

REGISTRATION
starting
DEC 6
langleycity.ca

Winter Recreation Guide

JANUARY *to* APRIL 2024



CITY OF LANGLEY RECREATION, CULTURE & COMMUNITY SERVICES


Langley City
THE PLACE TO BE



AVAILABLE FOR PURCHASE
STARTING DECEMBER 6.
VALID FROM JANUARY 2-31 ONLY.



ENJOY 30 DAYS FOR \$30

INCLUDES: SINGLE SESSION SPORTS, SINGLE SESSION FITNESS, WEIGHT ROOM,
GAMES ROOM, FITNESS TRACK, & EARLY YEARS PLAYTIME



GET ACTIVE PASS



TIMMS COMMUNITY CENTRE
20399 DOUGLAS CRESCENT

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.

REGISTRATION
starting
DEC 6
langleycity.ca

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

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.

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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 - 10:00 pm
- Saturdays 8:00 am - 6:00 pm
- Sundays 8:00 am - 8:00 pm

OTHER PROGRAM LOCATIONS

Al Anderson Memorial Pool (AAMP)
4949 207 Street

Brydon Lagoon
19850 53 Avenue

FACILITY HOLIDAY HOURS

DATE	TIMMS COMMUNITY CENTRE
Dec 24	8:00 am - 2:00 pm
Dec 25	CLOSED
Dec 26	CLOSED
Dec 27-29	8:00 am - 8:00 pm
Dec 30	8:00 am - 10:00 pm*
Dec 31	8:00 am - 2:00 pm
Jan 1	CLOSED
Feb 19	10:00 am - 3:00 pm
Mar 29	10:00 am - 3:00 pm
Apr 1	10:00 am - 3:00 pm

*Dec 30: Youth Night only 6:00 pm - 9:30 pm.

FIND US ON SOCIAL MEDIA



Facebook



X (Twitter)



LinkedIn



Instagram



YouTube

Did you hear the news?

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.



Message from Mayor and Council

As the new year approaches, many of us contemplate setting fresh intentions. Whether it is improved social, physical, or mental well-being you seek, we encourage you to explore the diverse offerings of Langley City. Explore our **fitness classes**, engaging **youth programs**, beautiful **Langley City parks and trails**, and more! Perhaps you have an intention to explore your creativity as an artist. We welcome all artists in the Lower Mainland to submit their banner art pieces by January 5, 2023, for the Spring **Street Banner Program**.

We're committed to local community projects such as the **revitalization of Downtown Langley** by implementing the **Nexus of Community Visioning Plan**, and the **Downtown Master Plan**. Further City projects include community improvement through City infrastructure projects; **Parks, Recreation & Culture Plan**; and revitalized social & community programs. You can view all of **Langley City's 2023 Major Capital Projects**, explore project details, estimated costs and more, all in an interactive format.

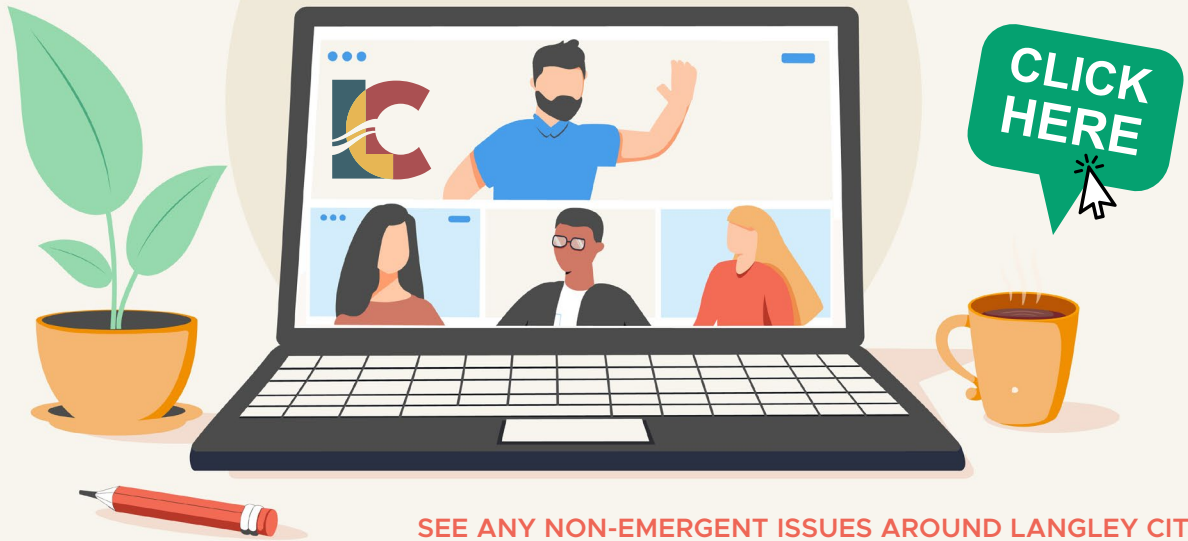
On behalf of the Council, I extend my warmest wishes for a wonderful and safe winter season ahead. May you enjoy the offerings that Langley City presents aiming to foster a vibrant, safe, and healthy community.

Mayor Nathan Pachal on behalf of Langley City Council

A handwritten signature in black ink, reading "Nathan Pachal". The signature is stylized with a large, flowing "N" and a long, sweeping underline.

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



[LANGLEYCITY.CA/NEWS](https://langleycity.ca/news)

We are Hiring!

*Do you have strong leadership, organizational, communication, and customer service skills?
We are looking for you!*

JOBS IN AQUATICS

Have you considered a career in aquatics? Langley City has rewarding, flexible, and fulfilling work at Al Anderson Memorial Pool. Watch for job openings for **Lifeguard/Instructors, Shift Supervisors** and **Aquafit Instructors** on the City of Langley website, starting January 2024.

JOBS IN RECREATION

The City of Langley is hiring recreation workers for a variety of opportunities including special events, teaching recreation programs, and gymnasium supervision. Valid Emergency First Aid Certification is required. High Five Training is an asset. Watch for **job openings** on the City of Langley website, starting March 2024.



Steps to becoming a lifeguard

PREREQUISITES

1

13+ Years

**BRONZE
MEDALLION**

2

13+ Years

**BRONZE
CROSS**

REQUIRED COURSES

3

14+ Years

**STANDARD
FIRST AID
WITH
CPR C/
AED**

4

15+ Years

**NATIONAL
LIFEGUARD
POOL**

**SWIM
FOR LIFE
INSTRUCTOR**

OPTIONAL

5

15+ Years

**LIFESAVING
INSTRUCTOR**

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

Call for Artists

SPRING STREET BANNERS

The City of Langley invites new or emerging artists in the Lower Mainland of British Columbia to submit two pieces of complimentary artwork to be used as templates for the Spring street banner program in the downtown area of Langley City.

Each of the two banners should be inspired by the local community; the artwork should have relevance to the character and charm of Langley City and the work that the City is doing to support active, healthy lifestyles through arts, culture, and recreation.

The artwork should reflect Langley City in the SPRING and can be drawing, painting, block printing, photograph, vector, or illustration file. Successful proponents will ensure that the artwork submitted follows these guidelines.

Submission Requirements - all submissions must comply with the following requirements to be considered.

- Simple, big, bold, and easily seen from street level, and able to stand out when viewed at a distance.
- Vivid, vibrant, and contrasting spring colours are preferred with enough value (light and dark) separation to provide reasonable legibility under low light conditions.
- Fewer colours per design are preferred. Most designs can be represented in two to three colours.
- Limit the use of yellows and oranges, no pastels since they fade quickly.

All proposals must follow the Call for Artists Spring Street Banner Program 2023-03 and email khilton@langleycity.ca under the subject heading '2023-03 Spring Street Banner Program' before January 5, 2024, at 3:30pm. Submissions should be in PDF format.

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](#).



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:

Jan 10-Feb 21	Solo Exhibition
Feb 23-Apr 8	Group Exhibition
Apr 10-May 22	Group 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. This space is managed by the Langley City Recreation, Culture and Community Services Department.

A Step Above Gallery Schedule:

Jan 2-Feb 2	Digital Art
Feb 5-Mar 1	Lunar New Year
Mar 4-Mar 29	Manga/Anime
Apr 1-Apr 30	Earth Day



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.

ART CLASSES & WORKSHOPS

The LAC hosts monthly classes and workshops for all ages and artistic levels.

