

WHITE ROCK RECREATION
AND
CULTURE

March-August
Spring/Summer 2017

Recreation **GUIDE**

www.whiterockcity.ca/register



Cheers to 60 Years! • www.whiterockcity.ca • Event Listings, see page 4

You won't believe all the things you can do!

Celebrate CANADA'S 150TH BIRTHDAY



featuring **Snowbirds**
Fly For **child**

WEDNESDAY AUGUST 16 ~ WHITE ROCK WATERFRONT

Presented by the City of White Rock and in partnership with the CH.I.L.D. Foundation, the Canadian Forces Snowbirds will soar over Semiahmoo Bay with a spectacular 45 minute aerial demonstration.

Bring a lawn chair and find a spot anywhere along the beach for optimal viewing! Enjoy live music and kids activities beside the White Rock Museum & Archives (14970 Marine Drive) both before and after the air show, plus a dazzling fireworks presentation at dusk!

AIR SHOW ~ 5:45PM



HEADLINER ~ 8:00PM



WIN AIRFARE FOR TWO TO ANYWHERE WESTJET FLIES!

Raffle tickets, Snowbirds T-shirts & Hats will be on sale for \$10 at the event.

All proceeds to benefit the CH.I.L.D. Foundation (Foundation for Children with Intestinal & Liver Disorders)

Celebrating
CANADA'S
Journey 1867-2017
WHITE ROCK



Snowbirds
Fly For **child**

Canada

WHITE ROCK
City by the Sea!

STAY TUNED TO THE CITY OF WHITE ROCK WEBSITE FOR UPDATES! www.whiterockcity.ca/Canada150

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60TH
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HOW TO REGISTER



WebReg

Online anytime

www.whiterockcity.ca/register

Requires a Family PIN and Client Number.
Call 604-541-2199 for assistance.

Payment accepted: Amex, Visa, MasterCard



Walk-in

Visit White Rock Recreation and Culture with offices located at:

- 1) Centennial Park Leisure Centre,
14600 North Bluff Road
- 2) White Rock Community Centre,
15154 Russell Avenue
- 3) Kent Street Activity Centre,
1475 Kent Street

Payment accepted: Amex, Visa, MasterCard, debit, cheque, cash



Phone

604-541-2199

Payment accepted: Amex, Visa, MasterCard

PRIORITY REGISTRATION

REGISTRATION FOR
WHITE ROCK RECREATION AND CULTURE MEMBERS
begins at 8:30am
Monday March 27
Online opens at 7:00am

REGISTRATION FOR
NON-MEMBERS
begins at 8:30am
Wednesday March 29
Online opens at 7:00am

REFUND POLICY

If you are not completely satisfied with your program experience, please contact us to arrange for a refund or credit towards your next program or service. Some limits may apply.

Become a Recreation and Culture
VOLUNTEER...
you'll be glad you did!

Volunteering is a great way to get involved in your community. Benefits include meeting new people, building leadership skills, helping the community and exploring career options.

Opportunities are available for students, adults and seniors. Some of the different ways to get involved include:

- Helping in summer recreation camps with children
- Assisting in special events including – Tour de White Rock, Canada 150 and Canada Day celebrations
- Volunteering at the Kent Street Activity Centre - coffee shop helpers, computer instructors, mini-bus drivers, fundraisers and special event helpers

For more information please call 604-541-2199



CHEERS TO 60 YEARS!

HAPPY BIRTHDAY WHITE ROCK!

SATURDAY APRIL 15

SENIORS DIAMOND ANNIVERSARY LUNCHEON

12:00pm - 2:00pm | Doors open at 11:30am

Centre for Active Living | 1475 Anderson Street

\$10 | ADVANCE TICKETS ONLY

Tickets available at White Rock Recreation Centres
604-541-2199

Join us for a very special journey through the past
60 years with our commemorative video.



SATURDAY APRIL 29

COMMUNITY BIRTHDAY PARTY

11AM – 9PM

Centennial Arena | 14600 North Bluff Rd

YOU are invited to join the party in celebration
of our City by the Sea's birthday!

Enjoy free activities and entertainment for the
whole family including live music, face painting,
an interactive photo booth and the best food
trucks in the lower mainland!

FEATURING **REDEYE EMPIRE**
& **HEY OCEAN**

AND **BOBS & LOLO**



ENJOY THE MUSIC OF

NEARLY NEIL
& **ALYSSA NIELSEN**

PERFORMING THE MUSIC
OF **PATSY CLINE**.

Have you lived in
White Rock for
60 YEARS
or know anyone who has?
**WE WANT TO
HEAR FROM YOU!**

Call **604-541-2199**



CONNECT WITH US ONLINE!



For more information
www.whiterockcity.ca/60

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parc
retirement
living

COMING THIS SUMMER IN WHITE ROCK



ART ON DISPLAY

At the White Rock Community Centre Gallery

Celebrating White Rock's 60th Birthday – Images of the Iconic Pier
March 16 – April 30

The Family Show – Family inspired Art
May 4 – June 9

The SOLO Artist - In Celebration
June 15 – July 14

Celebrating Canada 150 – Past and Future
July 20 – Sept 8

Visit www.whiterockcity.ca/artondisplay

POP UP TOWN - STUDIO



Come and see local artists at work and at play. This busy space will inspire and engage! Drop by The Studio at 1459B Johnston Road.

Visit www.whiterockcity.ca/pop-up

RAINWORKS

Rainworks project artist Jeff Kulak's messages commemorate and celebrate White Rock's 60th Birthday and will come to life at locations around the City appearing only when it rains! For Grand Opening information and maps to the artworks, visit www.whiterockcity.ca/60

CANADA DAY BY THE BAY

Saturday July 1



CANADA 150

WHITE ROCK

Celebrate the 150th birthday of our great nation! July 1 kicks-off a season of celebrations acknowledging this historic milestone!

The White Rock waterfront will be the venue for a host of activities and attractions including live music, children's activities and fireworks.

Visit www.whiterockcity.ca/Canada150



SNOWBIRDS FLY FOR CH.I.L.D. / CANADA 150 CELEBRATION

Wednesday August 16

Join the City of White Rock in celebrating Canada's 150th Birthday on the shores of Semiahmoo Bay. Live music, fireworks and a spectacular air show by our Canadian Forces Snowbirds!

Visit www.whiterockcity.ca/Canada150



2017 TOUR DE WHITE ROCK

July 15-16



**STEVE NASH
FITNESS WORLD
& SPORTS CLUB**

PRESENTS



**Tour de
WHITE
ROCK**

July 15 CHOICES MARKET - CRITERIUM & KIDS BIKE RACE in the Family Fun Zone

July 16 PEACE ARCH NEWS - ROAD RACE

Visit www.TourdeWhiteRock.ca

WHITE ROCK SEA FESTIVAL

August 4, 5, 6

Come down to White Rock Beach and take in all that the Sea Festival has to offer. Live entertainment, children's activities, the popular torchlight parade, waiter's race and fireworks display are just a few of the family-friendly attractions.

Visit whiterockseafestival.com



3RD ANNUAL TD CONCERTS AT THE PIER

July and August

TD Concerts at the Pier features top Canadian recording artists and the best of the thriving BC music scene.

Visit www.whiterockbia.com

WHITE
ROCK BIA

WHITE ROCK
City by the Sea!

RECREATION AND CULTURE

WHITE ROCK COMMUNITY CENTRE

15154 Russell Avenue, White Rock (604) 541-2199

Welcome to White Rock's showcase recreational, learning and meeting facility in the heart of the business district. Set in a green oasis, the centre is a key component of a vibrant live-work-play



community of shops, services, galleries, theatres, wellness outlets, restaurants, residential towers, and a library. Its spacious, bright and airy rooms are home to a multitude of fitness, arts, technology, wellness and dance programs for all ages.

Whether gathering in the lounge to enjoy a coffee chat, relaxing

in the outdoor treed plaza, wandering through the latest art show or whooping it up at a wedding or your little one's birthday party, there's always something wonderful to do.

CENTENNIAL PARK LEISURE CENTRE AND ARENA

14600 North Bluff Road, White Rock (604) 541-2161

Set in a forested park, the lively Centennial Park Leisure Centre and ice rink complex brings together everything that makes life in White Rock so rich and vibrant. Along with the Centre for Active



Living, playing fields, fenced off-leash dog park, kids' playground, lacrosse box and tennis courts there are endless opportunities for outdoor fun and fitness.

From intimate meeting spaces with an outdoor deck to the 2,000 sq ft hall overlooking the full-sized rink, people gather to

enjoy skating, hockey, a variety of fitness and dance classes, sports activities and personal celebrations. In the warmer months, the ice arena rink transforms into a dry floor for indoor sports, trade shows and community events.

KENT STREET ACTIVITY CENTRE

1475 Kent Street, White Rock (604) 541-2231

This beehive of activity is an integral part of White Rock's commitment to being an "age friendly community." With its focus on



55+ folks, Kent Street is abuzz with an amazing array of programs, activities and services.

From snooker to yoga, computer programs to table tennis, there's something for everyone. Come relax in the comfy lending library or hop on the mini

bus for a day of adventure. Private rentals, special events and social dances are abundant in the 150 seat auditorium. There is even a cozy coffee shop to enjoy a home cooked meal with new friends.

HORST AND EMMY WERNER CENTRE FOR ACTIVE LIVING

1475 Anderson Street, White Rock (604) 541-2199
(next to Centennial Arena)

This White Rock Recreation and Culture facility and wellness resource centre is at the heart of helping people be their very best. Bringing together programs and services from White Rock



Recreation and Culture, Fraser Health, Primary Care Access clinic, the Alzheimer Society of BC, Stroke Recovery and the Canadian Cancer Society, members of the community are supported in building healthier, happier lifestyles.

Along with leading-edge cardio gyms and mirrored fitness studios for regular and drop-in classes, the centre is home to the popular Peace Arch Curling Centre. Two viewing areas, a comfy lounge, pro-shop and the scrumptious food at the Rustic Gourmet Café will keep you coming back for more.

For more information on our facility hours and rental opportunities phone 604-541-2199 or www.whiterockcity.ca.

