan 7 - Feb 4	Tu	9am - 9:45am	5/\$43.50	109395
Feb 11 - Mar 11	Tu	9am - 9:45am	5/\$43.50	109622

PRESCHOOL ART EXPLORATION (3yrs - 5yrs)

Let's get creative! Let your little one explore various materials and tools to see what they can do with them. Creativity, problem solving, fine motor skills are just some of the things we will explore in this play-based art class. No Class Feb 17.

Abbotsford Recreation Centre

Jan 7 - Feb 4	Tu	11:30am - 12:15pm	5/\$43.50	109396
Feb 11 - Mar 11	Tu	11:30am - 12:15pm	5/\$43.50	109625

Matsqui Recreation Centre

Jan 6 - Feb 3	M	10:45am - 11:30am	5/\$43.50	109394
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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

Jan 7 - Feb 7	Tu	4pm - 4:30pm	5/\$36.25	109387
Feb 11 - Mar 11	Tu	4pm - 4:30pm	5/\$36.25	109630

Matsqui Recreation Centre

Jan 6 - Feb 3	M	9am - 9:30am	5/\$36.25	109385
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3yrs - 5yrs

Abbotsford Recreation Centre

Jan 7 - Feb 4	Tu	4:45pm - 5:30pm	5/\$43.50	109388
Feb 11 - Mar 11	Tu	4:45pm - 5:30pm	5/\$43.50	109631
Jan 9 - Feb 6	Th	6pm - 6:45pm	5/\$43.50	109392
Feb 13 - Mar 13	Th	6pm - 6:45pm	5/\$43.50	109639

Matsqui Recreation Centre

Jan 4 - Feb 1	Sa	9:30am - 10:15am	5/\$43.50	109383
Feb 8 - Mar 8	Sa	9:30am - 10:15am	5/\$43.50	109606
Jan 6 - Feb 3	M	9:45am - 10:30am	5/\$43.50	109386

MUSIC TOGETHER (NB - 5yrs)

A fun and enjoyable bonding experience for babies, toddlers, preschoolers, and parents. Enjoy singing songs and their rich variety of styles that will have you tapping along in no time! Parent participation is required. A mandatory Music Together Course Materials and Semester Fees (\$60) 1 required per family.

Abbotsford Recreation Centre

Jan 8 - Mar 12	W	9am - 9:45am	10/\$120	109746
Jan 8 - Mar 12	W	10am - 10:45am	10/\$120	109747
Jan 9 - Mar 13	Th	11:45am - 12:30pm	10/\$120	109748

CREATIVE MOVEMENT (NB - 5yrs)

Life is all about being creative! This fun program provides the environment for learning the proper FUNdamental movement skills as you learn to leap, frolic, tip toe and move in imaginative ways.

Matsqui Recreation Centre

Jan 8 - Feb 5	W	5pm - 6pm	5/\$52.50	109390
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WINTER FEST
DEC 23 - JAN 3

Join us for
daily swims, skates,
gym drop-ins & camps!



WINTER FEST
CAMPS 2024

Join us for a half day Winterfest Camp at ARC and MRC! Your child(ren) will participate in fun Winter themed activities, games and crafts!

HALF DAY CAMPS

Abbotsford Recreation Centre (5yrs - 12yrs)

Dec 24	Tu	9am - 1pm	1/\$20	109666
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Matsqui Recreation Centre (7yrs - 12yrs)

Dec 24	Tu	9am - 1pm	1/\$20	109667
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ONE DAY CAMPS

Abbotsford Recreation Centre

3yrs - 5yrs

Dec 23	M	9am - 11am	1/\$14.40	108104
Dec 27	F	9am - 11am	1/\$14.40	108108

5yrs - 8yrs

Dec 23	M	9am - 4pm	1/\$33.50	108102
Dec 27	F	9am - 4pm	1/\$33.50	108106

9yrs - 12yrs

Dec 23	M	9am - 4pm	1/\$33.50	108103
Dec 27	F	9am - 4pm	1/\$33.50	108107

Matsqui Recreation Centre

7yrs - 12yrs

Dec 23	M	9am - 4pm	1/\$33.50	108105
Dec 27	F	9am - 4pm	1/\$33.50	108109

FULL DAY CAMPS

Abbotsford Recreation Centre

3yrs - 5yrs

Dec 30 - Jan 3	M,Tu,Th,F	9am - 11am	4/\$57.60	108114
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5yrs - 8yrs

Dec 30 - Jan 3	M,Tu,Th,F	9am - 4pm	4/\$134	108112
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9yrs - 12yrs

Dec 30 - Jan 3	M,Tu,Th,F	9am - 4pm	4/\$134	108113
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Matsqui Recreation Centre

7yrs - 12yrs

Dec 30 - Jan 3	M,Tu,Th,F	9am - 4pm	4/\$134	108115
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HOLIDAY HOP (1yr - 12yrs)

Join us for our Holiday Hop! Watch our gym turn into a winter wonderland full of crafts, games, a photo booth, bouncy castle, and more. Bounce around from station to station participating in a variety of holiday themed fun. Sponsored by All Roads Construction.

Abbotsford Recreation Centre

Dec 27	F	10am - 12pm	1/\$4.10	109071
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ONE DAY WONDERS
WINTER WONDERLAND (3yrs - 5yrs)

Step into a magical Winter Wonderland! Experience the joy of Winter with festive games, crafts, and enjoy enchanted stories about Winter adventures. This delightful event is sure to warm hearts and spark imagination in a cozy, Winter atmosphere!

Abbotsford Recreation Centre

Dec 19	Th	11:30am - 12:30pm	1/\$14.55	101889
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Be part of the
holiday magic at
Abbotsford Recreation Centre &
Matsqui Recreation Centre

* Please note, full day camps will end at 3:30pm on Tuesday, Dec 31 as the facility is closing early. There is no session on Wednesday, Jan 1.

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

HOBBIES & INTERESTS

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

Jan 7 - Feb 4	Tu	10am - 11am	5/\$52.50	109558
Feb 11 - Mar 11	Tu	10am - 11am	5/\$52.50	109583

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

Jan 9 - Feb 6	Th	10:15am - 11am	5/\$43.50	109562
Feb 13 - Mar 13	Th	10:15am - 11am	5/\$43.50	109588



CHILDMINDING

(6mos - 12yrs)

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

Childminding is available for children ages 6 mos - 12 years for up to 1.5 hours during select times, subject to availability. Please note, parents must remain in the building at all times.