To view all of our class offerings and to register visit

langleyarts.ca/classes-workshops

ART IN FOUND SPACES PROGRAM

ON-GOING EXHIBITIONS

To shop and view our ongoing exhibitions

online visit langleyarts.ca/aifs-galleries

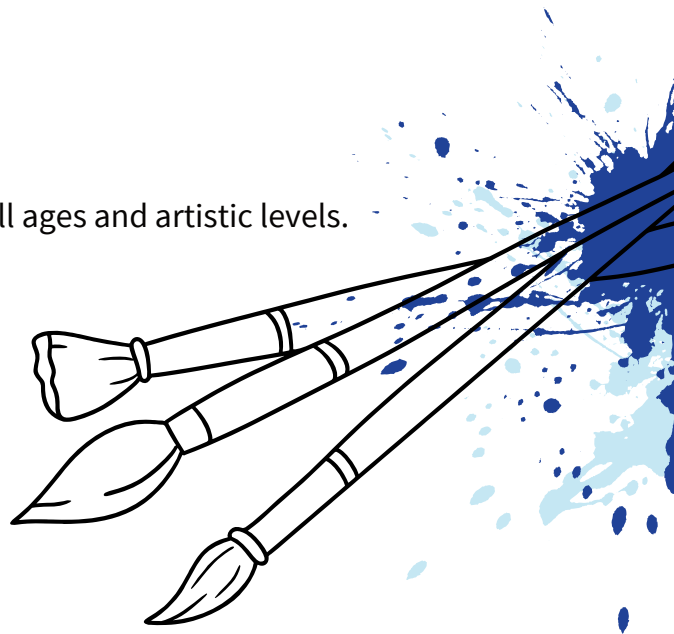
CALLS TO ARTISTS

Apply to show your works in our gallery spaces! To submit to a Call to Artists and to find more information visit

langleyarts.ca/calls-to-artists

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

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



UPCOMING EVENTS

For more information about our upcoming events visit langleyarts.ca/events

APPLY TO PERFORM AT ONE OF OUR EVENTS!

Are you interested in performing at an LAC event? Let us know about you by filling out our form

langleyarts.ca/submit/callformusicians

VOLUNTEER WITH US!

We are seeking volunteers to assist with our upcoming events, classes, and exhibition hangings.

To register as a volunteer visit

langleyarts.ca/about/volunteer-with-the-lac



Financial Assistance

LEISURE ACCESS GRANT

[DOWNLOAD APPLICATION FORM](#)

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

[CLICK HERE FOR DETAILS](#)

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 the link above.



KIDSPORT LANGLEY

[APPLY FOR FUNDING](#)

We aim 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 City of Langley 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

[VISIT THE WEBSITE](#)

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.
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 3 years old and under are free

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

1 Year Games & Track Pass (4+ years)	\$25.00 per person
--------------------------------------	--------------------

Valid for: Fitness Track, Games Room, Youth Drop-In Programs, and Social Programs at Timms Community Centre



**Which
pass
is right
for me?**



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

No expiry date.



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. No expiry date.



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



Preschool

CLICK HERE FOR QUICK ACCESS TO PRESCHOOL PROGRAMS



Early Years Playtime

NEW! 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				
Location	Day(s)	Date(s)	Time	\$
TCC Gym	Mon	Jan 22-Mar 11	9:00 am-10:00 am	See below
TCC Gym	Thu	Jan 25-Mar 14	5:45 pm-6:45 pm	See below

Note: No program on Feb 19

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.

AGES 0-5				
Location	Day(s)	Date(s)	Time	\$
TCC Gym	Mon	Jan-Apr	10:00 am-11:30 am	See below
TCC Gym	Tue	Jan-Apr	10:00 am-11:30 am	See below
TCC Gym	Wed	Jan-Apr	10:00 am-11:30 am	See below
TCC Gym	Thu	Jan-Apr	9:15 am-10:45 am	See below
TCC Gym	Fri	Jan-Apr	10:00 am-11:30 am	See below
TCC Gym	Sat	Jan-Apr	10:00 am-11:30 am	See below

Note: No program on Jan 1, Feb 19, Mar 29, Apr 1

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.

PRICING

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: BRACELET CRAFTING

Children can join us for a hands-on experience where they will craft their own stylish bracelets.

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
34525	TCC MPR 2	Sun	Jan 28	11:30 am-12:30 pm	\$20.00 1 class

NEW! ONE DAY WONDERS: PIRATE'S COVE ADVENTURE

Your child will set sail on a thrilling pirate adventure. Explore a world of swashbuckling arts, crafts, games, captivating stories, and limitless imagination. Join us as we dive into creative activities, engage in exciting pirate games, and embark on epic storytelling journeys. It's a treasure trove of fun for all aspiring pirates and young adventurers.

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
34526	TCC MPR 2	Sun	Feb 11	11:30 am-12:30 pm	\$20.00 1 class

NEW! ONE DAY WONDERS: SECRET AGENTS AND SPIES

Calling all young secret agents and spies! Your child will dive into a world of creative arts, thrilling games, captivating stories, and limitless imagination. They can join us for spy-inspired activities, games, and gripping espionage stories. It's a rendezvous of fun for all aspiring super sleuths and secret agents!

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
34527	TCC MPR 2	Sun	Feb 25	11:30 am-12:30 pm	\$20.00 1 class

NEW! ONE DAY WONDERS: DINO DISCOVERY

Calling all young paleontologists! Your child will dive into the world of prehistoric creatures with arts and craft projects, interactive games, captivating stories, and boundless imagination. They can join us for dino-inspired creativity, exciting games, and stories that transport you to a land of dinosaurs. It's an hour of jurassic-sized fun for all budding dino enthusiasts!

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
34528	TCC MPR 2	Sun	Mar 10	11:30 am-12:30 pm	\$20.00 1 class

NEW! ONE DAY WONDERS: LUCKY LEPRECHAUN

Your child will join us for a celebration of all things Irish with arts, crafts, games, enchanting stories, and limitless imagination. Dive into creative activities, engage in lively games, and listen to tales of leprechauns and legends. It's an hour of St. Patrick's Day fun that will have you feeling lucky like a leprechaun!

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
34529	TCC MPR 2	Sun	Mar 17	11:30 am-12:30 pm	\$20.00 1 class

NEW! ONE DAY WONDERS: EGGCELLENT EASTER

Your child will dive into a world of creative arts, fun games, enchanting stories, and boundless imagination, all designed to celebrate the joy and wonder of Easter.

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
34530	TCC MPR 2	Sun	Mar 31	11:30 am-12:30 pm	\$20.00 1 class

Preschool

Hobbies & Interests

NEW! ONE DAY CHEF: DIRT CUPCAKES

Unleash your child's creativity as we guide them through the process of crafting these delightful, whimsical treats. Dirt cupcakes are made of chocolate cake and frosting, crushed Oreos, and gummy worms. We will bake the cupcakes and decorate them with 'dirt' and 'worms'.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
34612	TCC MPR 1	Sun	Jan 28	11:30 am-12:15 pm	\$21.75 1 class

NEW! ONE DAY CHEF: GREEN EGGS AND HAM

Step into the whimsical world of Dr. Seuss with Green Eggs and Ham as we guide your child in creating this playful dish.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
34613	TCC MPR 1	Sun	Mar 17	9:45 am-10:30 am	\$21.75 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	\$
34462	TCC MPR 1	Sun	Jan 21-Mar 10	9:30 am-10:30 am	\$116.25 7 classes

Note: No class Feb 18

Performing Arts

BALLET FOR TODDLERS

This class goal is to engage your little one and give them an introduction to ballet while helping them develop their coordination, movement, creative and self-expression skills in an easy and fun way. Encouraging your child to find joy in movement and dance helps establish a long-lasting and healthy relationship with staying active and helps them understand better their bodies and needs.

AGES 2-3 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
34582	TCC MPR 2	Wed	Jan 24-Mar 13	11:00 am-11:45 am	\$80.00 8 classes
Contract Program - refund policy may differ					

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. The class intends to not only help your little one to enjoy dance, but also teach them spatial awareness, rhythm, self-expression, patience, and perseverance.

AGES 4-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
34583	TCC MPR 3	Wed	Jan 24-Mar 13	4:00 pm-4:45 pm	\$80.00 8 classes
Contract Program - refund policy may differ					

Preschool

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	\$
34521	TCC MPR 1	Mon	Jan 22-Mar 11	10:45 am-11:30 am	\$58.75 7 classes

Note: No class Feb 19

DANCE WITH YOUR BABY



Reconnect with your body and dance with your baby. This class is a fun low-impact dance class that supports mom's healing journey and encourages bonding opportunities 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 relaxing environment to play with your newborn.