FACILITIES

CITY OF WHITE ROCK SUMMER FUN AT THE WATERFRONT

FRASER VALLEY REGIONAL LIBRARY

15342 Buena Vista Avenue, White Rock. (604) 541-2201

Located adjacent to City Hall, the library acts as a meeting place for many literary and cultural groups. The library hosts book clubs, writing clubs and a history club that are



all open to the public. Another feature of the library is their art wall, which has monthly art exhibitions showcasing local artists.

WHITE ROCK MUSEUM AND ARCHIVES

14970 Marine Drive, White Rock. (604) 541-2221

The White Rock Museum and Archives is dedicated to preserving and promoting local history and culture and is located in the historic White Rock Train Station. The Museum offers changing exhibits and programs that interpret regional and local history and challenges visitors to think about the future as well as the past.



Spend a fun filled day at the beach!

WATERFRONT RECREATION

Get active on the water! White Rock Recreation and Culture offers sea kayaking, stand up paddle boarding and skimboarding lessons. See pages 15 (kids) and 42 (adults) in this guide. You can also rent a paddleboard, skimboard or kayak from a vendor right at the beach.

BUSKERS

Talented dancers, storytellers, singers and musicians are performing throughout the spring and summer at seven locations along the waterfront promenade.

ARTISTS WALK

Come stroll the promenade from the White Rock Museum Plaza to West Beach and enjoy the art on display. Meet local artists and watch them work.

FOOD CARTS

Pick up a scrumptious snack or beverage to enjoy as you take in the sight and sounds of the waterfront. Food carts are located along the White Rock promenade.

Preschool



Elise: Art Camp participant

By the time Elise was three, she had named all the colours she knew after food, like Broccoli Green. By four, she drew all the characters from Paw Patrol for her little brother's birthday present, and decided her favourite colour was magenta. And her favourite place? Miss Noelle's art room with her art pals, and drawing her favourite thing: rainbows. "I love to make new art stuff every day at Art Camp."

HAVE YOU SIGNED UP?



White Rock Recreation and Culture Membership

Save all year!

Look for the Member price (M)
2017 Membership:

- Adult \$38
- Youth \$27
- Family (individual rates less 20%)

604-541-2199

➔ Arts, Dance & Music

Paint, Draw, and Sculpt 4-6 years

Young artists will have lots of messy fun learning about all about painting, drawing and sculpture as well as artists famous for creating them. Charcoal, pastels, watercolours, tempera, wood, papier mache and much more will be combined to make our exciting and unique art projects. Students will be led to develop skills in art making while expressing their own individual art styles in this fun and exciting class.

Instructor: Noelle Horrocks
White Rock Community Centre-Art Room 8 sessions
32968 M 3:30-5PM Apr 24 \$108/M\$100

Music Together up to 5 years

All children are musical! Music Together® is an early childhood music and movement program for babies, toddlers, preschoolers, kindergarteners, and the adults who love them. Curriculum is researched-based, and classes include singing, movement, chanting, and instrument play in a mixed-aged environment. CD and songbook included. Parent participation required. Sibling rate \$100.

Instructor: Heidi McCurdy
White Rock Community Centre-Art Room 10 sessions
32979 Sa 9:30-10:15AM Apr 15 \$160/M\$152
32980 Sa 10:30-11:15AM Apr 15 \$160/M\$152

White Rock Community Centre-Art Room 5 sessions
33347 Sa 10-10:45AM Jul 08 \$ 110/M\$102

Preschool Ballet 18-30 months

Parents and toddlers will have a great time together in this fun and imaginative class. Dance in bare feet or ballet slippers. Parent participation is required.

Instructor: Alexa Gerry
White Rock Community Centre-Studio 10 sessions
32978 Sa 9:15-10AM Apr 15 \$60/M\$54

Preschool Ballet 3-5 years

Your little one will develop skills and confidence in this fun and imaginative class. She or he will have a great time dancing while an introduction to ballet is presented. Dance in bare feet or ballet slippers.

Instructor: Alexa Gerry

Ballet Level 1
White Rock Community Centre-Studio 10 sessions
32981 Sa 10:15-11AM Apr 15 \$60/M\$54

Ballet Level 2
White Rock Community Centre-Studio 10 sessions
32982 Sa 11:15AM-12PM Apr 15 \$60/M\$54

➔ Sports

Sportball Multi-Sport 2-5 years

This program is designed to guide parents and their children through the introductory skills of eight different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence.

2-3 years
White Rock Elementary-Gym 8 sessions
33003 M 5:15-6PM Apr 03 \$120/M\$110

Centennial Park-Picnic Area 7 sessions
33508 M 5:15-6PM Jul 10 \$105/M\$95

3-5 years
White Rock Elementary-Gym 8 sessions
33004 M 6-7PM Apr 03 \$120/M\$110

Centennial Park-Picnic Area 7 sessions
33509 M 6-7PM Jul 10 \$105/M\$95

Birthday Parties



Ball Hockey
5-12 years

Centennial Arena
Party includes one hour on the dryfloor and one hour in the party room. Helmets and sticks included if necessary. One party leader included.
\$149 up to 20 children

Crafts or Classic Games
4-8 years

White Rock Community Centre Art Room

Crafts:
Make an animal themed craft and play old fashioned party games. Two party leaders included.

Classic Games:
Play old favorites such as musical chairs, freeze tag, bean bag toss, and more! Two party leaders included.
\$129 up to 10 children
\$149 up to 15 children

Bricks 4 Kidz
5-12 years

Centennial Park Leisure Centre Hall
One hour Lego activity with Party Host and one hour party time. Lego games and challenges included.
\$225 up to 10 children
Additional child \$8

Call 604-541-2199 to book your party!

➔ **Sports** cont.

Sportball Outdoor Soccer 2-5 years

Sportball coaches develop competence and confidence on the field in Sportball soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. For safety reasons, parents are required to remain at the field during classes.

2-3 years

Centennial Park-Picnic Area 7 sessions
33005 Su 9:30-10:15AM May 07 \$120/Ⓜ\$110

Centennial Park-Soccer Field 6 sessions
33011 Th 5:30-6:15PM Jul 06 \$105/Ⓜ\$95

Centennial Park-Picnic Area 6 sessions
33550 Su 9:30-10:15AM Jul 09 \$105/Ⓜ\$95

3-5 years

Centennial Park-Picnic Area 7 sessions
33006 Su 10:15-11:15AM May 07 \$120/Ⓜ\$110

Centennial Park-Soccer Field 6 sessions
33012 Th 6:15-7:15PM Jul 06 \$105/Ⓜ\$95

Centennial Park-Picnic Area 6 sessions
33551 Su 10:15-11:15AM Jul 09 \$105/Ⓜ\$95

Spring program includes a soccer jersey. Summer program includes a soccer ball.



RibbonFit by Alexa
CLASSES FOR KIDS & ADULTS

- Ribbon Fit Programs
- Rhythmic Gymnastics
- Russian Barre / Ballet
- Camps / AND MORE!

www.RibbonFit.com
info@RibbonFit.com 604.537.4924

RibbonFit
Birthday Parties
Pre-book NOW!

10% OFF promo code: BOOKNOW

CUPE 402 01
WHITE ROCK CITY WORKERS

Working for your community.



Jumpstart

Giving kids a sporting chance.

What is Jumpstart?

Jumpstart Charities gives kids a sporting chance. Kids aged 4 to 18 years from families in financial need can receive funding to help with registration fees.

Participating in sport helps kids develop physical and social skills. It helps build self-esteem. By helping kids get into the game, we're equipping them with determination. And we're giving them confidence.

Does my child qualify?

Families must meet financial need criteria in order to qualify for Jumpstart funding. Jumpstart follows Revenue Canada's Low Income Cut-offs (LICOs) which are based on a family's size, the size of their community and the total family unit income (before tax).

Where do I apply?

Jumpstart funding application forms are available online at www.whiterockcity.ca and at each of our recreation centres:

White Rock Community Centre
(15154 Russell Ave.)

Centennial Park Leisure Centre
(14600 North Bluff Rd.)

Kent Street Activity Centre
(1475 Kent St.)

PRESCHOOL SUMMER CAMPS

Art Animals and Cool Creatures 4-6 years

Join us to make one-of-a-kind art animals and creatures in this fun and creative art class. We will combine paint, papier mache, wood, glitter, fabric and much more to make amazing real and imagined animals. Elephants, dinosaurs, sea creatures, unicorns and dragons are some of art animals that will come to life in this unique and exciting art class.

Instructor: Noelle Horrocks

C.P.L.C.-Lounge 5 sessions
33338 M-F 10AM-12PM Jul 10 \$90/Ⓜ\$82

Summer Paint, Draw, and Sculpt 4-6 years

Explore the cornerstones of art with unique and exciting summer themes. We will use both traditional and modern techniques from DaVinci to Picasso. Create sculpture, PopArt cartoons and collages. Combine these with your own ideas and individual styles for one of a kind art fun.

Instructor: Noelle Horrocks

C.P.L.C.-Lounge 5 sessions
33339 M-F 10AM-12PM Aug 14 \$90/Ⓜ\$82

Sportball Multi-Sport Camp 3-8 years

Children participate in the skills and games of seven different ball sports. Sports include: soccer, hockey, basketball, baseball, volleyball, tennis, and golf. Camps also incorporate arts and crafts, music, co-operative games, snack time and theme days. Join the Sportball team for a summer camp experience that your child will never forget!

3-5 years

C.P.L.C.-Dryfloor 4 sessions
33193 Tu-F 9AM-12PM Jul 04 \$104/Ⓜ\$94

Centennial Park-Soccer Field 5 sessions
33195 M-F 9AM-12PM Jul 24 \$129/Ⓜ\$119

5-8 years

C.P.L.C.-Dryfloor 4 sessions
33194 Tu-F 1-4PM Jul 04 \$104/Ⓜ\$94

Centennial Park-Soccer Field 5 sessions
33196 M-F 1-4PM Jul 24 \$129/Ⓜ\$119

CITY OF SURREY
SPRING / SUMMER 2017



South Surrey Recreation & Arts Centre

14601-20 Avenue

Healthy Communities. Active Together.
Come find your fit today!

