

SWIMMING
REGISTRATION
starting MARCH 27

GENERAL
REGISTRATION
starting APRIL 3

Spring/Summer Recreation Guide

MAY to AUGUST 2024

VALID
JULY 1 TO
SEPTEMBER 3

FREE

AGES 4-18

SUMMER FUN PASS

**10 FREE
VISITS**



SWIM



SPORTS



GAMES

**10
FREE
VISITS**



Langley City

MUST BE A CITY OF LANGLEY RESIDENT WITH
PROOF OF ADDRESS. SEE PAGE 44
FOR ELIGIBILITY AND RULES.

TIMMS COMMUNITY CENTRE
20399 DOUGLAS CRESCENT

CONTACT US
604.514.2940

Recreation, Culture & Community Services

We acknowledge that the land on which we gather is the traditional unceded territory of the Katzie, Kwantlen, Matsqui and Semiahmoo First Nations.

SWIMMING
REGISTRATION
starting MARCH 27

GENERAL
REGISTRATION
starting APRIL 3

HOW TO REGISTER:



ONLINE

langleycity.ca

- Click REGISTER NOW
- Pay by AMEX, Mastercard, Visa



PHONE

604.514.2940

- Pay by AMEX, Mastercard, Visa



IN PERSON

Timms Community Centre

20399 Douglas Crescent

- Pay by cash, cheque, debit, or credit card

Al Anderson Memorial Pool (opens May 10)
4949 207 Street

REFUND POLICY:

For all regular programs (unless otherwise specified), a full refund will be issued if notice is received prior to the start of the first class. Pro-rated refunds will be issued if notice is received prior to the third class. No refund will be issued if notice is received after the start of the third class.

For short programs (1 week or less), for example daycamps, workshops, out trips, and special events, a full refund will be issued if notice is received five (5) business days before the start of the first class. If notice is received less than five (5) business days prior to the first class a 50% refund will be issued. No refunds will be issued if notice is received on or after the start of the first class.

If you need to withdraw from a single session/one day program, we require 2 days' notice for a refund or transfer into another program.



PARTNERSHIP PROGRAM: Please inquire about the refund policy before registration.

What's Inside

Click this symbol to go directly to the registration page.



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Connect With Us



TIMMS COMMUNITY CENTRE (TCC)

**20399 Douglas Crescent
604.514.2940**

OFFICE HOURS

- Mon-Fri 6:00 am-10:00 pm
 - Saturdays 8:00 am-9:30 pm*
 - Sundays 8:00 am-8:00 pm*
- *Saturday phone only 6:00 pm-9:30 pm*

GAMES ROOM HOURS

- Mon-Fri 8:30 am-10:00 pm
- Saturdays 8:00 am-6:00 pm
- Sundays 8:00 am-8:00 pm

FITNESS TRACK HOURS

- Mon-Fri 6:00 am to 10:00 pm
- Saturdays 8:00 am to 6:00 pm
- Sundays 8:00 am to 8:00 pm

AL ANDERSON MEMORIAL POOL (AAMP)

**4949 207 Street
604.514.2860**

OFFICE HOURS (Starting May 10)

- Mon-Fri 7:00 am-10:00 pm
- Saturdays 9:00 am-8:00 pm
- Sundays 12:00 pm-8:00 pm

FACILITY HOLIDAY HOURS

DATE	AAMP	TCC
May 20	1:00 pm-8:00 pm	10:00 am-3:00 pm
July 1	1:00 pm-8:00 pm	10:00 am-3:00 pm
Aug 5	1:00 pm-8:00 pm	10:00 am-3:00 pm

FIND US ON SOCIAL MEDIA



Facebook



X (Twitter)



LinkedIn



Instagram



YouTube



FOLLOW US ONLINE

www.langleycity.ca/recreation-culture

recreation@langleycity.ca

swim@langleycity.ca



Good things are coming to DRC

Douglas Recreation Centre is closed for renovations. Langley City received funding through the Childcare BC New Spaces Fund to add 10 infant childcare spaces, 14 toddler childcare spaces and 48 school aged before and after care spaces in addition to the Cookie Monster Preschool. Programs running out of Douglas Recreation Centre have been relocated to other City facilities.

Mayor & Council

"As your elected representatives, together with staff members, we strive to ensure that Langley City is the place to be! We make sure that the mix of programs in the Recreation Guide are fun to keep you active and engaged so there will be something to catch your interest."



ONLINE SERVICES

SIGN UP FOR MY CITY

Manage all your accounts in one place and set up email billing.

It's easy! Create a profile, register your accounts and access your information today. All you need is a bill or statement with your account number and access code.

USE MYCITY TO:

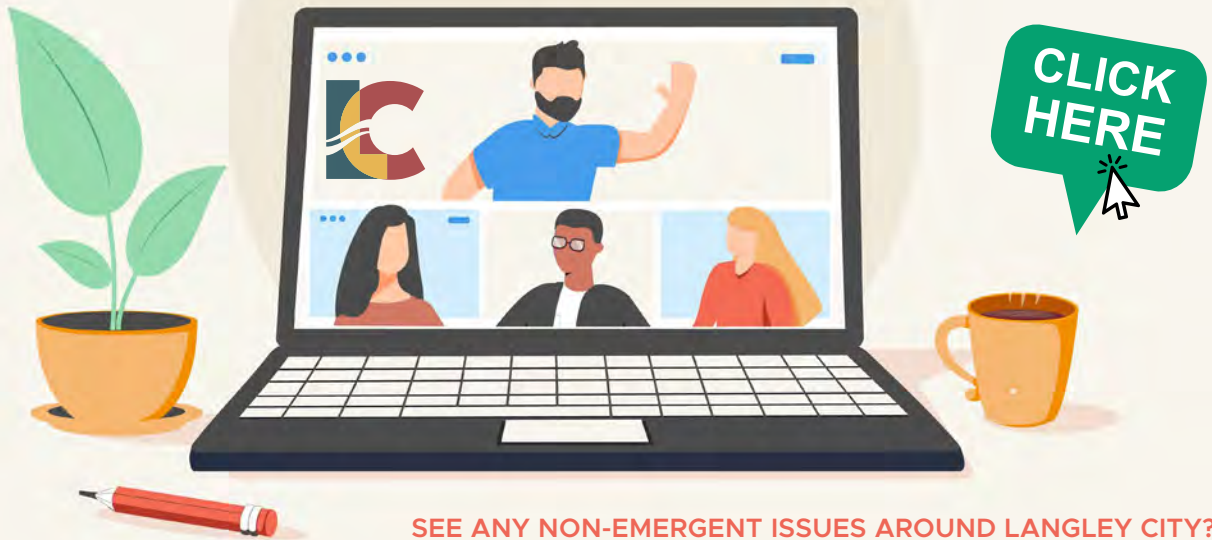
- View current & past billing history
- View your account payment history
- View utility consumption information
- Manage all of your accounts in one place including **taxes, utilities, dog, and business licenses.**
- Receive bills and statements by email.

 MYCITY.LANGLEYCITY.CA

 TAX@LANGLEYCITY.CA

CITY OF LANGLEY

Request for Service



SEE ANY NON-EMERGENT ISSUES AROUND LANGLEY CITY?
Use our **REQUEST FOR SERVICE** portal to connect directly with City Staff.

Subscribe!

Stay connected with what's happening in Langley City by subscribing to our monthly e-newsletter.

Important dates, updates from City Council, special events, volunteer opportunities, and more straight to your inbox!



Enter email address

[CITY.LANGLEY.BC.CA/CITYHALL/MEDIA-ROOM](https://city.langley.bc.ca/cityhall/media-room)

Langley City Village Cafe

Drop in each month to access information about local services, connect with your community and participate in community design labs to inform the City's Socio-Cultural and Economic Development Framework.

**FREE
DROP-IN**



CREATING CONNECTION IN LANGLEY

**WEDNESDAY
APRIL 10
12:30-4:00PM**

TIMMS COMMUNITY
CENTRE - MPR 1
Housing

**WEDNESDAY
APRIL 24
12:30-4:00PM**

TIMMS COMMUNITY
CENTRE - MPR 1
*Healthy & resilient
families*

**FRIDAY
MAY 10
1:00-4:00PM**

TIMMS COMMUNITY
CENTRE - MPR 2
*Community health,
wellness, safety &
belonging.*

**WEDNESDAY
JUNE 28
12:30-4:00PM**

LINWOOD PARK
20100 55A AVE
*Employment,
education, training
& transportation*

**TUESDAY
JULY 16
12:30-4:00PM**

CITY PARK NEAR AAMP
4949 207 STREET
*Community
building.*

Updated Trail Map

AVAILABLE THIS SPRING



Langley City is proud to release a new and updated trail map. This pocket-sized pull out map will help you find new adventures in Langley City.

You and your family can explore the various parks, trails and playgrounds by foot, or bike.

Pick one up at Timms Community Centre.

EXPLORE LANGLEY CITY

Langley City Emergency Program
is recruiting volunteers!

JOIN THE TEAM!

Making Langley City a stronger, more resilient community by helping citizens prepare for, respond to, and recover from major emergencies.

LangleyCity.ca/Emergency



Arts, Culture & Heritage

Are you an emerging or established local artist?

Langley City has opportunities for artists of all ages to showcase artwork in 2024.

For more information, contact recreation@langleycity.ca or visit langleycity.ca.

Downtown Langley Mural Walk

SELF-GUIDED WALKING TOUR

Take a walk around Downtown Langley and see one-of-a-kind works of art. Download and print a copy of the map [here](#).



Street Banners

SPRING STREET BANNERS

The City of Langley is excited to unveil the Spring Street Banners designed by **Sichen Grace Chen**.

"Both banners demonstrate the exuberant multiculturalism and local activities in Langley City through vibrant colours and bold illustrations. I sought to weave aspects of healthy living, arts, culture, and recreation together to show the inclusivity and abundance of City activities and events. Throughout both designs, the variety of flowers not only represents the individuals in our diverse community but also pays homage to the types of flowers grown in our City during spring. Flowers symbolize new beginnings, personal growth, and connections.

Upon further examination, the left banner intertwines elements of Langley City's creative hub, referencing the many music and art festivals that occur at the beginning of Spring onward. Meanwhile, the right banner promotes healthy and active lifestyles in the city through the inspiration of the City's bike lands, parks, and local gatherings.



**WINNING BID:
CONCEPT
IDEATION**



**ARTIST:
SICHEN GRACE
CHEN**

Arts, Culture & Heritage



Art Galleries at Timms Community Centre

THE WALKWAY GALLERY

The Langley Arts Council has four (4) exhibition spaces throughout Langley and is facilitated in partnership with local, regional, and provincial community partners. In the City, the Walkway Gallery is located on the main floor of Timms Community Centre along the hallway walls as you head to the Fraser Valley Regional Library.

For more information, please visit
<https://www.langleyarts.ca/aifs-online-galleries>

Art in Found Spaces Schedule:

Feb 23-Apr 8	Group Exhibition
Apr 10-May 22	Group Exhibition
May 24-July 8	Summer Exhibition
July 10-Aug 19	Beyond Barriers
Aug 21-Sept 30	Landscape Exhibition

A STEP ABOVE GALLERY

The Step Above Gallery is located on the second floor of Timms Community Centre which provides additional space to showcase the diverse talent in our community.

A Step Above Gallery Schedule:

May 3-May 31	Youth Exhibition <i>Submission Deadline: April 22</i>
June 3-June 28	Seniors Exhibition <i>Submission Deadline: May 22</i>
July 3-July 31	Summer Happenings Exhibition <i>Submission Deadline: June 17</i>
Aug 2-Aug 30	Multicultural Exhibition <i>Submission Deadline: July 22</i>



THE LANGLEY ARTS COUNCIL IS A REGISTERED CHARITABLE ORGANIZATION THAT AIMS TO ADVOCATE, EDUCATE, AND PROLIFERATE THE GROWTH OF ARTS AND CULTURE IN THE CITY AND TOWNSHIP OF LANGLEY.

APPLY TO BE A VENDOR

Apply to participate in the Outdoor Fine Arts Fair: langleyarts.ca/submit/ofaf2024

Submit your Application to be a Vendor at the Langley Arts Council's Holiday Artisan Market: langleyarts.ca/submit/holiday-market-2024

ART CLASSES & WORKSHOPS

The LAC hosts monthly classes and workshops for all ages and artistic levels. To view all of our class offerings: langleyarts.ca/classes-workshops

VOLUNTEER WITH US!

We are seeking volunteers to assist with our upcoming events, classes, etc. To register: langleyarts.ca/about/volunteer-with-the-lac

RENTALS

LAC has 4 rooms for rent inside of the Aldergrove Kinsmen Centre. To book: langleyarts.ca/rentals

ART IN FOUND SPACES PROGRAM

ON-GOING EXHIBITIONS

To shop and view our ongoing exhibitions online visit langleyarts.ca/aifs-galleries

CALLS TO ARTISTS

Apply to show your works in our gallery spaces! langleyarts.ca/calls-to-artists-

UPCOMING EVENTS

LAC hosts community events throughout the year. to know more: langleyarts.ca/events

INTERESTED IN LEARNING MORE ABOUT US, OR WANT TO GET IN TOUCH?

**VISIT [LANGLEYARTS.CA](https://langleyarts.ca)
OR CONTACT (604) 534-0781**



Financial Assistance

Leisure Access Grant

Langley City's Leisure Access Grant program (LAG) is a subsidy program that provides an opportunity for residents with a limited income to participate in a variety of recreation activities.

In order to qualify, the applicant must be a resident of Langley City and meet one or more of the following criteria:

- Receive Income Assistance from the **Ministry of Social Development and Poverty Reduction** or assistance from the **Ministry for Children and Family Development**
- Have an annual income that is below the **Statistics Canada Low Income Guidelines**. Please see application form for qualifying income levels.

If approved, residents may choose one eligible program or pass per person, per season. Eligible programs are advertised in the Recreation Guide. Adults and seniors may choose to apply for a subsidized indoor pool pass (limited funding available). Applications can be made up to four (4) times per year (Winter, Spring, Summer, Fall). Application forms can be picked up at Timms Community Centre, or downloaded [here](#).

FOR MORE INFORMATION CALL 604.514.2940 OR EMAIL RECREATION@LANGLEYCITY.CA



CANADIAN TIRE JUMPSTART

Canadian Tire Jumpstart is a National charitable program that helps kids aged 4 to 18 participate in organized sports and recreation. For more detailed information, funding criteria and applications please visit [Canadian Tire Jumpstart](#) or [click here](#).



KIDSPORT LANGLEY

Kidsport aims to remove the financial obstacles that prevent some children in our community from participating in local sport. Individual grants of up to \$400 are awarded to children (18 yrs and under) who are residents of either the Langley City or the Township of Langley whose families cannot afford sport registration fees and would otherwise not be able to participate in the sport of their choosing.



KIDS UP FRONT

Kids have the opportunity to experience a variety of sports, recreation and arts & cultural events that otherwise would not be possible. Since 2004, Kids Up Front has been providing quality entertainment and educational experiences to kids and families across Greater Vancouver by redistributing unused event tickets and by creating special events to help heal, bond, and unite. **Contact cdaum@langleycity.ca**

Admission

Admission Rates

PRICING & PASSES

	Child*** (4-12 years)	Youth (13-18 years)	Student with valid ID	Adult (19+ years)	Senior (60+ years)	Family**
Single Session*	\$2.90	\$4.30	\$4.30	\$5.80	\$4.30	n/a
10 Visit Pass	\$26.00	\$38.80	\$38.80	\$52.00	\$38.80	n/a
20 Visit Pass	\$46.20	\$69.00	\$69.00	\$92.40	\$69.00	n/a
1 Month Pass	\$34.70	\$51.70	\$51.70	\$69.30	\$51.70	\$138.60
3 Month Pass	\$78.00	\$116.25	\$116.25	\$156.00	\$116.25	\$311.85
6 Month Pass	\$117.00	\$174.35	\$174.35	\$233.90	\$174.35	\$467.80
1 Year Pass****	\$187.20	\$279.00	\$279.00	\$374.25	\$279.00	\$748.45

Valid for: Weight Room, Fitness Track, Games Room, Single Session Gymnasium, Single Session Fitness, and Al Anderson Memorial Pool (Public Swim, Aquafit, & Length Swim - Seasonal Outdoor Facility). Only monthly passes include AAMP. Excludes Early Years Playtime programs.

*Single Session is valid for 1 program entry only.

**Family: a combination of 1-2 adults (parents, guardians or grandparents) plus children under the age of 19 years who reside in the same household (maximum 2 adults per family)

***Children three (3) years old and under are free

****The one (1) Year pass can be put on hold once, for up to two (2) months. Payments continue as scheduled.

1 Year Games & Track Pass (4+ years)	\$25.00 per person
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Valid for: Fitness Track, Games Room, Youth Drop-In Programs, and Social Programs at Timms Community Centre





Save money today!

PASSES ARE CONVENIENT AND COST EFFECTIVE

The City of Langley has a variety of passes available for your needs. Start by asking yourself which activities you would like to do and how often you want to do them. The rest is simple!



TO LEARN
MORE



GAMES & TRACK PASS

Valid for one year. Gain full access to:

- Games Room
- Social Programs
- Youth Drop-In
- Indoor Fitness Track

Cost: \$25/year



ROAMING RASCALS PASS

Purchase 10 sessions for one child or family and gain access to:

- Roaming Rascals
- Tiny Tots Playdate

*Expires two (2) years from the date of purchase



10 PASS OR 20 PASS

For those who want to visit 1-3 times a week. Enjoy savings on fitness classes, weight room, or gymnasium programs.

*Expires two (2) years from the date of purchase



MONTHLY PASSES

For those who want to visit 3 or more times a week. Time limited. Options:

- One Month
- Six Months
- Three Months
- One Year



Aquatics

CLICK HERE FOR QUICK ACCESS TO AQUATIC PROGRAMS



AL ANDERSON MEMORIAL POOL

4949 207 Street 604.514.2860
swim@langleycity.ca

OFFICE HOURS - (Starting May 10)

- Mon-Fri 7:00 am to 10:00 pm
- Saturdays 9:00 am to 8:00 pm
- Sundays 12:00 pm to 8:00 pm
- Holidays 1:00 pm to 8:00 pm

Admission Rates

PRICING & PASSES

	Child*** (4-12 years)	Youth (13-18 years)	Student 19+ (with valid ID)	Adult (19+ years)	Senior (60+ years)	Family**	Aquatic Fitness Adult	Aquatic Fitness Youth/ Senior
Single Session/ Drop-in*	\$2.05	\$3.05	\$3.05	\$4.10	\$3.05	n/a	\$5.50	\$4.10
10 Visit Pass	\$18.45	\$27.45	\$37.45	\$36.90	\$27.45	n/a	\$49.50	\$36.90
20 Visit Pass	\$32.80	\$48.80	\$48.80	\$65.60	\$48.80	n/a	\$88.00	\$65.60
1 Month Pass	\$24.60	\$36.60	\$36.60	\$49.20	\$36.60	n/a	\$66.00	\$49.20
Season Passes	\$65.60	\$97.60	\$97.60	\$131.20	\$97.60	n/a	\$n/a	n/a

Please note:

1. Children under 4 years are free
2. Family is a combination of 2 parents, guardians or grandparents with children under the age of 19 who reside in the same household, with a maximum of 2 adults per family group.
3. 1 month passes do not include Special Events and/or Aquatic Fitness Classes
4. Season's Passes do not include Special Events or Aquatic Fitness
5. Passes are interchangeable between parents
6. Family rate for Season Passes is a discount of 25% for second child/youth, 50% discount for additional children/youth.