AGES 0-12M <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
34581	TCC MPR 2	Wed	Jan 24-Mar 13	10:00 am-10:45 am	\$80.00 8 classes

Contract Program - refund policy may differ

FINANCIAL ASSISTANCE

If you are a low-income resident living in the City of Langley, you may qualify for the Leisure Access Program which offers access to recreation programs and services at a reduced cost. See **page 11** for Information.

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, 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	\$
34450	TCC MPR 1	Wed	Jan 24-Mar 13	9:30 am-10:30 am	\$96.75 8 classes
34451	TCC MPR 1	Wed	Jan 24-Mar 13	11:00 am-12:00 pm	\$96.75 8 classes



Preschool

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	\$
34452	TCC West Gym	Mon	Jan 22-Mar 11	4:00 pm-4:45 pm	\$58.75 7 classes

Note: No class Feb 19

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
34453	TCC West Gym	Mon	Jan 22-Mar 11	5:00 pm-5:45 pm	\$58.75 7 classes

Note: No class Feb 19



ACTIVE START: MULTI-SPORTS

Introduce your child to fundamental movement skills. Learn many 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	\$
34454	TCC East Gym	Thu	Jan 25-Mar 14	4:30 pm-5:15 pm	\$67.25 8 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
34455	TCC East Gym	Thu	Jan 25-Mar 14	5:30 pm-6:15 pm	\$67.25 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	\$
34456	TCC West Gym	Sat	Jan 27-Mar 16	9:00 am-9:45 am	\$58.75 7 classes

Note: No class Mar 9

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
34457	TCC West Gym	Sat	Jan 27-Mar 16	10:00 am-10:45 am	\$58.75 7 classes

Note: No class Mar 9

CLASSES
starting
SEPT 2024

REGISTRATION STARTS
MONDAY, FEBRUARY 26, 2024

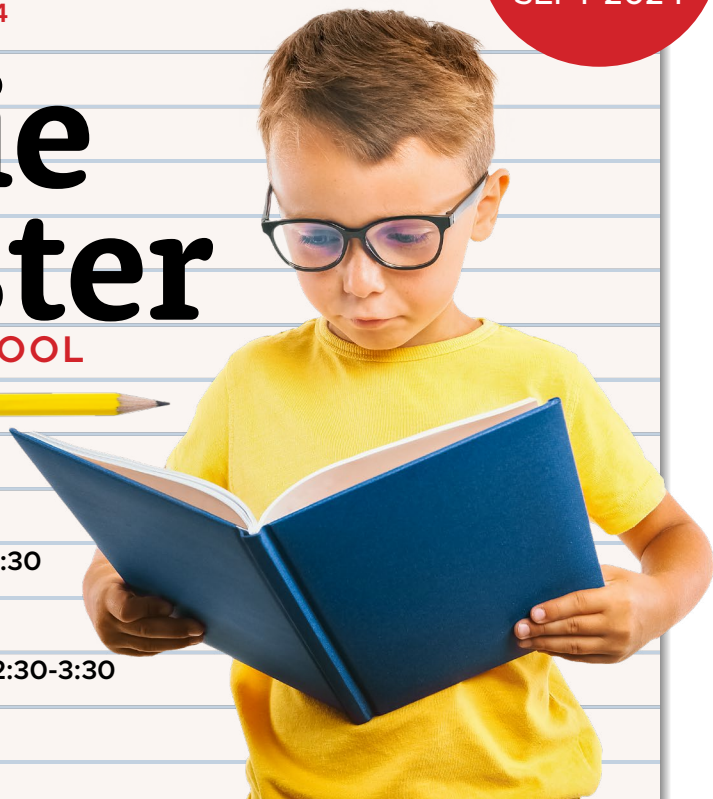
Cookie Monster

LICENSED PRESCHOOL



3 YEAR OLD CLASS
TUE/THU 8:30-11:30 OR 12:30-3:30

4 YEAR OLD CLASS
MON/WED/FRI 8:30-11:30 OR 12:30-3:30





Visual Arts

NEW! BABY & ME: ART AND PLAY

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

AGES 6M-18M *parent participation is required*

Code	Location	Day(s)	Date(s)	Time	\$
34522	TCC MPR 2	Thu	Jan 25-Mar 14	10:45 am-11:30 am	\$85.50 8 classes

NEW! MESSY HANDS: ART MIX

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

AGES 1.5-3 *parent participation is required*

Code	Location	Day(s)	Date(s)	Time	\$
34523	TCC MPR 1	Tue	Jan 23-Mar 12	9:00 am-9:45 am	\$68.75 6 classes

Note: No class Feb 6 or Mar 5

NEW! 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 3-5

Code	Location	Day(s)	Date(s)	Time	\$
34524	TCC MPR 1	Tue	Jan 23-Mar 12	10:30 am-11:15 am	\$68.75 6 classes

Note: No class Feb 6 or Mar 5



Langley **Community Music** School

BRINGING MUSIC TO LIFE

Lessons & Classes for
All Ages & Levels

**Strings • Piano • Winds
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Children

CLICK HERE FOR QUICK ACCESS TO CHILDREN'S PROGRAMS



Camps

SPRING BREAK CAMP

Our Daycamp is an action-packed program that will keep even the most busy kids entertained. Campers will make memories that will last forever. Daycamp includes crafts, sports, outings, theme days, adventures, science experiments, cooking, and much more. We encourage participation and hope that your child will try new things each day at camp.

Note: Children must be in Kindergarten to register.

AGES 5-12					
Code	Location	Day(s)	Date(s)	Time	\$
34013	TCC East Gym	Mon-Fri	Mar 18- Mar 22	8:30 am- 3:00 pm	\$200.00 5 classes
34014	TCC East Gym	Mon-Thu	Mar 25- Mar 28	8:30 am- 3:00 pm	\$160.00 4 classes

*Extended hours available, see note below.

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. Must be pre-registered. Click **here** to sign up today!



Camps

NEW! HANDS-ON ADVENTURE IN STEM AND ROBOTICS CAMP

Get ready for an exhilarating expedition into the enchanting realms of Science, Technology, Engineering, and Mathematics (STEM) fused with the wonder of robotics. Welcome to 'Hands-On Adventures in STEM and Robotics,' a program meticulously crafted to kindle your child's love for learning and exploration. This course offers your child the chance to engage with top-tier educational hardware, igniting their creativity. They'll work with cutting-edge tools like Microbit, Sphero, 3D Printing, and Vex Robotics, opening doors to endless possibilities.

AGES 6-15					
Code	Location	Day(s)	Date(s)	Time	\$
34593	AAMP MPR	Mon-Fri	Mar 18-Mar 22	8:30 am-3:00 pm	\$350.00 5 classes
Contract Program - refund policy may differ					

NEW! GIRLS IN STEM: HANDS-ON ADVENTURE IN ROBOTICS & TECH CAMP

For individuals who identify as female. Prepare to embark on an empowering journey into the captivating world of Science, Technology, Engineering, and Mathematics (STEM) fused with the magic of robotics. Join us for "Girls in STEM: Hands-On Adventures in Robotics and Technology," a course uniquely designed to ignite your passion for learning, discovery, and innovation. This course offers you the chance to engage with top-tier educational hardware, igniting your creativity. You'll work with cutting-edge tools like Microbit, Sphero, 3D Printing, and Vex Robotics, opening doors to endless possibilities.

AGES 6-15					
Code	Location	Day(s)	Date(s)	Time	\$
34594	AAMP MPR	Mon-Thu	Mar 25-Mar 28	8:30 am-3:00 pm	\$280.00 4 classes
Contract Program - refund policy may differ					

KIDS SCIENCE WORKSHOP

It's Valentine season! Kids can join us to create something different for a special someone in their life while learning science! Each child will take home their creation.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
34547	TCC MPR 1	Sun	Feb 11	1:00 pm-1:45 pm	\$22.50 1 class
Contract Program - refund policy may differ					

NEW! FAMILY DAY ROBOTICS CAMP

Embark on an exciting and educational journey into the realm of robotics with us at our Family Day Robotics Camp! This 3-hour event is tailor-made for families seeking to delve into the captivating world of robotics and STEM as a team. Participate in interactive activities alongside your children, granting them the opportunity to explore their creativity and innovation. No prior experience is necessary to join in on the fun.