SUMMER CAMP HEADQUARTERS – Check out over 50 conveniently located day camps for kids ages 3-18 across the city. Summer Camp registration begins April 25!

SOUTH SURREY COMMUNITY FESTIVAL – Mark your calendars for the annual South Surrey Community Festival on Saturday, July 29th. This free event includes main stage entertainment, kids and family activities, food vendors and more.

FITNESS CENTRE – Come visit our state of the art 8,000 sq. feet Fitness Centre featuring treadmills, stair climbers, elliptical machines, bikes and rowers, as well as functional fitness weight training equipment and a wide selection of machines and free weights. Child Minding options are also available while you work out.

GROUP FITNESS WITH EXPANDED FITNESS ROOMS – Drop-in classes include Body Sculpt, Hi Lo Aerobics, Indoor Cycling, Boot Camp, Yoga and more! Take advantage of our Build Your Own Workout program on Thursday nights featuring 3 30 minute classes with breaks in between.

LICENSED PRESCHOOLS – 2017/18 registration is now open for our award winning Licensed Preschools. We offer multiple locations, times and ages to best fit your needs.

PRESCHOOL, CHILDREN & FAMILY FUN – Check out our Stay & Play Preschool Drop-in, Parent Participation, Preschool & Children's programs and Family Sports opportunities.

YOUTH ACTIVITIES – Check out our Sport Drop-in opportunities, Pre-teen dances, monthly 3on3 Basketball tournaments and our Fitness Centre After Hours program.

55+ ACTIVITIES – Get your Senior's membership to participate in activities such as Duplicate Bridge, Table Tennis, Badminton, Pickle Ball and other Special Events.

For more information please call
604-592-6970

www.surrey.ca/southsurrey **CITY OF SURREY**

Kids • Teens



Jonah: Land 'n Sea Camp participant

From the minute he wakes up on a Land 'n Sea day, Jonah can't wait to do all his favourite stuff with his favourite camp leader and all his pals. Mum knows he will be guided and nurtured to keep him safe and happy, and challenged just enough to help build his "big boy" skills and confidence. "It's very, very fun. We get to play outside a lot and go on daytrips and do art!"



Erin Dorfer Violin

As four-year-old Erin fell under the spell of a children's symphony group concert, a spark ignited that would fuel a lifelong love of the violin and teaching. By five she was in lessons and went on to achieve two music degrees, play in a professional symphony, and pass that spark on to hundreds of children. She is thrilled with her children's orchestra, Peace Arch Strings, she founded a year ago.

➔ Arts & Music

Paint, Draw, and Sculpt **6-12 years**
Students will explore the fundamentals of painting, drawing and sculpture through exciting and unique art projects. The cornerstone of art-making will be taught through 2 and 3 dimensional creations using pastel, charcoal, paint, wood, and so much more.
Instructor: Noelle Horrocks
White Rock Community Centre-Art Room 8 sessions
32969 M 5-6:30PM Apr 24 \$108/Ⓜ\$100

Rhythmic Ballet Gymnastics **5-8 years**
Your child will increase their flexibility and grace as they learn basic ribbon skills. Each class starts with a traditional ballet style warm up, including stretching, coordination and balancing exercises and techniques. Your child will work their major muscle groups in a positive, friendly, playful and supportive environment!
Instructor: Alexa Gerry
White Rock Community Centre-Studio 10 sessions
32983 Sa 12:15-1PM Apr 15 \$60/Ⓜ\$54

Violin Beginner **6-8 years**
Every child can learn to play the violin and this 10 week Suzuki prep class prepares children for success through developing rhythm, singing, and learning to hold their instruments. Parents attend the classes along with their children, as parental participation is a core concept of the Suzuki method. Practice and real violins are provided.
Instructor: Erin Dorfer
C.P.L.C.-Lounge 8 sessions
32977 Tu 3:45-4:30PM Apr 25 \$80/Ⓜ\$75

➔ General Interest

Junior Magicians **8-12 years**
Professional magicians will show you beginner magic tricks and then move onto more advanced techniques to impress your family friends. All magic supplies and lots of laughs included.
Instructor: Care Elise Dyck
C.P.L.C.-Lounge 8 sessions
33310 Th 3:45-5:15PM Apr 13 \$96/Ⓜ\$90

Babysitter Training **11-16 years**
What every babysitter should know! This St. John Ambulance course is designed to teach young people how to babysit children. Topics will cover safety, responsible babysitting and coping with common emergencies. A certificate is issued upon successful completion. A course manual is provided.

C.P.L.C.-Hall	1 session
32963 Sa 9:15AM-4PM May 27	\$60/Ⓜ\$55
White Rock Community Centre-Gallery	1 session
33103 Tu 9:15AM-4PM Jul 11	\$60/Ⓜ\$55
33104 Tu 9:15AM-4PM Jul 25	\$60/Ⓜ\$55
33105 Th 9:15AM-4PM Aug 31	\$60/Ⓜ\$55

➔ Sports & Fitness

Basketball **7-13 years**
Children will be coached on offence, defense, teamwork and hustle. Please bring your own basketball.
Instructor: Jordan Wiebe

7-9 years
White Rock Elementary-Gym 10 sessions
32964 Th 5:30-6:30PM Apr 06 \$60/Ⓜ\$54

10-13 years
White Rock Elementary-Gym 10 sessions
32965 Th 6:30-7:30PM Apr 06 \$60/Ⓜ\$54

Fencing **8-14 years**
Often described as physical chess, fencing challenges the mind and the body, and builds confidence, coordination and physical fitness. Equipment is provided.

Youth Beginner: No experience
White Rock Elementary-Gym 10 sessions
32966 Tu 6:30-7:30PM Apr 04 \$120/Ⓜ\$110

Youth Intermediate: Minimum one season of fencing
White Rock Elementary-Gym 10 sessions
32967 Tu 7:30-8:30PM Apr 04 \$120/Ⓜ\$110

➔ **Sports** cont.

HAVE YOU
SIGNED UP?



White Rock
Recreation and
Culture
Membership

Save all year!

Look for the
Member price (M)
2017 Membership:

Adult \$38

Youth \$27

Family (individual
rates less 20%)

604-541-2199

Sportball Outdoor Soccer 5-7 years

Sportball coaches develop competence and confidence on the field in Sportball soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. For safety reasons, parents are required to remain at the field during classes.

Centennial Park-Picnic Area 7 sessions
33008 Su 11:15AM-12:15PM May 07 \$120/M\$110

Centennial Park-Soccer Field 6 sessions
33009 Th 7:15-8:15PM Jul 06 \$105/M\$95
33010 Su 11:15AM-12:15PM Jul 09 \$105/M\$95

Spring program includes a soccer jersey.
Summer program includes a soccer ball.

Tennis Lessons 8-12 years

Course includes skill development and supervised play. Players develop basic ball control skills and learn the fundamentals of ground strokes, volleys and serves. Rules, scoring and sportsmanship are also covered. Please bring your own racquet.

Instructor: Bruce Webster

Centennial Park-Tennis Courts 4 sessions
32974 Th 5-6:30PM May 04 \$60/M\$54
32971 F 5-6:30PM May 05 \$60/M\$54
32972 Sa 1-2:30PM May 06 \$60/M\$54
32973 Th 5-6:30PM Jun 01 \$60/M\$54
32975 F 5-6:30PM Jun 02 \$60/M\$54
32976 Sa 1-2:30PM Jun 03 \$60/M\$54
33203 F 5-6:30PM Jul 07 \$60/M\$54
33205 F 5-6:30PM Aug 11 \$60/M\$54

White Rock Tennis Club-Tennis Courts 4 sessions
33202 M 5-6:30PM Jul 10 \$60/M\$54
33204 M 5-6:30PM Aug 14 \$60/M\$54

LEADERS IN
TRAINING

Volunteer Training 14-17 years

Here's your chance to gain valuable training in a recreation environment. Learn how to develop activities for children such as crafts, games, songs and storytelling. Topics cover leadership principles and techniques, communication skills, discipline, decision making, conflict resolution, and first aid. Upon successful completion of the course, you will be able to volunteer in our children's summer day camp programs and special events and apply your new skills. This program is a great way to meet people in your community, build your confidence working with others, and develop as a leader and role model.

Centre for Active Living-Education Room 3 sessions
33120 We, Th 4:30-8:30PM Jun 28, 29, 30 \$55/M\$50
Fr 10:30AM-2:30PM

BIRTHDAY PARTIES!

JUNIOR GOLF LESSONS
Golf Clubs Included
BEGINNERS WELCOME!

BUCKETS OF FUN!

Summer Golf Camps

July & August
Monday-Friday
9:00 am-noon
\$199.00 per child
Friday wind-up
Pizza Party!



5228 KING GEORGE BLVD.
SURREY B.C.

www.birdiesandbuckets.com

604-592-9188

LAND 'n SEA

THE CITY OF WHITE ROCK'S SIGNATURE SUMMER CAMP!

AGES
6-9

White Rock Recreation and Culture hires University students, and trains them to run a quality traditional children's summer day camp at Centennial Park. You know your children are experiencing the best in camp traditions, learning games and sports fundamentals, experiencing indoor activities planned with an educational component, and enjoying plenty of outdoor fun and exercise. We are committed to making your child's summer camp experience memorable.

Land 'n Sea... it's the place to be!

Expect a fantastic week with tons of fun, an exciting theme, and a weekly out-trip! Only \$165 per week. Extended camp hours are available from 7:30-9:00am and 3:30-5:00pm for an extra \$30. One-day camp registration may be available if space allows. Please call the week before camp begins.

SUPERHEROES AND VILLAINS	33114	Tu-F	9AM-3:30PM	Jul 04	\$142/Ⓜ\$137
UNDER THE SEA	33119	M-F	9AM-3:30PM	Jul 10	\$165/Ⓜ\$157
PIRATES OF THE PACIFIC	33116	M-F	9AM-3:30PM	Jul 17	\$165/Ⓜ\$157
ASTRONAUTS AND ALIENS	33117	M-F	9AM-3:30PM	Jul 24	\$165/Ⓜ\$157
BEACH EXPLORERS	33115	M-F	9AM-3:30PM	Jul 31	\$165/Ⓜ\$157
BACK TO THE JURASSIC	33118	Tu-F	9AM-3:30PM	Aug 08	\$142/Ⓜ\$137

Gabby Graham *Land 'n Sea Camp instructor*

A perfect day for Gabby is hanging out with kids, exploring something outdoors, learning something interesting, teaching something valuable, creating something unique, and above all, being a positive role model. A perfect career for Gabby is teaching elementary school which has been her dream since she started teaching swimming lessons in high school. Her perfect legacy is to be an inspiring influence for the next generation.