SPORTS & ACTIVE PLAY

RUMBLE TUMBLE (1.5yrs - 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

1yr - 3yrs: Rumble Tumble 1

Jan 6 - Feb 3	M	9am - 9:30am	5/\$32.25	109688
Feb 10 - Mar 10	M	9am - 9:30am	4/\$25.80	109689

3yrs - 5yrs: Rumble Tumble 2

Jan 6 - Feb 3	M	9:45am - 10:30am	5/\$37	109722
Feb 10 - Mar 10	M	9:45am - 10:30am	4/\$29.60	109723

TOT FLOOR HOCKEY (2yrs - 5yrs)

In this introduction to floor hockey your child will 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

2yrs - 3.5yrs

Jan 8 - Feb 5	W	10am - 10:30am	5/\$32.25	109800
Feb 12 - Mar 12	W	10am - 10:30am	5/\$32.25	109802

3.5yrs - 5yrs

Jan 8 - Feb 5	W	10:45am - 11:30am	5/\$37	109804
Feb 12 - Mar 12	W	10:45am - 11:30am	5/\$37	109805

TOT SOCCER (3yrs - 5yrs)

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

Jan 8 - Feb 5	W	12pm - 12:45pm	5/\$37	109786
Feb 12 - Mar 12	W	12pm - 12:45pm	5/\$37	109788



BIRTHDAY PARTIES AT

ABBOTSFORD RECREATION CENTRE
MATSQUI RECREATION CENTRE AND
ABBOTSFORD EXHIBITION PARK



PACKAGE 1
1-12 CHILDREN
\$134

PACKAGE 2
13-16 CHILDREN
\$156

PACKAGE 3
17-20 CHILDREN
\$178

PACKAGE 4
21-24 CHILDREN
\$200

* \$7.65 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.

ARC SUPER SKATE

Abbotsford Recreation Centre

Make your birthday party a SUPER SKATE experience! Our parties at ARC include 1 hour on the Ice Experience followed by 1 hour in a party room. Let us bring the fun to your child's party this year!

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.

QUESTIONS: email party@abbotsford.ca



connect

CONNECT TO SPRING BREAK CAMPS





SPRING BREAK CAMPS

ABBOTSFORD RECREATION CENTRE
MATSQUI RECREATION CENTRE

ARC SPRING BREAK CAMPS

Join us for Spring Break Camp at ARC. Your child(ren) will participate in fun Spring themed activities, games and crafts!

Abbotsford Recreation Centre

3yrs - 5yrs

Mar 17 - 21	M - F 9am - 11am	5/\$72	109839
Mar 24 - 28	M - F 9am - 11am	5/\$72	109840

5yrs - 8yrs

Mar 17 - 21	M - F 9am - 4pm	5/\$167.50	109833
Mar 24 - 28	M - F 9am - 4pm	5/\$167.50	109834

9yrs - 12yrs

Mar 17 - 21	M - F 9am - 4pm	5/\$167.50	109835
Mar 24 - 28	M - F 9am - 4pm	5/\$167.50	109836

MRC SPRING BREAK CAMPS (7yrs - 12yrs)

Join us for Spring Break Camp at MRC. Your child(ren) will participate in fun Spring themed activities, games and crafts!

Matsqui Recreation Centre

Mar 17 - 21	M - F 9am - 4pm	5/\$167.50	109837
Mar 24 - 28	M - F 9am - 4pm	5/\$167.50	109838

MARK YOUR CALENDAR AND GET READY FOR AN ACTION-PACKED SPRING BREAK!





recreation connect

CONNECT TO CHILDREN'S 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



CHILDREN

ARTS & CRAFTS, DANCE, HOBBIES & INTERESTS, SPORTS & ACTIVE PLAY

Discover exciting kids programs for every child. Your child will have a blast while learning new skills and making lifelong memories.

CHILDREN

ARTS & CRAFTS

ADAPTED ART ZONE (6yrs - 12yrs)

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.

Abbotsford Recreation Centre

Jan 9 - Feb 6	Th	5pm - 6pm	5/\$61.25	109567
Feb 13 - Mar 13	Th	5pm - 6pm	5/\$61.25	109635

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

Jan 7 - Feb 4	Tu	6:30pm - 7:30pm	5/\$52.50	109566
Feb 11 - Mar 11	Tu	6:30pm - 7:30pm	5/\$52.50	109629

Matsqui Recreation Centre

Jan 9 - Feb 6	Th	6:30pm - 7:30pm	5/\$52.50	109589
Feb 13 - Mar 13	Th	6:30pm - 7:30pm	5/\$52.50	109638





HOMESCHOOL ART FOR BEGINNERS (6yrs - 12yrs)

Kids will discover their unique artistic abilities as they explore a variety of art mediums in this homeschool art program. Experiment with drawing, painting, clay, and more! Basic fundamentals will be taught with the opportunity for individual self-expression and imagination. All supplies are included.

Abbotsford Recreation Centre

Jan 7 - Feb 4	Tu	12:45pm - 1:45pm	5/\$52.50	109564
Feb 11 - Mar 11	Tu	12:45pm - 1:45pm	5/\$52.50	109623

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

Jan 7 - Feb 4	Tu	5pm - 6pm	5/\$52.50	109565
Feb 11 - Mar 11	Tu	5pm - 6pm	5/\$52.50	109628

Matsqui Recreation Centre

Jan 9 - Feb 6	Th	5pm - 6pm	5/\$52.50	109590
Feb 13 - Mar 13	Th	5pm - 6pm	5/\$52.50	109637

SO YOU WANT TO BE A WRITER? (9yrs - 12yrs)

Young writers will explore the art of storytelling. Participants will unleash their imagination, discovering their unique voice and style while exploring various literary genres. They'll refine their narratives and gain confidence in expressing their ideas. Join us on this exciting journey where creativity thrives!

Abbotsford Recreation Centre

Jan 6 - Feb 3	M	3:30pm - 4:30pm	5/\$52.50	109563
Feb 10 - Mar 10	M	3:30pm - 4:30pm	4/\$4	109584



DANCE

DANCE COMBO (6yrs - 10yrs)

An introduction to the basics of ballet, modern and jazz all in one course. This lively sampler includes technique fundamentals and short dance combinations, all in a creative and recreational environment.

Abbotsford Recreation Centre

Jan 7 - Feb 4	Tu	5:45pm - 6:45pm	5/\$52.50	109389
Feb 11 - Mar 11	Tu	5:45pm - 6:45pm	5/\$52.50	109632

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

Jan 9 - Feb 6	Th	7pm - 8pm	5/\$52.50	109393
Feb 13 - Mar 13	Th	7pm - 8pm	5/\$52.50	109640

Matsqui Recreation Centre

Jan 8 - Feb 5	W	6:15pm - 7:15pm	5/\$52.50	111510
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HIP HOP (5yrs - 8yrs)

This one-hour class will introduce kids to the world of Hip-Hop dance. Participants will learn new dance moves and build confidence as they create an original dance routine.