Before entering our pool, you must ensure that you understand and comply with the following rules:

- Children under the age of 8 years are required to be accompanied in the water and within arm's reach at all times by a responsible person aged 16 years or older.
- Children 8 years and over are required to be 48 inches in height to be admitted without the direct supervision of a caregiver.
- There are to be no more than 2 children under the age of 8 years old per adult. This rule is in place regardless of the swim ability of the child.
- You cannot enter the pool if you are ill. This includes open sores, bandages, exhibiting cold/flu-like symptoms, discharging ears and or/noses, and eye infections.
- Take a cleansing shower.
- Ensure that infants and toddlers wear swim diapers.

Al Anderson Memorial Pool Rentals

2024 RATES (PER HOUR)

	Non-Profit, team, family (per hour)	Commercial, (per hour)
1-40 Guests	\$158.00	\$237.00
41-80 Guests	\$205.20	\$284.20
81-140 Guests	\$252.40	\$335.40
141-200 Guests	\$299.60	\$382.60
201-300 Guests	\$346.80	\$429.80
301-325 Guests	\$394.00	\$477.00
Please note: GST will be added to all rental rates.		

PHONE: 604.514.2940 to book your pool party.

POOL RENTAL HOURS

Saturdays & Sundays (starting May 11)

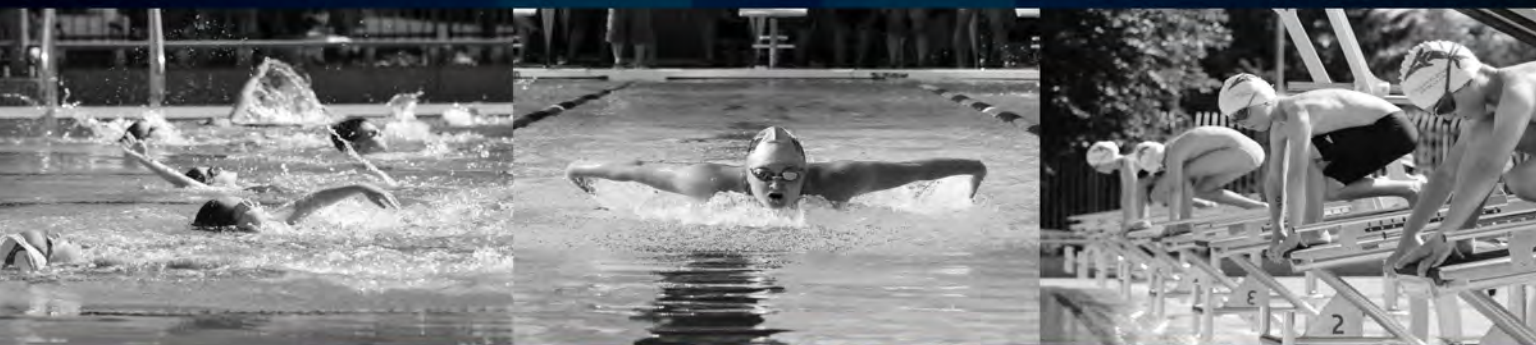
- 11:00 am-12:00 pm
- 12:00 pm-1:00 pm
- 4:00 pm-5:00 pm
- 8:00 pm-9:00 pm
- 9:00 pm-10:00 pm



POOL RULES & GUIDELINES:

All regular pool guidelines and rules apply to rentals, including that children must be 8 years old to swim unaccompanied by an adult. **Children under the age of 8 years must accompanied in the water and within arms reach by an adult 16+years.** No more than 2 children under the age of 8 per adult.





JOIN THE LANGLEY FLIPPERS SWIM CLUB May – August

Come learn more about competitive swimming. We offer programs for all ages and skill levels. For more information about our current programs, contact us today.

registrar@langleyflippers.com
www.langleyflippers.com



@LangleyFlippers



Spring Public Swim Schedule

MAY 10 - JUNE 30, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-9:00am Length Swim	7:00-9:00am Length Swim	7:00-9:00am Length Swim	7:00-9:00am Length Swim	7:00-9:00am Length Swim	9:00-11:00am Length Swim	1:00-4:00pm Public Swim
7:30-8:30am Shallow Aquafit		7:30-8:30am Deep Aquafit		7:30-8:30am Shallow Aquafit	1:00-4:00pm Public Swim	
5:30-7:30pm Public Swim (4 lanes from 5:30-6:30pm)	5:30-7:30pm Public Swim (4 lanes from 5:30-6:30pm)	5:30-7:30pm Public Swim (4 lanes from 5:30-6:30pm)	5:30-7:30pm Public Swim (4 lanes from 5:30-6:30pm)	5:30-7:30pm Public Swim (4 lanes from 5:30-6:30pm)	5:00-8:00pm Public Swim	5:00-8:00pm Toonie/Loonie Swim
	6:30-7:30pm Deep Aquafit	6:30-7:30pm Shallow Aquafit	6:30-7:30pm Deep Aquafit			
8:30-10:30pm Adult Only Public & Length Swim	8:30-10:30pm Adult Only Public & Length Swim	8:30-10:30pm Adult Only Public & Length Swim	8:30-10:30pm Adult Only Public & Length Swim	8:30-10:00pm Youth Night		

Pool closed for events and schedule adjusted for holidays. Contact us at 604.514.2860 for more information.

Summer Public Swim Schedule

JULY 2 - AUGUST 30, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-9:00am Length Swim	7:00-9:00am Length Swim	7:00-9:00am Length Swim	7:00-9:00am Length Swim	7:00-9:00am Length Swim		
7:30-8:30am Shallow Aquafit		7:30-8:30am Deep Aquafit		7:30-8:30am Shallow Aquafit	9:00-11:00am Length Swim	
12:00-1:00pm Lunch Hour Length Swim	12:00-1:00pm Lunch Hour Length Swim	12:00-1:00pm Lunch Hour Length Swim	12:00-1:00pm Lunch Hour Length Swim	12:00-1:00pm Lunch Hour Length Swim		
1:00-4:00pm Public Swim	1:00-4:00pm Public Swim	1:00-4:00pm Public Swim	1:00-4:00pm Public Swim	1:00-4:00pm Public Swim	1:00-4:00pm Public Swim	1:00-4:00pm Public Swim
7:00-9:00pm Public Swim	7:00-9:00pm Public Swim	7:00-9:00pm Public Swim	7:00-9:00pm Public Swim	7:00-9:00pm Public Swim	5:00-8:00pm Public Swim	5:00-8:00pm Toonie/Loonie Swim
	7:30-8:30pm Deep Aquafit	7:30-8:30pm Shallow Aquafit	7:30-8:30pm Deep Aquafit			
9:00-10:30pm Adult Only Public & Length Swim	9:00-10:30pm Adult Only Public & Length Swim	9:00-10:30pm Adult Only Public & Length Swim	9:00-10:30pm Adult Only Public & Length Swim	9:00-10:30pm Youth Night		

Pool closed for events and schedule adjusted for holidays. Contact us at 604.514.2860 for more information.

Aquatics



SEE PAGE 14 FOR
ADMISSION POLICIES & RATES

Aquatic Fitness

DEEP WATER AQUAFIT (Ages 14+)

An aquatic fitness program for those who are confident in deep waters. Our instructors are equipped with the latest techniques to deliver safe aquatic exercises that can enhance your flexibility, muscular strength, aerobic capacity, and endurance.

See page 14 for rates.

SHALLOW WATER AQUAFIT (Ages 14+)

Come enjoy a fun aquatic fitness class that is suitable for all swimming abilities. The class includes a warm-up, aerobic, muscle conditioning exercises, and a cool down. Water aerobics are ideal for individuals who need to be more cautious about their joints due to the lower impact it has on them.

See page 14 for rates.

Public Swim Options

ADULT ONLY PUBLIC & LENGTH SWIM (Ages 16+)

Open to adults interested in improving skills or endurance. To attend length swim, participants should be comfortable swimming a minimum of 25 metres continuously.

LENGTH SWIM (Ages 16+)

Improve your skills and endurance. Participants should be comfortable swimming a minimum of 25 metres continuously.

PUBLIC SWIM (All Ages)

Open to all ages and swimmer abilities. Personal floatation devices available upon request. See page 14 for admission requirements.

TOONIE/LOONIE SWIM (All Ages)



Open to all ages and swimmer types for only \$2 per adult/senior and \$1 for children/youth under 18 years.

YOUTH SWIM (Grades 6-12)

Come down for a fun evening of swimming and games. Free with a valid Games & Track Pass (\$25/year).

Which lesson should I register my child in?

SWITCHING FROM RED CROSS TO SWIM FOR LIFE (LIFESAVING SOCIETY)

		NEW PRESCHOOL			NEW CHILDREN
Former Preschool Program		 AGES 4 MONTHS - 5 YEARS	Former Childrens Program		 AGES 5-12 YEARS
SWIM PRESCHOOL AGES 4 MONTHS - 5 YEARS			SWIM KIDS AGES 5-12 YEARS		
Preschool 1 4-12 months STARFISH	Parented	Parent & Tot 1-3 4-36 months	Swim Kids Level 1	Incomplete; register into Swimmer 1 Complete; register into Swimmer 2	Swimmer 1
Preschool 2 12-24 months DUCK	Parented		Swim Kids Level 2	Incomplete; register into Swimmer 2 Complete; register into Swimmer 2	Swimmer 2
Preschool 3 24-36 months SEA TURTLE	Parented		Swim Kids Level 3	Incomplete; register into Swimmer 2 Complete; register into Swimmer 3	Swimmer 3
Preschool 4 3-5 years SEA OTTER	Incomplete; register into Preschool 1 Complete; register into Preschool 2	Preschool 1 3-5 years OCTOPUS	Swim Kids Level 4	Incomplete; register into Swimmer 3 Complete; register into Swimmer 3	
Preschool 5 3-5 years SALAMANDER	Incomplete; register into Preschool 1 Complete; register into Preschool 2	Preschool 2 3-5 years CRAB	Swim Kids Level 5	Incomplete; register into Swimmer 3 Complete; register into Swimmer 4	
Preschool 6 3-5 years SUNFISH	Incomplete; register into Preschool 2 Complete; register into Preschool 3	Preschool 3 3-5 years ORCA	Swim Kids Level 6	Incomplete; register into Swimmer 4 Complete; register into Swimmer 5	Swimmer 4
Preschool 7 3-5 years CROCODILE	Incomplete; register into Preschool 4 Complete; register into Preschool 5	Preschool 4/5 3-5 years SEA LION/NARWHAL	Swim Kids Level 7	Incomplete; register into Swimmer 5 Complete; register into Swimmer 6	Swimmer 5
Preschool 8 3-5 years WHALE	Incomplete; register into Preschool 5 If 5yrs+; register into Swimmer 1 or 2		Swim Kids Level 8	Incomplete; register into Swimmer 6 Complete; register into Swimmer 7	Swimmer 6
Come in during any of our public swim times for a free swim assessment with one of our lifeguards. If your child is under 8 years, they need to be within arms reach of a person 16+ years in the water during the assesment.			Swim Kids Level 9	Incomplete; register into Swimmer 7 Complete; register into Swimmer 7	Swimmer 7 Rookie Patrol
		Swim Kids Level 10	Incomplete; register into Swimmer 8/9 Complete; register into Bronze Star	Swimmer 8/9 Ranger Patrol Star Patrol	

Aquatics



AQUATIC LEADERSHIP

AL ANDERSON MEMORIAL POOL

4949 207 Street, Langley BC
Phone: 604-514-2860

SHARKS

(Ages 13-17 yrs)

PREREQUISITES:

1. Completion of Bronze Cross
2. Two reference letters
3. Police Information Check

SHARKS LEADERSHIP PROGRAM

The Sharks Program is designed to give youth the opportunity to experience the challenges and benefits of working in aquatics. The program includes training sessions that consist of instruction, shadow guarding, and special event planning. In addition, participants gain practical experience in all of these areas. Once the training session is completed, the participant will have the opportunity to volunteer during our swimming lessons, public swims, special events and staff inservices to implement their skills.

Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36984	AAMP	Mon-Fri	July 2- July 12	9:00 am- 4:00 pm	\$76.50 9 classes
36985	AAMP	Mon-Fri	July 15- July 26	9:00 am- 4:00 pm	\$85.00 10 classes
36986	AAMP	Mon-Fri	July 29- Aug 9	9:00 am- 4:00 pm	\$76.50 9 classes
36987	AAMP	Mon-Fri	Aug 12- Aug 23	9:00 am- 4:00 pm	\$85.00 10 classes



Parent & Tot (4-36 months)

SWIM FOR LIFE - PARENT AND TOT 1-3

Spend quality time with your child while you both have fun, learn, and socialize. Through structured in-water interaction between parent and child, we develop water-positive attitudes and skills. We provide Lifesaving Society Water Smart™ tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions.



NOTE: Placing your child in the wrong level may result in enrollment cancellation. If you are unsure what level to register in, please ask for a swim assessment.

Preschool 1-5 (3-5 years)

Provide your child with an early opportunity to learn how to swim. The Lifesaving Society Preschool Program develops an appreciation and healthy respect for the water. Our basic aquatic progressions work to ensure 3 to 5-year olds become comfortable in the water and have fun while acquiring and developing a foundation of water skills.

SWIM FOR LIFE – PRESCHOOL 1

We encourage the parent to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water and jumping into chest deep water. They'll float and glide on their front and back, learn to get their faces wet, and blow bubbles underwater.

SWIM FOR LIFE – PRESCHOOL 2

These preschoolers will learn to jump into chest-deep water by themselves, and get in and get out wearing a life jacket. They'll submerge and exhale underwater and wear a life jacket to glide on their front and back.

SWIM FOR LIFE – PRESCHOOL 3

Students will try both jumping and a sideways entry into deep water while wearing a life jacket. They'll recover objects from the bottom of waist-deep water and work on kicking and gliding through the water on their front and back.

SWIM FOR LIFE – PRESCHOOL 4 & 5

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a life jacket to glide and kick on their side. Preschool 5: These youngsters get more adventurous with a forward roll entry wearing a life jacket and treading water for 10 seconds. They'll work on front and back crawl swims for 5 metre, interval training, and get a giggle out of whip kicks.

Aquatics

Swimmer 1-6 (5-12 years)

The Lifesaving Society's 6-level Swimmer Program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children 5 years and older including absolute beginners as well as swimmers who want to build on the basics. We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart™ education in all swimmer levels.

SWIMMER 1

These beginners will become comfortable jumping into water with and without a life jacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

SWIMMER 2

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 metre on their front and back, and be introduced to flutter kick interval training (4 x 5 metre).

SWIMMER 3

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 metre of front crawl, back crawl and 10 metre of whip kick. Flutter kick interval training increases to 4 x 15 metre.

SWIMMER 4

These intermediate swimmers will swim 5 metre underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive™ Standard. They'll cap it all off with front crawl sprints over 25 metre and 4 x 25 metre front or back crawl interval training.

SWIMMER 5

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 metre swims of each, and breaststroke over 25 metre. Then they'll pick up the pace in 25 metre sprints and two interval training bouts: 4 x 50 metre front or back crawl; and 4 x 15 metre breaststroke.

SWIMMER 6

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 metre. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300m workout.

Swimmer 7-9 (5-12 years)

CANADIAN SWIM PATROL

The Lifesaving Society's 3-level Canadian Swim Patrol Program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart™ behaviour. Skill drills enhance capability in the water, good physical conditioning and lifesaving judgment.

SWIMMER 7 ROOKIE PATROL

Swimmers continue stroke development with 50 metre swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 metre obstacle swim and 15 metre object carry. First aid focuses on assessment of conscious victims, contacting aid, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

SWIMMER 8 RANGER PATROL

Swimmers develop better strokes over 75 metre swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

SWIMMER 9 STAR PATROL

Swimmers are challenged with 600 m workouts, 300 metre timed swims and a 25 metre object carry. Strokes are refined over 100 metre swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

Swimming Lesson Rates

2024 SEASON

	9 SESSIONS	10 SESSIONS
Parent & Tot	\$42.60	\$47.20
Preschool 1-5	\$53.20	\$58.95
Swimmer 1-4	\$60.55	\$66.30
Swimmer 5-6	\$70.90	\$77.80
Swimmer 7-9	\$91.55	\$100.75

Private Lessons

PRIVATE SWIMMING LESSONS

For those students who need some extra work on a specific skill or who prefer individual instructor. (For all swimming levels and ages).

Code	Location	Day(s)	Date(s)	Time	\$
31437	AAMP	Mon-Fri	Spring	Various Times	\$32.00 30 min
31438	AAMP	Mon-Fri	Summer	Various Times	\$32.00 30 min

Swimming Lessons: Sets 1-3

***NOTE:** Preschool 4/5, Swimmer 5/6 & Swimmer 7/8/9 are combined classes.

	LESSON SET 1 - MAY 13-MAY 24 (9 SESSIONS)				LESSON SET 2: MAY 27 - JUNE 7 (10 SESSIONS)				LESSON SET 3: JUNE 10-JUNE 21 (10 SESSIONS)			
(30 min)	3:30pm	4:00pm	4:30pm	5:00pm	3:30pm	4:00pm	4:30pm	5:00pm	3:30pm	4:00pm	4:30pm	5:00pm
Parent & Tot		35714		35731	35769		35770			35738		35739
Preschool 1	35707	35715	35721	35732	35771	35772	35773	35774	35740	35741	35742	35743
Preschool 2	35708		35722			35775		35776	35744		35745	
Preschool 3		35716		35733	35777		35778			35746		35747
Preschool 4* Preschool 5*	35709 35723		35724 35725			35779 35781		35780 35782	35748 35750		35749 35751	
Swimmer 1	35710 35711	35717 35718	35726 35727	35734 35735	35783 35787	35784 35788	35785 35789	35786 35790	35752 35753	35754 35755	35756 35757	35758 35759
Swimmer 2	35712	35719	35728	35736	35791	35792	35793	35794	35760	35761	35762	35763
Swimmer 3		35720		35737	35795		35796			35764		35765
(45 min)	3:30pm	4:15pm			3:30pm	4:15pm			3:30pm	4:15pm		
Swimmer 4	35713					35797			35766			
Swimmer 5* Swimmer 6*		35729 35730			35798 35799					35767 35768		
(60 min)	3:30pm	4:30pm			3:30pm	4:30pm			3:30pm	4:30pm		
Swimmer 7* Swimmer 8* Swimmer 9*						36524 36525 36526				36527 36528 36529		

NOTE: Swimming lesson participants **cannot** be registered for more than one set of lessons at a time and must successfully complete the prerequisite level before registering in the next level. Swimming lessons are **NOT** available for online registration. Phone 604.514.2860 or 604.514.2940 or register in person.