ACTIVE KIDS!

Marketplace

BRAD HIGGS
SOCCER SCHOOLS

SUMMER CAMPS
CENTENNIAL PARK, WHITE ROCK
JULY & AUGUST
SURREY AND LANGLEY CAMPS AVAILABLE
YEAR ROUND ACADEMY
July 17-21; July 31-August 4; August 14-18
For further details call Brad.
BOYS & GIRLS AGED 4-14
PROFESSIONAL, EXPERIENCED INSTRUCTORS

REGISTER TODAY!

Phone:
604-939-1114
or 604-541-2199

Online:
Pay with VISA/MC at
www.bradhiggs.com

e-mail:
bhsoccer@shaw.ca

NEIGHBORHOOD ART STUDIOS

ART LESSONS
FOR KIDS / TEENS / ADULTS

Art classes / Art camps

Portfolio Preparation Program • Painting Parties

PHONE: 604 536 7900 • WEBSITE: www.neighborhoodartstudios.com

Advertisements are intended for general information only and are not intended as advice on which to base a decision.

Check out these FREE kid-friendly events happening in White Rock this summer!

1

CANADA DAY KIDS ZONE

Sat July 1st • 10am – 4pm

Join us at East Beach for a day of fun in the sun!

- Family Sandcastle Competition
- Sea Star Face Painting
- Capt'n Korki the Clown
- Live Music
- White Rock Fire Dept. Charity BBQ

www.whiterockcity.ca



2

FAMILY FUN ZONE AT TOUR DE WHITE ROCK

Sat July 15 • 3:30-7pm

Children ages 3 to 10 are invited to participate in the Kids Bike Race and a variety of other exciting games and activities on the White Rock Elementary school grounds.

Bonus! Parents can watch the professionals race from inside the Fun Zone!

www.TourdeWhiteRock.ca



3

PIRATES IN THE PARK

Sat August 5 & Sun August 6

Come clown around with Capt'n Korki and friends in beautiful Semiahmoo Park, East beach. Free festival activities for children 10 and under include the Rutledge Petting Zoo, Exotic Bird Society, live music, face painting and arts and crafts.

www.whiterockcity.ca



Kids • Teens SUMMER CAMPS

➔ Abracadabra Camp

Magic Camp 6-12 years

Hocus Pocus! A crash course in how to perform simple magic tricks for your friends and family. Designed to bring out the inner magician and performer in your child. All magic supplies included.

Instructor: Care Elise Dyck

C.P.L.C.-Lounge 5 sessions
33199 M-F 1-3:30PM Aug 21 \$108/(\$100)

➔ Art Camps

Summer Paint Draw and Sculpt 6-12 years

Explore the cornerstones of art with unique and exciting summer themes. We will use both traditional and modern techniques from DaVinci to Picasso. Create sculpture, PopArt cartoons and collages. Combine these with your own ideas and individual styles for one of a kind art fun.

Instructor: Noelle Horrocks

C.P.L.C.-Lounge 5 sessions
33247 M-F 12:30-3PM Aug 14 \$108/(\$100)

Summer Ultimate Art Camp 5-8 years

If you love art - all kinds of art - then this is the class for you! From printmaking to collage and drawing, to painting and sculpture - learn interesting new techniques and skills, and strengthen existing ones in this unique art experience.

Instructor: Noelle Horrocks

C.P.L.C.-Lounge 5 sessions
33248 M-F 12:30-3PM Jul 10 \$108/(\$100)

➔ Outdoor Camps

Kayaking for Kids 10-15 years

Our kayaking for kids program covers gear and equipment, kayak safety procedures and basic paddling technique. Participants must be able to carry a full size sea kayak with the assistance of another paddler.

Instruction: Natural West Coast Adventures

Waterfront- Marine Drive and Bay Street 3 sessions
33441 Tu-Th 9AM-12PM Jul 11 \$137/(\$135)
33442 Tu-Th 9AM-12PM Jul 18 \$137/(\$135)
33443 M-W 9AM-12PM Jul 24 \$137/(\$135)
33444 Tu-Th 9AM-12PM Aug 01 \$137/(\$135)
33445 W-F 9AM-12PM Aug 16 \$137/(\$135)

YMCA Outdoor Adventure Camp 5-12 years

Children will participate in a variety of activities including; paddle boarding, skimboarding, sports and games, weekly theme days, arts and craft and an optional sleepover for children that have completed grade 2 and older on Thursday night. Camp is 9am-4pm, with free extended care from 8-9am, and 4-5pm.

Centennial Park-Picnic Area

5 sessions
(* 4 where noted)
33124 Tu-F 8AM-5PM Jul 04 *\$159/(\$142)
33125 M-F 8AM-5PM Jul 10 \$199/(\$178)
33126 M-F 8AM-5PM Jul 17 \$199/(\$178)
33127 M-F 8AM-5PM Jul 24 \$199/(\$178)
33128 M-F 8AM-5PM Jul 31 \$199/(\$178)
33129 Tu-F 8AM-5PM Aug 08 *\$159/(\$142)
33130 M-F 8AM-5PM Aug 14 \$199/(\$178)
33131 M-F 8AM-5PM Aug 21 \$199/(\$178)
33132 M-F 8AM-5PM Aug 28 \$199/(\$178)

Kayotics Skimboarding Camps 7-14 years

Join Kayotics Skimboards for a full week of skimboarding. Pro Skimboarders headline the talented cast of instructors who will share their years of experience to expand the interest of this rapidly growing sport. Lessons include everything from proper board maintenance to injury prevention. Obstacles such as pipes, ramps and rails will be incorporated for those willing to push themselves to the max while others perfect the art of flatland-freestyle skimboarding. All participants will receive a promotional package compliments of Kayotics Skimboards. Purchase a Kayotics skimboard for \$60 if needed.

Instructor: Yuri Chaufour

Waterfront-East Beach Park

5 sessions
(* 4 where noted)
33181 M-F 12-3PM Jul 10 \$150/(\$142)
33182 M-F 12-3PM Jul 24 \$150/(\$142)
33183 Tu-F 12-3PM Aug 08 *\$125/(\$118)
33184 M-F 12-3PM Aug 21 \$150/(\$142)

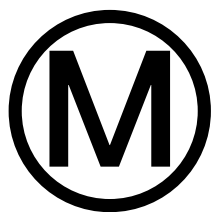


Care Elise Dyck

*Junior Magicians,
Magic Camp*

Care believes there is magic in stories and stories in magic. She has been lighting up the stage and imaginations since childhood, performing in music and theatre, teaching writing and storytelling, and adding a touch of magic and mystery to people's lives. Her classes don't just reveal the secrets of close-up magic, but showcase an art form that helps develop poise, confidence, public speaking and creative problem-solving.

HAVE YOU
SIGNED UP?



White Rock
Recreation and
Culture
Membership

Save all year!

Look for the
Member price (M)
2017 Membership:
Adult \$38
Youth \$27
Family (individual
rates less 20%)

604-541-2199

➔ Sport Camps

WRBHL Ball Hockey Camp 6-13 years

Participants interested in a fast-moving game or in developing skills for winter ice will enjoy this program's dedication to the fundamental skills of hockey. Each athlete will be taken through drills and exercises that will improve puck handling, passing, and shooting. All athletes will develop their skills in game-speed competitions aimed at giving them the total ball hockey experience. Please bring your own helmet with full face shield.

6-13 years

<i>C.P.L.C.-Dryfloor</i>		5 sessions	
33107	M-F 9:30AM-12:30PM	Jul 17	\$80/M\$72
33186	M-F 1-4PM	Jul 31	\$80/M\$72

10-13 years

<i>C.P.L.C.-Dryfloor</i>		5 sessions	
33185	M-F 1-4PM	Jul 17	\$80/M\$72
33290	M-F 9:30AM-12:30PM	Jul 31	\$80/M\$72

Fencing Camp

8-14 years

Learn the art of fencing in this day camp setting. Fencing challenges the mind and body, builds confidence, co-ordination and physical fitness. No experience necessary. Equipment is provided.

<i>C.P.L.C.-Dryfloor</i>		5 sessions	
33179	M-F 9AM-12PM	Jul 10	\$130/M\$122
<i>C.P.L.C.-Dryfloor</i>		4 sessions	
33180	Tu-F 9AM-12PM	Aug 08	\$110/M\$100

Brad Higgs Soccer Camps

5-12 years

Improve your soccer skills, team play and tactical understanding of the game. You will be grouped according to age and ability, benefitting both beginner and experienced players. The coaching staff features professional players and experienced, qualified coaches. Please bring your own ball.

33167	M-F 9:30AM-12PM	Jul 17	\$100/M\$92
33168	M-F 9:30AM-12PM	Jul 31	\$100/M\$92
33169	M-F 9:30AM-12PM	Aug 14	\$100/M\$92

Tennis XL Camp

7-12 years

This camp will focus on rally skills, ground strokes, net skills, serves, and returns. There will be lots of games and fun. Kids are divided into appropriate age groups.

<i>Centennial Park-Tennis Courts</i>		5 sessions	
33175	M-F 9AM-12PM	Jul 17	\$130/M\$122
33176	M-F 1-4PM	Jul 17	\$130/M\$122
33177	M-F 9AM-12PM	Aug 14	\$130/M\$122
33178	M-F 1-4PM	Aug 14	\$130/M\$122



Robotics - Coding - Math

Improve math,
logic, creativity,
and critical
thinking skills



Programs for
students from
kindergarten
to grade 8

Using fun building elements, motors and sensors, students build different machines and robots, and control them to complete tasks and solve challenges.

Contract us
now for Spring
and Summer
Camps!



Robokids White Rock

(604) 560-9768
www.robokids.ca
robokidswhiterock@gmail.ca
16B - 15531 24 Ave, Surrey

SPIRAL DANCE CO.