Matsqui Recreation Centre

Jan 4 - Feb 1	Sa	10:30am - 11:30am	5/\$52.50	109384
Feb 8 - Mar 8	Sa	10:30am - 11:30am	5/\$52.50	109607

recreation connect

CONNECT TO CHILDREN'S 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



CHILDREN



HOBBIES & INTERESTS

BAKING BASICS (5yrs - 12yrs)

Are you interested in learning the basics of baking? Join us for this introduction to baking where we will make new and delicious recipes each week, while also learning new skills in the kitchen! Each class we will make a new recipe that you will get to take home and enjoy.

Abbotsford Recreation Centre

5yrs - 8yrs

Jan 6 - Feb 3	M	4pm - 5:30pm	5/\$78.75	109570
Feb 10 - Mar 10	M	4pm - 5:30pm	4/\$63	109580

9yrs - 12yrs

Jan 6 - Feb 3	M	6pm - 7:30pm	5/\$78.75	109571
Feb 10 - Mar 10	M	6pm - 7:30pm	4/\$63	109582

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

Jan 11	Sa	5pm - 7pm	1/\$30	109572
Feb 8	Sa	5pm - 7pm	1/\$30	109575
Mar 8	Sa	5pm - 7pm	1/\$30	109577

MAD SCIENTIST (5yrs - 12yrs)

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

5yrs - 8yrs

Jan 8 - Feb 5	W	5pm - 6pm	5/\$52.50	109560
Feb 12 - Mar 12	W	5pm - 6pm	5/\$52.50	109585

9yrs - 12yrs

Jan 8 - Feb 5	W	5pm - 6pm	5/\$52.50	109561
Feb 12 - Mar 12	W	5pm - 6pm	5/\$52.50	109587

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

Jan 18	Sa	5pm - 7pm	1/\$30	109573
Feb 15	Sa	5pm - 7pm	1/\$30	109578
Mar 15	Sa	5pm - 7pm	1/\$30	109579

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

BESTWAY TECHNOLOGY: CREATIVE CODING WITH SCRATCH JR (6yrs - 8yrs)

Embark on a Scratch Jr journey! Kids create fun animations like Rocket Launch, Happy Farm, and Snowman Adventures. This program nurtures creativity, storytelling, and logical thinking. More than just play, it offers an exciting introduction to coding basics, paving the way for a bright digital future. Participants are required to bring their own laptop.

Abbotsford Recreation Centre

Jan 6 - Feb 3	M	5:15pm - 6:15pm	5/\$99	109725
Feb 10 - Mar 10	M	5:15pm - 6:15pm	4/\$79.20	109750

BESTWAY TECHNOLOGY: CREATIVE CODING WITH SCRATCH (7yrs - 14yrs)

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

Jan 6 - Feb 3	M	6:30pm - 8pm	5/\$149	109724
Feb 10 - Mar 10	M	6:30pm - 8pm	4/\$119.20	109751

YOUNG INNOVATORS: SIMPLE MACHINES JR | STEM BASED LEARNING (6yrs - 8yrs)

Explore the fascinating world of robotics and simple machines! Join us for fun activities, creative projects, and interactive learning experiences that will spark curiosity and discovery.

Abbotsford Recreation Centre

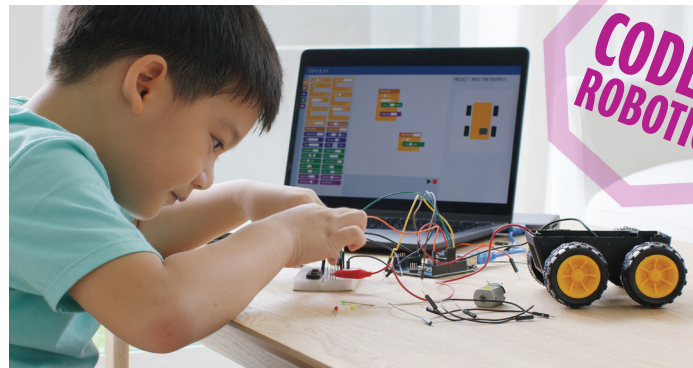
Jan 25 - Feb 22	Sa	12:30pm - 2pm	5/\$157	109962
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YOUNG INNOVATORS: 3D PRINTING PRINT YOUR MINIS - STEM BASED DESIGN (8yrs - 14yrs)

This program is tailored for individuals of all skill levels to learn about 3D printing. Through playful activities, hands-on projects, and interactive lessons, participants will embark on an exciting journey exploring the magic of 3D printing. Participants are encouraged to bring their own laptops

Abbotsford Recreation Centre

Jan 25 - Mar 1	Sa	2:30pm - 4pm	6/\$225	109963
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YOUNG INNOVATORS: CODING & ROBOTICS ENGINEERING ESSENTIALS (8yrs - 14yrs)

Coding & Robotics Engineering Essentials is an exhilarating program designed for young innovators aged 8-14 to embark on an exciting journey into the world of coding and robotics. Dive into hands-on activities, interactive lessons, and personalized guidance from our expert instructors as you explore programming for VEX robotics.

Abbotsford Recreation Centre

Jan 25 - Mar 1	Sa	4:30pm - 6pm	6/\$257	109964
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ROBO INNOVATORS JR

It is never too early to start exploring what the vast world of STEM has to offer! Join us for one-day to dive into the basics of engineering.

Abbotsford Recreation Centre

Jan 11	Sa	4pm - 5pm	1/\$19	109959
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ROBO INNOVATORS

Curious about Robotics? Join us for one-day and explore the world of Robotics and Engineering.

Abbotsford Recreation Centre

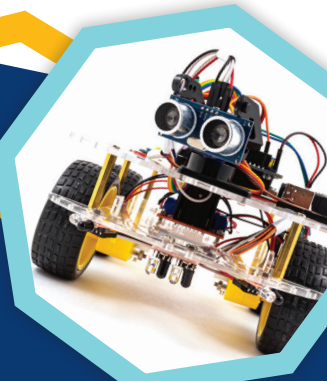
Jan 11	Sa	5:30pm - 6:30pm	1/\$19	109960
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3D PRINTING

Curious about 3D Printing? Join us for one-day and dive into the world of 3D printing. Provide your child with a perfect opportunity to explore their interests in 3D Printing!