Aquatics

Swimming Lessons: Sets 4 & 5

LESSON SET 4 - JULY 2 - JULY 12 (9 SESSIONS)												
(30 min)	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	12:00pm	12:30pm	5:00pm	5:30pm	6:00pm	6:30pm
Parent & Tot 1-3		35800		35801		35802		35803			35804	
Preschool 1	35805	35813	35806	35814	35807	35815	35808	35816	35809	35810	35811	35812
Preschool 2	35817		35818		35819		35820			35821		35822
Preschool 3		35823		35824		35825		25826	35827		35828	
Preschool 4* Preschool 5*	35829 35834		35830 35835		35831 35836		35832 35837					35833 35838
Swimmer 1	35839 35854	35843 35853	35840 35852	35844 35851	35841 35850	35845 35849	35842 35848	35846 35847	35855	35856	35857 35860	35858 35859
Swimmer 2	35861	35865	35862	35866	35863	35867	35864	35868		35869	35870	35871
Swimmer 3		35872		35873		35874		35875	35879		35877	
(45 min)	9:00am	9:45am		10:30am	11:15am				5:00pm		6:00pm	
Swimmer 4	35878			35879							35880	
Swimmer 5* Swimmer 6*		35881 35884			35882 35885				35883 35886			

***NOTE:** Preschool 4/5, Swimmer 5/6 & Swimmer 7/8/9 are combined classes.

LESSON SET 5 - JULY 15 - JULY 26 (10 SESSIONS)												
(30 min)	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	12:00pm	12:30pm	5:00pm	5:30pm	6:00pm	6:30pm
Parent & Tot 1-3	35887		35888		35889		35890					35891
Preschool 1	35892	35893	35894	35895	35896	35897	35898	35899	35900	35901	35902	35903
Preschool 2		35906		35907		35908		35909	35912		35913	
Preschool 3	35914		35915		35916		35917			35918		35919
Preschool 4* Preschool 5*		35920 35926		35921 35927		35922 35928		35923 35929			35924 35930	
Swimmer 1	35931 35942	35932 35943	35933 35944	35934 35945	35937 35946	35939 35947	35940 35948	35941 35949	35950	35951	35952 35955	35953 35954
Swimmer 2	35956	35957	35958	35959	35960	35961	35962	35963	35964		35965	35966
Swimmer 3	35967		35968		35969		35970			35971		35972
(45 min)	9:00am	9:45am		10:30am	11:15am				5:00pm		6:00pm	
Swimmer 4		35973			35974				35975			
Swimmer 5* Swimmer 6*	35925 35979			35977 35980							35978 35981	
(60 min)	9:00am	9:45am		10:30am	11:15am				5:00pm		6:00pm	
Swimmer 7* Swimmer 8* Swimmer 9*											36530 36531 36532	

Swimming Lessons: Sets 6 & 7

LESSON SET 6 - JULY 29 - AUGUST 9 (9 SESSIONS)												
(30 min)	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	12:00pm	12:30pm	5:00pm	5:30pm	6:00pm	6:30pm
Parent & Tot 1-3		35982		35983		35984		35985			35986	
Preschool 1	35987	35995	35988	35996	35989	35997	35990	35998	35991	35992	35993	35994
Preschool 2	35999		36000		36001		36002			36003		36004
Preschool 3		36005		36005		36007		36008	36009		36010	
Preschool 4* Preschool 5*	36011 36016		36012 36017		36013 36018		36014 36019					36015 36020
Swimmer 1	36021 36036	36025 36035	36022 36034	36026 36033	36023 36032	36027 36031	36024 36030	36028 36029	36037	36038	36039 36042	36040 36041
Swimmer 2	36043	36047	36044	36048	36045	36049	36046	36050		36051	36052	36053
Swimmer 3		36054		36055		36056		36057	36058		36059	
(45 min)	9:00am	9:45am		10:30am	11:15am				5:00pm		6:00pm	
Swimmer 4	36060			36061							36062	
Swimmer 5* Swimmer 6*		36063 36066			36064 36067				36065 36068			

*NOTE: Preschool 4/5, Swimmer 5/6 & Swimmer 7/8/9 are combined classes.

LESSON SET 7 - AUGUST 12 - AUGUST 23 (10 SESSIONS)												
(30 min)	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	12:00pm	12:30pm	5:00pm	5:30pm	6:00pm	6:30pm
Parent & Tot 1-3	36069		36070		36071		36072					36073
Preschool 1	36074	36075	36076	36077	36078	36079	36080	36081	36082	36083	36084	36085
Preschool 2		36086		36087		36088		36089	36090		36091	
Preschool 3	36092		36093		36094		36095			36096		36097
Preschool 4* Preschool 5*		36098 36103		36099 36104		36100 36105		36101 36106			36102 36107	
Swimmer 1	36108 36116	36109 36117	36110 36118	36111 36119	36112 36120	36113 36121	36114 36122	36115 36123	36124	36125	36126 36129	36127 36128
Swimmer 2	36130	36131	36132	36133	36134	36135	36136	36137	36138		36139	3614
Swimmer 3	36141		36142		36143		36144			36145		36146
(45 min)	9:00am	9:45am		10:30am	11:15am				5:00pm		6:00pm	
Swimmer 4		36147			36148				36149			
Swimmer 5* Swimmer 6*	36167 36150			36168 36151							36169 36152	
(60 min)	9:00am	9:45am		10:30am	11:15am				5:00pm		6:00pm	
Swimmer 7* Swimmer 8* Swimmer 9*											36533 36534 36535	

Aquatics

Teen/Adult Swim Lessons

TEEN/ADULT SWIM LEVEL 1

Focus on being comfortable in the water, submersion and floating in this introductory course.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36492	AAMP	Mon-Thu	May 13- May 16	8:30 pm- 9:30 pm	\$57.25 4 classes
36493	AAMP	Mon-Thu	May 27- May 30	8:30 pm- 9:30 pm	\$57.25 4 classes
36514	AAMP	Mon-Thu	June 10- June 13	8:30 pm- 9:30 pm	\$57.25 4 classes
36516	AAMP	Tue-Thu	July 2- July 4	8:30 pm- 9:45 pm	\$54.25 3 classes
36518	AAMP	Mon-Thu	July 15- July 18	8:30 pm- 9:30 pm	\$57.25 4 classes
36520	AAMP	Mon-Thu	July 29- Aug 1	8:30 pm- 9:30 pm	\$57.25 4 classes
36522	AAMP	Mon-Thu	Aug 12- Aug 15	8:30 pm- 9:30 pm	\$57.25 4 classes

TEEN/ADULT SWIM LEVEL 2

Focus is on front crawl and the introduction of other stroke progressions.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36494	AAMP	Tue-Thu	May 21- May 23	8:30 pm- 9:45 pm	\$54.25 3 classes
36515	AAMP	Mon-Thu	June 17- June 20	8:30 pm- 9:30 pm	\$57.25 4 classes
36519	AAMP	Mon-Thu	July 22- July 25	8:30 pm- 9:30 pm	\$57.25 4 classes
36523	AAMP	Mon-Thu	Aug 19- Aug 22	8:30 pm- 9:30pm	\$57.25 4 classes

TEEN/ADULT SWIM LEVEL 3

Know how to swim but want to improve? Focus on fine tuning your kicks, breathing, stroke and body position in a non-competitive environment. Participants should be able to swim 25 metre.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36495	AAMP	Mon-Thu	June 3- June 6	8:30 pm- 9:30 pm	\$57.25 4 classes
36517	AAMP	Mon-Thu	July 8- July 11	8:30 pm- 9:30 pm	\$57.25 4 classes
36521	AAMP	Tue-Fri	Aug 6- Aug 8	8:30 pm- 9:45 pm	\$54.25 3 classes



Advanced Aquatics

BRONZE MEDALLION

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard Training in Bronze Cross.

PREREQUISITES: Minimum 13 years of age or Bronze Star Certification.

AGES 13+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37956	AAMP MPR	Sat/Sun	May 11-May 19	11:30 am-5:00 pm	\$183.80 4 classes
Additional fee: \$40 manual fee payable at registration.					

BRONZE CROSS

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

PREREQUISITES: Bronze Medallion

AGES 13+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37957	AAMP MPR	Sat/Sun	June 8-June 16	11:30 am-5:00 pm	\$183.80 4 classes
Additional fee: \$40 manual fee payable at registration.					



BRONZE MEDALLION/CROSS COMBO

The Lifesaving Society Bronze Medallion Program challenges candidates both mentally and physically to build the judgement, knowledge, skills and fitness required to perform water rescue. The Lifesaving Society Bronze Cross begins the transition from lifesaving to lifeguarding by preparing candidates for the responsibilities required of assistant lifeguards. Bronze Cross is a prerequisite for National Lifeguard (NL) and is worth two Grade 11 credits.

AGES 13+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37958	AAMP MPR	Mon-Fri	July 15-July 26	12:30 pm-5:00 pm	\$400.50 10 classes
Additional fee: \$40 manual fee payable at registration.					

SWIM INSTRUCTOR

The Lifesaving Society Swim Instructor course trains candidates to the Competency Level 1 knowledge, skills and attitudes needed to teach the Society's Swim for Life and Canadian Swim Patrol programs.

PREREQUISITES: 15 Years Old, Bronze Cross

AGES 15+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37960	AAMP MPR	Mon-Fri	Aug 19- Aug 23	9:30 am- 5:00 pm	\$465.00 10 classes
			Aug 26- Aug 30	9:00 am- 12:00 pm	
Additional fee: \$110 instructor kit fee payable at registration.					

Aquatics

Advanced Aquatics

NATIONAL LIFEGUARD (POOL)

The National Lifeguard Pool Certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard Course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

PREREQUISITES: Bronze Cross (need not be current), Standard First Aid (Must be from one of 5 recognized agencies. Need not be current), 15 years old (by last day), Airway Management and Oxygen Administration (scheduled alongside the course).

AGES 15+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37959	AAMP MPR	Mon-Fri	Aug 26-Aug 30	11:00 am-8:30 pm	\$503.25 5 classes

Additional fee: \$41 manual fee payable at registration.

LIFESAVING INSTRUCTOR/EXAMINER

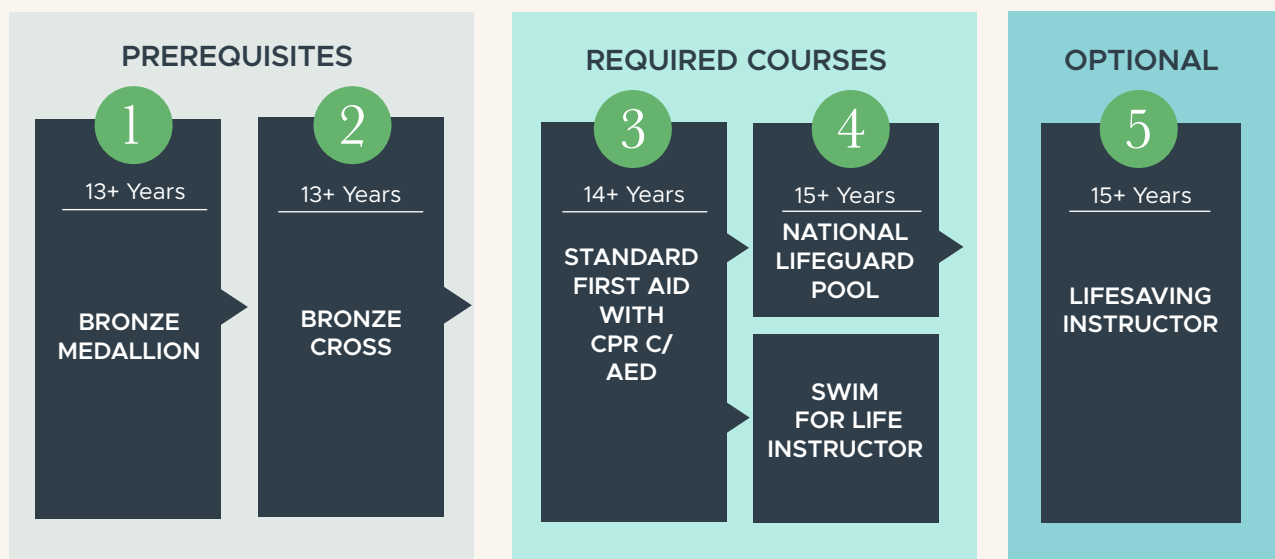
The Lifesaving Society Swim Instructor course trains candidates to the Competency Level 1 knowledge, skills and attitudes needed to teach the Society's Swim for Life™ and Canadian Swim Patrol programs. Lifesaving Instructors are trained to evaluate and certify candidates in Bronze Star, Bronze Medallion, and Bronze Cross, and Junior Lifeguard Club. Candidates are trained in and must demonstrate skills, knowledge, and attitudes at Competency Level 1 (Lifesaving Instructor) to include all aspects of water rescue, First Aid, and related aquatic skills in the Canadian Lifesaving Program. This course includes the Advances Instructor certification and the Examination Standards clinic.

PREREQUISITES: 15 Years Old and Bronze Cross

AGES 15+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37961	AAMP MPR	Mon-Fri	Aug 12-Aug 16	8:30 am-5:00 pm	\$419.00 5 classes

Additional fee: \$130 instructor kit payable at registration.

Steps to becoming a lifeguard





Camps

PRESCHOOL SUMMER CAMP: CAMPING WEEK

This camp will allow your child to experience the fun of camping whether they are an expert camper or have never been.

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
36542	TCC MPR 4	Tue-Fri	July 2- July 5	9:00 am- 11:30 am	\$112.60 4 classes
36543	TCC MPR 4	Tue-Fri	July 2- July 5	12:30 pm- 3:00 pm	\$112.60 4 classes



PRESCHOOL SUMMER CAMP: DINOSAUR WEEK

Preschool might be over but the fun continues! Staffed by Early Childhood Educators, this theme will take your kids on an adventure back in time to when dinosaurs roamed the Earth!

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
36544	TCC MPR 4	Mon-Fri	July 15- July 19	9:00 am- 11:30 am	\$136.15 5 classes
36545	TCC MPR 4	Mon-Fri	July 15- July 19	12:30 pm- 3:00 pm	\$136.15 5 classes

PRESCHOOL SUMMER CAMP: CREEPY CRAWLERS WEEK

Bugs are just plain fascinating for kids! Send your little ones out on a search for ladybugs, roly-pollies, or ants. Explore the world of bugs as you sing about them, move like them, paint them, and possibly even hold them!

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
36546	TCC MPR 4	Mon-Fri	July 22- July 26	9:00 am- 11:30 pm	\$136.15 5 classes
36547	TCC MPR 4	Mon-Fri	July 22- July 26	12:30 pm- 3:00 pm	\$136.15 5 classes

Preschool

Early Years Playtime

TINY TOTS PLAYDATE

Have your little one join us for this flexible drop in style preschool-like program with activities such as circle time, storytelling, arts & crafts, and free play. Parent participation required.

Note: Pre-registration is required.

AGES 6M-5 *parent participation is required*

Location	Day(s)	Date(s)	Time	\$
TCC Gym	Thu	May 2- June 27	5:45 pm- 6:45 pm	See below



Passes save you money

We have a preschool pass specifically for Tiny Tots Playdate and Roaming Rascals. Purchase 10 visits for one child or a family and save money off the cost of regular admission.

Click [here](#) to learn more about our passes.

ROAMING RASCALS

Introduce your child to active living and learning through play at an early age. Participate together in Parent and Tot Roaming Rascal sessions where your child can run, jump and enjoy play gym equipment and meet other families in your neighbourhood.

Note: Pre-registration is required.

SPRING: 0-5 YEARS *parent participation is required*

Location	Day(s)	Date(s)	Time	\$
TCC Gym	Mon	May-June	10:00 am- 11:30 am	See below
TCC Gym	Tue	May-June	10:00 am- 11:30 am	See below
TCC Gym	Wed	May-June	10:00 am- 11:30 am	See below
TCC Gym	Thu	May-June	9:15 am- 10:45 am	See below
TCC Gym	Fri	May-June	10:00 am- 11:30 am	See below
TCC Gym	Sat	May-June	10:00 am- 11:30 am	See below

SUMMER: 0-5 YEARS *parent participation is required*

Location	Day(s)	Date(s)	Time	\$
TCC Gym	Sat	July-Aug	10:00 am- 11:30 am	See below

ADMISSION & PASSES

Single Session	1 Child	\$5.50
Pass	Preschool Passport - 10 Passes - 1 Child	\$44.00
Pass	Preschool Passport - 10 Passes - Family	\$88.00

Hobbies & Interests

NEW! ONE DAY WONDERS: ANCIENT EGYPT

Have your child embark on a captivating journey back in time to the wonders of the pharaoh. They will navigate the Nile and unravel the mysteries of the pyramid through engaging games. Unleash your child's creativity with hands-on crafts inspired by the artistry of ancient artisans, allowing them to craft their own personalized Egyptian artifacts.

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
37215	TCC MPR 1	Sun	May 5	11:30 am-12:30 pm	\$20.00 1 class

NEW! ONE DAY WONDERS: MUSIC MANIA

Have your child step into a world of melody and creativity. Explore rhythm and harmony through exciting musical games that challenge your child's ear for tunes and timing and unleash their inner composer with hands-on crafts that allow them to build their own instruments.

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
37216	TCC MPR 1	Sun	May 19	11:30 am-12:30 pm	\$20.00 1 class

NEW! ONE DAY WONDERS: TEDDY BEAR PICNIC

Pack your child's favorite teddy bear and join us for a whimsical Teddy Bear Picnic! This enchanting event brings stuffed animals and their owners together for a delightful hour of fun.

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
37217	TCC MPR 1	Sun	June 2	11:30 am-12:30 pm	\$20.00 1 class

NEW! ONE DAY WONDERS: WILD WEST ROUNDUP

Saddle up, little buckaroos! Join us for a rootin'-tootin' Wild West Roundup! Get ready for a rip-roaring adventure filled with cowboy games that'll have you yee-hawing with delight. Unleash your child's inner artist with western-themed crafts. Snuggle in for frontier tales that transport little minds to the dusty trails and wide-open prairies.

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
37219	TCC MPR 2	Sun	July 7	11:30 am-12:30 pm	\$20.00 1 class

NEW! ONE DAY WONDERS: MEDIEVAL TIMES

Hear ye, hear ye! Calling all young lords and ladies to a majestic Medieval Times. Join the enchanting adventure as we journey back to the days of knights, castles, and dragons. Engage in whimsical games fit for tiny nobles, and crafts fit only for little lords and ladies.

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
37220	TCC MPR 2	Sun	July 21	11:30 am-12:30 pm	\$20.00 1 class

NEW! ONE DAY WONDERS: BUILDERS & ENGINEERS

Get ready for a hands-on adventure, little builders and engineers! Have your child join us for a playful exploration into the world of engineering through creating towers, bridges, and more!

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
37221	TCC MPR 2	Sun	Aug 4	11:30 am-12:30 pm	\$20.00 1 class

Preschool

Hobbies & Interests

NEW! ONE DAY WONDERS: ARTISTS IN ACTION

Unleash the artist within your child with hands-on crafts, allowing your little ones to explore colors, shapes, and textures.

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
37222	TCC MPR 2	Sun	Aug 18	11:30 am- 12:30 pm	\$20.00 1 class

NEW! ONE DAY WONDERS: SUPERHERO TRAINING CAMP

Welcome to the Superhero Training Camp, an action-packed adventure. Have your child join us as we embark on a thrilling journey to discover your child's inner superhero powers. They will engage in exciting games and crafts that will have them soaring like a true hero.