SUMMER CAMPS

JULY MINI CAMPS:

- Pre Dance
- Hip Hop
- Musical Theatre

AUGUST:

- Full Day Intensives
- Guest Teachers

RECREATIONAL PROGRAMS

- 3 yrs to Adult
- Jazz
 - Ballet
 - Tap
 - Hip Hop/Breaking
 - Contemporary
 - Lyrical
 - Musical Theatre
 - Acro

COMPETITIVE PROGRAMS

- ages 6 yrs & Up
By audition only.



Fall Registration Starts May 2017

On-line Registration @ spiraldance.ca

1471 Stayte Road, White Rock
604-541-2800 admin@spiraldance.ca

➔ Lego Camps

Bricks 4 Kidz® Summer Camp 5-12 years

Bricks 4 Kidz provides the ideal combination of high quality educational programming with a fun and exciting experience for kids. Activities are designed to trigger young children's lively imaginations and build their self-confidence. Sibling rate is \$120.

Instructor: Harmandeep Sidhu

C.P.L.C.-Lounge

5 sessions

VEHICLES & POCKET BRICK MONSTERS

33164 M-F 9AM-3:30PM Jul 17 \$250/Ⓜ\$240

PLANES, TRAINS, AND AUTOMOBILES

33158 M-F 9AM-12PM Jul 17 \$145/Ⓜ\$135

POCKET BRICK MONSTERS

33159 M-F 12:30-3:30PM Jul 17 \$145/Ⓜ\$135

ADVENTURES IN ARCHITECTURE

33160 M-F 9AM-12PM Jul 31 \$145/Ⓜ\$135

SPACE CAMP

33161 M-F 12:30-3:30PM Jul 31 \$145/Ⓜ\$135

ADVENTURES IN ARCHITECTURE & SPACE

33165 M-F 9AM-3:30PM Jul 31 \$250/Ⓜ\$240

JEDI TRAINING ACADEMY

33162 M-F 9AM-12PM Aug 14 \$145/Ⓜ\$135

BAT LEAGUE: SUPER HEROES & VILLAINS

33163 M-F 12:30-3:30PM Aug 14 \$145/Ⓜ\$135

JEDI TRAINING ACADEMY & SUPER HEROES

33166 M-F 9AM-3:30PM Aug 14 \$250/Ⓜ\$240



➔ Full Day Combo Lego and Sport Camps

All Day Combo Camps

Sign up for these All Day Combo camps that include a great combination of specialized camps. Participants will be supervised during their lunch break.

SOCCER & LEGO CAMP

33282 M-F 9:30AM-3:30PM Jul 17 \$250/Ⓜ\$240

5-12 years

LEGO & TENNIS CAMP

33283 M-F 9AM-4PM Jul 17 \$270/Ⓜ\$260

7-12 years

SOCCER & LEGO CAMP

33285 M-F 9:30AM-3:30PM Jul 31 \$250/Ⓜ\$240

5-12 years

33288 M-F 9:30AM-3:30PM Aug 14 \$250/Ⓜ\$240

LEGO & TENNIS CAMP

33289 M-F 9AM-4PM Aug 14 \$270/Ⓜ\$260

7-12 years

alexandra neighbourhood house

2017 Play Away day camps

in a traditional camp setting

by the beach

Summer - Jul + Aug



Visit www.alexhouse.net
or call 604-535-0015

CHILDCARE SPACES AVAILABLE



Harman Sidhu

Bricks 4 Kidz®

Harman's advanced Science degree and parenting of three young children are invaluable in her work with the phenomenal after school Lego program, "Brickz 4 Kids." Working with preschool to 13 year olds, this successful approach builds social, mechanical and problem-solving skills while creating motorized models.

“It allows kids to work in their own way in a fun and supportive atmosphere and allows me to do the work I love.”

ACTIVE ADULTS!

West Beach Pilates Studio

- Group, Semi-Private, Private
- Beginner, Intermediate
- Drop-in available
- Group classes from \$15

SPECIAL:
3 Private Sessions:
\$100



Reformer and Tower apparatus

14899 Marine Drive, White Rock
Register: 604-250-5493

www.westbeachpilates.com



Lawn Bowling at Mann Park

14560 North Bluff (16 Ave.)
OPEN HOUSE: Sat, Apr. 22, 10-2
Games 7 days/week
Lessons available
Natural grass • Drop in and try it!

604.531.0833 • www.mannparklbc.com

Help Wanted!

➔ The 10th White Rock Scout Group is recruiting adult Volunteers.

Young at heart? Like new experiences? Looking for an opportunity to make a difference?

We can help you!


www.10thWhiteRock.org

ADULT ICE HOCKEY

Spring Rec \$375
PRIME TIME EVENINGS



WLNHL.COM
604-534-9525



WALK, LEARN TO RUN, AND RUN GROUPS

Tuesday Eves.
6:30 pm • Drop-in \$7
Everyone welcome!
Leaders for all levels

1708-152nd St.,
White Rock
Tel: (604) 531-7879
peninsularunners.com

“WE FIT FEET”

Be Active for Life!

PERSONAL TRAINING FOR SENIORS

...offered at the Centre for Active Living gym (next door to Centennial Arena)
Initial assessment: \$75.00-\$136.00*
Hourly fee: \$49.75
Flight of five: \$199.00
* dependent on health situation



Bonnie Webster
- Personal Trainer

bonniewebster8@icloud.com 604-376-1015

GET ON A ROLL!



White Rock Lawn Bowling Club
1079 Dolphin Street
OPEN HOUSE APRIL 23

- Year round fun
- A sport for all ages

604-536-2616

www.whiterocklawnbowlingclub.com

ADVERTISE WITH US!

- Delivered to over 28,000 households in South Surrey and White Rock, three times per year;
- 1,500 copies distributed through the Chamber of Commerce and community facilities;
- Target your audience for recreation related products/services – the guide features recreation programs in arts & culture, wellness, sports & fitness;
- Online presence at no extra cost!

See www.whiterockcity.ca for Rates and Submission Requirements or call Denise 604-541-2199

Advertisements are intended for general information only and are not intended as advice on which to base a decision.

Adults
18+ YEARS



Adults

Alfie: Adult drop-in soccer participant

Alfie believes that sports isn't just about challenging yourself and building fitness, it's about camaraderie and connection and getting everything you can out of the experience. With his busy real estate career and a lifelong love of soccer and basketball, drop-in sports are a perfect fit, in between his outdoor adventures. "The variety of friends you make of all ages and backgrounds, and the knowledge and stories they bring, you couldn't buy that anywhere!"

→ Arts

Drawing for Absolute Beginners

Open to all who have the inclination to draw and explore new possibilities. Make an art date with yourself, come and unwind, and learn to see as well as to draw. A supply list is available at registration.

Instructor: Luc Charchuk

White Rock Community Centre-Art Room 8 sessions
33325 Tu 7-9PM Apr 18 \$116/Ⓜ\$107

Drawing in Colour

This class combines 2 media; coloured pencil, and pen/ink and wash for beautiful results. Drawing basics include learning to 'see' as the artist sees, strong, classical compositional skills, colour theory, linear perspective and all aspects of excellent drawing. A fun and informative class. A supply list is available at registration.

Instructor: Catherine Robertson

White Rock Community Centre-Art Room 9 sessions
33315 M 9:30AM-12PM Apr 24 \$111/Ⓜ\$101

Summer Drawing in Colour

A lighter look at drawing for summer time. Choose your own medium; coloured pencil, ink watercolour, acrylic or a combination. A playful, relaxed class, with summer subjects and an outdoor session, weather permitting. A supply list is available at registration.

Instructor: Catherine Robertson

White Rock Community Centre-Art Room 4 sessions
33314 M 9:30AM-12PM Jul 10 \$50/Ⓜ\$45

Painting Our Natural World-Acrylic Painting

Love to paint trees, shores, skies, meadowlands, and wildlife? Discover how simplification of form and colour can result in pictures that satisfy your painting soul. Basic drawing and composition are included. All levels are welcome. A supply list is available at registration.

Instructor: Catherine Robertson

White Rock Community Centre-Art Room 11 sessions
33317 W 9:30AM-12PM Apr 19 \$136/Ⓜ\$126

Painting in Oils and/or Acrylics

Explore painting basics, blocking in, brush handling, colour theory, composition and other aspects of painting under the guiding hand of this professional artist and instructor. Classes are fun and informative. All levels are welcome. A supply list is available at registration.

Instructor: Catherine Robertson

C.P.L.C.-Hall 10 sessions
33316 F 9AM-12PM Apr 21 \$142/Ⓜ\$132

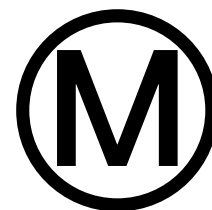
Watercolour Painting

Learn the use of materials and tools, colour mixing and basic theory, brush stroke application, texture creation, wet-on-wet techniques and more. Beginner to intermediate level students are welcome. A supply list is available at registration.

Instructor: Lucan Charchuk

White Rock Community Centre-Art Room 8 sessions
33327 M 7-9PM Apr 24 \$116/Ⓜ\$107

HAVE YOU SIGNED UP?



White Rock Recreation and Culture Membership

Save all year!

Look for the Member price (Ⓜ)
2017 Membership:

Adult \$38

Youth \$27

Family (individual rates less 20%)

604-541-2199



GET REEL AT THE WHITE ROCK COMMUNITY CENTRE

KONELINE: OUR BEAUTIFUL LAND

Wednesday March 25, 7PM

The Tahltan First Nation call their land Kone-line meaning our land beautiful and our mind beautiful, weaving human consciousness with the health of the land. Mining companies call the territory the golden triangle, while hunting outfitters refer to it as Canada's Serengeti. Nettie Wild has crafted a breathtaking love letter that captures the majestic beauty of the land and the unique people who live on it. *White Rock Community Centre-Gallery* 32718 W 7-9:30PM Mar 29 \$10

ENCORE PENINSULA CONCERT

Don't miss the final concert in the 2016-17 series! Spectacular classical music performed by **Alexander Tutunov**, piano (Belarus/USA) *White Rock First United Church - 15385 Semiahmoo Avenue, White Rock* 31958 Su 3-4:30PM Mar 26 Adult \$25 Senior/Student \$22

➔ **Arts** cont.