Abbotsford Recreation Centre

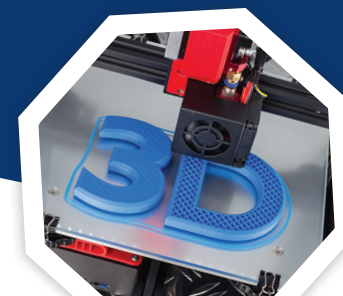
Jan 11	Sa	2:30pm - 3:30pm	1/\$19	109957
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SCIENCE, TECHNOLOGY,
ENGINEERING &
MATHEMATICS

STEM

TRY IT!



recreation connect

CONNECT TO CHILDREN'S 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



CHILDREN

SPORTS & ACTIVE PLAY



FIRST TEE GOLF (5yrs - 10yrs)

Learn the basics on golf in this fun and interactive program. Participants will engage with the 5 key commitments: pursuing goals, growing through challenge, collaborating with others, building positive self-identity, and using good judgement while focusing on mastering golf fundamentals

Abbotsford Exhibition Park

5yrs - 7yrs

Jan 7 - Feb 4	Tu	4:15pm - 5pm	FREE	109819
Feb 11 - Mar 4	Tu	4:15pm - 5pm	FREE	109820

8yrs - 10yrs

Jan 7 - Feb 4	Tu	5:30pm - 6:30pm	FREE	109821
Feb 11 - Mar 4	Tu	5:30pm - 6:30pm	FREE	109822

INTRO TO KARATE (5yrs - 12yrs)

Join "Yogi's Karate Dojo" for Intro to Karate. A fun and engaging space where kids learn karate, grow in confidence, and develop discipline. Experienced instructors create a welcoming environment that inspires and supports every child on their unique path to success.

Matsqui Recreation Centre

5yrs - 8yrs

Jan 7 - Feb 4	Tu	3:30pm - 4:15pm	5/\$75	109823
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9yrs - 12yrs

Jan 7 - Feb 4	Tu	4:30pm - 5:15pm	5/\$75	109825
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5yrs - 10yrs

Feb 11 - Mar 11	Tu	4:15pm - 5pm	5/\$75	109824
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Abbotsford Recreation Centre

5yrs - 8yrs

Jan 9 - Feb 6	Th	3:30pm - 4:15pm	5/\$75	109827
Feb 13 - Mar 13	Th	3:30pm - 4:15pm	5/\$75	109828

9yrs - 12yrs

Jan 9 - Feb 6	Th	4:30pm - 5:15pm	5/\$75	109829
Feb 13 - Mar 13	Th	4:30pm - 5:15pm	5/\$75	109830



INTRO TO PICKLEBALL & BADMINTON (9yrs - 12yrs)

This program is an introduction to both Pickleball and Badminton. Participants will learn the basic rules and skills around these two popular sports!

Abbotsford Recreation Centre

Jan 4 - Feb 1	Sa	1pm - 2pm	5/\$40.75	109807
Feb 8 - Mar 8	Sa	1pm - 2pm	5/\$40.75	109808

NINJA TRAINING FOR BEGINNERS (5yrs - 8yrs)

Unleash your inner ninja! Your child will learn FUNdamental movement skills and Parkour techniques through fun drills and games with our enthusiastic and engaging staff

Abbotsford Recreation Centre

Jan 4 - Feb 1	Sa	2:30pm - 3:15pm	5/\$37	109811
Feb 8 - Mar 8	Sa	2:30pm - 3:15pm	5/\$37	109812

PE FOR HOMESCHOOL (5yrs - 12yrs)

Physical education is an integral part of every child's development. This course will provide your child the opportunity to build physical literacy and gain confidence in new games and sports in a supportive and engaging environment. No class Feb 19.

Abbotsford Recreation Centre

5yrs - 8 yrs

Jan 6 - Feb 3	M	11am -11:45am	5/\$37	109758
Feb 10 - Mar 10	M	11am - 11:45am	4/\$29.60	109759

9yrs - 12 yrs

Jan 6 - Feb 3	M	12pm - 12:45pm	5/\$37	109770
Feb 10 - Mar 10	M	12pm - 12:45pm	4/\$29.60	109771

SMASHBALL (9yrs - 12yrs)

Volleyball BC brings you Smashball, a fun, new way to learn how to play volleyball by letting kids compete and play while smashing the ball! Through gameplay they will develop physical and games-literacy and as athletes advance, the game becomes faster and more competitive to match their new skills.

Abbotsford Recreation Centre

Jan 9 - Feb 6	Th	5pm - 5:45pm	5/\$75	110945
Feb 13 - Mar 13	Th	5pm - 5:45pm	5/\$75	110946

SOCCKER (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

Jan 7 - Feb 4	Tu	4:45pm - 5:45pm	5/\$40.75	109777
Feb 11 - Mar 11	Tu	4:45pm - 5:45pm	5/\$40.75	109779

9yrs - 12yrs

Jan 7 - Feb 4	Tu	6pm - 7pm	5/\$40.75	109782
Feb 11 - Mar 11	Tu	6pm - 7pm	5/\$40.75	109784



PRO-D DAY CAMP (5yrs - 12yrs)

Join us for Pro-D day camp and enjoy activities such as active outdoor/indoor games, arts & crafts, science experiments and much more! Please bring a nut-free lunch, healthy snacks, water bottle, change of clothing, weather appropriate outdoor clothing as camps will play outside.

Abbotsford Recreation Centre

Feb 14	F	9am - 4pm	1/\$45	109856
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KIDS NIGHT OUT!

ABBOTSFORD RECREATION CENTRE

KIDS NIGHT OUT! (7yrs - 12yrs)

Parents need a break? Send your kids out for a fun night at the rec center while you enjoy some well-deserved time off. Your kids will have a blast with our changing themes and fun activities. We will go swimming, eat pizza and play games each session! Book early as space is limited!

Abbotsford Recreation Centre

Jan 10	F	6pm - 9pm	1/\$24.45	109591
Jan 24	F	6pm - 9pm	1/\$24.45	109592
Feb 21	F	6pm - 9pm	1/\$24.45	109593
Mar 7	F	6pm - 9pm	1/\$24.45	109594



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

**recreation
connect**

CONNECT TO YOUTH PROGRAMS

YOUTH!

**JOIN THE FUN
FREE!**

**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

**YOUTH CENTRE
LEADERSHIP TEAM (YCLT)
(12yrs - 18yrs)**

This group meets once a week at each youth centre to learn new leadership skills, meet new friends and have a say about what activities happen in our Youth Centres. Wed, 4:30-5:30pm at both Youth Centres!

ARC & MRC Youth Centres

Contact us for information on dates and times.

**FREE DINNER NIGHTS
(12yrs - 18yrs)**

Every month at our AYC Youth Centre we host a 'family style' sit down dinner. Youth help prepare and serve the dinners.

ARC Youth Centres

Check out our website for dates & times

(IN)VOLVED (12yrs - 18yrs)

(IN)volved is a program that connects youth in Abbotsford with volunteer opportunities. Complete the application form on our website and we'll email you with volunteer opportunities as they become available.

**ABBOTSFORD YOUTH COMMISSION
(12yrs - 18yrs)**

Check out www.abbyyouth.com for a full list of AYC programs for youth 12yrs - 18yrs.

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

The youth centres at ARC and MRC are fully staffed and supervised and are a safe place for youth to hang out. We have video games, pool tables, snacks, and daily activities.

ARC & MRC Youth Centres

Mon - Thurs	2:30pm - 4:30pm
Fri	2:30pm - 6pm

BABYSITTERS - RED CROSS (11yrs - 15yrs)

Learn the skills to care for infants to school age children and become a responsible babysitter. Certificate provided upon completion.