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
37223	TCC MPR 2	Sun	Sept 1	11:30 am- 12:30 pm	\$20.00 1 class

Oh no! We had to cancel.

To ensure that the courses you are interested in don't get cancelled, please register at least one week in advance of the start date.

Register early to get your spot!



Preschool

10 FREE VISITS

All City residents aged 4-18 years are eligible for a FREE Summer Fun Pass.

Valid July 1 - September 3.

See page 44 for full program details and eligibility requirements.

Hobbies & Interests

NEW! ONE DAY CHEF: EASY OMELETTE

Your child will make mouthwatering omelettes with cheese and their other favorite fillings.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
37502	TCC MPR 1	Fri	May 3	5:00 pm-5:45 pm	\$22.00 1 class

NEW! ONE DAY CHEF: MAC & CHEESE

Get your child ready for a melty, gooey, and utterly delicious adventure as they create from scratch the ultimate comfort food - mac and cheese!

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
37503	TCC MPR 1	Fri	May 10	5:00 pm-5:45 pm	\$22.00 1 class

NEW! ONE DAY CHEF: BROWNIES

Your child will learn the secrets to baking the perfect brownie - fudgy, gooey, and irresistibly delicious.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
37504	TCC MPR 1	Fri	May 24	5:00 pm-5:45 pm	\$22.00 1 class

NEW! ONE DAY CHEF: FRUIT SMOOTHIES

Your child will enter the world of vibrant colours and delectable combinations as they learn to blend a symphony of fresh fruits and juices to make nutritious fruit smoothies.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
37505	TCC MPR 1	Fri	May 31	5:00 pm-5:45 pm	\$22.00 1 class

NEW! ONE DAY CHEF: PIZZA BAGELS

Turn a simple snack into a flavorful masterpiece! Children will learn to transform everyday bagels into mini pizzas bursting with cheesy goodness. Perfect for busy schedules and pizza lovers.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
37506	TCC MPR 1	Fri	June 7	5:00 pm-5:45 pm	\$22.00 1 class

NEW! ONE DAY CHEF: CHOCOLATE CHIP MUFFINS

Have your child Indulge their sweet tooth with chocolate chip muffins! They will learn to whip up these moist and decadent treats from scratch.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
37507	TCC MPR 1	Fri	June 14	5:00 pm-5:45 pm	\$22.00 1 class

Preschool



Hobbies & Interests

NEW! ONE DAY CHEF: FRENCH TOAST

Golden and crispy on the outside, fluffy and flavourful on the inside. Have your child join us for a delightful session where they'll learn the art of creating the perfect french toast.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
37508	TCC MPR 1	Fri	June 21	5:00 pm-5:45 pm	\$22.00 1 class

TOP CHEF PRESCHOOL

Each class will incorporate a learning/skills portion and a cooking portion. The goal is not to make gourmet food each class, but to learn the basics so your kids can be more confident and creative in the kitchen.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
36999	TCC MPR 1	Sun	May 5- June 23	9:30 am-10:30 am	\$136.50 8 classes

Performing Arts

BABY & ME: MUSIC AND PLAY

This is an opportunity for parents and children to enjoy music through musical stories, rhythm, rhymes, and instruments.

AGES 6M-18M <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
37207	TCC MPR 1	Mon	May 6- June 17	10:45 am-11:30 am	\$61.75 6 classes

DANCE WITH YOUR BABY

This class is a fun low impact dance class that encourages bonding with your baby. Through dance we will be also encouraging the development of our babies coordination, movement, and brain development. Connect with other parents in the community while creating a fun and relax environment to play with your newborn.

AGES 0-12M <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
37521	TCC MPR 2	Wed	May 1- June 19	10:00 am-10:45 am	\$80.00 8 classes
Contract Program - refund policy may differ					

Did you know.....

Kids six and under need daily active play to develop their fundamental movement skills - running, kicking, jumping, throwing, catching, agility, balance and coordination. These skills are key for kids to enjoy sports and a long life of physical activity.

Performing Arts

NEW! EXPLORING BALLET

This is an introduction to ballet techniques and contemporary dance. In this class your child will be exposed to basic dance vocabulary and given the foundations to start more structure ballet classes. Help your little one to enjoy dance, and teach them spatial awareness, rhythm, self-expression, patience, and perseverance.

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
37522	TCC MPR 3	Wed	May 1- June 19	4:00 pm- 4:45 pm	\$80.00 8 classes

Contract Program - refund policy may differ

DANCE COMBO

Groove to the beat and build self-confidence exploring a variety of dance styles. Try jazz, ballet, tap rhythms, modern and stage dance.

AGES 2-3					
Code	Location	Day(s)	Date(s)	Time	\$
36996	TCC MPR 4	Sat	May 4- June 22	9:30 am- 10:15 am	\$72.50 8 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
36997	TCC MPR 4	Sat	May 4- June 22	10:30 am- 11:15 am	\$72.50 8 classes

Social Development

ABC'S & 123'S

This preschool preparation class is suited for children who are ready to participate in programs but not old enough for preschool. Colours, numbers, letters, and shapes will all be introduced in a fun, social environment. Activities include games, puzzles, and learning centers designed to get your child ready for the next step.

Note: This is a non-parent participation program.

AGES 2-3					
Code	Location	Day(s)	Date(s)	Time	\$
36988	TCC MPR 1	Wed	May 1- June 19	9:30 am- 10:30 am	\$103.00 8 classes
36989	TCC MPR 1	Wed	May 1- June 19	11:00 am- 12:00 pm	\$103.00 8 classes

Sports

ACTIVE START: FLOOR HOCKEY

Learn the fundamental movement skills of floor hockey, such as running, agility, and coordination. This popular sport provides a great foundation for fun, teamwork, and fitness.

AGES 2-3 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
36990	TCC West Gym	Mon	May 6- June 17	4:00 pm- 4:45 pm	\$54.50 6 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
36991	TCC West Gym	Mon	May 6- June 17	5:00 pm- 5:45 pm	\$54.50 6 classes

Preschool

Sports

ACTIVE START: MULTI-SPORTS

Introduce your child to fundamental movement skills for a variety of different sports such as floor hockey, soccer, t-ball and much more!

AGES 2-3 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
36992	TCC East Gym	Thu	May 2- June 20	4:30 pm- 5:15 pm	\$72.50 8 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
36993	TCC East Gym	Thu	May 2- June 20	5:30 pm- 6:15 pm	\$72.50 8 classes

ACTIVE START: SOCCER

Participants will learn the fundamental movement skills of soccer through structured games and skill development such as dribbling, passing, shooting, and footwork.

AGES 2-3 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
36994	TCC West Gym	Sat	May 4- June 22	9:00 am- 9:45 am	\$72.50 8 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
36995	TCC West Gym	Sat	May 4- June 22	10:00 am- 10:45 am	\$72.50 8 classes

Visual Arts

BABY & ME: ART AND PLAY

Create unique pieces of art with your baby or toddler's hands & feet!

AGES 6M-18M <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
37208	TCC MPR 2	Thu	May 2- June 20	10:45 am- 11:30 am	\$90.75 8 classes

MESSY HANDS: ART MIX

Have your little one explore textures, basic colours, and shapes using a variety of different materials and tools. Watch as they develop their skills during this sensory experience.

AGES 1.5-3 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
37209	TCC MPR 1	Tue	May 14- June 18	9:00 am- 9:45 am	\$63.75 5 classes

TINY ARTISTS: ART MIX

Your toddler will explore a variety of different materials and tools to see how they work and what they do. Your little one will express their creativity and make friends as they paint, experiment with shapes, and draw.

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
37210	TCC MPR 1	Tue	May 14- June 18	10:30 am- 11:15 am	\$63.75 5 classes

AL ANDERSON MEMORIAL POOL: Opens May 10 and offers swimming lessons for kids of all ages. See page 21 for class descriptions and page 23-25 for lesson schedules from May 13 until August 23. Spring and summer public swim schedules are on page 17.

CLASSES
starting
SEPT 2024

REGISTRATION OPEN

Cookie Monster

LICENSED PRESCHOOL

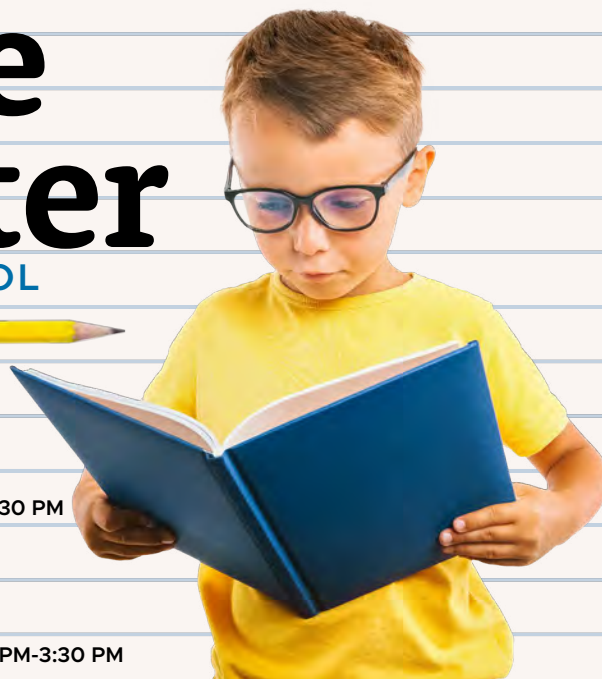


3 YEAR OLD CLASS

TUE/THU 8:30 AM-11:30 AM OR 12:30 PM-3:30 PM

4 YEAR OLD CLASS

MON/WED/FRI 8:30 AM-11:30 AM OR 12:30 PM-3:30 PM



FREE SUMMER DROP-IN



ADVENTURE PLAYGROUND



BROUGHT TO YOU BY



AGES 5-11 YRS

ADVENTURE PLAYGROUNDS USE LOOSE PIECES OF WOOD, TIRES, TARPS, PAINTS, GARDENING TOOLS, AND WHATEVER ELSE CAN BE FOUND TO INSPIRE CHILDREN TO FOLLOW THEIR INSTINCTS, IDEAS AND INTERESTS WITHOUT EXPECTED OUTCOMES.

FREE DROP-IN

MONDAY TO FRIDAY

11AM - 3PM

JULY 8 - AUGUST 23



PORTAGE PARK
4964 204 STREET

Children



**REGISTER
NOW**

CLICK HERE FOR QUICK ACCESS TO CHILDREN'S PROGRAMS

Camps

FUNTASTIC ADVENTURES DAYCAMP

Our daycamp is an action-packed week that will keep even the most busy kids entertained. We will make memories that will last forever. Daycamp includes crafts, sports, theme days, adventure, science, and much more. We encourage participation and hope that they will try new things each day at camp. Need more schedule flexibility on days your child is in a daycamp? Extended play is offered from 7:00 am- 8:30am and 3:00 pm - 6:00 pm at an additional cost.

Note: Children must have completed Kindergarten and be eligible for Grade 1 to register for camp.

AGES 5-7					
Code	Location	Day(s)	Date(s)	Time	\$
37880	TCC Gym	Tue-Fri	July 2- July 5	8:30 am- 3:00 pm	\$180.00 4 classes
37970	TCC Gym	Mon-Fri	July 8- July 12	8:30 am- 3:00 pm	\$225.00 5 classes
37972	TCC Gym	Mon-Fri	July 15- July 19	8:30 am- 3:00 pm	\$225.00 5 classes
37974	TCC Gym	Mon-Fri	July 22- July 26	8:30 am- 3:00 pm	\$225.00 5 classes
37976	TCC Gym	Mon-Fri	July 29- Aug 2	8:30 am- 3:00 pm	\$225.00 5 classes
37969	TCC Gym	Tue-Fri	Aug 6- Aug 9	8:30 am- 3:00 pm	\$180.00 4 classes
37979	TCC Gym	Mon-Fri	Aug 12- Aug 16	8:30 am- 3:00 pm	\$225.00 5 classes
37980	TCC Gym	Mon-Fri	Aug 19- Aug 23	8:30 am- 3:00 pm	\$225.00 5 classes
37983	TCC Gym	Mon-Fri	Aug 26- Aug 30	8:30 am- 3:00 pm	\$225.00 5 classes

AGES 8-12					
Code	Location	Day(s)	Date(s)	Time	\$
37967	TCC Gym	Tue-Fri	July 2- July 5	8:30am- 3:00pm	\$180.00 4 classes
37971	TCC Gym	Mon-Fri	July 8- July 12	8:30 am- 3:00 pm	\$225.00 5 classes
37973	TCC Gym	Mon-Fri	July 15- July 19	8:30 am- 3:00 pm	\$225.00 5 classes
37975	TCC Gym	Mon-Fri	July 22- July 26	8:30 am- 3:00 pm	\$225.00 5 classes
37977	TCC Gym	Mon-Fri	July 29- Aug 2	8:30 am- 3:00 pm	\$225.00 5 classes
37968	TCC Gym	Tue-Fri	Aug 6- Aug 9	8:30 am- 3:00 pm	\$180.00 4 classes
37978	TCC Gym	Mon-Fri	Aug 12- Aug 16	8:30 am- 3:00 pm	\$225.00 5 classes
37981	TCC Gym	Mon-Fri	Aug 19- Aug 23	8:30 am- 3:00 pm	\$225.00 5 classes
37982	DRC	Mon-Fri	Aug 26- Aug 30	8:30 am- 3:00 pm	\$225.00 5 classes

NEED DAYCAMP BEFORE OR AFTER CARE? You can drop off your child(ren) early and pick up late. Extended Play available from 7:00 am to 8:30 am and 3:00 pm to 6:00 pm for an additional cost.

Children

Camps

NEW! SCIENCE CAMPS

Our science camp offers outdoor exploration coupled with hands-on science that encourages creativity and analytical reasoning. Enjoy walking excursions to nearby Buckley park. While a tent is provided for shelter, this is an outdoor program.

AGES 5-9: SCIENCE EXPLORERS					
Code	Location	Day(s)	Date(s)	Time	\$
37711	Buckley Park	Mon-Fri	July 29-Aug 2	9:00 am-3:00 pm	\$300.00 5 classes

AGES 10-12: SCIENCE DETECTIVES					
Code	Location	Day(s)	Date(s)	Time	\$
37712	Buckley Park	Mon-Fri	July 29-Aug 2	9:00 am-3:00 pm	\$300.00 5 classes

Contract Program - refund policy may differ

NEW! STEM EXPLORES CAMP

Embark on the first part of our dynamic STEM Exploration Camp, focusing on adventures in robotics and TechWiz. In this session, participants will explore hands-on experiences with cutting-edge tools like Microbit, Sphero, and 3D printing, unlocking creativity and bringing robotic visions to life. Engage in STEM exploration labs, tackle innovative challenges, and take home your creations at the end of the session.

AGES 8-14					
Code	Location	Day(s)	Date(s)	Time	\$
37963	TCC MPR 1	Mon-Fri	Aug 26-Aug 30	8:30 am-12:00 pm	\$300.00 5 classes

Contract Program - refund policy may differ

NEW! TINY TWIRLERS DANCE ADVENTURE CAMP

Join us for an exciting dance summer camp designed for young movers aged 4-7 years old! In this class, children will explore the art of ballet, jazz, and contemporary dance in a fun and engaging environment. This camp serves as a small introduction to movement, where participants can unleash their creativity and express themselves through dance. Get ready to twirl, leap and groove your way through a summer filled with rhythm and movement. Please wear dance slippers or barefeet.

AGES 4-7					
Code	Location	Day(s)	Date(s)	Time	\$
38053	TCC MPR 1	Mon-Fri	July 15-July 19	9:00 am-12:00 pm	\$110.00 5 classes

Contract Program - refund policy may differ

NEW! DYNAMIC DANCE INTENSIVE CAMP

This summer camp is tailored for aspiring dancers aged 8-12 years old who are ready to delve deeper into the world of dance. Participants will have the opportunity to refine their ballet, jazz and contemporary dance techniques while exploring new choreography and movement styles. Join us for a journey of artistic exploration and skill development in a supportive and inspiring environment! Please wear dance slippers or participate barefoot.

AGES 8-12					
Code	Location	Day(s)	Date(s)	Time	\$
38054	TCC MPR 1	Mon-Fri	July 22-July 26	9:00 am-12:00 pm	\$110.00 5 classes

Contract Program - refund policy may differ

Camps

NEW! ACT, SING, & DANCE CAMP

Join us for a summer of creativity and fun at our Act, Sing and Dance Camp! Let your child's talents shine as they explore the exciting world of performing arts. Our camp offers a unique opportunity for kids ages 8-12 to learn acting, singing, and dancing skills. Give your child the gift of self-expression and confidence this summer! **Material required:** Notebook. **Optional materials:** dance slippers

AGES 8-12					
Code	Location	Day(s)	Date(s)	Time	\$
38055	TCC MPR 1	Mon-Fri	July 29-Aug 2	9:00 am-12:00 pm	\$110.00 5 classes
Contract Program - refund policy may differ					



NEW! SPORTS & SWIM CAMP

This fun-filled camp offers the perfect blend of sports and refreshing swim sessions at Al Anderson Memorial Pool. In the mornings, kids will have the opportunity to engage in a wide range of sports activities at City Park that will keep them active and entertained. They will enjoy a variety of sports such as soccer, basketball, flag football, and more! The focus is on physical literacy and having fun! After a morning of exciting sports, they will then head to the Al Anderson Memorial Pool for an exhilarating swim session in the afternoon where they will splash, dive, and glide through the crystal-clear waters under the supervision of our certified lifeguards during this free swim time. **Note: Extended Play is not available for this camp.**

AGES 8-12					
Code	Location	Day(s)	Date(s)	Time	\$
37870	City Park Field B	Tue-Fri	July 2-July 5	8:30 am-3:00 pm	\$160.00 4 classes
37871	City Park Field B	Mon-Fri	July 8-July 12	8:30 am-3:00 pm	\$200.00 5 classes
37872	City Park Field B	Mon-Fri	July 15-July 19	8:30 am-3:00 pm	\$200.00 5 classes
37873	City Park Field B	Mon-Fri	July 22-July 26	8:30 am-3:00 pm	\$200.00 5 classes
37874	City Park Field B	Mon-Fri	July 29-Aug 2	8:30 am-3:00 pm	\$200.00 5 classes
37875	City Park Field B	Tue-Fri	Aug 6-Aug 9	8:30 am-3:00 pm	\$160.00 4 classes
37876	City Park Field B	Mon-Fri	Aug 12-Aug 16	8:30 am-3:00 pm	\$200.00 5 classes
37877	City Park Field B	Mon-Fri	Aug 19-Aug 23	8:30 am-3:00 pm	\$200.00 5 classes
37878	City Park Field B	Mon-Fri	Aug 26-Aug 30	8:30 am-3:00 pm	\$200.00 5 classes

Children

Education & Training

HOME ALONE PROGRAM (PRO-D DAY)

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, keep them safe, and constructively occupied. **Note: Please bring a lunch.**

AGES 10-14					
Code	Location	Day(s)	Date(s)	Time	\$
37000	TCC MPR 2	Fri	May 17	10:00 am-2:00 pm	\$52.00 1 class

Hobbies & Interests

ONE DAY CHEF: MOTHERS DAY BAKING

This Mothers Day come together as a family to celebrate mom and bake delicious goodies that leave her feeling extra special.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37231	TCC MPR 1	Sun	May 12	11:30 am-1:30 pm	\$25.00 1 class

ONE DAY CHEF: BANANA BREAD

Your child will learn to bake delicious banana bread and discover how to turn overripe bananas into a mouthwatering delight!