Turning Memories into Memoirs

Everyone has a life story worth telling, whether it is a whole life autobiography or a slice of life memoir. Learn to create engaging written stories from your life in a fun and supportive atmosphere.

Instructor: Sylvia Taylor
Kent Street-Classroom 32893 Tu 7-9PM Apr 25 8 sessions \$82/Ⓜ\$74

Peninsula Sketchers Drop-in Ⓜ

Do you like to draw? Just bring pencil and paper and enjoy two hours of sketching with this informal group every Friday afternoon. All levels are welcome. Membership is required.

White Rock Community Centre-Art Room 32902 F 1-3PM ongoing drop-in Ⓜ\$2

ART WORKSHOPS

Painting Split Complimentary Colour Scheme

The split complementary scheme is a variation of the standard complementary scheme and is extremely popular with artists and designers. Learn how to use split complimentary colour palette in watercolour to bring strong mood to your paintings. Workshop supplies are included.

Instructor: Danny Chen
White Rock Community Centre-Art Room 32554 F 10AM-2:30PM Mar 24 1 session \$85/Ⓜ\$77

Painting Buildings

Learn how to alter the presentation of scenes and manipulate their form to make them more artistically appealing. All supplies are included for this watercolour workshop.

Instructor: Danny Chen
White Rock Community Centre-Art Room 33322 F 10AM-2:30PM Apr 21 1 session \$85/Ⓜ\$77

Painting Garden Flowers

Capture the beauty of flowers in your watercolor paintings. Learn how to create colorful compositions with tips on special techniques and working methods, such as palette choices, color-mixing, laying washes to methods of salt granulation. All supplies are included for this watercolour workshop.

Instructor: Danny Chen
White Rock Community Centre-Art Room 33324 F 10AM-2:30PM Jul 14 1 session \$85/Ⓜ\$77

Intro to Vintage Black & White Film Photography

NEW Rediscover the enjoyment and spectacular quality of black and white film photography, Standard 35mm and 120mm film stock is widely available as are good quality film cameras. Learn how film is developed, and gain a basic understanding of scanning, image manipulation and printing of black and white negatives.

Instructor: Tom Lackey
White Rock Community Centre-Gallery 32927 W 7-9:30PM Apr 26 5 sessions \$114/Ⓜ\$104

Flower Photography - One Step Beyond

Visit a local garden and discover how to make your flower photography that one step more professional using light and creative techniques in the camera including shallow depth of field, back lighting, zooming in and more.

Instructor: Lynne Kelman
On Location: Crescent Beach area 32896 Sa 9:30AM-12PM Jun 17 1 session \$25/Ⓜ\$23

Recognize this Face in Photos

NEW In almost every family there lies hidden in the attic or basement a box filled with half remembered family photos. Many faces will be recognizable with memories attached but others will be unknown. Learn a variety of antique and vintage photographic techniques to help date and possibly give names to your ancestors.

Instructor: Tom Lackey
White Rock Community Centre-Gallery 32933 Th 7-9PM Jun 01 2 sessions \$36/Ⓜ\$33

Night and Sunset Photography

Meet at the White Rock Pier at dusk and take photographs as the sun goes down and afterwards (blue hour) with the guidance of an experienced photographer.

Instructor: Lynne Kelman
On Location: White Rock Pier 32936 Tu 8-9:30PM Aug 08 1 session \$16/Ⓜ\$15

The Forest at Your Feet

NEW Explore and photograph the wonderful colours, shapes and textures found on the forest floor. Bring your camera and spend the day in Sunnyside Acres getting close to nature. This course is designed to encourage composition, subtle use of colour or black and white and an eye for detail that may 'reveal' the world in a grain of sand.

Instructor: Tom Lackey
On Location: Sunnyside Acres Urban Forest 32937 Sa 10AM-12PM Jul 08 1 session \$18/Ⓜ\$16

➔ **General Interest**

Friday Drop-in Contract Bridge 


For experienced contract bridge players. Membership is required.

White Rock Community Centre-Hall C *drop-in*
32900 F 1-3:30PM ongoing \$2

Mah Jong Lessons


Mah Jong is good for the mind! Chinese Mah Jong has become a widely popular social activity. Learn the game here, and join the ongoing group that plays at the White Rock Community Centre.

Instructor: Joan Marinville

White Rock Community Centre-Art Room *6 sessions*
33346 Tu 10AM-12PM Apr 18 \$63/\$57

Mah Jong Drop-in 


Players should know the game and be able to 'count their hand' prior to joining the drop-in. Membership is required.

White Rock Community Centre-Art Room *drop-in*
33524 M 1-3PM ongoing \$2

Active Vancouver Presentation


NEW

In his new book Active Vancouver, Roy Jantzen profiles a variety of activities - cycling, hiking, paddling, picnicking and more, all within a day trip of Vancouver. Roy's talk will guide you to local and regional areas as he focuses on both the recreational aspect and the environmental education components of the outdoors.

White Rock Community Centre-Gallery *1 session*
32990 Tu 7-8:30PM May 30 \$6/No Charge

CPR A First Aid Course


Just in time for all your summertime activities! Whether you will be spending time on the water, or hiking through beautiful BC, a refresher on your first aid and CPR skills or first time learning of them will come in handy. Learn basic first aid and CPR techniques for adults and children. On successful completion, participants receive a National St. John's Ambulance CPR A certificate.

White Rock Community Centre-Gallery *1 session*
33061 Th 6-10PM Jun 22 \$68/\$62

Grow Phenomenal Vegetables this Summer and Prepare for a Bountiful Fall and Winter Harvest

NEW

Join Dan Oostenbrink, market gardener from The Local Harvest Market in Chilliwack at a spring workshop for home gardeners of all levels. Dan will help you gain confidence in the garden as you learn how to grow tomatoes, cucumbers, eggplant and peppers. Also, learn what to plant in the summer and fall so you can eat from your garden during the winter months.

White Rock Community Centre-Gallery *2 sessions*
33516 Th 7-9PM May 25 & Jun 13 \$60/\$54



NEW

AROMATHERAPY

Introduction to Aromatherapy

Do you have essential oils but are not quite sure how to use them? In this introductory course you will learn what essentials are and how to incorporate them into your daily life. Participants will create their own take home blend.

Instructor: Lynne Edel



Kent Street-Classroom *1 session*
32994 M 7-9:30PM May 01 \$25/\$23
33001 Th 1:30-4PM May 25 \$25/\$23

MORE Aromatherapy Workshops with Lynne Edel

Lynne has been working with essential oils for over 20 years. Lynne teaches the Holistic Aromatherapy Practitioner Certificate Program at Langara College and has been in private practice since 2000. She has experienced first hand the powerful healing effects of Aromatherapy and loves sharing her knowledge with others. Participants will create their own take home blend in each workshop. All sessions are held at the Kent Street Activity Centre.


Aromatherapy and Blending

Essential oil blending is an art form. Learn how to create effective therapeutic blends with a pleasing scent.

32999 M 7-9:30PM Jun 12 \$25/\$23
33000 Th 1:30-4PM Jun 22 \$25/\$23


Aromatherapy for a Healthy Family

Learn which essential oils are safe to use for your children and how to create safe and effective blends.

32998 M 7-9:30PM Jun 05 \$25/\$23


Aromatherapy for Stress

Essential oils have been shown to be effective in combating stress and restoring balance to an over taxed nervous system. Learn how aromatherapy can help.

32997 M 7-9:30PM May 15 \$25/\$23


Aromatherapy Medicine Chest

This interactive class will introduce you to essential oils for common ailments such as headaches, insomnia, muscle pain, digestive disorder, colds and flu.

32996 M 7-9:30PM May 08 \$25/\$23

Aromatherapy and Foot Reflexology

This interactive workshop will introduce participants to a foot massage combining aromatherapy and reflexology. Experience total bliss!

33002 Sa 10AM-2PM Jul 08 \$45/\$40



Lynne Edel

Aromatherapy, Yoga

Balance and wellbeing at any age is at the heart of Lynn's work as a healing practitioner and her life. Along with her personal yoga practise of 15 years, she teaches aromatherapy at Langara College and supports people, especially seniors and those with special considerations, to be their best selves.

“It's so inspiring watching seniors really working to improve and leaving class smiling, calm and relaxed.”



Mary Ponsford

Volunteer computer instructor

This senior computer whiz believes that seniors need to plug in, learn on and get connected. Computers and the internet are a valuable resource and most older folks can learn to use them; they just need a little more time, patience and repetition to boost their confidence. And a mentor their own age that can answer their questions and understands the challenges of not growing up with computer skills.

COMPUTERS AND SOCIAL MEDIA



These member-only programs are taught by a Kent Street Activity Centre volunteer.

Get your Membership today!
Benefit from early registration, save on course fees, and enjoy member only programs and activity groups! Call 604-541-2199

iPad for Everyone

Explore iPad settings, keyboard techniques, folder creation and Apple ID and iCloud. The second class will look at settings and iCloud in more detail plus simple photo editing, backing up your iPad and more.

Instructor: Sungur Aktug
White Rock Community Centre-Gallery 2 sessions

33068	F	9:30AM-12:30PM	Apr 21	\$30
33069	F	9:30AM-12:30PM	May 05	\$30
33070	F	9:30AM-12:30PM	May 19	\$30

All About Mac

Take the leap and be introduced to the Mac computer. Learn about the various models and which would be right for you. Find out about the basic Mac apps and the Mac's inter connectivity to other Apple devices.

Instructor: Doug Pawson
Kent Street-Classroom 1 session

33304	Tu	9:30AM-12PM	Apr 25	\$30
33305	Th	9:30AM-12PM	Apr 13	\$30
33512	Th	9:30AM-12PM	May 18	\$30
33513	Tu	9:30AM-12PM	Jun 6	\$30

Mac 101

You've made the move to Mac, now what do you do? Be introduced to all the basic features and apps of the Mac. How to setup properly, connect to the Internet, transfer from your Windows computer, iCloud, e-mail, photos, FaceTime, Safari and much more.