ARC Youth Centre

Jan 25	Sa	9am - 4pm	1/\$65
Feb 14	F	9am - 4pm	1/\$65
Mar 17-20	M - Th	10am - 12pm	4/\$65

FOODSAFE TRAINING (14yrs - 18yrs)

This Level 1 course is for food service front line workers such as bus persons, servers, dishwashers and cooks. FOODSAFE certificate upon completion.

MRC Youth Centre

Feb 14	F	9am - 5pm	1/\$80
Mar 22	Sa	9am - 5pm	1/\$80

**LEAD - LEAD, EXPLORE & DEVELOP
(14yrs - 18yrs)**

Youth will learn leadership skills through helping to plan and deliver an event during BC Youth Week May 1 - 7.

ARC Youth Centre

Thurs	Apr 3 - 24	4:30pm - 5:30pm	5/\$50
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YOUTH NIGHT (12yrs - 16yrs)

Try eight weeks of community recreation activities such as bowling, laser tag, martial arts and more!

Various Locations

Tues or Thurs	Jan 21 - Mar 13	7pm - 8:30pm	8/\$50
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**FOR MORE
AYC INFO**



abbyyouth.com
778.880.8559
info@abbyyouth.com
Instagram: @abbyyouth

BOXING CLASS

ABBOTSFORD RECREATION CENTRE

ABBY JUNIOR/YOUTH BOXING (7yrs - 17yrs)

This non-contact boxing class consists of cardio, circuit training, technical boxing and core exercises. Participants will learn proper stances; various punch combinations and defense moves. Each class is for all levels from beginners to advanced. Supplies not included.

Abbotsford Recreation Centre

Jan 9 - Feb 6	Th	4:30pm - 5:30pm	5/\$77	109831
Feb 13 - Mar 13	Th	4:30pm - 5:30pm	5/\$77	109832

YOUTH BOOTCAMP (9yrs - 12yrs)

Kids learn how to integrate physical activity into their daily lives with a focus on balance, functional movement patterns, strength, and endurance through fun interactive games and exercises. Beginner to expert classes provided.

Abbotsford Recreation Centre

Jan 7 - Mar 11	Tu	3pm - 4pm	10/\$78.50	108224
Jan 9 - Mar 13	Th	3pm - 4pm	10/\$78.50	108225

BASKETBALL PROGRAM

ABBOTSFORD RECREATION CENTRE

BC BOUNCE (Kindergarten - Gr 9)

BC Bounce Basketball League Programs are for players who are looking to improve their skills and learn the game in a fun yet competitive atmosphere with qualified instruction. Sessions are 5 on 5 games that go 10 weeks, 1.5 hours long with 30-45minute skill development and 45-60 minute game each day.

Abbotsford Recreation Centre

M/Sa	4pm - 7pm
W/F	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

Jan 7- Mar 11				
Tuesdays	4:45pm - 5:45pm	1/\$15.65	Registration Required	

Matsqui Recreation Centre

Jan 12 - Mar 16				
Sundays	1:30pm - 2:30pm	1/\$15.65	Registration Required	

TRAIN & PLAY VOLLEYBALL

ABBOTSFORD RECREATION CENTRE

TRAIN & PLAY VOLLEYBALL (13yrs - 16yrs)

Sessions are designed for participants of all levels to learn volleyball in a low-pressure, developmentally appropriate environment. Coaches will instruct the participants on the different technical and tactical skills of volleyball using both the traditional and conceptual approach.

Abbotsford Recreation Centre

Jan 9 - Feb 6	Th	6pm - 7pm	5/\$75	110947
Feb 13 - Mar 13	Th	6pm - 7pm	5/\$75	110948



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



ADULT

**ARTS, CRAFTS & MUSIC,
FITNESS, PREVENTATIVE HEALTH,
CHOOSE TO MOVE, ActivAge™,
BUS TOURS, LEARNING PLUS**

Experience enriching and vibrant programs promoting health, wellness, and social connection.

TRANSLATION

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

ADULT

ARTS, CRAFTS & MUSIC

SNACK N' PAINT (18yrs+)

Join us for a relaxing night of painting and goodies. Bring some friends and follow an instructor to create your very own guided painting while socializing and munching on some delicious snacks. Childminding available during this time.

Abbotsford Recreation Centre				
Jan 17	F	5:15pm - 6:45pm	1/\$19.13	109595
Jan 31	F	5:15pm - 6:45pm	1/\$19.13	109596
Feb 14	F	5:15pm - 6:45pm	1/\$19.13	109641
Feb 28	F	5:15pm - 6:45pm	1/\$19.13	109642

FITNESS

ADAPTIVE YOGA

Our instructor will take you through this gentle form of yoga with movements sitting in a chair or standing using the chair for support. The chair takes away the difficulty of having to get up on your own, or getting down to the floor. You will learn yoga poses, breathing techniques, meditation and leave feeling relaxed! Intensity Level: 2

Matsqui Recreation Centre				
Jan 7 - Mar 11	Tu	2:45pm - 3:45pm	10/\$128.50	108219

HYDROTHERAPY

Hydrotherapy refers to therapeutic exercise classes that are performed in the water under the instruction and supervision of our fully accredited kinesiologist. Hydrotherapy integrates the science of safe and effective exercise design, along with the therapeutic properties of water to serve each individual's fitness abilities, goals and needs. Hydrotherapy is suitable for almost every patient, and is especially effective for Arthritis, Fibromyalgia and injuries involving multiple body parts

Abbotsford Recreation Centre				
Jan 7 - Mar 10	Tu	1pm - 2pm	10/\$128.50	108217
Jan 9 - Mar 13	Th	1pm - 2pm	10/\$128.50	108218



LADIES ONLY BOOTCAMP

Join the fun and supportive group class where you will learn how to work out in a safe and fun environment. This class is taught in a class room and provides those who are not as comfortable working out in a co-ed setting the ability to get some exercise in! Each day will be different so come prepared to be challenged. Intensity level: 4

Abbotsford Recreation Centre

Jan 6 - Mar 10 M 7pm - 8pm 9/\$115.65 108221

MASTERS SWIM

Calling all triathletes, past competitive swimmers and recreational swimmers who want a great workout; our Master Swim program is a swim practice that is designed to develop general strength, cardiovascular fitness and endurance. Program does not run on STAT holidays. (No class Feb 17) Drop in Fee \$11.50; Discounts available for Monthly Registration!