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37224	TCC MPR 1	Sun	May 26	11:30 am-1:30 pm	\$25.00 1 class

Waitlists

Sign up for the waitlist if the program you would like to register for is full. We get cancellations from time to time and can fill spots when they come available.

ONE DAY CHEF: SPAGHETTI & MEATBALLS

Children will learn the art of crafting al dente spaghetti paired with savory, homemade meatballs, and a rich, flavorful tomato sauce.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37225	TCC MPR 1	Sun	June 9	11:30 am-1:30 pm	\$25.00 1 class

ONE DAY CHEF: FATHERS DAY BAKING

This Fathers Day come together as a family to celebrate dad and bake delicious goodies that leave him feeling extra special.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37232	TCC MPR 1	Sun	June 16	11:30 am-1:30 pm	\$25.00 1 class

ONE DAY CHEF: CAKE POPS

Kids can enjoy these irresistible, bite-sized treats that are made of crumbled cake mixed with frosting on a lollipop stick.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37226	TCC MPR 1	Sun	June 23	11:30 am-1:30 pm	\$25.00 1 class

Hobbies & Interests

ONE DAY CHEF: HOMEMADE CHICKEN NUGGETS

Children will learn how to make this delicious homemade classic that ends in crispy golden brown chicken goodness.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37227	TCC MPR 1	Sun	July 14	11:30 am-1:30 pm	\$25.00 1 class

ONE DAY CHEF: TACOS

Children will discover the flavors of Mexico as they learn to prepare mouthwatering tacos, from savory fillings to zesty salsas. Join us for a fiesta of flavour!

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37228	TCC MPR 1	Sun	July 28	11:30 am-1:30 pm	\$25.00 1 class

ONE DAY CHEF: BUTTER CHICKEN

From marinating succulent chicken to crafting the luscious tomato-based sauce, children will discover the essential steps to create this rich and savory dish.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37229	TCC MPR 1	Sun	Aug 11	11:30 am-1:30 pm	\$25.00 1 class

STAY COOL THIS SUMMER

Al Anderson Outdoor Pool opens May 10.
See page 17 for our public swimming schedules.

ONE DAY CHEF: SHEPHERDS PIE

Discover the comfort of classic shepherd's pie! From perfectly seasoned ground meat to a golden mashed potato topping, children will learn how to create this hearty and satisfying dish.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37230	TCC MPR 1	Sun	Aug 25	11:30 am-1:30 pm	\$25.00 1 class

TOP CHEF KIDS

Participants will learn the basics to be more confident and creative in the kitchen. Each class will incorporate a skill portion and a hands-on portion to help make your child feel like a top chef in the kitchen.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
36998	TCC MPR 1	Wed	May 1-June 19	5:00 pm-6:30pm	\$172.75 8 classes

NEW! ONE DAY CREATIONS: MOTHERS DAY GIFT CRAFTING

Join us for a delightful Mother's Day crafting class where your child will create a personalized masterpiece to express their love and appreciation! They will craft a meaningful gift that will be cherished forever.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37515	TCC MPR 2	Sat	May 11	8:45 am-10:45 am	\$32.00 1 class

What is a Summer Fun Pass?

WHAT?

Ten (10) free visits to use throughout the summer. Activities included in the pass are:

- Public Swim at AAMP
- Single Session Gymnasium Sports at TCC
- Games Room at TCC

WHEN?

Valid **Monday July 1 to Sunday September 3, 2024**. Passes are available for pick up on June 12, 2024.

WHO?

Children 4-18 years who reside in the City of Langley. Proof of age (birth certificate or Care Card) and residency (current utility bill) required.

HOW?

The pass can be picked up in person at one of these locations starting June 12, 2024. Proof of age (birth certificate or Care Card) and proof of residency (current utility bill) is required:

- **Timms Community Centre (TCC)**
20399 Douglas Crescent
- **Al Anderson Memorial Pool (AAMP)**
4949 207 Street

Hobbies & Interests

NEW! ONE DAY CREATIONS: BATH BOMB MAKING

Have your child join us for a bubbly adventure in the delightful realm of bath bomb making! They will transform their bath into a fizzy and fragrant oasis. They will choose their ingredients, blend scents & colours together, discover the secrets behind the perfect fizz, and leave with their own custom-made bath bombs.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37509	TCC MPR 1	Sun	May 19	1:30 pm-3:30 pm	\$32.00 1 class

NEW! ONE DAY CREATIONS: JEWELRY MAKING

Craft unique jewelry pieces using beads, wire, and metal. Your child will unleash their imagination as they design and create personalized earrings, bracelets, or necklaces to take home!

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37510	TCC MPR 1	Sun	June 2	1:30 pm-3:30 pm	\$32.00 1 class

NEW! ONE DAY CREATIONS: FATHERS DAY GIFT CRAFTING

Have your child discover the joy of crafting this Father's Day and craft something wonderful to celebrate the amazing dad in their lives! Craft a meaningful gift that will be cherished forever.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37516	TCC MPR 2	Sat	June 15	8:45 am-10:45 am	\$32.00 1 class

Hobbies & Interests

NEW! ONE DAY CREATIONS: SOAP MAKING

Has your child ever wanted to create their own customized soap? They will learn the art and science of making beautiful, handcrafted soaps from scratch while using basic, natural ingredients.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37512	TCC MPR 1	Sun	July 7	1:30 pm-3:30 pm	\$32.00 1 class

NEW! ONE DAY CREATIONS: CANDLE MAKING

Kids will illuminate their creativity and learn the art of crafting beautiful candles. Participants will discover the joy of making customized candles, from choosing fragrances and colours to creating unique designs.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37513	TCC MPR 1	Sun	July 21	1:30 pm-3:30 pm	\$32.00 1 class

NEW! ONE DAY CREATIONS: BIRDHOUSE CARPENTER

Your child will learn the basics of constructing a charming birdhouse from scratch. They will enjoy the satisfaction of crafting a cozy retreat for our feathered friends while adding a personalized touch to your outdoor space.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37511	TCC MPR 1	Sun	Aug 4	1:30 pm-3:30 pm	\$32.00 1 class

Outdoor Activities

NEW! FAMILY SOUND WALK

Immerse yourself in the surrounding sounds of nature, urban landscapes, and hidden rhythms as you stroll through our planned route. Guided by mindfulness, let the symphony of birdsong, rustling leaves, and urban rhythms awaken your senses.

AGES 6-10 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
37763	Douglas Park	Sat	May 18	11:15 am-12:15 pm	\$5.50 1 class
37764	Douglas Park	Sat	July 20	12:30 pm-1:30 pm	\$5.50 1 class

Performing Arts

NEW! ACTING & STORYTELLING FOR KIDS



Kids can join us in this introductory class to acting and theatre where they will have the opportunity to create their own character, build their costumes, and help develop a story from beginning to end. Kids will explore their voices, movement, and their relationship with the space.

AGES 7-10					
Code	Location	Day(s)	Date(s)	Time	\$
37519	TCC MPR 3	Wed	May 1- June 19	5:00 pm-6:00 pm	\$120.00 8 classes
Contract Program - refund policy may differ					

HIP HOP

Your child will learn all the hottest moves such as popping and locking, tutting, crumping, breakin' and street styles that will blow your mind.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37007	TCC MPR 3	Thu	May 2- June 20	5:00 pm-6:00 pm	\$72.50 8 classes

Science & Technology

CODING INNOVATORS: STEM BASED LEARNING WITH PROGRAMMING

Are you interested in learning how to code in an exciting way? Look no further than Coding Innovators! This program offers hands-on activities that will help young learners explore the fascinating world of coding using the versatile educational grade Microbit platform. Through play-based activities, hands-on projects, storytelling, and interactive lessons, participants will explore the thrill of coding in an innovative way.

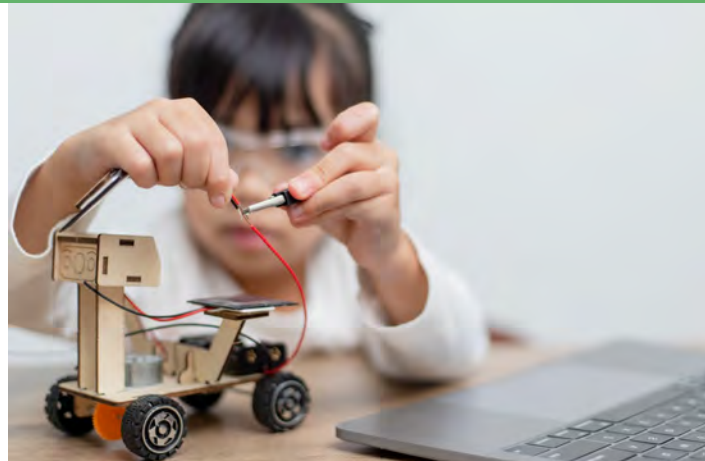
AGES 8-14					
Code	Location	Day(s)	Date(s)	Time	\$
37986	TCC MPR 2	Sat	May 13- June 17	5:00 pm- 6:30 pm	\$189.00 6 classes
Contract Program - refund policy may differ					

ROBO INNOVATORS: EXPLORING ROBOTICS WITH VEX IQ EDU

Welcome to "Robo-Innovators," a program designed for kids aged 8-14 to spark creativity and problem-solving. Engage in play-based activities, hands-on projects, storytelling, and interactive lessons for a thrilling journey into the magic of robotics.

In this course, kids will explore designing, building, and programming robots with VEX IQ, guided by industry experts. From sensor integration to motor control, they'll learn essential robotics engineering basics.

AGES 8-14					
Code	Location	Day(s)	Date(s)	Time	\$
37984	TCC MPR 1	Sat	May 25- July 6	12:30 pm- 2:30 pm	\$299.00 7 classes
Contract Program - refund policy may differ					



3D INNOVATORS: IGNITING CREATIVITY WITH 3D PRINTING

This program is designed to introduce young learners to the exciting world of 3D printing. Through play-based activities, hands-on projects, and interactive lessons, participants will explore the magic of 3D printing in a fun and engaging way.

AGES 8-14					
Code	Location	Day(s)	Date(s)	Time	\$
37985	TCC MPR 1	Sat	May 25- June 29	3:00 pm- 5:00 pm	\$250.00 6 classes
Contract Program - refund policy may differ					

KIDS SCIENCE WORKSHOP

Celebrate a parent or caregiver in your child's life! Join us to create a solar powered craft for a special someone in your child's life while learning science! Each child will take home their creation.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37699	TCC MPR 1	Sun	May 5	1:00 pm- 1:45 pm	\$22.50 1 class
37879	TCC MPR 1	Sun	June 2	3:00 pm- 3:45 pm	\$22.50 1 class
Contract Program - refund policy may differ					

Science & Technology

FUN SCIENCE

Explore, imagine, create! Engaging, hands-on, learning experiences through fun demonstrations, experiments, and relevant science that helps children better understand the world and community in which they live. Each session provides an interactive, age-appropriate, exploration of a specific science topic. This program is offered in partnership with Explore Science Club.

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	\$
37698	TCC MPR 2	Wed	May 1-May 29	6:15 pm-7:15 pm	\$135.00 5 classes
Contract Program - refund policy may differ					

NATURE SCIENCE EXPLORER

Your child will enjoy a fun guided learning program that is coupled with free play to allow them to discover themselves and curious facts about the natural world in which they live. This is an outdoor program.

AGES 4-8					
Code	Location	Day(s)	Date(s)	Time	\$
37700	Buckley Park	Wed	June 5-June 26	3:30 pm-4:30 pm	\$135.00 4 classes
Contract Program - refund policy may differ					

NEW!

Sport & Swim Camp

Do you have sporty kids that need to keep busy this summer? Check out our NEW Sport & Swim Camp at City Park. Weekly registration available.

See page 41 for program details.



Sports

FUNDAMENTAL BASKETBALL

Students will learn the skills required to play basketball. Dribbling, passing, shooting, rebounding, one-on-one moves and defensive strategies are covered. Emphasis is on fair play, sportsmanship, team play and fundamental movement skills.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37004	TCC West Gym	Mon	May 6-June 17	6:15 pm-7:15 pm	\$54.50 6 classes
37005	TCC West Gym	Wed	May 1-June 19	6:15 pm-7:15 pm	\$72.50 8 classes

FUNDAMENTAL INDOOR SOCCER

Your child will learn the basics of soccer. We will focus on the fundamentals of running, changing direction, dribbling and shooting. Ball movement and confidence will be developed in a fun, supportive way by practicing them in games and drills.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37006	TCC East Gym	Fri	May 3-June 21	6:00 pm-7:00 pm	\$72.50 8 classes

Children

10 FREE DROP-IN'S Summer Fun Pass

Starting July 1, 2024, City residents aged 4-18yrs are eligible for a Summer Fun Pass! You will receive 10 free visits to use throughout the summer.

- Activities included in the pass are:
- Public swim at AAMP
 - Single Session Gymnasium Sports at TCC
 - Games Room at TCC

See page 44 for program details.

Sports

FUNDAMENTAL VOLLEYBALL

Your child will learn the skills required to play volleyball. Bump, volley, spike, serve, and game strategies are covered. Emphasis is on fair play, sportsmanship, team play and fundamental movement skills.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37002	TCC West Gym	Tue	May 7- June 18	6:00 pm- 7:00 pm	\$63.50 7 classes

FUNDAMENTAL MULTISPORT

Get ready for some action! This course is an introduction to rules, sport skills and basic physical literacy fundamental movement skills. We will also have game play for a variety of sports including soccer, ball hockey, basketball, badminton, and many more. Emphasis is on sportsmanship.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37003	TCC West Gym	Wed	May 1- June 19	6:00 pm- 7:00 pm	\$72.50 8 classes

Visual Arts

NEW! CARTOON CREATION

In this class, kids will discover the art of cartoon creation! They will learn character design, storytelling techniques, animation basics, and more. Watch as they unleash their creativity and bring their characters to life!

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37212	TCC MPR 2	Mon	May 6- June 17	4:30 pm- 5:30 pm	\$70.00 6 classes

NEW! PLAYFUL PAINTING

Explore the world of painting in this beginner-friendly program. Whether your child is picking up a brush for the first time or has an artistic passion, this course is designed to nurture their creativity. Children will learn basic techniques from color mixing to brush strokes and discover the joy of self-expression on canvas.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
37211	TCC MPR 2	Tue	May 7- June 18	4:15 pm- 5:15 pm	\$118.00 7 classes





Youth

[CLICK HERE FOR QUICK ACCESS TO YOUTH PROGRAMS](#)



Education & Training

BABYSITTER TRAINING

This course developed by the Canadian Safety Council teaches the most up to date information concerning childcare and safety. Course content includes: basic first-aid, emergency procedures, safety, nutrition, roles, and responsibilities. Learn tons of fun games and activities making you the most popular babysitter on the block! Price includes manual and certificate (upon completion of the program).

AGES 11-16					
Code	Location	Day(s)	Date(s)	Time	\$
37661	TCC MPR 2	Sun	July 28-Aug 25	1:00 pm-3:30 pm	\$120.00 5 classes

TIMMS BAKERY

Welcome to Timms Bakery where youth will learn the baking basics and get to create a wide variety of sweets and treats. Youth will learn kitchen safety, how to measure, and follow a recipe and most importantly...how to clean up the kitchen! Every week will have a new recipe - cookies, muffins, bars and pastries are all on the menu!

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
37205	TCC Kitchen	Tue	May 14-June 18	4:30 pm-6:00 pm	\$114.00 6 classes

Hobbies & Interests

TIMMS KITCHEN

Welcome to Timms Kitchen where youth get to learn and try awesome new recipes! We cover kitchen safety, basic cooking terms and techniques. Recipes will vary from pasta to enchiladas to easy ramen. The best meals are the ones you make yourself!

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
37234	TCC Kitchen	Tue	July 16-Aug 20	4:30 pm-6:00 pm	\$114.00 6 classes

Performing Arts

HIP HOP

Keep fit, improve your flexibility while having fun and making new friends at the same time! In this class your child will work together building routines and practicing basic moves to popular pop music songs. No experience necessary- beginners welcome!

AGES 11-16					
Code	Location	Day(s)	Date(s)	Time	\$
37214	TCC MPR 3	Sat	May 18-June 22	2:00 pm-3:00 pm	\$57.00 6 classes

LANGLEY CITY

YOUTH



DROP-IN

ALL YOUTH WELCOME - GRADES 6-12
TIMMS COMMUNITY CENTRE

PROGRAMS RUN MAY 1 - AUGUST 30, 2024.

GAMES & TRACK PASS REQUIRED: \$25/YEAR. CHECK OUT THE SCHEDULE FOR OUR DAILY ACTIVITIES

LANGLEYCITY.CA

TUESDAY

BASKETBALL

Ball is life. Need we say more?
Join in the fun - all equipment is
provided, no experience needed!

3:30 pm-5:30 pm

TIMMS COMMUNITY CENTRE GYM

WEDNESDAY

BADMINTON

Who's ready to rally? Whether you
are a beginner or expert player,
everyone is welcome!
All equipment provided.

3:30 pm-5:30 pm

TIMMS COMMUNITY CENTRE GYM

THURSDAY

TEEN TIME

Come hang out with friends in a chill,
safe environment. Play a game, do art
or help staff plan an activity. Snacks
provided. Check schedule for activities

3:30 pm-5:00 pm

TIMMS COMMUNITY CENTRE MPR2

THURSDAY

GIRLS SOCIAL

Hey girls! Come on out for some
fun and relaxing girl time! Hang out,
relax, make crafts, bake, or try a
fitness class....we have it all! Girls only!

5:30 pm-7:00 pm

TIMMS COMMUNITY CENTRE MPR1

FRIDAY

OPEN GYM

Basketball, volleyball, badminton? We
have them all! All equipment provided
and no experience needed - just a good
attitude and desire for fun!

3:30 pm-5:30 pm

TIMMS COMMUNITY CENTRE GYM

SATURDAY

YOUTH NIGHT

Games, sports, crafts, food and lots
of fun competitions all night long.....
there's something for everyone!

6:00 pm-9:30 pm

TIMMS COMMUNITY CENTRE GYM



Youth

Science

NEW! STEM EXPLORES CAMP

Embark on the first part of our dynamic STEM Exploration Camp, focusing on adventures in robotics and TechWiz. In this session, participants will explore hands-on experiences with cutting-edge tools like Microbit, Sphero, and 3D printing, unlocking creativity and bringing robotic visions to life. Engage in STEM exploration labs, tackle innovative challenges, and take home your creations at the end of the session.

AGES 8-14					
Code	Location	Day(s)	Date(s)	Time	\$
37963	TCC MPR 1	Mon-Fri	Aug 26-Aug 30	8:30 am-12:00 pm	\$300.00 5 classes
Contract Program - refund policy may differ					

VOLLEYBALL SKILLS & DRILLS: GIRLS

This program is designed for youth who are new to the sport of Volleyball. Learn the basics such as bumping, setting, serving, blocking and spiking. Fun drills and skill-building activities will be introduced and practiced. Youth will also learn how to work as a team and develop game play strategies in a fun, social environment.