AGES 6-13					
Code	Location	Day(s)	Date(s)	Time	\$
34595	TCC MPR 2	Mon	Feb 19	11:00 am-2:00 pm	\$40.00 1 class
Contract Program - refund policy may differ					

PRO-D DAY PROGRAM: HOME ALONE

Join us on February 16 to learn how to be safe while home alone. Kids will understand how to prevent problems, handle real-life situations, and stay safe. **See page 24 for details.**

Children

Education & Training

HOME ALONE PROGRAM

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, and keep them safe and constructively occupied. **Note: Please bring a lunch.**

AGES 10-14					
Code	Location	Day(s)	Date(s)	Time	\$
34463	TCC MPR 2	Fri	Feb 16	10:00 am-2:00 pm	\$52.00 1 class

Hobbies & Interests

NEW! CREATE & PLAY BOARD GAMES

Is your child a fan of board games? Have they ever wondered what it takes to create their own? They will bring their imaginative ideas to life as we help them create their ultimate board game.

AGES 6-7					
Code	Location	Day(s)	Date(s)	Time	\$
34544	TCC MPR 2	Wed	Jan 24-Mar 13	4:30 pm-5:30 pm	\$83.00 8 classes

AGES 8-10					
Code	Location	Day(s)	Date(s)	Time	\$
34545	TCC MPR 2	Wed	Jan 24-Mar 13	6:00 pm-7:00 pm	\$83.00 8 classes



Hobbies & Interests

NEW! ONE DAY CHEF: PANCAKES

Kids will master the art of pancake making in this hands-on cooking class. They will learn the secrets to fluffy, golden-brown pancakes.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
34531	TCC MPR 1	Sun	Jan 21	11:30 am-1:30 pm	\$24.75 1 class

NEW! ONE DAY CHEF: SNACK ATTACK

Participants will learn to create a delightful assortment of sweet and savory snacks that will impress their guests and satisfy their cravings. Kids can join us for a tasty adventure in snacking!

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
34534	TCC MPR 1	Fri	Feb 2	5:00 pm-7:00 pm	\$24.75 1 class

NEW! ONE DAY CHEF: VALENTINE'S DAY BAKING

Kids can make Valentine's Day extra special with this baking class! Your child can join us to learn how to create delectable treats that will melt hearts. Participants will take home a variety of homemade, love-infused creations!

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
34535	TCC MPR 1	Sun	Feb 4	11:30 am-1:30 pm	\$24.75 1 class

NEW! ONE DAY CHEF: MEATLOAF

Participants can unleash their inner chef and perfect the classic comfort dish - meatloaf! Your child will learn the techniques, secret seasonings, and creative twists that will make meatloaf a family favourite.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
34532	TCC MPR 1	Fri	Feb 16	5:00 pm-7:00 pm	\$24.75 1 class

NEW! ONE DAY CHEF: PIZZA

Kids can unleash their inner chef as they are guided through the art of crafting the perfect pizza. From kneading the ideal dough to selecting the freshest toppings and achieving the perfect baked pie.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
34536	TCC MPR 1	Fri	Mar 1	5:00 pm-7:00 pm	\$24.75 1 class

NEW! ONE DAY CHEF: DELICIOUS DESSERTS

Your child will indulge their sweet tooth and elevate their culinary skills as they learn how to create a variety of classic desserts.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
34533	TCC MPR 1	Sun	Mar 3	11:30 am-1:30 pm	\$24.75 1 class

Hobbies & Interests

NEW! ONE DAY CHEF: COOKIES

Get ready to master the art of cookie baking! Your child can join us and learn the secrets behind crafting scrumptious cookies that will delight their taste buds.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
34537	TCC Kitchen	Fri	Mar 15	5:00 pm-7:00 pm	\$24.75 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	\$
34461	TCC MPR 1	Wed	Jan 24-Mar 13	5:00 pm-6:30pm	\$148.25 8 classes



GAMES ROOM AT THE TIMMS COMMUNITY CENTRE

Our drop-in style Games Room has so much to offer. Stop in and play pool, air hockey, fooseball, or just hang out in a fun, safe environment. All you need is a **Games & Track Pass \$25/year**.

Call **604.514.2940** or email **recreation@langleycity.ca** for more information.

NEW! ONE DAY CREATIONS: SOAP MAKING

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

AGES 6-7					
Code	Location	Day(s)	Date(s)	Time	\$
34538	TCC MPR 1	Sun	Feb 25	11:30 am-1:30 pm	\$30.25 1 class

AGES 8-10					
Code	Location	Day(s)	Date(s)	Time	\$
34539	TCC MPR 1	Sun	Feb 25	2:30 pm-4:30 pm	\$30.25 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 6-7					
Code	Location	Day(s)	Date(s)	Time	\$
34540	TCC MPR 1	Sun	Mar 10	11:30 am-1:30 pm	\$30.25 1 class

AGES 8-10					
Code	Location	Day(s)	Date(s)	Time	\$
34541	TCC MPR 1	Sun	Mar 10	2:30 pm-4:30 pm	\$30.25 1 class

Performing Arts

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	\$
34513	TCC MPR 3	Thu	Jan 25-Mar 14	5:00 pm-6:00 pm	\$67.25 8 classes

NEW! ACTING & STORYTELLING FOR KIDS



If your child likes dressing up, is high energy and has a creative spirit, this class is for them. Kids can join us in this introductory class to acting and theatre. Here they will have the opportunity to create their own character, build their costumes and help develop a story from beginning to end. We will be entering into different worlds and exploring their voices, movement, and their relationship with the space. This course builds discipline, self-confidence, and creativity.

AGES 7-10					
Code	Location	Day(s)	Date(s)	Time	\$
34584	TCC MPR 3	Wed	Jan 24-Mar 13	5:00 pm-6:00 pm	\$120.00 8 classes
Contract Program - refund policy may differ					

Family Day Family Fun Event

On **February 20** from **11:00 am to 1:30 pm**, Timms Community Centre gymnasium will be set up with bouncy castles, slides, obstacle course, and big games for kids aged 0-10 to enjoy. [Click here](#) for full event details.

Science & Technology

KIDS SCIENCE WORKSHOP



It's Valentine season! Your child can join us to create something different for a special someone in their life while learning science! Each child will take home their creation.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
34547	TCC MPR 1	Sun	Feb 11	1:00 pm-1:45 pm	\$22.50 1 class
Contract Program - refund policy may differ					

3D INNOVATORS: IGNITING CREATIVITY WITH 3D PRINTING



Welcome to the captivating world of "3D Innovators," a program thoughtfully designed to empower young learners to discover the magic of 3D printing. Participants embark on an engaging, hands-on journey, exploring diverse 3D printing technologies. They will gain valuable insights into the art of designing and crafting objects using simplified engineering principles. This course is open to beginners (Level 0), and for those who have already completed Level 0 they will progress to Level 1 to take on more complex projects.

AGES 8-17					
Code	Location	Day(s)	Date(s)	Time	\$
34592	TCC MPR 2	Sun	Jan 21-Mar 10	4:15 pm-6:15 pm	\$275.00 7 classes
Contract Program - refund policy may differ					

Note: No class Feb 18

Children

SPRING BREAK FUN

Langley City offers a variety of options for days when kids have Pro-D days or during holiday periods. Check out **page 22** for our camps this season.

Science & Technology

NEW! NATURE SCIENCE: LANGLEY BIRDS



Immerse your child in engaging curriculum while learning about local birds that visit your back yard and local parks! Each week we will learn a different topic about birds' special superpowers, while exploring the Lagoon and its inhabitants. **Note: This outdoor program takes place at Brydon Lagoon.**

AGES 8-14					
Code	Location	Day(s)	Date(s)	Time	\$
34596	Brydon Lagoon	Thu	Apr 4- Apr 25	5:45 pm- 6:45 pm	\$135.00 4 classes
Contract Program - refund policy may differ					

NEW! PIXARS ELEMENTAL SCIENCE



Explore, imagine, create! Venture with us to Elemental City and explore the Pixar's imaginative spin on The Elements! Students will experience engaging, hands-on, science centered on the adventures of Ember and Wade.

AGES 8-14					
Code	Location	Day(s)	Date(s)	Time	\$
34546	TCC MPR 2	Tue	Feb 6- Feb 27	6:00 pm- 7:00 pm	\$135.00 4 classes
Contract Program - refund policy may differ					



Children



INSTRUCTOR PROFILE: AKHILESH

Courses:
Robotics & STEM

Meet Akhilesh Kakkar, a robotics enthusiast who discovered his passion for technology and education in 2010. In 2017 he became a specialized robotics instructor in the Burnaby school district, inspiring and touching the lives of numerous young learners in STEM.