Instructor: Doug Pawson
Kent Street-Classroom 4 sessions

33318	Tu, Th	9:30AM-12PM	May 02	\$36
33319	Tu, Th	9:30AM-12PM	May 23	\$36
33320	Tu, Th	9:30AM-12PM	Jun 20	\$36

Introduction to Computers - Computers provided

This course will introduce you to the fundamental components of a computer and how to get started using one. Learn how to create documents, folders, save, open and format them. Learn how to copy and paste, insert pictures, change margins, print files and more.

Instructor: Mary Ponsford
Kent Street-Computer Lab 4 sessions

33077	W, F	9:30AM-12PM	Apr 19	\$36
33078	M, F	9:30AM-12PM	May 08	\$36

Navigation for Windows 10

This basic introductory course will look at settings, explore the differences plus demonstrate how to navigate your way through windows 10.

Instructor: Dennis Anderson
Kent Street-Classroom 2 sessions

33083	Th-F	9AM-12PM	Apr 06	\$30
33084	Th-F	9AM-12PM	Apr 20	\$30

Facebook & Twitter

Create a Facebook account, fill out a Facebook profile, review privacy settings and find friends and family members to 'friend'. Once setup discover how to communicate with friends, look at how to follow a business/organization and learn how to curate your Facebook page to make it educational and fun.

Instructor: Dunia Tozy
White Rock Community Centre-Gallery 2 sessions

33552	Tu	7-9PM	Jun 20	\$64/\$58
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iPhone & iPad Photography

Learn how to take good photos and videos on your iPhone and iPad. Learn to spot focus, how to adjust lighting and flash settings, how to use filters and make photos in difficult lighting conditions, burst mode, make simple edits and even take a 'selfie'.

Instructor: Dunia Tozy
White Rock Community Centre-Gallery 1 session

33553	Th	7-9PM	Jun 29	\$45/\$40
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➔ **General Interest** cont.

Magic Workshop

NEW Impress your grandkids at a fun workshop offering training in performing basic magical tricks that you can show your friends and family. Learn 6-10 effects such as the famous floating pencil, card predictions and the coin from behind the ear trick. A small magic kit included.

Instructors: Care Elise, Jordan Vo
Kent Street-Classroom 1 session
33013 Th 2-4PM May 04 \$40/Ⓜ\$38

Packing Light and Travel Tips

Discover how to travel around the globe with a surprisingly large amount of clothing, shoes and other travel items all in a standard allowable airline carry on. Plus, gain valuable travel tips on clothing suggestions, airline travel, shopping and hotel stays.

Instructor: Rhonda Dillon
Kent Street-Classroom 1 session
32879 M 1-3PM Apr 24 \$18/Ⓜ\$16
32880 W 7-9PM Jun 28 \$18/Ⓜ\$16

Spanish

Instructor: Carlos Rabago

Beginner: Basic Spanish language conversation and pronunciation in an informal setting.

Kent Street-Classroom 6 sessions
32876 Th 12:30-1:30PM Apr 20 \$35/Ⓜ\$33

White Rock Community Centre-Gallery 6 sessions
32877 M 7-8PM Apr 24 \$35/Ⓜ\$33

Level 2: A continuation of Spanish for beginners, or for those who have some previous knowledge of the language.

White Rock Community Centre-Gallery 6 sessions
32878 M 8-9PM Apr 24 \$35/Ⓜ\$33

Walk the Camino de Santiago in Spain

Every year hundreds of thousands of people walk the Camino de Santiago in Northern Spain (800km) or the Portuguese route (600km).

Whether you are interested in walking the Camino yourself, or just want to experience the journey through the eyes of another, this inspiring, informative and engaging seminar will teach you everything you need to know.

Presenter: Myra Merkal

White Rock Community Centre-Gallery 1 session
32895 W 1-3PM May 03 \$12/Ⓜ\$10
32894 Th 7-9PM May 11 \$12/Ⓜ\$10



Jordan Vo
Junior Magician

When Jordan was 10, he came back from summer camp with a deck of cards and a crazy dream of being a magician. For 13 years he kept that dream alive, training and performing and building his own style and technique of sleight-of-hand magic. Now this former introverted kid helps other kids express themselves with an amazing art form that brings their awesome imagination to the real world.

COOKING

Tasty Connections

Do you like to cook? Are you bored cooking alone? Learn new ingredients, cook old familiar dishes and just have fun in the kitchen with Chef Pat who knows all about good food! Join us as we create a meal, share a meal and take food home.

Instructor: Pat Faulkner
Kent Street-Kitchen 5 sessions
33014 Tu 4-6PM Jun 13 \$59/Ⓜ\$57

Heart Healthy Eating

Diet and nutrition are vital components of healthy living. This class will focus on heart healthy foods including a discussion of fats and their role in heart health plus general nutritional guidelines to follow to improve your overall health.

Instructor: Pat Faulkner
Kent Street-Classroom 1 session
33016 Th 9:30-11:30AM Jun 08 \$44/Ⓜ\$40

Thai for Vegetarians

It is easy to expand your vegetarian options by adding the unique and delicious flavours of South East Asia. Learn how to cook Massaman Curry, Khoa Soi and a simple stir-fry. This cuisine is naturally gluten free, light and nutritious.

Instructor: Pat Faulkner
Kent Street-Kitchen 1 session
33015 Sa 10AM-1PM May 06 \$68/Ⓜ\$62

Taking Thai to the Next Level

Chef Pat has just returned from cooking school in Thailand and is excited about sharing all she has learned. Discover how to create some new and exciting flavours from stuffed chicken wings, cashew chicken and more.

Instructor: Pat Faulkner
Kent Street-Kitchen 1 session
33019 Sa 10AM-1PM Jun 03 \$58/Ⓜ\$53

Breakfast and Brunch

Do you love breakfast and brunch? Learn some fresh new alternatives to the regular dishes you have been cooking. Make eggs Benedict with a variety of different sauces, light and fluffy scones from scratch, melt in your mouth waffles and much more.

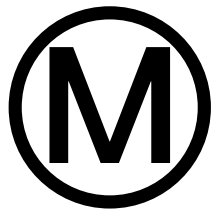
Instructor: Pat Faulkner
Kent Street-Kitchen 1 session
33018 Sa 10AM-1PM Jul 08 \$58/Ⓜ\$53

Flavours of the Mediterranean

Create simple, delicious dishes using only 5 ingredients or less. Healthy, simple, clean eating. Make soups, pasta, salads and desserts that can be prepared quick and easy without sacrificing flavours.

Instructor: Pat Faulkner
Kent Street-Kitchen 1 session
33017 Sa 10AM-1PM Jul 22 \$58/Ⓜ\$53

HAVE YOU SIGNED UP?



White Rock Recreation and Culture Membership

Save all year!

Look for the Member price (M)
2017 Membership:

Adult \$38
Youth \$27
Family (individual rates less 20%)

604-541-2199

Ballroom Dance Lessons

Please register with a partner.

No partner? Join the partner waitlist.

Call 604-541-2199

➔ Dance and Music

African Drum Lessons

African music and rhythm is polyrhythmic and very dynamic. Learn the different sounds of the drums, and how they play together. A new rhythm is taught each session. Bring your own djembe hand drum, or rent one for use during the session for \$15.

Instructor: Billy Knutson

African Drum-Level 1: Beginner

White Rock Community Centre-Hall C 8 sessions
33350 Th 8:30-9:30PM Apr 20 \$90/M\$82

African Drum-Level 2: Previous experience

White Rock Community Centre-Hall C 8 sessions
33351 Th 7:15-8:15PM Apr 20 \$90/M\$82

Afro-Creole Dance

Afro-Creole Dance is a combination of contemporary African roots and traditional Haitian Kompa dance. The class begins with stretches, a short warm-up; then the real fun begins! Suitable for all ages and fitness levels.

Instructor: Kaye Kerlande

Centre for Active Living-Fitness Studio #1 8 sessions
32995 M 7:30-8:30PM Apr 03 \$90/M\$81

Brazilian Dance Workout

Even if you have never danced Samba, you will easily pick up the graceful moves of this fun, energetic and sensual dance set to uplifting Brazilian Samba music. Women only please.

Instructor: Magali Cardoso

Centre for Active Living-Fitness Studio #2 8 sessions
33353 Th 10:30-11:30AM Apr 20 \$72/M\$65

Centre for Active Living-Fitness Studio #2 7 sessions
33357 Th 10:30-11:30AM Jun 15 \$63/M\$57

Simply Ballroom Dance Lessons

Please register with a partner. No partner? Join the partner waitlist and we will try to match you up with a dance partner. Bonus! Free 1/2 hour practice time with instructor coaching from 7:45pm-8:15pm.

Instructor: Magali Cardoso

Beginner Level: Learn the basics of Waltz, Foxtrot, Night Club 2-Step, Country 2-Step, Swing and some variations.

Kent Street-Auditorium 8 sessions
33367 Tu 6:45-7:45PM Apr 18 \$60/M\$54

Kent Street-Auditorium 6 sessions
33370 Tu 6:45-7:45PM Jun 20 \$45/M\$41

Intermediate Level: Have you already learned the basics steps of dances like Waltz, Foxtrot, Jive, Swing, Country 2-Step and Night Club 2-step? Come to the intermediate class to add some cool moves to your repertoire improve your lead and follow skills and have fun dancing.

Kent Street-Auditorium 8 sessions
33368 Tu 8:15-9:15PM Apr 18 \$60/M\$54

Kent Street-Auditorium 6 sessions
33371 Tu 8:15-9:15PM Jun 20 \$45/M\$41

Ballroom Dance Workshop

Develop your dance skills, learn new steps and socialize. All levels of Ballroom dancers are welcome. Advance registration only. No partner required.

Instructor: Magali Cardoso

Kent Street-Auditorium 1 session
32673 Tu 7-10PM Mar 28 \$15/M\$13

Play Guitar

A good foundational course for beginner guitarists. With regular practice, you will be playing for your own and others enjoyment. Please bring your own guitar. Lesson book (\$10) is payable at the time of registration.