GIRLS AGES 11-14					
Code	Location	Day(s)	Date(s)	Time	\$
37213	TCC East Gym	Fri	May 17-June 21	6:00 pm-7:00 pm	\$57.00 6 classes

Sports

BASKETBALL SKILLS & DRILLS: BOYS

This is an introduction to basketball and is perfect for all abilities and those who want to improve their skills and game play. Fun drills and activities will focus on learning and improving: dribbling, passing, shooting, and footwork. Youth will also learn how to work as a team and develop game strategies in a fun, social environment.

BOYS AGES 11-14					
Code	Location	Day(s)	Date(s)	Time	\$
37206	TCC East Gym	Tue	May 21-June 25	6:00 pm-7:00 pm	\$57.00 6 classes

Visual Arts

YOUTH ART: PAINT LIKE A MATISSE

Get your creative juices flowing! Learn about one of the most influential artists of all time, Henri Matisse. Using various techniques and materials, students will explore how to draw, paint, and collage like Henri Matisse. Learn how to draw freely and get inspiration from everyday objects while learning the importance of composition and colour in order to create your own unique works of art. Partnership Program with the Langley Arts Council

AGES 11-15					
Code	Location	Day(s)	Date(s)	Time	\$
37233	TCC MPR 2	Wed Sat	May 1-May 25	4:00 pm-5:30 pm	\$105.00 8 classes

HOME ALONE PROGRAM

Give children 10 years of age and older the necessary skills and knowledge to be safe and responsible when home alone. **See page 42** for details.

MAY 1 - 7

CELEBRATE YOUTH IN LANGLEY CITY

WE YOUTH



All activities free with a
Youth Week Activity Pass
(available April 2)

FOLLOW US

on Instagram and Facebook
for schedules and
information.

TIMMS COMMUNITY CENTRE
20399 DOUGLAS CRESCENT
604.514.2940
youth@langleycity.ca



Programs & Services Offered at Encompass:

Child and Family Programs and Services

- Family Place Resource and Outreach Centre
- Pregnant and Parenting Youth
- Best Babies of the Langleys
- Nobody's Perfect Parenting Program
- Community Outreach
- Early Years Family Navigation
- Spanish Family Programs
- Langley Education Centre Childcare
- United Way School's Out Programs

Youth and Family Programs and Services

- Langley Youth Resource Centre & Youth Hub
www.langleyyouthhub.com
- Friends of Dorothy 2SLGBTQIA+ support
- Integrated Youth and Family Services
- Specialized Home Support Services
- Bridges to Employment Program

Clinical Counselling and Trauma Support Services

- Trauma Therapy Program Counselling
- Sexual Abuse Support Services Counselling
- HEART Program Counselling
(Healing, Exploring and Restoring Together)
- Sexual Assault Services Navigation
www.encompasscounsellingservices.com

Foundry Langley

- Free and confidential access to mental health and substance use support, primary care, peer support and social services
- Ages 12-24 and their families/supporters
- Drop-in Monday/Tuesday/Wednesday from 2-7pm
www.foundrybc.ca/langley

Coming Soon

- Child and Youth Advocacy Centre



encompass
support services society



Encompass Support Services Society is a grassroots, non-profit agency that provides a wide range of enriching and essential programs and support services to the communities of Langley. We offer a variety of free, accessible community programs and activities for all ages with a primary focus on children, youth, and families.

Strengthening Community



Visit us online for regular news and updates:

@encompasssupportservices
@langleyyouthhub
@fodlangley
@foundrylangley

P: (604) 534.2171

E: support@encompass-supports.com
www.encompass-supports.com



GAMES ROOM

A DROP-IN, HANG OUT PLACE
FOR THE YOUNG & YOUNG AT HEART

\$25/YEAR
GAMES & TRACK PASS*

TIMMS COMMUNITY CENTRE
20399 DOUGLAS CRESCENT



***PASS INCLUDES
INDOOR TRACK**



Adult



[CLICK HERE FOR QUICK ACCESS TO ADULT PROGRAMS](#)

Health & Wellness

HEALTHY LIVING BAG

Offered in partnership with Langley Meals on Wheels, the Healthy Living Bag contains a variety of fresh fruit and vegetables as well as information on local programs. Bags are ready for pick up from 11:00 am to 8:00 pm at:

Timms Community Centre (20399 Douglas Crescent)
Meals on Wheels (2900 272 Street, Aldergrove)

Limited home delivery is available for Langley City residents only who are homebound due to illness or injury and not physically able to pick up their bag in person. Please inquire at the time of booking.

Please note: this program is open to everyone regardless of income level. Orders must be pre-paid by the Wednesday prior to delivery.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$
34469	TCC Front Desk	Tue	May 7	11:00 am-8:00 pm	\$6.00 1 bag
34470	TCC Front Desk	Tue	June 4	11:00 am-8:00 pm	\$6.00 1 bag
34471	TCC Front Desk	Wed	July 3	11:00 am-8:00 pm	\$6.00 1 bag
34472	TCC Front Desk	Wed	Aug 7	11:00 am-8:00 pm	\$6.00 1 bag
Contract Program - refund policy may differ					

Performing Arts

LINE DANCE: BEGINNER

Line dancing is an easy way to have fun while you exercise your body and mind. This class will focus on more than just learning dances - we will incorporate variations, choreography, learning how to know which dances to do with different songs, plus lots more.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37703	TCC MPR 2	Wed	May 8-June 26	3:00 pm-4:00 pm	\$64.00 8 classes
37706	TCC MPR 2	Wed	July 10-July 31	3:00 pm-4:00 pm	\$32.00 4 classes
38316	TCC MPR 2	Wed	Aug 7-Aug 28	3:00 pm-4:00 pm	\$32.00 4 classes
Contract Program - refund policy may differ					

BELLY DANCE

This fun class will explore one of the oldest forms of dance. Learn and add layers to your isolations and develop more complex dance movements.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37701	TCC MPR 3	Tue	May 7-June 25	7:00 pm-8:30 pm	\$80.00 8 classes
37705	TCC MPR 3	Tue	July 9-July 30	7:00 pm-8:30 pm	\$40.00 4 classes
38313	TCC MPR 3	Tue	Aug 6-Aug 27	7:00 pm-8:30 pm	\$40.00 4 classes
Contract Program - refund policy may differ					

Performing Arts

BEYOND THE BASICS BELLY DANCE

Continue to explore this vast tapestry of dance while adding layers and building complexity in your dance movements. Dive into the richness and variety of this cultural dance form as well as history. Must have at least one year dance experience.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37702	TCC MPR 3	Fri	May 10-June 28	7:00 pm-8:30 pm	\$80.00 8 classes
37708	TCC MPR 3	Fri	July 12-Aug 2	7:00 pm-8:30 pm	\$40.00 4 classes
38315	TCC MPR 3	Fri	Aug 9-Aug 30	7:00 pm-8:30 pm	\$40.00 4 classes
Contract Program - refund policy may differ					

BELLY DANCE: TROUPE AND PERFORMANCE

Continue to build on your dance knowledge and learn different regional dances through choreography and troupe performance opportunities. Must have at least two years dance experience.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37704	TCC MPR 3	Thu	May 9-June 27	7:00 pm-8:30 pm	\$80.00 8 classes
37707	TCC MPR 3	Thu	July 11-Aug 1	7:00 pm-8:30 pm	\$40.00 4 classes
38314	TCC MPR 3	Thu	Aug 8-Aug 29	7:00 pm-8:30 pm	\$40.00 4 classes
Contract Program - refund policy may differ					

DANCE SAMPLER: BALLROOM

It's graduation and wedding season! Learn the basics of the fox trot along with the elegance of the waltz and join the party on the dance floor! No partner required.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37964	TCC MPR 3	Fri	May 17-June 7	5:30 pm-6:30 pm	\$32.00 4 classes
Contract Program - refund policy may differ					

DANCE SAMPLER: JIVE

Learn the basics and you will be the envy of the dance floor. No partner required.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37999	TCC MPR 3	Fri	July 5-July 26	5:30 pm-6:30 pm	\$32.00 4 classes
Contract Program - refund policy may differ					

DANCE SAMPLER: LATIN DANCE

Beat the winter blues with a little Latin heat! Add a little sizzle to your winter by learning the basics to the cha cha and add a dash of romance with a little rumba. No partner required.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
38000	TCC MPR 3	Fri	Aug 2-Aug 23	5:30 pm-6:30 pm	\$32.00 4 classes
Contract Program - refund policy may differ					

Sports

LEARN TO PLAY PICKLEBALL

Is it badminton, tennis, or ping-pong? It's all 3! Pickleball is one of the fastest growing recreational sports in Canada among the young and young at heart! Played on a traditional badminton-sized court with special paddles, pickleball uses a wiffle-ball and low net combined with several key rules that make it accessible to people of all ages and abilities. This program will teach the basic skills and rules for beginners. All equipment provided.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
37709	Douglas Park Court	Thu	May 2- May 23	11:00 am- 12:00 pm	\$48.00 4 classes
37710	Douglas Park Court	Thu	June 6- June 27	11:00 am- 12:00 pm	\$48.00 4 classes



Social Programs

Come on down to Timms Community Centre and enjoy an afternoon of fun. Social programs are available to anyone with a valid Games & Track pass (\$25/year).

SOCIAL BRIDGE (18+ years)

Meet other local bridge players at this fun drop-in program. Everything is supplied, even the coffee! Beginners are welcome however all participants must have some knowledge of the rules, strategies and basic game play.

Mondays & Fridays 1:00 pm-4:00 pm

Timms Community Centre, MPR 1

New Player Orientation 12:30 pm-1:00 pm

TEXAS HOLD'EM: LEARN TO PLAY (18+ years)

Learning to play Texas Hold'em poker is not as complex as you may think! Join our Texas Hold'em Poker Club (Learn to Play) where players new to the game will be taught the fundamentals including basic rules and strategy. Those already familiar and experienced with Texas Hold'em are encouraged to join in the fun and sharpen their skills during this social practice play. **Please Note: All players must attend Learn to Play Sessions prior to joining the Texas Hold'em Tournament Play.**

Tuesdays 1:00 pm-4:00 pm

Timms Community Centre, MPR 1

TEXAS HOLD'EM: TOURNAMENT PLAY (18+ years)

For those who have Texas Hold'em game play experience along with a good knowledge and understanding of the rules and strategies associated with game play. Join us for a social afternoon of slightly competitive and highly enjoyable poker. **Please note: All Texas Hold'em Players must attend Learn to Play sessions prior to joining the Texas Hold'em Tournament Play.**

Thursdays 1:00-4:00 pm

Timms Community Centre, MPR 1



Langley Senior

RESOURCES SOCIETY

Recreation and Resource Centre

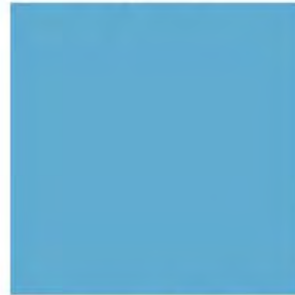
20605 51 B Avenue, Langley, BC Canada V3A 9H1

604-530-3020 | lsrs.ca

JOIN THE ACTION

Lunch Café
Tuk Shop Thrift Boutique
Computer Lab
Lending Library
Physical Fitness & Sports
Yoga & Pilates
Speakers Series
Arts & Crafts & Music
Social Groups
Education
Bus Trips
Foot Care
Flu Clinics
Hearing Clinics
Legal Clinics
Health Seminars
Community Services

Check website
for current
In The Loop,
our monthly
programs
& services
guide



**For those 50+ in the City
and Township of Langley**

We don't LIVE here. We PLAY here. And Learn.
And SOCIALIZE. And CARE.

SENIORS

AGES 50+

WEEK



Langley Senior
RESOURCES SOCIETY

JUNE 3-9

**Access a variety of
free activities and
events throughout
Langley City.**

There will be so many
activities to choose from
including:

- Sports
- Fitness
- Social activities
- Dance and so much more!

Full schedule of events available
May 6 at langleycity.ca.

ACTIVITY PASS Register for your **FREE Seniors Week**
Activity Pass after May 6 at:



Timms
Community Centre
20399 Douglas Cres
604.514.2940
langleycity.ca

Langley Seniors
Resource Society
20605 51B Ave
604.530.3020
lsrs.ca



Gymnasium Schedule

CLICK HERE FOR QUICK ACCESS TO GYMNASIUM PROGRAMS

Admission Rates

PRICING & PASSES

All admissions and passes are non-refundable. Prices are subject to change.

	Child*** (4-12 years)	Youth (13-18 years)	Student with valid ID	Adult (19+ years)	Senior (60+ years)	Family**
Single Session*	\$2.90	\$4.30	\$4.30	\$5.80	\$4.30	n/a
10 Visit Pass	\$26.00	\$38.80	\$38.80	\$52.00	\$38.80	n/a
20 Visit Pass	\$46.20	\$69.00	\$69.00	\$92.40	\$69.00	n/a
1 Month Pass	\$34.70	\$51.70	\$51.70	\$69.30	\$51.70	\$138.60
3 Month Pass	\$78.00	\$116.25	\$116.25	\$156.00	\$116.25	\$311.85
6 Month Pass	\$117.00	\$174.35	\$174.35	\$233.90	\$174.35	\$467.80
1 Year Pass****	\$187.20	\$279.00	\$279.00	\$374.25	\$279.00	\$748.45

Valid for: Weight Room, Fitness Track, Games Room, Single Session Gymnasium, Single Session Fitness, and Al Anderson Memorial Pool (Public Swim, Aquafit, & Length Swim - Seasonal Outdoor Facility)
Excludes Early Years Playtime Programs.

*Single Session is valid for 1 program entry only.

**Family: a combination of 1-2 adults (parents, guardians or grandparents) plus children 18 years and under who reside in the same household (maximum 2 adults per family)

***Children three (3) years old and under are free

****The one (1) Year pass can be put on hold once, for up to two (2) months. Payments continue as scheduled.

1 Year Games & Track Pass	\$25.00 per person
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Valid for: Fitness Track, Games Room, Youth Drop-In Programs, and Social Programs at Timms Community Centre

SUPPORT WORKER PASS

See **page 64** for details and guidelines on the Support Worker Pass.

Fitness for All

See **page 66-68** for our full list of fitness classes.

Gymnasium

Court Rentals

BADMINTON COURT RENTAL

Badminton courts are booked on a first-come, first-served basis. Payment is required at the time of booking. Maximum of six (6) people are allowed per court. Courts are only allowed to be used when booked. Registration open one week before program date. No private instruction allowed. All court rentals are for public use.

Please note: A maximum of two (2) courts permitted to be booked per day, per person.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
Book	TCC	Sun	May-Aug	5:30 pm-6:15 pm	\$11.00 45 min
Book	TCC	Sun	May-Aug	6:30 pm-7:15 pm	\$11.00 45 min

Single Session Gymnasium Activities



Click [here](#) for quick access to Single Session Gymnasium Programs and Descriptions.

We recommend registering for Single Session Activities up to 7 days in advance to secure a spot. If you have registered and find yourself unable to attend, please cancel your registration so someone on the waitlist can sign up.



Gymnasium



[CLICK HERE TO VIEW THE SPRING/SUMMER GYMNASIUM SCHEDULE](#)

(All Ages or 16+) BADMINTON

Recreational badminton is open to all skill levels from beginner to advanced. Double play and rotation of players will be required if session is full. 18 players per half gym on rotational basis or 32 for full gym (6 courts).

(16+ or 50+) BASKETBALL

All skill levels welcome from beginner to advanced. 20 spots for 5 on 5 play with a rotating group per half gym or 30 for full gym. If full, scores go to 7 points. Winners stay on for a maximum of 2 wins.

(4+ or 16+) BASKETBALL SHOOT AROUND

If you're looking to enhance your basketball skills and improve your game, come and shoot around. No scrimmaging or game play will be allowed. Max 20 per half gym or 30 for full gym. Children under 8 years must be accompanied by an adult.

Single Session Gymnasium Sports



Preregistration is required for all Single Session Gymnasium Sports programs. Register in-person, by phone or online.

Regular admission fees apply. See page 60 for rates. We recommend registering for Single Session activities up to 7 days in advance.

FAMILY GYM (All Ages)

Register your family and enjoy gymnasium time at Family Gym! This open gym will have activities such as basketball, badminton, soccer, pickleball and table tennis. This program is open to families only (a combination of parents and their children under the age of 19 years still living at home). There will be a maximum of 6 members per household family and 4 families allowed per session. Each family member attending must be listed on the screening form.

PICKLEBALL (4+ or 16+)

Recreational pickleball is open to all skill levels from beginner to advanced. Double play and rotation of players is required if the session is full. 18 players per half gym or 32 for full gym.

TABLE TENNIS (16+)

Open to all skill levels from beginner to advanced. Up to 5 tables are available. Double play and rotation of players is required if busy. 24 players per half gym.

VOLLEYBALL (16+)

Come play non-competitive and recreational co-ed volleyball. Players sort themselves into teams. 6 on 6 per court. Rotation of players will be required if session is full. Maximum 30 for full gym (2 courts)

WALK OR RUN (OR A MIXTURE OF BOTH!)



DOUGLAS PARK PACERS



MON-FRI 9AM
DOUGLAS PARK

Are you interested in improving your general fitness while getting fresh air and meeting new people in the community? Come out and join the Pacers! It's free and it's for everyone! Walk or run (or a mixture of both) for 30 minutes at your own pace on a half kilometer loop while getting motivation, supports and tips from your leader.



Fitness

CLICK HERE FOR QUICK ACCESS TO FITNESS PROGRAMS

Weight Room Hours

TIMMS COMMUNITY CENTRE

20399 Douglas Crescent

Monday to Thursday	6:00 am - 9:00 pm
Friday	6:00 am - 8:00 pm
Saturday	8:00 am - 6:00 pm
Sunday	8:00 am - 8:00 pm
Holiday	10:00 am - 3:00 pm

Age Restriction: Weight room users must be 16+ years to use the facility independently. Youth 13-15 years interested in using the weight room must follow the guidelines below.

YOUTH WEIGHT ROOM GUIDELINES & HOURS

Youth 13-15 years may use the weight room if:

- supervised by an adult (19+ years) **or**
- they have completed a weight room orientation **or**,
- they attend during youth supervised hours:
 - Monday to Friday: 3:00 pm - 5:00 pm
 - Saturday/Sunday: 1:00 pm - 3:00 pm & 6:00 pm - 8:00 pm



SUPPORT WORKER PASS

For those who have disabilities or require additional assistance to participate in our programs or amenities, a support worker may attend for no additional charge.

Support workers are able to participate alongside their companion; however, they should not be doing their own independent program or activity.

Please note that support workers need to be at least 16 yrs old to support others in our facility and/or programs, unless they are supporting a youth 13-15 in the weight room where they need to be 19+ years.

Registered and Single Session Fitness Classes



Click [here](#) for quick access to Single Session Fitness Programs and Descriptions.

Participants must be 14+ years or 12-13 years with a supervising adult. Pre-registration is required. We recommend registering for single session classes up to 7 days in advance to secure a spot.