Abbotsford Recreation Centre

Jan 6 - Mar 10 M 7pm - 8pm 9/\$85.50 110059
 Jan 8 - Mar 12 W 7pm - 8pm 10/\$95 110060

RELAXATION YOGA

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

Matsqui Recreation Centre

Jan 9 - Mar 13 Th 2:45pm - 3:45pm 10/\$128.50 108220

PREVENTATIVE HEALTH

CARDIAC REHAB

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 604-520-4420 or 1-877-795-4119 (toll-free); or email at PIB@fraserhealth.ca

Abbotsford Recreation Centre

Jan 6 - Mar 24 M 2pm - 3:45pm 1/\$10.30
 Jan 7 - Mar 25 Tu 7:30am - 9:15am 1/\$10.30
 Jan 7 - Mar 25 Tu 9:30am - 11:30am 1/\$10.30
 Jan 8 - Mar 26 W 2pm - 3:45pm 1/\$10.30
 Jan 9 - Mar 27 Th 7:30am - 9:15am 1/\$10.30
 Jan 9 - Mar 27 Th 9:30am - 11:30am 1/\$10.30

CARDIAC AFTERCARE

This program is for anyone who has a history of heart disease and has completed the Cardiac Rehab Program (within a year of completion). It combines cardiovascular exercise with strength exercises that not only will be good for your heart, but also your overall wellness. You will work with a fitness leader to continue your journey to a healthier lifestyle through physical fitness and building relationships with fellow participants. Requires heart rate monitor. Intensity Level: 2

Abbotsford Recreation Centre

Jan 6 - Mar 28 M 3pm - 4:30pm 11/\$124.85 108238
 Jan 8 - Mar 26 W 3pm - 4:30pm 12/\$136.20 108240

CARDIAC MAINTENANCE

This program is the final program. It is designed to maintain a healthy physical and social lifestyle after a Cardiac episode, maintain your cardiovascular health, and increase your strength and flexibility in a functional way for daily living. You will be guided by the fitness leader with more emphasis on continuing to become independent on your fitness journey. 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

Jan 6 - Mar 24 M 1:15pm - 2:45pm 11/\$124.85 108229
 Jan 8 - Mar 26 W 1:15pm - 2:45pm 12/\$136.20 108230

CARDIAC AFTERCARE/MAINTENANCE

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

Abbotsford Recreation Centre

Jan 6 - Mar 24 M 7:30am - 9am 11/\$124.85 108227
 Jan 8 - Mar 26 W 7:30am - 9am 12/\$136.20 108228

MINDS IN MOTION

Minds in motion is a fitness and social program for people living with any form of early-stage dementia. Gentle exercises are followed by social activities designed to be enjoyed in pairs. A family member, friend or other care partner must attend. Registration fees (in-person sessions only) include participant and one care partner.

Abbotsford Recreation Centre (English)

Jan 10 - Mar 14 F 1:30pm - 3pm 10/\$92.50 108226

Matsqui Recreation Centre (Punjabi)

Jan 8 - Mar 12 W 10am - 11:30am 10/\$92.50 110021

TIME (TOGETHER IN MOVEMENT AND EXERCISE)

The program was developed for adults who have challenges with balance and mobility. Classes incorporate a mix of aerobic training, balance training, functional strengthening, and functional mobility exercises. The classes run at a ratio of 4 participants to 1 instructor/volunteer. This class does require medical clearance and a referral. For general inquiries, email TIME@uhn.ca Intensity Level: 1

Abbotsford Recreation Centre

Jan 6 - Mar 24 M 12pm - 1pm 11/\$148 109691
 Jan 8 - Mar 26 W 12pm - 1pm 12/\$161.40 108183
 Jan 10 - Mar 28 F 12pm - 1pm 12/\$161.40 108184

recreation connect

CONNECT TO ADULT PROGRAMS

55+ & OLDER ADULTS



ARTS & CRAFTS

Join us for a variety of programs where you can explore the creative process, learn fundamental techniques and learn new skills in a fun interactive environment.

INTRODUCTION TO LANDSCAPES & OIL PAINTINGS - with Adele Fussi

Abbotsford Recreation Centre
Jan 13 - 27 M 1pm - 3:30pm 3/\$46.50 109598

BEGINNER WATERCOLOUR PAINTING - with Glenna Lundberg

Abbotsford Recreation Centre
Jan 16 - 23 Th 1pm - 3pm 2/\$26 109958

INTRODUCTION TO ACRYLIC PAINTING - with Glenna Lundberg

Abbotsford Recreation Centre
Jan 30 - Feb 6 Th 1pm - 3pm 2/\$26 109643

LANDSCAPE PAINTING USING BOB ROSS METHOD - with Adele Fussi

Abbotsford Recreation Centre
Feb 3 - 10 M 1pm - 3:30pm 2/\$31 109956

INTERMEDIATE WATERCOLOUR PAINTING - with Glenna Lundberg

Abbotsford Recreation Centre
Feb 20 - 27 M 1pm - 3pm 2/\$26 109961

A BURST OF COLOR WITH FLOWERS - with Adele Fussi

Abbotsford Recreation Centre
Feb 24 - Mar 10 M 1pm - 3:30pm 3/\$46.50 109645

PAINT LIKE THE CANADIAN GROUP OF SEVEN - with Glenna Lundberg

Abbotsford Recreation Centre
Mar 6 - 13 M 1pm - 3pm 2/\$26 109644

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



ADULT BUS TOURS (18yrs+)

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

Register Online Today!
DIRECT2REC.COM

55+ EUK N PLAY EUKELELE

You can play ukulele! Join this fun and friendly introduction to ukulele. All equipment provided. Learn to strum and enough chords over 4 weeks to play a song or two.

Abbotsford Recreation Centre

Feb 24 - Mar 17 M 6pm - 7pm 4/\$20 109605



CHOOSE TO MOVE

ABBOTSFORD RECREATION CENTRE

CHOOSE TO MOVE (55yrs+)

Develop a personal action plan to help you meet your goals. Receive 1-on-1 coaching and group support. Choose activities you like and learn new ways to live a healthier, more active life. You must attend the Choose to Move Information Session to be eligible for the program. For exceptions, please call 604-557-4417 and visit choosetomove.info.

Matsqui Recreation Centre

Jan 10 - Mar 28 F 11:45am - 12:45pm 109675

AI KI JUTSU - JAPANESE TAI CHI

Learn a series of carefully orchestrated and delicately executed movements that help build core power (Ki) and strengthen the Mind - Body connection required for health and happiness.

Abbotsford Recreation Centre

Intro Class

Jan 15	W	10am - 11:30am	1/FREE	109952
Jan 22	W	10am - 11:30am	1/FREE	109953

Beginner Class

Feb 12 - Mar 5	W	10am - 11:30am	4/FREE	111007
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PERSONAL SAFETY PROGRAM

The tools required to de-escalate effectively (while maintaining personal and public safety) are practiced in this Personal Safety Program.