Now, with extensive experience and an engineering degree, Akhilesh is embarking on a new venture – establishing an educational STEM center. He aims to inspire students with thoughtful and meticulously designed programs while creating a nurturing environment for seamless learning experiences. Driven by a strong desire to give back to the community, Akhilesh is passionate about helping students of all ages discover their interests and transform them into meaningful careers.

NEW! FAMILY DAY ROBOTICS CAMP

Embark on an exciting and educational journey into the realm of robotics with us at our Family Day Robotics Camp! This 3-hour event is tailor-made for families seeking to delve into the captivating world of robotics and STEM as a team. Participate in interactive activities alongside your children, granting them the opportunity to explore their creativity and innovation. No prior experience is necessary to join in the fun.

AGES 6-13					
Code	Location	Day(s)	Date(s)	Time	\$
34595	TCC MPR 2	Mon	Feb 19	11:00 am-2:00 pm	\$40.00 1 class
Contract Program - refund policy may differ					

ROBO INNOVATORS: EXPLORING ROBOTICS WITH VEX IQ EDU



Through engaging hands-on activities, students will embark on a journey where they design, construct, and program their own robots, harnessing the versatile VEX IQ platform renowned for its competition-grade capabilities. Participants can join us on this educational adventure, where creativity intersects with technology, and young innovators help shape the future of robotics. This course is open to beginners (Level 0), and for those who have already completed Level 0 they will progress to Level 1 to enhance their knowledge and skills further.

AGES 8-17					
Code	Location	Day(s)	Date(s)	Time	\$
34591	TCC MPR 2	Sat	Jan 27- Mar 16	2:00 pm-4:00 pm	\$300.00 7 classes
Contract Program - refund policy may differ					

Note: No class Feb 17

Games & Track Pass \$25/year

Have you visited our Games Room at the Timms Community Centre? This all-ages drop-in spot is perfect for playing pool, foosball, video games, hanging out with friends or making new friends!

Annual Pass includes use of the indoor fitness track.

Children

GYMNASIUM SCHEDULE

Interested in getting some exercise and having fun in a casual environment? Click [here](#) to download our **Winter Gymnasium Schedule**.

See **page 43** for a list of Gymnasium programs.



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	\$
34510	TCC East West	Mon	Jan 22-Mar 11	6:15 pm-7:15 pm	\$58.75 7 classes

Note: No class Feb 19

FUNDAMENTAL INDOOR SOCCER

Your child will learn the basics of soccer (the beautiful game). 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	\$
34511	TCC East Gym	Fri	Jan 26-Mar 15	6:00 pm-7:00 pm	\$67.25 8 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	\$
34509	TCC West Gym	Wed	Jan 24-Mar 13	6:00 pm-7:00 pm	\$67.25 8 classes

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	\$
34508	TCC West Gym	Tue	Jan 23-Mar 12	6:00 pm-7:00 pm	\$67.25 8 classes

WHEELCHAIR BASKETBALL



Your child will learn to play wheelchair basketball. Focus on basic movement and wheelchair skills. Ideal for children, teens and adults who use manual wheelchairs. All equipment provided (wheelchairs are available for able-bodied registrants). **Drop-ins welcome if space permits. \$8/visit per person.**

AGES 6+					
Code	Location	Day(s)	Date(s)	Time	\$
34359	TCC West Gym	Thu	Jan 24-Apr 25	5:45 pm-7:15 pm	\$105.00 14 classes
Contract Program - refund policy may differ					



Visual Arts

ART MIX

In this class students will explore various ways of creating exciting art projects including painting, print making and collaging. Students will have fun while they learn basic colour theory, perspective, line and form.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
34512	TCC MPR 2	Tue	Jan 23-Mar 12	4:15 pm-5:15 pm	\$102.00 8 classes

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 6-7					
Code	Location	Day(s)	Date(s)	Time	\$
34542	TCC MPR 2	Mon	Jan 22-Mar 11	4:30 pm-5:30 pm	\$74.75 7 classes

Note: No class Feb 19

AGES 8-10					
Code	Location	Day(s)	Date(s)	Time	\$
34543	TCC MPR 2	Mon	Jan 22-Mar 11	6:00 pm-7:00 pm	\$74.75 7classes

Note: No class Feb 19



REGISTRATION TIP:

Registering online is faster than registering in person or over the phone. Head to **ActiveNet** and sign up today!



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	\$
34428	TCC MPR 2	Sun	Jan 14-Feb 11	1:00 pm-3:30 pm	\$120.00 5 classes
34431	TCC MPR 1	Mon/Wed	Mar 18-Mar 27	9:30 am-12:30 pm	\$115.00 4 classes

JOIN OUR RECREATION TEAM!

Positions are available in the Recreation Department for recreation workers. Examples of work include assisting at special events, teaching programs, and supervising the gymnasium.

See **page 7** or visit our **Employment Page** for information and to apply.

Hobbies & Interests

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 how most importantly...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	\$
34506	TCC Kitchen	Tue	Jan 16-Feb 13	4:30 pm-6:00 pm	\$115.00 5 classes
34507	TCC Kitchen	Tue	Mar 12-Apr 9	4:30 pm-6:00 pm	\$115.00 5 classes

NEW! COOKING: SNACKS & SIDES

Welcome to Timms Kitchen where youth get to learn and sample awesome new recipes! In addition to taste-testing, this program will cover kitchen safety, basic cooking terms and techniques as well as proper clean-up. Each week will feature a new snack/side dish that youth can make at home as a snack or maybe add to the dinner menu!

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
34447	TCC MPR 1	Mon	Jan 15-Feb 12	5:00 pm-6:30 pm	\$115.00 5 classes
34449	TCC MPR 1	Mon	Mar 11-Apr 15	5:00 pm-6:30 pm	\$115.00 5 classes

Sports

BASKETBALL SKILLS & DRILLS

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	\$
34514	TCC East Gym	Tue	Jan 23- Mar 5	6:00 pm- 7:00 pm	\$59.50 7 classes

GIRLS AGES 11-14					
Code	Location	Day(s)	Date(s)	Time	\$
34515	TCC East Gym	Tue	Apr 2- Apr 30	6:00 pm- 7:00 pm	\$42.50 5 classes

VOLLEYBALL SKILLS & DRILLS

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	\$
34517	TCC West Gym	Fri	Jan 26- Mar 15	6:00 pm- 7:00 pm	\$68.00 8 classes

BOYS AGES 11-14					
Code	Location	Day(s)	Date(s)	Time	\$
34518	TCC West Gym	Fri	Apr 5- May 3	6:00 pm- 7:00 pm	\$42.50 5 classes

NEW! SPIKEBALL: LEARN TO PLAY



Come learn how to play the exciting game of spikeball! Also known as "that yellow trampoline game", this team sport is one of the fastest growing sports in BC. This program will teach youth the rules and strategies while practicing the skills needed to enjoy this sport - bump, set, spike! No experience needed. This program is offered in partnership with The Spike Guys.

AGES 14-18					
Code	Location	Day(s)	Date(s)	Time	\$
34519	TCC East Gym	Mon	Jan 15- Mar 11	3:30 pm- 4:30 pm	\$56.00 8 classes
Contract Program - refund policy may differ					



Youth DROP IN



Langley City
THE PLACE TO BE



CHECK OUT THE
SCHEDULE
FOR OUR DAILY
ACTIVITIES.

@TIMMS COMMUNITY CENTRE

ALL YOUTH WELCOME

FOR GRADES 6-12

GAMES & TRACK PASS
REQUIRED \$25/YR

FOLLOW  
LANGLEY CITY YOUTH

**TUESDAY
BASKETBALL**

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

3:45 pm-5:45 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
is provided.

3:45 pm-5:45 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

**NEW! 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!

3:45 pm-5:45 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

PROGRAMS RUN JANUARY 2 - APRIL 28, 2024.

ALL PROGRAMS FREE WITH A GAMES & TRACK PASS (\$25/YR) NO PRE-REGISTRATION REQUIRED.

OPEN TO EVERYONE. NO LIMIT ON QUANTITY

HEALTHY
LIVING
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Get fresh local produce monthly

Pick Up Dates:

JAN 3 • FEB 6 • MAR 5 • APR 3

MUST PRE-REGISTER

604.514.2940



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



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.



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. It is ready for pick-up, usually on the first Tuesday of the month, from 11:00am to 8:00pm at Timms Community Centre (20399 Douglas Crescent). 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	\$
34465	TCC Front Desk	Tue	Jan 3	11:00 am-8:00 pm	\$6.00 1 bag
34466	TCC Front Desk	Tue	Feb 6	11:00 am-8:00 pm	\$6.00 1 bag
34467	TCC Front Desk	Wed	Mar 5	11:00 am-8:00 pm	\$6.00 1 bag
34468	TCC Front Desk	Wed	Apr 3	11:00 am-8:00 pm	\$6.00 1 bag

Contract Program - refund policy may differ

A NOTE ABOUT HEALTHY LIVING BAG

This program is open to everyone and there is no limit on number of bags. Give it a try!