Fitness

FACILITY ETIQUETTE

Help us provide a safe and friendly environment. Please follow the guidelines below to ensure a positive experience for all. Note: facility may not be supervised at all times. Use at your own risk.

HEALTH, SAFETY & SECURITY

- Leave your valuables at home. The City is not responsible for lost or stolen items. Lockers are available; bring your own lock.
- Avoid placing bags or belongings on the floor.
- Proper athletic footwear is required. No sandals or open toed shoes.
- No food allowed.
- Drinks must be in an unbreakable, spill-proof container.
- Report any facility or equipment concerns to staff immediately.

RESPECT OTHERS

- Turn cellular phones to silent mode; step outside the gymnasium to talk on your phone.
- Do not take pictures or recordings of people.
- No swearing or disrespectful language.
- Avoid wearing perfume or cologne.
- Use of amplified music players is not permitted.
- Arriving late can disrupt the program and not allow for sufficient set-up and warm up. Late entry will not be allowed.

HELP REMOVE FINANCIAL BARRIERS FOR KIDS TO PLAY SPORTS



APRIL 1-30

\$30 100% GOES TO HELPING
KIDS PLAY SPORTS

MOVE430.CA



Set Your Reminder

To provide fair access for everyone, the majority of our scheduled Single-Session activities will be **open for registration 7 days in advance**.

Single-Session schedules are online for fitness and gymnasium activities.

If you have registered and find yourself unable to attend, please cancel your registration so someone on the waitlist can sign up.

Fitness Classes

(45 minutes) 15-15-15

Moderate intensity; Moderate impact

Get fitter faster in this interval training class! 15 minutes of cardio exercises followed by 15 minutes of strength training and finishing with 15 minutes of abs and stretching for a full body workout.

(60 minutes) ABS, BUTT & THIGHS

Moderate Intensity; Moderate impact

Shape up and burn calories as you squat, lunge, and crunch your way to fitness. Using a variety of equipment including weights, bands, gliders, and bodyweight exercises, you will tone and trim those areas we love to hate!

(60 minutes) BODY PUMP

Moderate Intensity; Moderate impact

Burn calories while shaping and toning your body and increasing core strength. This power-hour will incorporate high intensity interval training (H.I.I.T) and tabata exercises to elevate your heartrate while you strengthen and tone using weights, bars, and gliders. Mat work is also included. Participants must be comfortable getting to and from the floor.

(60 minutes) BODY TONING

Moderate Intensity; Moderate impact

Sculpt and tone your body while increasing joint mobility and core strength. This class will include a variety of exercises using light weights, bands, balls, and body weight exercises for your upper body, lower body, and core.

Note: Bodysculpt Express 45 minutes

(60 minutes) BODYSCULPT

High Intensity; Moderate impact

Work all of your muscles in every way possible in this class designed to build strength, define your muscles and decrease body fat. Increase your lean muscle mass using a combination of cardio drills, dumbbells, tubing, body bars, and a variety of body weight exercises to transform your body.

Note: Bodysculpt Express 45 minutes

BOLLY-X (60 minutes)

Moderate Intensity; Moderate impact

Join us for this Bollywood-inspired cardio dance-fitness class that combines fun, choreography with the hottest music from around the world! This program cycles between high and lower intensity cardio that can be modified to suit individual needs. No dance experience needed!

BOOTCAMP (60 minutes)

High Intensity; Moderate impact

Circuit-style bootcamp using a variety of challenging workouts to build strength and stamina. A combination of cardio fitness, muscular endurance and strength building exercises using a variety of equipment - never the same workout twice!

CARDIO COMBO (60 minutes)

Moderate Intensity; Moderate impact

This class has it all! Using light weights, bands and body weight exercises, increase your muscular endurance and strength while improving your cardio, flexibility, and balance. Steps may be used for an increased challenge. Class includes mat work. Participants must be comfortable getting to and from the floor.

CORE EXPRESS (45 minutes)

Moderate Intensity; Low impact

A challenging class that targets the abs, obliques, back and legs to activate and strengthen your core muscles. Targeted balance and core exercises using a variety of equipment including: Bosu, Fitballs, and body weight exercises. Mat work is included. Participants must be comfortable getting to and from the floor.

DEEP STRETCH YOGA (60 minutes)

Low Intensity; No impact

Enjoy a deep level of relaxation while improving your flexibility in this slow, calming yoga class. Disconnect from the frantic activity of daily life and prepare your mind and body for meditation and a deepened awareness. Prolonged stretches will aim at opening up your shoulders, hips, and legs while releasing tension in your entire body. No previous yoga experience needed. Beginners welcome.

Fitness Classes

(60 minutes) NEW! FITNESS THERAPY

Low Intensity; Low impact

Using light weights, bands and balance activities for a full-body functional workout, this low-impact class will help rehabilitate the hip, knee and ankle joints. Suitable for all fitness levels.

(60 minutes) FLOW YOGA

Low Intensity; Low impact

Move slowly through yoga postures to promote healing, relaxation and flexibility. Includes both standing and sitting postures. Beginners welcome.

(30 minutes) GENTLE CYCLE

Low Intensity; No impact

Enjoy a 30 minute indoor cycle that is easy on the joints, builds muscle, and improves balance. Go at your own pace while enjoying this small group class.

(60 minutes) GENTLE-FIT

Low Intensity; Low impact

A low-impact fitness class suitable for all ages and abilities focusing on improving flexibility, strength, endurance, and coordination. Using light weights and chairs (as needed for balance), participants will be led through a variety of exercises to high energy music. No mat/floor work.

HIGH INTENSITY INTERVAL TRAINING & (60 minutes) YOGA FUSION

Low Intensity; Low impact

30 minutes of cardio and strength intervals to elevate your heartrate, burn fat, and build muscle followed by a 30 minute yoga and meditation series to improve your balance and flexibility. Relax your mind and re-boot your spirit. Beginners welcome!

NEW! METABOLIC BURN EXPRESS (45 minutes)

High Intensity; Moderate impact

Ramp up your metabolism and maximize caloric burn in this high intensity circuit class. A combination of static holds, pulses, and short but intense plyometrics will target your cardiovascular health, reduce bone density loss, and improve your functional mobility. Participants must be comfortable getting to and from the floor.

MIX FIT (60 minutes)

Moderate Intensity; Moderate impact

A power-mix of cardio and strength training that will get your blood pumping and muscles working. A variety of cardio exercises combined with strength training including: steps, bikes, TRX, bosu, bands and weights - never the same class twice! Suitable for all fitness levels. Some mat work included - participants must be comfortable getting to and from the floor.

POWER YOGA (60 minutes)

Moderate Intensity; Moderate impact

A challenging, intense workout utilizing dumbbells for upper and lower body training exercises while performing a series of power yoga poses. Holding poses for longer periods focuses on building a strong and engaged core while improving balance and range of motion. The perfect synergy between weight training and yoga!

RESTORATIVE YIN YOGA (60 minutes)

Low Intensity; No impact

A quieter yoga practice that uses predominately floor-based postures held for longer periods of time. Focus is on stretching and rehabilitating the connective tissues in your body that tend to shorten with age. Suitable for all levels of fitness. Props and modifications will be used allowing participants to work within their comfort zones.

SPIN EXPRESS (45 minutes)

High Intensity; Low impact

Join this high-intensity spin class with intervals of hills and sprints for the ultimate fat burning workout in 30 minutes! Cool down with a 15 minute stretch to leave you feeling energized and limber!

Fitness Classes

(60 minutes) SPIN & SCULPT

High Intensity; Low impact

30 minutes of cardio intervals on the indoor bicycle to burn calories and improve cardiovascular health followed by upper body exercises using weights and bands to strengthen and tone.

(60 minutes) SPIN & STRETCH

Moderate Intensity; Low impact

30 minutes of cardio intervals on the indoor bicycle followed by 30 minutes of dynamic stretches to help elongate your muscles, strengthen your core, and limber up!

(75 minutes) SPIN & YOGA

Moderate Intensity; Low impact

30 minutes of high intensity cardio spin to burn calories and get your heart pumping followed by 45 minutes of relaxing yoga poses to help stretch your muscles and strengthen your core.

(60 minutes) STRETCH & ROLL

Low Intensity; Low impact

Improve your flexibility, soothe sore muscles, and prevent injury in this self-care class designed to loosen tight muscles. Focusing on: glutes, hamstrings, chest, back, calves and quads. Using a foam roller, your instructor will lead you through a series of exercises to help release muscular knots caused by muscle imbalance, over-use, and injuries. Other stretching exercises will be incorporated to increase range of motion and mobility. Participants must be comfortable getting to and from the floor. Beginners welcome.

(45 minutes) TOTAL BODY CONDITIONING EXPRESS (TBC)

High Intensity; Moderate impact

Get stronger, lose body fat, and build lean muscle through a variety of high intensity intervals including cardio drills and muscular endurance exercises.

TOTAL BODY RESISTANCE (TRX) EXPRESS (45 minutes)

Moderate Intensity; Low impact

Tone and sculpt your entire body through a variety of TRX suspension training exercises combined with intervals of upper and lower body sculpting exercises using light weights and bands.

YOGA EXPRESS (45 minutes)

Moderate Intensity; Low impact

Energize your body as you move through various yoga poses that will help open the body while strengthening the mind-body connection. Expect a variety of chest-opening postures, body twists, and light stretching exercises to help release body tension.

YOGALATES (75 minutes)

Moderate Intensity; Low impact

Yoga and pilates fused together into a total toning class that will work your abs, waist, shoulders and arms while tightening your butt and thighs. Enjoy the gentle stretch of yoga and the core-building strength of pilates as you benefit from the mental practice and breathing exercises for whole body health. No previous experience needed. Beginners welcome.

ZUMBA FITNESS (60 minutes)

Moderate-High Intensity; High impact

Party yourself into shape with high-energy dance moves designed to tone in all the right places. You don't need to be coordinated or have rhythm... just a willingness to have fun and the desire to dance!

ZUMBA GOLD (45 minutes)

Low-Moderate Intensity; Moderate impact

This modified class recreates Zumba moves at a lower intensity. It is designed to meet the needs of older adults or those with physical and/or mental impairments that would benefit from a slower-paced class. No dance experience required, suitable for all fitness levels. Enjoy the zesty Latin music and move at your own pace!

Weight Training

PERSONAL TRAINING

Timms Community Centre - Weight Room

AGES 16+	
<p>Looking for some one-on-one training? Whether you are new to the weight room or looking to refresh your routine and motivation, our certified trainers can guide you through. All personal training includes a phone consultation session with your trainer to review your goals and schedule your first appointment.</p> <p>Tandem sessions are also available if you want to share your time with a friend or family member.</p> <p>Pre-registration is required. To register call us at 604.514.2940 or book in person.</p>	
Individual Sessions	\$ (+gst)
3 - One Hour Training Sessions	\$165.00
5 - One Hour Training Sessions	\$275.00
10 - One Hour Training Sessions	\$550.00
20 - One Hour Training Sessions	\$1100.00
Tandem Sessions* (2 people sharing)	
3 - One Hour Training Sessions	\$247.50
5 - One Hour Training Sessions	\$412.50
10 - One Hour Training Sessions	\$825.00
<i>*Pairs must be at a similar fitness level.</i>	
<i>*Personal training passes are non-refundable</i>	

BUY A PASS AND SAVE!

Purchase 10 visits or a monthly pass to save on your admission cost. See **page 12 or 60** for details or ask at the front desk.

WEIGHT ROOM ORIENTATION

Timms Community Centre - Weight Room

AGES 13+	
<p>A 45 minute safety orientation for those new to the weight room. Participants will receive training on: safe practices in the weight room, proper use of equipment, review of policies and etiquette and basic workout routine. Youth 13-15 years are required to complete an orientation prior to being admitted to the weight room without adult supervision.</p> <p>Please note: this is not a personal training program, orientations will include a basic training program only. Participants must complete the Weight Room Orientation Package and return at the time of booking and payment.</p>	
Individual Sessions	\$
1 - 45 min Orientation	\$10.00

WOMEN WITH WEIGHTS

Hey ladies! Why workout alone? Join this group and get fit while learning the most effective techniques for strength and cardio training. Under the guidance of a certified trainer, gain the confidence, and motivation you need to start on a path to a fitter, healthier lifestyle. Each participant will receive their own personal training plan based on their individual needs and goals. Beginners welcome!

AGES 30+ BEGINNER					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36878	TCC Weight Rm	Tue	May 7- June 11	10:30 am- 11:30 am	\$120.00 6 classes

MOBILITY

LANGLEY CITY ADAPTIVE FITNESS



TIMMS COMMUNITY CENTRE 20399 DOUGLAS CRESCENT

FITNESS TRACK

GET FULL ACCESS
WITH A
GAMES & TRACK
PASS \$25/YEAR



Something for everyone

LOW TO HIGH INTENSITY

The City offers a wide variety of fitness classes for all levels of fitness. Low to high intensity and low to high impact classes available.

See pages 66-68 for class descriptions.

Active Aging

FREE! ACTIVAGE FUNCTIONAL MOVEMENT



BC Recreation & Parks Association (BCRPA), in partnership with the Active Aging Research Team at the Centre for Hip Health and Mobility along with Langley City, are proud to offer these **FREE** group-led physical activity programs for older adults.

Are you an older adult wanting to get more active? ActivAge may be for you! ActivAge is a free 3-month group 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) based on ActivAge training. This fun and social program will help get participants moving in a relaxed environment with likeminded people. The program focuses on improving activities associated with daily living, strengthening muscles used day-to-day (ie: bending, lifting, stretching etc.) Each class incorporated physical activities that engage participants, and features in-class discussions and resources to improve overall health and physical well-being.

AGES 50+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36490	TCC MPR 3	Sat	Apr 20-June 22	9:30 am-10:25 am	\$ FREE 10 classes
Contract Program - refund policy may differ					

FREE! CHOOSE TO MOVE

Are you an older adult who is looking for support to get physically active? Join Choose to Move to help introduce the habit of physical activity into your daily life in ways that make sense for you. It is free and flexible, and provides you with motivation and support to become more active. **Participants MUST attend the info session prior to starting the Choose to Move Program.**

MANDATORY INFORMATION SESSION					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36488	TCC MPR 2	Sat	Apr 6	11:30 am-12:30 pm	\$ FREE 1 class

In Choose to Move, you receive both individual and group support. You will work with a trained activity coach to develop and stick to a physical activity plan made just for you. You choose activities that you know you will enjoy and are able to do! You will also join a group of other Choose to Movers to share successes and challenges. With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals.

While this is an individual program, Motivational Group Meetings have been scheduled.

MOTIVATIONAL GROUP MEETINGS/TRAINING					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36489	TCC MPR 2	Sat	Apr 20-June 22	11:30 am-1:00 pm	\$ FREE

Active Aging

MINDS IN MOTION™



Minds in Motion is a fitness and social activity program for people living with any form of early stage dementia along with a family member, friend or other care partner. This program is offered in partnership with the Alzheimer Society of BC. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner.

AGES 30+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36857	TCC MPR 2	Tue	May 7- June 25	10:00 am-11:30 am	\$56.00 7 classes
36858	TCC MPR 2	Tue	July 2- July 23	10:00 am-11:30 am	\$32.00 4 classes
38057	TCC MPR 2	Tue	July 30- Aug 20	10:00 am-11:30 am	\$32.00 4 classes
Contract Program - refund policy may differ					



Fall Prevention & Mobility Classes

FIT FOR LIFE

An advanced program designed for those who have completed the Osteofit Training **OR** are actively mobile and are regular exercisers. Following a low-impact cardio warm-up, participants will be led through a variety of strength and balance training using various equipment and body weight exercises. This class involves mat work. Participants must be comfortable getting to and from the ground. Flexibility training and relaxation techniques are also part of the fun!

Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36872	TCC Fitness Rm	T/Th	Apr 30- May 30	10:00 am-11:00 am	\$65.00 10 classes
36873	TCC Fitness Rm	T/Th	June 4- June 27	10:00 am-11:00 am	\$52.00 8 classes
36875	TCC Fitness Rm	T/Th	Aug 6- Aug 29	10:00 am-11:00 am	\$52.00 8 classes

MINDFULNESS & GENTLE MOVEMENT

Participants will be guided through a variety of mindfulness practices and gentle movements to help calm the mind and body while bringing awareness to the present moment. Gentle movements will include range of motion, flexibility, and balance exercises to increase strength and overall well-being. Both standing and sitting exercises will be included, participants must be comfortable getting to and from the floor. Beginners welcome!

Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
38075	TCC MPR 3	Mon	May 27- June 24	12:00 pm-1:00 pm	\$40.00 5 classes
38076	TCC MPR 3	Mon	July 8- Aug 26	12:00 pm-1:00 pm	\$56.00 7 classes



Fall Prevention

STAND STRONG!

In this small group class, you will work alongside our exercise specialist to improve your balance, mobility, and strength so that you can continue to stay independent and get the most out of life. Exercises may be done seated or standing. This class is suitable for those using mobility aids such as walkers or for those who can walk independently but may be at risk for injury due to Osteoporosis or Arthritis.

AGES 30+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36861	TCC MPR 3	T/Th	Apr 30-May 30	12:45 pm-1:30 pm	\$80.00 10 classes
36862	TCC MPR 3	T/Th	June 4-June 27	12:45 pm-1:30 pm	\$64.00 8 classes
36864	TCC MPR 3	T/Th	Aug 6-Aug 29	12:45 pm-1:30 pm	\$64.00 8 classes

Prenatal/Postnatal

PRENATAL YOGA

Strengthen, stretch, and breathe your way to a more comfortable pregnancy. Improve posture, balance, and flexibility as your instructor leads you through a series of pregnancy-safe yoga poses. Prepare for labour by building stamina and learning to use your breath. The benefit from relaxation exercises will help you now and as a new mother. This is a great way to connect with other moms-to-be in your community as you enjoy the benefits of this popular class.

Drop-ins welcome if space permits \$14.50/visit.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36870	TCC MPR 3	Mon	May 6-June 24	6:45 pm-7:45 pm	\$77.00 7 classes
36871	TCC MPR 3	Mon	July 8-Aug 26	6:45 pm-7:45 pm	\$77.00 7 classes

Yoga & Pilates

CHAIR YOGA

This gentle form of yoga is practiced sitting on a chair or standing and using a chair for support. Chair yoga is a great form of exercise for everyone as it deepens flexibility and strengthens body awareness no matter what your age or ability level. This is an all-level class appropriate for those who have never taken a yoga class before as well as experienced practitioners. Our certified yoga instructor will help find modifications so everyone can find a pose that works for them. Deep breathing will be paired with movements to relax the body, increase your mindfulness and awaken the mind-body relationship.

AGES 14+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36865	TCC MPR 3	Tue	Apr 30-June 18	11:30 am-12:30 pm	\$68.00 8 classes
36866	TCC MPR 3	Tue	Aug 6-Aug 27	11:30 am-12:30 pm	\$34.00 4 classes

PILATES MAT CLASS: LEVEL 2

For those who have completed at least one session of Level 1 Pilates. Join us in this advanced class that builds upon the level 1 exercises by moving at a faster pace through the class while introducing more challenging exercises. Starting with a traditional warm-up you will go through a variety of different exercises for a full-body workout designed to stretch and tone your legs, abs, arms and core.