Abbotsford Recreation Centre

Mar 12	W	10am - 12pm	1/FREE	111000
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55+ SNOOKER FOR FIRST TIME PLAYERS

Want to learn how to play Snooker? It's easier than you think! Learn the basics of Snooker from technique and strategy to the rules of the game. Have the opportunity to learn in a relaxed and fun environment. For beginners and first-time players.

Abbotsford Recreation Centre

Jan 21	Tu	10am - 11:30am	1/FREE	109601
Jan 28	Tu	10am - 11:30am	1/FREE	109602
Feb 4	Tu	10am - 11:30am	1/FREE	109604

UVIC CHRONIC CONDITIONS SELF-MANAGEMENT WORKSHOP (19yrs+)

This FREE 6 week workshop helps adults 19+ with chronic health conditions and their caregivers to better manage symptoms and activities of daily life.

Matsqui Recreation Centre

Feb 2 - Mar 9	Su	2pm - 4:30pm	FREE	111009
Feb 6 - Mar 13	Th	1pm - 3:30pm	FREE	111008



ActivAge™

ABBOTSFORD RECREATION CENTRE

ActivAge™ (55yrs+)

ActivAge™ is a 3-month group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives. The program is progressive with planned physical activities (stretching, activity, and cool-down) and will help get participants moving in a relaxed environment with like-minded people. Registrants from Choose to Move have first priority to register.

Matsqui Recreation Centre

Jan 17 - Mar 28	F	10:30am - 11:30am	109677
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LEARNING PLUS (55+)

Join our Learning Plus program for 55yrs+. Each week a new presenter will discuss an exciting topic with the group.

Abbotsford Recreation Centre

Jan 14 - Mar 13	Tu/Th	10am - 12pm	\$4.50/ea
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recreation connect

CONNECT TO SWIM & FIRST AID

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

SWIM & FIRST AID

WINTER SWIM LESSONS, ADVANCED AQUATICS, FIRST AID TRAINING

This winter we're offering swim lessons, advanced aquatics, and first aid training, providing a comprehensive range of programs for all ages and skill levels.



Starting this winter, registering for swim lessons will require proof of meeting the pre-requisites.

WINTER SWIM LESSONS

ABBOTSFORD RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
MON/WED	Jan 6 - Feb 5	10	Morning & Afternoon Lessons
MON/WED	Feb 10 - Mar 12 (no class on Feb 17)	9	Morning & Afternoon Lessons
TUESDAY	Jan 7 - Mar 11	10	Afternoon Lessons Only
THURSDAY	Jan 9 - Mar 13	10	Afternoon Lessons Only
TUES/THUR	Jan 7 - Feb 6	10	Morning & Afternoon Lessons
TUES/THUR	Feb 11 - Mar 13	10	Morning & Afternoon Lessons
FRIDAY	Jan 10 - Mar 14	10	Morning & Afternoon Lessons
SATURDAY	Jan 4 - Mar 15 (no class on Feb 15)	10	Morning Lessons Only
SUNDAY	Jan 5 - Mar 16 (no class on Feb 16)	10	Morning Lessons Only

MATSQUI RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
MON/WED	Jan 6 - Feb 5	10	Morning & Afternoon Lessons
MON/WED	Feb 10 - Mar 12 (no class on Feb 17)	9	Morning & Afternoon Lessons
MONDAY	Jan 6 - Mar 10 (no class on Feb 17)	9	Afternoon Lessons Only
WEDNESDAY	Jan 8 - Mar 12	10	Afternoon Lessons Only
TUES/THUR	Jan 7 - Feb 6	10	Morning & Afternoon Lessons
TUES/THUR	Feb 11 - Mar 13	10	Morning & Afternoon Lessons
FRIDAY	Jan 10 - Mar 14	10	Morning & Afternoon Lessons
SATURDAY	Jan 4 - March 15 (no class on Feb 15)	10	Morning Lessons Only

VISIT US ONLINE FOR COMPLETE LESSON INFORMATION

BECOME A LIFEGUARD

FLEXIBLE SCHEDULING.
REWARDING JOB.
TRANSFERABLE SKILLS.

C.A.T.S PROGRAM

Career Aquatic Training School

The City of Abbotsford offers all the training programs and courses that you need to become an aquatics professional.



C.A.T.S PROGRAM TESTIMONIALS

"I have always wanted to be a lifeguard and the CATS program made that a reality. The ability to get all your courses back to back, drilling in practices and procedures allows you to retain everything because you are actively going through different scenarios."

"The CATS program had a very positive impact on my life. All the training and knowledge that I had gained through that program, I still continue to use in my everyday life. I highly recommend this course."

TRAINING INCLUDES

- + Bronze Medallion
- + Bronze Cross
- + Standard First Aid
- + National Lifeguard



2025 DATES +

Matsqui Recreation Centre

Jan 27 - Mar 14
M/W/F
9:30am - 2:30pm

*No Classes on STAT Holidays

Register for one course or the whole program!

REGISTER ONLINE OR CALL FOR MORE INFO
direct2rec.com | 604.536.6410

OR REGISTER DIRECTLY THROUGH LIT



ADVANCED AQUATICS

BRONZE CROSS (13yrs+)

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic emergencies, while developing stroke endurance and fitness training skills.

Abbotsford Recreation Centre

Jan 31 - Feb 2	F 5pm - 9pm, Sa-Su 9am - 5:30pm	3/\$245	109462
Feb 14 - 16	F 5pm - 9pm, Sa-Su 9am - 5:30pm	3/\$245	109463
Mar 14 - 16	F 5pm - 9pm, Sa-Su 9am - 5:30pm	3/\$245	109465
Mar 26 - 28	W 1:30pm - 5:30pm, Th-F 9am - 5:30pm	3/\$245	109466

BRONZE MEDALLION (13yrs+)

Students learn self-rescue techniques, defense and release methods and tows and carries in preparation for challenging rescues and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency in a time swim (500m in 15 minutes).

Abbotsford Recreation Centre

Jan 24 - 26	F 5pm - 9pm, Sa-Su 9am - 5:30pm	3/\$245	109458
Feb 7 - 9	F 5pm - 9pm, Sa-Su 9am - 5:30pm	3/\$245	109459
Mar 7 - 9	F 5pm - 9pm, Sa-Su 9am - 5:30pm	3/\$245	109460
Mar 24 - 26	M-Tu 9am - 5:30pm, W 9am - 1pm	3/\$245	109461

BRONZE MEDALLION/BRONZE CROSS (13yrs+)

Combined Bronze Medallion and Bronze Cross course.

Abbotsford Recreation Centre

Jan 24 - Feb 2	F 5pm - 9pm, Sa-Su 9am - 5:30pm	3/\$513	109479
Feb 7 - 16	F 5pm - 9pm, Sa-Su 9am - 5:30pm	3/\$513	109480
Mar 7 - 16	F 5pm - 9pm, Sa-Su 9am - 5:30pm	3/\$513	109481
Mar 24 - 28	M-F 9am - 5:30pm	3/\$513	109482

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.