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)
34397	TCC MPR 2	Wed	Jan 17-Feb 21	3:00 pm-4:00 pm	\$48.00 6 classes
34398	TCC MPR 2	Wed	Mar 6-Apr 10	3:00 pm-4:00 pm	\$48.00 6 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. Have fun as well as learn new choreography and shimmy like the pros!

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
34391	TCC MPR 3	Tue	Jan 16-Feb 20	7:00 pm-8:30 pm	\$60.00 6 classes
32392	TCC MPR 3	Tue	Mar 5-Apr 9	7:00 pm-8:30 pm	\$60.00 6 classes

Contract Program - refund policy may differ



INSTRUCTOR PROFILE: MELODY JONES

Courses: Dance & Performing Arts

Melody (aka Ayanna) has been dancing most of her life. She started dancing as a teen by attending rural community dances where she learned some of the basics of ballroom dances, country two-step, and line dance. As an adult she trained specifically in these styles as well as belly dance and flamenco and a former Zumba/Zumba Gold instructor. She believes that the diversity in the cross-training aids in her ability to teach dance today.

Performing Arts

BEYOND THE BASICS BELLY DANCE

Continue to explore this vast tapestry of dance. Learn to add layers and build 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)
34393	TCC MPR 3	Fri	Jan 19-Feb 23	7:00 pm-8:30 pm	\$60.00 6 classes
34394	TCC MPR 3	Fri	Mar 8-Apr 19	7:00 pm-8:30 pm	\$60.00 6 classes
Contract Program - refund policy may differ					

Note: No class Mar 29

BELLY DANCE: TROUPE AND PERFORMANCE

Continue to build on your dance knowledge. 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)
34395	TCC MPR 3	Thu	Jan 18-Feb 22	7:00 pm-8:30 pm	\$60.00 6 classes
34396	TCC MPR 3	Thu	Mar 7-Apr 11	7:00 pm-8:30 pm	\$60.00 6 classes
Contract Program - refund policy may differ					

NEW! 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)
34587	TCC MPR 3	Fri	Jan 19-Feb 9	5:30 pm-6:30 pm	\$32.00 4 classes
Contract Program - refund policy may differ					

NEW! DANCE SAMPLER: BACHATA, TANGO, TWO-STEP & LINE DANCE

How about a little sampler platter? Have you been interested in dance but not sure what you would like? Each week an introductory beginner class will be held on a different dance. No partner required.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
34588	TCC MPR 3	Fri	Feb 16-Mar 8	5:30 pm-6:30 pm	\$32.00 4 classes
Contract Program - refund policy may differ					

NEW! 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)
34589	TCC MPR 3	Fri	Mar 15-Apr 12	5:30 pm-6:30 pm	\$32.00 4 classes
Contract Program - refund policy may differ					

Note: No class March 29.

Performing Arts

NEW! DANCE SAMPLER: COUNTRY TWO STEP

Get ready for rodeo! In this introduction to Country Two Step, you will learn the basics so you can kick up your heels on the dance floor!
No partner required.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
34590	TCC MPR 3	Fri	Apr 19- May 10	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)
34192	TCC East Gym	Thu	Jan 25- Feb 15	6:30 pm- 7:30 pm	\$48.00 4 classes
34193	TCC East Gym	Thu	Feb 22- Mar 14	6:30 pm- 7:30 pm	\$48.00 4 classes
34194	TCC East Gym	Thu	Apr 4- Apr 25	6:30 pm- 7:30 pm	\$48.00 4 classes

Social Programs

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

SOCIAL BRIDGE AGES 18+

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, Saturdays 1:00-4:00pm

Timms Community Centre, MPR 1

New Player Orientation 12:30-1pm

TEXAS HOLD'EM: LEARN TO PLAY AGES 18+

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 1:00-4:00pm

Timms Community Centre, MPR 1

TEXAS HOLD'EM: TOURNAMENT PLAY

AGES 18+

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 1:00-4:00pm

Timms Community Centre, MPR 1



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, and Single Session Fitness.
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 3 years old and under are free

****The 1 Year pass can be put on hold once, for up to 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 45** for details and guidelines on the Support Worker Pass.

Fitness for All

See **page 47-49** 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 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 2 courts permitted to be booked per day, per person.**

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

Single Session Gymnasium Activities

**REGISTER
NOW**

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.



Gymnasium



Single Session Gymnasium Sports

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

Regular admission fees apply. See **page 41** for rates.

(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.

BASKETBALL (4+ or 16+) 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.

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)

Raise up to the Challenge!

Register for the event and share on Instagram for a chance at additional prizes!
@move430challenge



Track your progress

Enter your activities daily in our activity tracker form before tracker deadline dates. Tracker link will be sent to participants.



Finish Strong!

Simply complete the 30 consecutive days of movement and make sure your tracking is filled in to finish the challenge!

STEP 1



STEP 2

Starting April 1st, 2024 simply do a movement for at least 30 consecutive mins for 30 days in April.

STEP 3



Win Prizes!

Daily, Weekly and Grand Prizes will be up for grabs for all participants. Additional prizes for sharing progress on Instagram @move430challenge #MOVE430

STEP 4

STEP 5



APRIL 1-30

MOVE430.CA

\$30 100% GOES TO HELPING KIDS PLAY SPORTS



GAMES ROOM

TIMMS COMMUNITY CENTRE • 20399 DOUGLAS CRESCENT

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



GAMES ROOM includes:

BILLIARDS
VIDEO GAMES
TELEVISIONS
AIR HOCKEY
FOOSEBALL

\$25

GAMES & TRACK
PASS REQUIRED

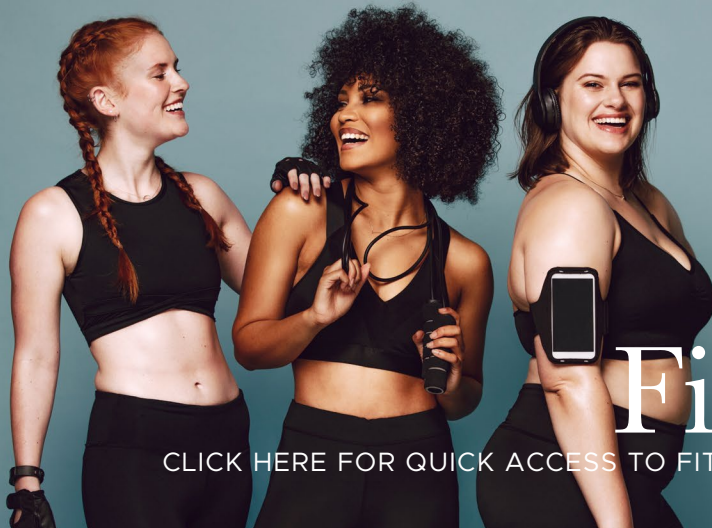
ANNUAL PASS INCLUDES:

INDOOR TRACK • SOCIAL BRIDGE
TEXAS HOLD'EM • YOUTH DROP-INS

LANGLEYCITY.CA

TIMMS COMMUNITY CENTRE

604.514.2940



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
Saturdays	8:00 am - 6:00 pm
Sundays	8:00 am - 8:00 pm
Holidays	10:00 am - 3:00 pm

Age Restriction: Weight room users must be 16+ 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+.

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.

NEW! 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.

Online Schedules

Click here for the **Weekly Single Session Fitness Schedule**. Pre-registration is required for all Fitness & Gym programs. See **page 41** for fees.

Fitness Classes

(60 minutes) DEEP STRETCH YOGA

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.

(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!

LIGHT SCULPT (60 minutes)

Low Intensity; Low impact

Using bands, dumbbells, body weight and barre, build your strength, tone your body and strengthen your core. Emphasis is on improving balance and mobility with low impact movements. No cardio work. Suitable for all ages and fitness levels. Mat work is included, participants must be comfortable getting to and from the floor. Beginners welcome.

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 floor.

NEW! 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 & 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.

TOTAL BODY

(45 minutes) 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.

NEW! 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!

NEW! 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
*Pairs must be at a similar fitness level.	