AGES 14+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36876	TCC MPR 3	Wed	May 8-May 29	9:30 am-10:30 am	\$34.00 4 classes
36877	TCC MPR 3	Wed	June 19-July 24	9:30 am-10:30 am	\$51.00 6 classes

GENTLE YOGA

Gentle Yoga follows the principles of hatha yoga focusing on a healthy mind-body connection but goes through the various body positions (asanas) at a slower pace with gentle movements and mindfulness. This class emphasizes safety and is open to all levels - beginners welcome! Classes will consist of breathing techniques, strengthening standing poses, floor work, stretching, and relaxation. Participants are encouraged to wear layers and bring a light blanket for the relaxation portion.

AGES 14+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
36859	TCC MPR 3	Thu	May 2-June 20	11:30 am-12:30 pm	\$68.00 8 classes
36860	TCC MPR 3	Thu	Aug 8-Aug 29	11:30 am-12:30pm	\$34.00 4 classes





Events

CLICK HERE FOR QUICK ACCESS TO EVENTS

PLEASE NOTE:

Event details are subject to change. For the most up-to-date event information, visit langleycity.ca.



Event Highlights

EARTH DAY FESTIVAL

April 20

Douglas Park

In partnership with Langley Environmental Partners Society, come together from 10:00 am-2:00 pm as we celebrate Mother Earth. This **FREE**, family event will have lots of activities to try including an upcycling challenge for all ages. For further information, see langleycity.ca.

LANGLEY WALK

May 5 12:30 pm

Walnut Grove

Bring your family and friends and enjoy a walk along a 5km route. All finishers will receive a commemorative crest.

What's happening around town

APRIL to MAY

April 17 National Canadian Film Day
Langley City Hall Council Chambers

April 19-21 Food Truck Wars
Kwantlen Polytechnic University

April 20 PADS Charity Pickleball Tournament
Douglas Park Pickleball Courts

April 20 Earth Day Festival
Douglas Park

May 1-7 Youth Week
Langley City

May 5 62nd Annual Langley Walk
Walnut Grove

May 10 Move for Health Day
Al Anderson Memorial Pool & TCC

May 26 MS Walk
Douglas Park

Events

SENIORS WEEK

June 3-9

Access a variety of free activities and events throughout Langley City. Sports, fitness, social activities, dance, and so much more! Passes and full schedule available May 1.

COMMUNITY DAY FESTIVAL

June 8 11:00 am-7:00 pm

Join us at Douglas Park where families can enjoy a variety of attractions and activities! Live entertainment, interactive sports, kids crafts, food trucks, beer garden, and more!

MOVIES IN THE PARK

June 28 • Aug 2 • Aug 23

Bring your family and friends, pack the blankets, and lawn chairs, and head on down to Douglas Park to enjoy free outdoor movie on the big screen. Movies and showtimes will be announced one month prior to each event date.

Fun for the whole family

JUNE to JULY

June 1	British Invasion Car Show Douglas Park	July 4-7	Douglas Park Charity Pickleball Tournament Douglas Park Pickleball Courts
June 3	Senior's Week Langley City	July 5	Dancing in the Park - Dancing for Dessert Douglas Park Spirit Square
June 8	Community Day Douglas Park	July 12	Dancing in the Park - Rock Step Swing Douglas Park Spirit Square
June 21	Johnny Elvis Rocks the Park Douglas Park Spirit Square	July 13	Danny Bay Concert Douglas Park Spirit Square
June 28	Outdoor Movie Nights Douglas Park	July 18-21	Bard in the Valley Douglas Park Spirit Square
July 4	Johnny Elvis Rocks the Park Douglas Park Spirit Square	July 25-28	Bard in the Valley Douglas Park Spirit Square

Events

AUGUST

- Aug 2** Outdoor Movie Night
Douglas Park
- Aug 8** Johnny Elvis Rocks the Park
Douglas Park Spirit Square
- Aug 16** Dancing in the Park - Dancing for Dessert
Douglas Park Spirit Square
- Aug 23** Outdoor Movie Night
Douglas Park
- Aug 24** Heritage Classic Car Show
Douglas Park
- Aug 30** Dancing in the Park - Rock Step Swing
Douglas Park Spirit Square
- Aug 31** Overdose Awareness Day
Douglas Park



FREE
FAMILY
EVENT

Langley Walk

SUNDAY, MAY 5, 2024
1:00 PM START

Bring your family and friends
and enjoy a 5km route.

Those who complete the walk will receive
a commemorative crest

LANGLEYCITY.CA





Langley Community Music School Presents...

PROFESSIONAL CONCERTS

- Apr 20** James Campbell & Friends
Langley Community Music School
- May 3** Rose Gellert String Quartet
Langley Community Music School
- May 25** Aurora Piano Trio
Langley Community Music School
- May 31** Brad Turner Quartet
Langley Community Music School
- June 14** Rose Gellert Spring Quartet
Langley Community Music School

LANGLEYMUSIC.COM 604.534.2848

ENVIRONMENTAL SUSTAINABILITY COMMITTEE
PRESENTS

Earth Day

A FAMILY FRIENDLY Free Event

JOIN US IN CELEBRATION OF EARTH DAY IN LANGLEY CITY

Learn, explore, and have fun while participating in educational and environmentally-friendly activities.

Saturday, April 20
Douglas Park
10:00 am - 2:00 pm

FREE secure bike valet available

IN PARTNERSHIP WITH:



FREE OUTDOOR CONCERT SERIES

WEDNESDAYS
6:30-8:45 PM

Langley City

sounds of
SUMMER

CONCERT SERIES



JULY 3
JULY 10
JULY 17
JULY 24
JULY 31

AUGUST 7
AUGUST 14
AUGUST 21
AUGUST 28



COME ENJOY A FREE FAMILY EVENT IN LANGLEY CITY

Community Day

Saturday, June 8, 2024



11:00AM - 7:00PM
DOUGLAS PARK
20550 DOUGLAS CRESCENT



FOOD TRUCKS

ENTERTAINMENT

FAMILY FUN



Event Highlights

Enjoy entertainment, food trucks, beer garden, community booths, kids stations, artisan craft market, Fire Rescue Challenge and special guests.

Spirit Square Performances

Don't miss the entertainers performing on the Douglas Park Spirit Square stage. See website for full schedule.



LANGLEYCITY.CA

LANGLEY
Advance Times





Parks

[CLICK HERE FOR QUICK ACCESS TO PARKS](#)

Dog Off Leash Parks

BRYDON PARK

198 Street & 53 Avenue

CITY PARK

207 Street & 48 Avenue

LINWOOD PARK

201A Street & Michaud Crescent

UPLANDS DOG OFF-LEASH PARK

4441 206 Street

The City boasts several parks and trails that are sure to thrill any nature lover. The Muckle Creek trail takes you on a fabulous tour of Sendall Gardens. Passing the legacy garden, tropical greenhouse, and water feature. Not only is Sendall Gardens a great place to take a walk, it's a popular setting for engagement and wedding photos. Park access points on 49, 49A, and 50 Avenues.

Brydon Lagoon Nature Trail will take you on a tour of Brydon Lagoon, a magnificent wildlife sanctuary. The trail goes around the lagoon and has connectivity to the Rotary Nicomekl Trail and to Hi-Knoll Park in Surrey. This area is a bird lovers paradise.

Beginning at Buckley park on the western boundary, the Power Line trail follows the BC Hydro right-of-way east through the City and eventually brings you to the Uplands Dog-off Leash Park and the Dog Park Loop Trail at 206 Street.

Leave a legacy

DONATIONS

If you would like to recognize a milestone in your personal life, honour the memory of a friend or family member or show your community spirit, Langley City accepts donations for parks improvement projects in Langley City. Options include park benches, and trees. **For more information, please contact Kyle Simpson 604.514.2911**

HELP KEEP OUR PARKS CLEAN AND BEAUTIFUL

When you visit a Langley park, make sure you pack out all of your waste.

PACK IT IN, PACK IT OUT!

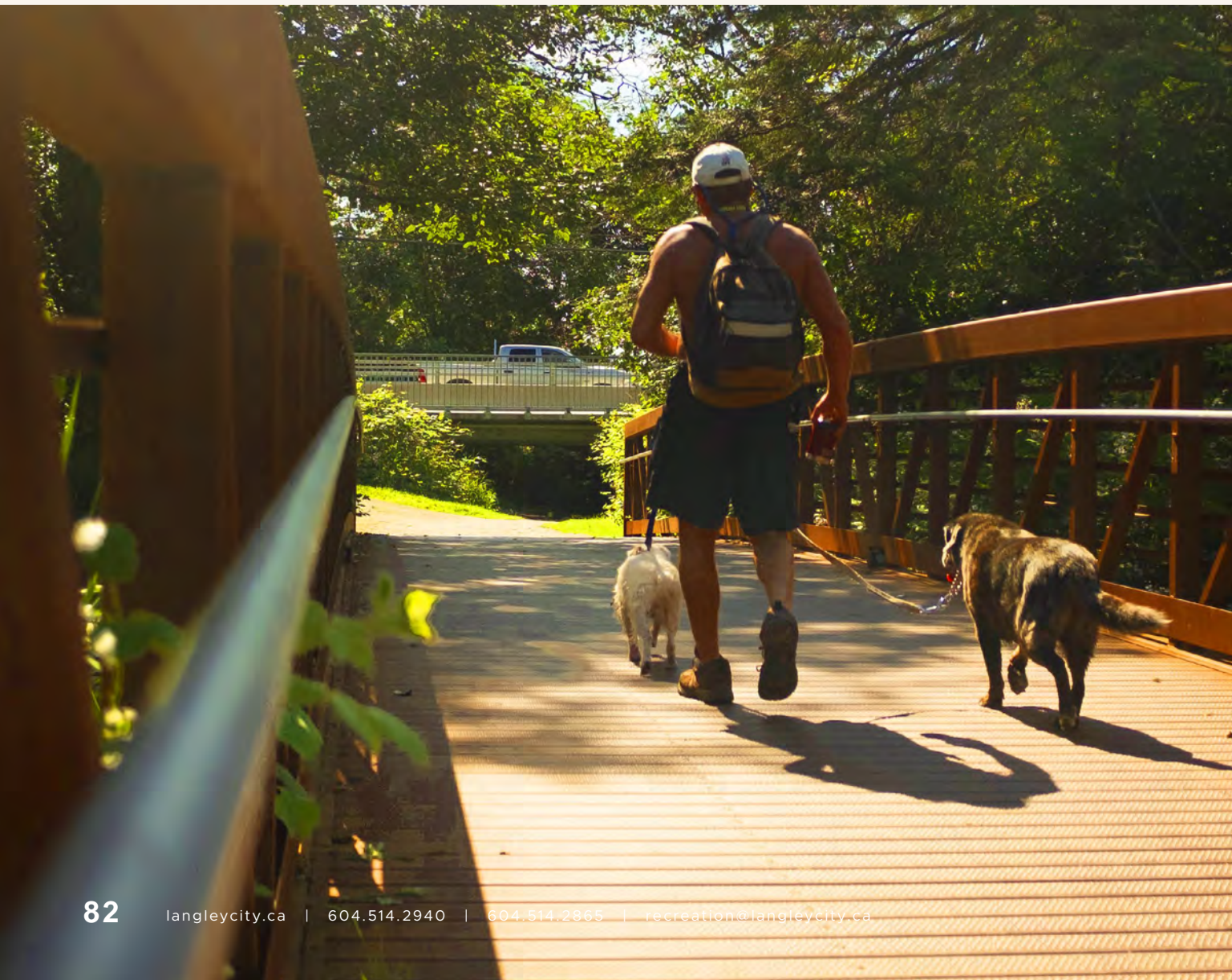
Parks

Picnic Shelters

BOOKING INFORMATION

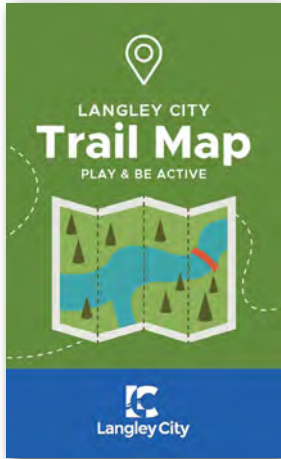
City Park has picnic shelters that are available to reserve for picnics, parties or family events. Shelters are available to reserve from April 1 – October 15. In the off-season (October to April), picnic shelters are available for use on a first-come, first-served basis.

Requests are taken in the order they are received beginning March 1, 2024. **To book, call 604.514.2865.**



Trail Map

COMING SOON: UPDATED TRAIL MAP



Langley City is proud to release a new and updated trail map. This pocket-sized pull out map will help you find new adventures in Langley City.

You and your family can explore the various parks, trails and playgrounds by foot, or bike.

Pick one up at Timms Community Centre.

ADOPT - A park . street . trail

Volunteer

ADOPT-A PARK STREET TRAIL

The City of Langley Adopt-A Program invites individuals and community groups to keep their neighbourhoods litter-free: one street, one Park and one trail at a time. The City of Langley has 422 acres of park and open space. By adopting a Street, Park or Trail volunteers can contribute to the beautification of our city. Volunteers with the Adopt-A Program get out, get active and get connected with the community. Adopting an area reduces the litter pick-up costs which saves money, makes a visible impact on the environment and builds community pride.

Contact: events@langleycity.ca.



Water Spray Parks

Water Spray Parks are open May long weekend to September long weekend, 8:00 am to 8:00 pm.

Note: Dates and times are subject to change.

CITY PARK

207 Street & 48 Avenue

DOUGLAS PARK

206 Street & Douglas Crescent

NICOLAS PARK

209 Street & 50 Avenue



- | | |
|----|--|
| 4 | Linwood Park |
| 5 | Nicholas Park |
| 6 | Nicomekl Park |
| 7 | Conder Park |
| 8 | Penzer Park &
Penzer Bike Skills Park |
| 9 | Iris Mooney Park |
| 10 | Rotary Centennial Park |
| 11 | Dumais Park |
| 12 | Zazulak Park |
| 13 | Langley Prairie Neighbourhood Park |

City of Langley Parks Amenities

Parks	Washrooms	Picnic Tables	Playgrounds	Spray Parks	Off Leash Areas	Trails	Community Gardens	Baseball Diamonds	Basketball	Soccer	Other
Brydon Park 198 St. & 53 Ave.	◆	◆	◆		◆	◆		◆	◆		
Buckley Park 196 St. & 48 Ave.	◆		◆			◆				◆	
City Park 207 St. & 48 Ave.	◆	◆	◆	◆	◆	◆		◆		◆	Outdoor Pool, Lacrosse Box
Conder Park 198 St. & 50 Ave.	◆	◆	◆			◆		◆			
Douglas Park 206 St. & Douglas Cr.	◆	◆	◆	◆		◆	◆		◆		Pickleball Courts, Hockey Box
Dumais Park 208 St. & 57 Ave.			◆								
Hunter Park 199 St. & 45A Ave.			◆			◆					
Iris Mooney 209 St. & 47 Ave.			◆								
Langley Prairie 20060 Fraser Hwy.						◆					
Linwood Park 201A St. & Michaud Cr.	◆	◆	◆		◆		◆		◆	◆	
Nicholas Park 209 St. & 50A Ave.	◆	◆	◆	◆							Tennis Court
Nicomekl Park 208 St. & 54 Ave.		◆				◆					
Penzer Park 198C St. & 47 Ave.	◆	◆	◆			◆			◆		Bike Park, Parkour Course, Pump Track
Portage Park 204 St. & 51 Ave.	◆	◆	◆			◆			◆		Euro Court
Rotary Centennial 20869 Fraser Hwy.	◆		◆				◆	◆		◆	
Sendall Gardens 201A St. & 50 Ave.	◆	◆				◆					Tropical Greenhouse
Upland Dog-Off Leash Park 206 St. & 44 A Ave.	◆	◆			◆	◆					

Rotary Centennial, Nicholas Park and Penzer Park washrooms are only open from April to September every year.

Your library has it all.



STEAM learning • ebooks • audiobooks • music • streaming video • and more!



Explore our lending collection:

- Air Quality Monitors
- Bat Packs
- Birdwatching Backpacks
- Disc Golf
- Energy Meters
- Nature Packs
- Puzzle Cubes
- Radon Detectors
- Solar Panels
- Spectrums
- Sphero BOLT (programmable robots)
- Sunshine Lamps
- Telescopes
- Thermal Leak Detectors
- Ukuleles





Your library has it all.

*STEAM learning • ebooks • audiobooks
• music • streaming video • and more!*

Close Knit Langley

Every Tuesday, 2:00 pm – 5 pm

Join knitters of all ages and abilities for our warm and welcoming drop-in knitting circle. Children and beginners are welcome.

Scrabble Club

Every Wednesday, 1:30 pm – 3:30 pm

Come join us for a rousing game of Scrabble® in the library. Drop in program.

Titles and Tea Book Club

**Third Tuesday of every month,
2 pm – 3 pm**

Join us to discuss this month's chosen work of fiction in a casual and welcoming setting. The library provides the book club set. If you would like to join the book club, please talk to our staff.

Langley Weavers and Spinners

**First Thursday of every month,
10:30 am – 1:30 pm**

The Langley Weavers and Spinners Guild meets every month to share their knowledge. New members are welcome.



Drop-In Tech Help

**Third Friday of every month,
10:30 am – 12 pm**

Join our library staff to learn new programs and techniques on your own devices or on library computers. Bring in your questions and remember your password before coming to the library. We need this information to help you solve problems faster.

Babytime

**Every Monday, 2 pm – 2:30 pm
(except May 20, July 1, August 5)**

Make language fun! Start early with Babytime. Help your baby develop speech and language skills. Enjoy bouncing, singing and rhyming with stories. Babytime is a fun, social bonding activity for babies and caregivers. This program is best suited to children ages 0 to 2. Looking for more Babytime fun? Check out our on-demand content on Facebook or YouTube.

Storytime

Every Thursday, 10:45 am – 11:15 am

Introduce kids to the love of books and language with Storytime! Children and caregivers will enjoy interactive stories, songs, rhymes and more. Storytime prepares children to learn to read. Looking for more Storytime fun? Check out our on-demand content on Facebook or YouTube.

LEGO® Club

**Every Monday, 4 pm – 5:30 pm
(except May 20, July 1, August 5)**

We provide the LEGO, you bring your imagination! Come play, experiment and create. LEGO Club is a fun afternoon program for kids. Drop-in.



Chess Night

**Last Wednesday of every month,
6 pm – 7 pm**

Calling chess players of all ages, those who want to learn, those who want to improve, and those who just want to have fun! Join us at the library for a fun night of chess. Young children must be accompanied. Free drop in event.



CITY OF LANGLEY LIBRARY
20399 Douglas Crescent | 604-514-2850

Mon. – Thurs. 9 am – 8 pm | Fri. 9 am – 5 pm
Sat. 10 am – 5 pm | Sun. 1 pm – 5 pm

Read. Learn. Play.

www.fvrl.ca

Visit www.fvrl.ca for more in-library and virtual programs.



CITY OF LANGLEY
RECREATION, CULTURE & COMMUNITY SERVICES

20399 Douglas Crescent
Langley, BC V3A 4B3
P: 604.514.2940

E: recreation@langleycity.ca