Abbotsford Recreation Centre

Jan 10 - 19	F 5pm - 9pm, Sa/Su 8am - 4:30pm	3/\$620	109735
Feb 28 - Mar 9	F - Su 8am - 4:30pm	3/\$620	109738
Mar 21 - 30	F 5pm - 9pm, Sa/Su 8am - 4:30pm	3/\$620	109741

SWIM FOR LIFE - SWIM INSTRUCTOR 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.

Matsqui Recreation Centre

Jan 21	Tu 4pm - 9pm	1/\$158	109743
Mar 29	Sa 8am - 1pm	1/\$158	109745

Abbotsford Recreation Centre

Feb 22	Sa 8am - 1pm	1/\$158	109744
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LIFESAVING SWIM INSTRUCTOR UPGRADE (15yrs+)

This Lifesaving Instructors course is an add on to your Swim Instructors course. Lifesaving Instructors are trained to teach the Canadian Swim Patrol Program awards, as well as Bronze Star, Cross and Medallion classes. Candidates are trained in and must demonstrate skills, knowledge and attitudes. Prerequisite: Swim Instructor Certification.

Matsqui Recreation Centre

Mar 22 - 23	Sa/Su 8am - 4:30pm	2/\$338	109742
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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

Jan 9 - 19	Th-F 4pm - 9pm, Sa/Su 8am - 5pm	5/\$555	109507
Feb 27 - Mar 9	Th-F 4pm - 9pm, Sa/Su 8am - 5pm	5/\$555	109508
Mar 16 - 16	Su-F 8am - 4pm	5/\$555	109727

NATIONAL LIFEGUARD RECERTIFICATION (15yrs+)

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

Abbotsford Recreation Centre

Feb 23	Su 9am - 5:30pm	3/\$138	109731
Mar 30	Su 9am - 5:30pm	3/\$138	109732

NATIONAL LIFEGUARD WATERPARK OPTION (15yrs+)

The National Lifeguard Waterpark certification is designed to take candidates with an NL Pool certification and prepare them for effective supervision in a Waterpark environment. The course will build on the knowledge that candidates have already obtained, and introduce them to waves, slide rescues, water currents, special water features and larger lifeguard teams. This course will also introduce the "pivot" guard system used at many larger facilities.

Matsqui Recreation Centre

Mar 28 - 30	F-Su 9am - 5:30pm	3/\$340	109730
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recreation connect

CONNECT TO SWIM & FIRST AID

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



FIRST AID TRAINING

CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

CPR C Basic Rescuer is an important course for everyone in the family, teaching vital lifesaving actions for victims of all ages. This course allows you to properly recognize and respond to choking, cardiovascular, and breathing emergencies that occur with infants, children and adults. Participants of all first aid experiences and backgrounds are welcome.

Matsqui Recreation Centre

Jan 25	Sa	9am - 2:30pm	1/\$90	109489
Feb 8	Sa	9am - 2:30pm	1/\$90	109490
Feb 22	Sa	9am - 2:30pm	1/\$90	109491
Mar 15	Sa	9am - 2:30pm	1/\$90	109494

Abbotsford Recreation Centre

Mar 1	Sa	9am - 2:30pm	1/\$90	109492
Mar 8	Sa	11am - 2:30pm	1/\$90	109493

CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED) RECERTIFICATION

This course is for recertification of CPR C & AED.

Matsqui Recreation Centre

Jan 19	Su	9am - 12:30pm	1/\$65	109483
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Abbotsford Recreation Centre

Feb 22	Sa	9am - 12:30pm	1/\$65	109484
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EMERGENCY FIRST AID, CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

Emergency First Aid, CPR C & AED is a practical course that will give you the basic skills and knowledge needed to prevent and effectively treat life-threatening emergencies. This introductory course covers breathing, cardiovascular problems as well as basic wound care. Participants will also be able to comfortably manage common injuries and accidents that occur in the household.

Matsqui Recreation Centre

Jan 25	Sa	9am - 2:30pm	1/\$115	109495
Feb 8	Sa	9am - 2:30pm	1/\$115	109496
Feb 22	Sa	9am - 2:30pm	1/\$115	109497
Mar 15	Sa	9am - 2:30pm	1/\$115	109500

Abbotsford Recreation Centre

Mar 1	Sa	11am - 2:30pm	1/\$115	109498
Mar 8	Sa	9am - 2:30pm	1/\$115	109499

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

Emergency First Aid is a practical course that will give you the basic skills and knowledge needed to prevent and effectively treat life-threatening emergencies. This course re-certifies the emergency first aid and CPR with AED.

Matsqui Recreation Centre

Jan 19	Su	9am - 12:30pm	1/\$80	109485
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Abbotsford Recreation Centre

Feb 22	Sa	9am - 12:30pm	1/\$80	109486
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STANDARD FIRST AID, CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

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

Jan 25 - 26	Sa 9am - 5pm, Su 9am - 4pm	2/\$185	109501
Feb 8 - 9	Sa 9am - 5pm, Su 9am - 4pm	2/\$185	109502
Feb 22 - 23	Sa 9am - 5pm, Su 9am - 4pm	2/\$185	109503
Mar 15 - 16	Sa 9am - 5pm, Su 9am - 4pm	2/\$185	109506

Abbotsford Recreation Centre

Mar 1 - 2	Sa 11am - 5pm, Su 9am - 4pm	2/\$185	109504
Mar 8 - 9	Sa 11am - 5pm, Su 9am - 4pm	2/\$185	109505



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

This course is a recertification for Standard First Aid, CPR C & AED.

Matsqui Recreation Centre

Jan 19	Su 9am - 12:30pm	1/\$95	109487
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Abbotsford Recreation Centre

Feb 22	Sa 9am - 12:30pm	1/\$95	109488
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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.ca/volunteerapplication

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

SKATING

WINTER LEARN TO SKATE PROGRAM

We offer a variety of public skate sessions on both the Main Rink and the Ice Experience area.

COME
LEARN TO
SKATE!

THURSDAY PARENT/CHILD HOCKEY

Join us for our Thursday Parent/Child hockey session and various stick and puck sessions.





WINTER LEARN TO SKATE LESSONS

ABBOTSFORD RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
SATURDAY	Jan 11 - Mar 8 (no lessons on Feb 15)	8	9:30am - 11:45am (1/2hr lesson time slots)
TUESDAY	Jan 14 - Mar 11	9	4pm - 6pm (1/2hr lesson time slots)
THURSDAY	Jan 16 - Mar 13	9	4pm - 6:15pm (1/2hr lesson time slots)

MATSQUI RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
MONDAY	Jan 13 - Mar 10 (no lessons on Feb 17)	8	5:45pm - 8pm (1/2hr lesson time slots)

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ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

DIRECT2REC.COM