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)
34409	TCC Weight Rm	Tue	Jan 16- Feb 20	10:30 am- 11:30 am	\$105.00 6 classes

AGES 30+ LEVEL 2					
Code	Location	Day(s)	Date(s)	Time	\$
34414	TCC Weight Rm	Tue	Mar 5- Apr 9	10:30 am- 11:30 am	\$105.00 6 classes

BUY A PASS AND SAVE!

Purchase 10 visits or a monthly pass to save on your admission cost. See **page 12 or 41** for details or ask at the front desk.

MOBILITY

LANGLEY CITY ADAPTIVE FITNESS



TIMMS COMMUNITY CENTRE 20399 DOUGLAS CRESCENT

FITNESS TRACK

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

Fitness

Active Aging

FREE! ACTIVAGE FUNCTIONAL MOVEMENT



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)
34251	TCC MPR 3	Sat	Jan 27- Mar 23	9:30 am- 10:25 am	\$ FREE 9 classes

Contract Program - refund policy may differ

TRY A FITNESS CLASS!

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 47-49** for class descriptions.



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. Choose to Move is free and flexible, and provides you with motivation and support to become more active.

MANDATORY INFORMATION SESSION

Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
34252	TCC MPR 2	Sat	Jan 13	11:30 am- 1:00 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 to meet in MPR 2 at Timms Community Centre on the following dates:

MOTIVATIONAL GROUP MEETINGS/TRAINING

Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
34253	TCC MPR 2	Sat	Jan 27- Mar 23	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)
34283	TCC MPR 2	Tue	Jan 16-Mar 5	10:00 am-11:30 am	\$56.00 8 classes
34294	TCC MPR 2	Tue	Mar 12-April 30	10:00 am-11:30 am	\$56.00 8 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 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 does involve 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)
34301	TCC Fitness Rm	T/Th	Jan 9-Feb 1	10:00 am-11:00 am	\$56.00 8 classes
34302	TCC Fitness Rm	T/Th	Feb 6-Feb 29	10:00 am-11:00 am	\$56.00 8 classes
34303	TCC Fitness Rm	T/Th	Mar 5-Mar 28	10:00 am-11:00 am	\$56.00 8 classes
34304	TCC Fitness Rm	T/Th	Apr 2-Apr 25	10:00 am-11:00 am	\$56.00 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)
34407	TCC MPR 3	Wed	Jan 10-Feb 28	2:00 pm-3:00 pm	\$56.00 6 classes
34408	TCC MPR 3	Wed	Mar 6-Apr 24	2:00 pm-3:00 pm	\$56.00 6 classes



Prenatal/Postnatal

MOM & BABY YOGA

Strengthen, stretch, breathe and relax while connecting with other new moms. Benefit from poses and movements specifically tailored to your needs as a new mother. Special attention will be given to strengthening your core and releasing tension in your neck, shoulders, hips and back. Beginners welcome!

Note: Pre-mobile babies only please.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
34405	TCC MPR 3	Wed	Jan 10-Feb 28	12:30 pm-1:30 pm	\$88.00 8 classes
34406	TCC MPR 3	Wed	Mar 6-Apr 24	12:30 pm-1:30 pm	\$88.00 8 classes

Fall Prevention

NEW! 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 conditions.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
34399	TCC MPR 3	T/Th	Jan 10-Feb 1	12:45 pm-1:30 pm	\$76.00 8 classes
34400	TCC MPR 3	T/Th	Feb 6-Feb 29	12:45 pm-1:30 pm	\$76.00 8 classes
34401	TCC MPR 3	T/Th	Mar 5-Mar 28	12:45 pm-1:30 pm	\$76.00 8 classes
34402	TCC MPR 3	T/Th	Apr 2-Apr 25	12:45 pm-1:30 pm	\$76.00 8 classes

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)
34313	TCC MPR 3	Mon	Jan 8-Feb 12	6:45 pm-7:45 pm	\$66.00 6 classes
34323	TCC MPR 3	Mon	Feb 26-Mar 25	6:45 pm-7:45 pm	\$55.00 5 classes
34324	TCC MPR 3	Mon	Apr 8-Apr 29	6:45 pm-7:45 pm	\$44.00 4 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 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
34327	TCC MPR 3	Tue	Jan 9-Feb 27	11:30 am-12:30 pm	\$68.00 8 classes
34328	TCC MPR 3	Tue	Mar 5-Apr 23	11:30 am-12:30 pm	\$68.00 8 classes

PILATES MAT CLASS: LEVEL 1

Restore physical vitality, invigorate your mind and elevate your spirit! Pilates is a low-impact technique that focuses on developing muscle balance and postural awareness through precise movements and specific breathing techniques. Pilates combines elements of yoga, modern dance and gymnastics to tone your muscles creating a lean, flexible physique. This program is designed to allow you to move at your own pace and challenge yourself to try more advance poses as you feel more comfortable.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
34305	TCC MPR 3	Wed	Jan 17-Mar 6	9:30 am-10:30 am	\$68.00 8 classes
34307	TCC MPR 3	Wed	Mar 13-May 1	9:30 am-10:30 am	\$68.00 8 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 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
34325	TCC MPR 3	Thu	Jan 11-Feb 29	11:30 am-12:30 pm	\$68.00 8 classes
34326	TCC MPR 3	Thu	Mar 7-Apr 25	11:30 am-12:30pm	\$68.00 8 classes

NEW! PILATES FUSION

The new workout you should be trying! Pilates Fusion incorporates elements of pilates, yoga and strength training to tone, stretch and elongate your muscles. This class focuses on increasing core muscle strength, flexibility and balance while being mindful of your breathing as you go through every movement. Great for beginners and all fitness levels, this program will include mat work. Participants must be comfortable getting to and from the floor.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
34403	TCC Fitness Rm	Fri	Jan 12-Mar 1	9:30 am-10:30 am	\$68.00 8 classes
34404	TCC Fitness Rm	Fri	Mar 8-Apr 26	9:30 am-10:30 am	\$59.50 7 classes

Note: No class Mar 29



Events

CLICK HERE FOR QUICK ACCESS TO EVENTS



Event Highlights

FAMILY DAY WEEKEND

February 17-19

Timms Community Centre

There are many ways to get active with your family this Family Day Weekend.

Try something new together!

Pre-registration required for most activities. **All activities are FREE!**

Full event details available [here](#).

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 [Page 66](#).

What's happening around town

JANUARY *to* MARCH

- | | |
|-----------|--|
| Jan 28 | Concerts Cafe Classico Series: Cameron Crozman, Cello
Langley Community Music School |
| Feb 11 | Concerts Cafe Classico Series: Leslie Dala, piano
Langley Community Music School |
| Feb 17-19 | Family Day Weekend
Timms Community Centre |
| Feb 24 | Salvation Army Coldest Night of the Year
Gateway of Hope |
| Mar 2 | Rose Gellert Hall Series: Bergmann Piano Duo, The Planets
Langley Community Music School |
| Mar 9-10 | BC Wheelchair Basketball Breakers Festival
Timms Community Centre |



BC Family Day



FEB
17-19

SAT-MON

FULL EVENT INFORMATION AT LANGLEYCITY.CA

MARCH *to* APRIL

- Mar 19 Family Intro Music Night**
Langley Community Music School
- Apr 7 Concerts Cafe Classico Series: Duos, Trios & Jazz!**
Langley Community Music School
- Apr 17 National Canadian Film Day**
Langley City Hall Council Chambers
- Apr 20 Earth Day Festival**
Douglas Park
- Apr 20 Rose Gellert Hall Series: James Campbell & Friends**
Langley Community Music School



Earth Day
April 20



Parks

CLICK HERE FOR QUICK ACCESS TO PARKS

Playboxes

5-2-1-0 PLAYBOX

Live 5-2-1-0 is a simple, easy-to-remember message to help kids and families adopt healthy habits—enjoy 5 or more vegetables & fruits, no more than 2 hours of recreational screen time, 1 hour of active play, and 0 sugary drinks every day (live5210.ca).

The Playbox is filled with sports equipment, activities and games to make it easier for you and your family to be active together. You can access the Playbox for free any time—to get the code to unlock the Playbox please email recreation@langleycity.ca or call 604.514.2940 to register.



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!

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 (19850 53 Avenue).

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.

Parks Foundation

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 local park improvement projects**. Options include park benches, and trees.

For more information, please contact John Epplette 604.514.2912

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.

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

206 Street & 44A Avenue





- Schools**
- A Alice Brown Elementary
 - B Blacklock Elementary
 - C Douglas Park Community School
 - D Uplands Elementary
 - E Nicomekl Elementary
 - F Simonds Elementary
 - G H.D. Stafford Middle School
 - H Kwantlen Polytechnic University

- Community Parks**
- 1 Douglas Park
 - 2 City Park
 - 3 Sendall Gardens
 - 4 Buckley Park
 - 5 Uplands Dog Park
- Recreation Facilities**
- A Douglas recreation Centre
 - B Langley Twin Rinks
 - C Al Anderson Memorial Pool

- D Timms Community Centre
 - E Langley Seniors Recreation and Resource Centre
 - F Langley Community Music School
 - G Langley Lawn Bowling
 - H McBurney Lane
 - I Spirit Square
- Neighbourhood Parks**
- 1 Portage Park
 - 2 Brydon Park
 - 3 Hunter Park

- 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
- Specdrums (electronic music kits)
- 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, 2:30 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 Jan 1, Feb 19, Apr 1)

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 Jan 1, Feb 19, Apr 1)

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.



Snow Removal



Home and business owners are responsible for clearing snow and ice - even snow plow build up - from their sidewalks and walkways bordering their property within 24 hours of snowfall.



KEEP PUBLIC PROPERTY CLEAR.

Shoveling snow back onto the street is prohibited, and it creates unsafe road conditions for motorists, impedes catch basins, and can delay street clearing.



ENSURE SNOW PLOWS CAN WORK UNOBSTRUCTED.

Keep all roads, lanes, and alleys clear of all obstructions including overnight parking of vehicles, trailers, campers, etc.



PLEASE BE KIND TO OUR STAFF

as they work hard to get the roads cleared as quickly as possible so everyone can get to their destination safely.



Bylaw No.2871, Highway & Traffic Regulation Bylaw



CLICK
HERE



2024

Garbage Collection Schedule

VISIT LANGLEY.CA FOR ANSWERS TO ALL OF
YOUR GARBAGE & RECYCLING QUESTIONS.

A person wearing a green safety vest and a cap is watering plants in a park. In the background, there are trees, a white tent, and a blue sign that says "Langley".

I LOVE THE OUTDOORS

With Langley City I get to maintain and contribute to our public spaces everyone can enjoy.

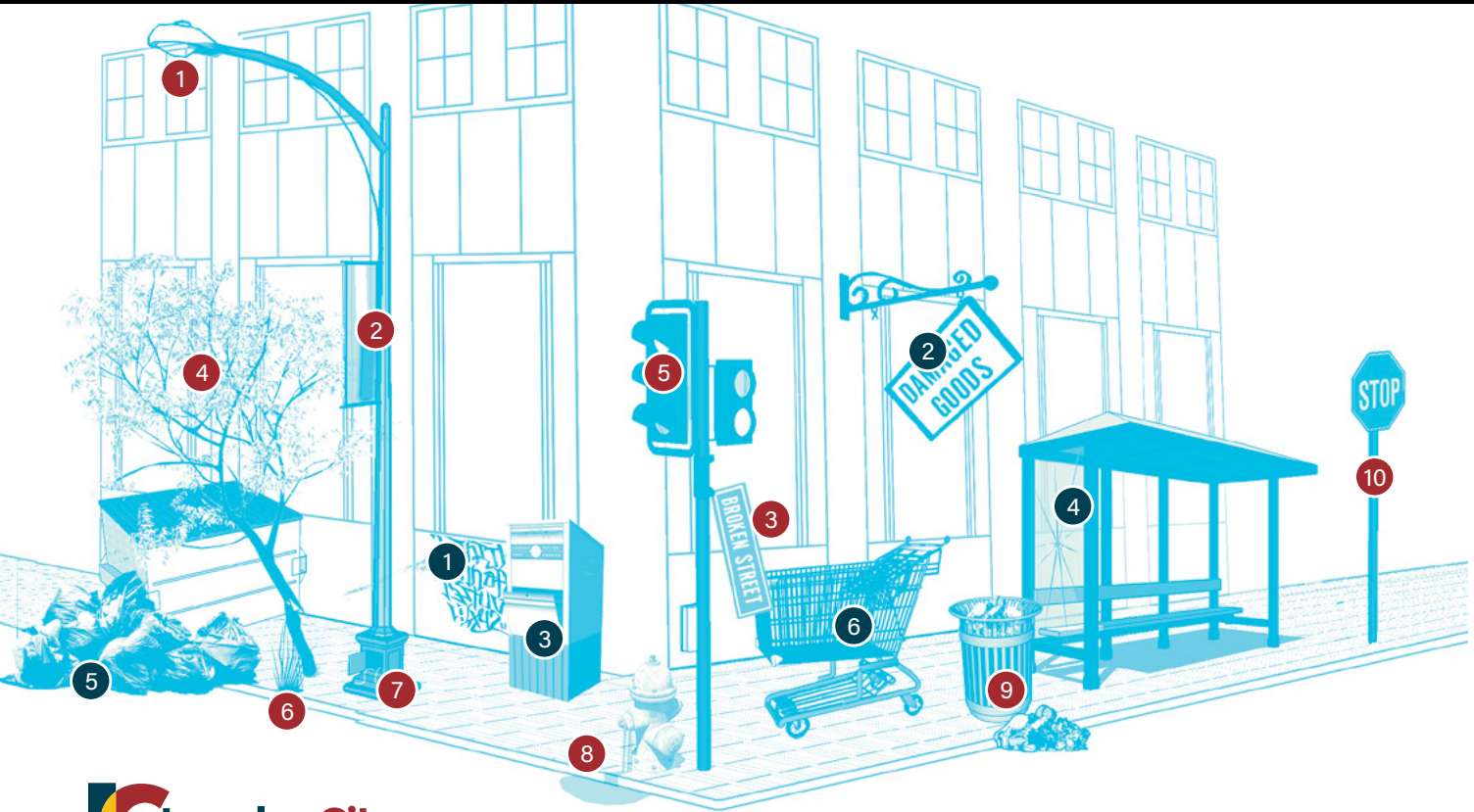
BUILD YOUR CAREER. BUILD A COMMUNITY.

Upcoming temporary full-time career opportunities to join the Engineering and Operations, and Parks Divisions coming **this spring**.

langleycity.ca

 **Langley City**
THE PLACE TO BE

WHOSE JOB IS IT?



LANGLEY CITY RESPONSIBILITIES

URGENT

PLEASE CALL LANGLEY CITY.

Bus. Hours 604.514.2910

After Hours 604.543.6722

NON-URGENT

**PLEASE VISIT LANGLEYCITY.CA
TO SUBMIT A SERVICE REQUEST.**

- 1 Burnt Out Street Light
- 2 Damaged Banner
- 3 Damaged or Missing Street Sign
- 4 Fallen Tree or Broken Tree Limb
- 5 Broken or Inoperable Traffic Light

- 6 Weeds
- 7 Broken Streetlight Base
- 8 Leaking Fire Hydrant
- 9 Trash in Street or Overflowing Trash Can
- 10 Missing or Damaged Stop Sign

- 1 Graffiti on Building
CONTACT BUILDING OWNER

- 2 Hazardous Building Sign
CONTACT BUILDING OWNER

- 3 Damaged Mailbox
**CANADA POST CUSTOMER SERVICE
604.530.1525 (Press #3 for
customer service)**

- 4 Damaged Bus Shelter
PATTISON OUTDOOR. CALL 604.235.2700

- 5 Overflowing Dumpster
CALL DUMPSTER COMPANY NUMBER ON SIDE OF BIN

- 6 Abandoned Shopping Cart
CALL STORE OWNER DIRECTLY



Unit 201, 20559 Fraser Hwy, Langley, BC V3A 4G3
info@downtownlangley.com | T 604.539.0133
downtownlangley.com



ENVIRONMENTAL SUSTAINABILITY COMMITTEE
PRESENTS

Earth Day

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



A FAMILY
Free Event
FRIENDLY

JOIN US IN CELEBRATION OF EARTH DAY IN LANGLEY CITY

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

- Upcycle Challenge - bring your finished upcycle product between 9:00 am - 10:00 am to enter. Winners to be announced at 1:45pm.
- Foraging for native edible foods in an urban environment with Mrs. Localvore at 11:00am
- Container Gardening workshop at 12:30pm
- Upcycle Challenge winners will be announced at 1:45pm
- Hands-on workshops, garden tours, Earth Day bingo, scavenger hunts, and other kids games will take place throughout the day
- Free supplies to help keep our neighbourhood parks and trails clean with Pitch-In Canada
- Indigenous plant and seed giveaways, gift card and gardening prizes, and more!

IN PARTNERSHIP WITH:



CITY OF LANGLEY
RECREATION, CULTURE & COMMUNITY SERVICES

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

E: recreation@langleycity.ca