Instructor: Greg DeLaRonde

Guitar Beginner Level 1

White Rock Community Centre-Gallery 10 sessions
33355 Th 6:30-7:30PM Apr 06 \$65/M\$59

Guitar Beginner Level 2

White Rock Community Centre-Gallery 10 sessions
33373 Th 7:30-8:30PM Apr 06 \$65/M\$59

33374 Tu 11AM-12PM Apr 04 \$65/M\$59

White Rock Community Centre-Hall C 10 sessions
33375 W 7-8PM Apr 05 \$65/M\$59

White Rock Community Centre-Art Room 7 sessions
33377 Tu 11AM-12PM Jun 13 \$45/M\$41

33376 Th 7:30-8:30PM Jun 15 \$45/M\$41

White Rock Community Centre-Hall C 7 sessions
33378 W 7-8PM Jun 14 \$45/M\$41

Guitar Beginner Level 3

White Rock Community Centre-Art Room 10 sessions
33381 Tu 12:15-1:15PM Apr 04 \$65/M\$59

33380 W 8-9PM Apr 05 \$65/M\$59

33379 Th 5-6PM Apr 06 \$65/M\$59

White Rock Community Centre-Hall C 7 sessions
33383 W 8-9PM Jun 14 \$45/M\$41

White Rock Community Centre-Art Room 7 sessions
33382 Th 5-6PM Jun 15 \$45/M\$41

33384 Tu 12:15-1:15PM Jun 20 \$45/M\$41

Summer Dance Party

Celebrate the end of the dance season! Ballroom and Latin dancers, all levels are welcome. Advance registration only. Includes a free one-hour lesson and refreshments. No partner required.

Instructor: Magali Cardoso

Centre for Active Living-Fitness Studio #1 1 session
33358 F 7-10PM Jul 28 \$21/M\$19

Line Dance 55+

It's easy and it's fun! Line Dance routines are choreographed to popular Country, Latin, and Celtic music. No partner necessary.

Instructor: Peggy Thomson

Line Dance Beginner

C.P.L.C.-Hall 9 sessions
33385 M 11:30AM-12:30PM Apr 24 \$46/M\$42

Line Dance Intermediate

C.P.L.C.-Hall 9 sessions
33386 M 10:20-11:20AM Apr 24 \$46/M\$42

Latin Moves Dance Class

Latin Moves brings to you the Fun-damentals of Latin dances such as Rumba, Cha Cha, Salsa, Merengue, and Samba. No dance experience is required. Release your inhibitions and get in shape dancing to the sensual, graceful and fun Latin rhythms. Women only.

Instructor: Magali Cardoso

Latin Moves- Level 1: beginner

White Rock Community Centre-Studio 8 sessions
33359 W 6:30-7:30PM Apr 19 \$72/Ⓜ\$65

White Rock Community Centre-Studio 7 sessions
33361 W 6:30-7:30PM Jun 14 \$63/Ⓜ\$57

Latin Moves-Level 2: previous experience

White Rock Community Centre-Studio 8 sessions
33360 W 7:30-8:30PM Apr 19 \$72/Ⓜ\$65

White Rock Community Centre-Studio 7 sessions
33362 W 7:30-8:30PM Jun 14 \$63/Ⓜ\$57

Latin Dance Workshop

NEW

Work to develop your dance skills, learn new steps and socialize. Celebrate the end of the Winter Dance Season with us. Latin dancers, all levels are welcome. Advance registration only. No partner required.

Instructor: Magali Cardoso

Centre for Active Living-Fitness Studio #1 1 session
32566 Th 7-10PM Mar 30 \$15/Ⓜ\$13

Latin Moves for Couples

Learn to dance to the Latin rhythms so you can enjoy dancing the Rumba, Cha Cha, Salsa, Bacheta, Merengue, and Samba as a couple. No previous dance experience is required. Please register with a partner. No partner? Join the partner waitlist.

Instructor: Magali Cardoso

Latin Moves for Couples: Rumba, Cha Cha, Merengue

Centre for Active Living-Fitness Studio #2 8 sessions
33363 Th 7-8PM Apr 20 \$72/Ⓜ\$65

Centre for Active Living-Fitness Studio #2 7 sessions
33365 Th 7-8PM Jun 15 \$63/Ⓜ\$57

Latin Moves for Couples: Salsa, Bachata, Samba

Centre for Active Living-Fitness Studio #2 8 sessions
33364 Th 8-9PM Apr 20 \$72/Ⓜ\$65

Centre for Active Living-Fitness Studio #2 7 sessions
33366 Th 8-9PM Jun 15 \$63/Ⓜ\$57

Mandolin Group Lessons

Small group lessons for adults. Learn to play together in an ensemble. Music and lesson books provided. Please bring your own mandolin.

Instructor: Ernie Nicholls

Mandolin Beginner: No experience, cannot read music.

White Rock Community Centre-Gallery 8 sessions
32854 Sa 9:15-10:15AM Apr 22 \$52/Ⓜ\$47

Mandolin Intermediate & Advanced: Preparing for ensemble.

White Rock Community Centre-Gallery 8 sessions
32853 Sa 10:30-11:30AM Apr 22 \$52/Ⓜ\$47

Middle Eastern Dance Workshops

NEW

A gently-paced class for women who wish to enhance their flexibility, cardio-vascular fitness and range of motion through dance. Students can enjoy this class on many levels: learning to dance as a community, making new friends and learning about the culture of the Middle East. The instructor has had 30 years' experience in teaching Middle Eastern and Gypsy style dance.

Instructor: Elizabeth Carefoot

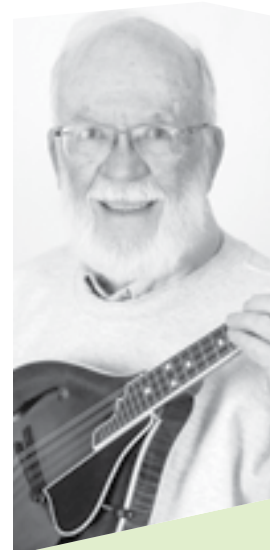
Kent Street-Auditorium 1 session
32772 M 11AM-12PM Mar 27 \$14/Ⓜ\$12
33109 M 11AM-12PM Apr 10 \$14/Ⓜ\$12
33110 M 11AM-12PM Apr 24 \$14/Ⓜ\$12
33111 M 11AM-12PM May 08 \$14/Ⓜ\$12

Traditional Dance 55+

This moderate-paced class will get you moving while learning traditional female dances from around the world. You will learn to use various props, become familiar with cultural practices, and tryout various costumes. Improve your posture, coordination and fitness level. Appropriate for dancers of all skill levels. Women only.

Instructor: Merja Tammi

Kent Street-Auditorium 9 sessions
32984 F 7-8PM Mar 31 \$51/Ⓜ\$46



Ernie Nicholls
Mandolin

Wrapped up in career and the demands of daily life, Ernie didn't think he had the time to take up a musical instrument. But a big nudge from his brother-in-law led to a lifelong love of the mandolin and decades of joy creating beautiful sounds and having the time of his life playing in orchestras and dance ensembles. Now he shares that fun and joy by teaching folks of all ages.



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Adults

18+ YEARS



Gary Cyr
Ukulele

Gary's prescription for health and happiness? Take two ukulele lessons and call him in the morning. Retiring five years ago just gave this former pro musician and performer even more time to give back to the community by spreading the joy with his favourite "friendly," fun and easy to learn instrument. He says there's nothing better for yuh than playing music with a bunch of terrific folks of all ages.

➔ Dance and Music cont.

Ukulele Group Lessons

The great thing about the ukulele is that it is easy to play. Learn how to hold, pick and strum the ukulele, and play popular ukulele songs. Please bring your ukulele tuned to C. Music book available for purchase at the first class. To buy a ukulele (\$81 incl. tax), please pre-order by calling 604-541-2231.

Instructor: Gary Cyr

Ukulele Beginner

Kent Street-Classroom 9 sessions
32921 Sa 10-11AM Apr 08 \$95/Ⓜ\$85

Ukulele Intermediate

Kent Street-Classroom 9 sessions
32922 Sa 9-10AM Apr 08 \$95/Ⓜ\$85

Ukulele Plus: For advanced beginners

Kent Street-Classroom 11 sessions
32923 Sa 11:30AM-12:30PM Apr 08 \$95/Ⓜ\$85

Ukulele Sing & Strum for Beginners

NEW This program is designed for those who would like to learn to play the ukulele to sing along, but do not want to learn to read music. Students learn the chords and strumming only. Please bring your ukulele tuned to C.

Instructor: Gary Cyr

Kent Street-Classroom 11 sessions
32925 Sa 12:30-1:30PM Apr 08 \$95/Ⓜ\$85

➔ Health and Wellness

Introduction to Mindfulness Meditation

A beginner class for those new to mindfulness meditation or wishing to refresh their practice.

Instructor: Sung Yang

White Rock Community Centre-Gallery 1 session
32881 Tu 7-8:30PM Apr 18 \$21/Ⓜ\$19

Mindful Meditation Weekly Practise

Release stress, anxiety and craving. Improve health, quality of life and inner peace. Experience the benefits of mindfulness while learning some new skills.

Instructor: Sung Yang

White Rock Community Centre-Gallery 5 sessions
32882 Tu 7-8:30PM Apr 25 \$60/Ⓜ\$55

Mindful Eating: Tasting Joy & Freedom

Learn easy mindful eating techniques to put into practice that will help reduce overeating, overcoming habitual/emotional eating and other struggles with food. Your eating will never be the same!

Instructor: Sung Yang

White Rock Community Centre-Gallery 1 session
32885 Sa 12-1:30PM Apr 08 \$21/Ⓜ\$19

Mindfulness at Lunchtime

NEW Relax, restore and relieve stress during your lunch break. Cultivate inner peace and happiness and go back to your day refreshed.

Everyone is welcome.

Instructor: Sung Yang

White Rock Community Centre-Gallery 1 session
32892 F 12-1PM Apr 07 \$18/Ⓜ\$16

The Power of Mindfulness: Retreat

Discover the power to be free from stress, anxiety, cravings, restlessness and the ability to be happy. Practice various mindfulness meditations throughout the day. Beginners and experienced welcome.

Instructor: Sung Yang

White Rock Community Centre-Hall A 1 session
32883 Sa 9:30AM-2:30PM Jun 03 \$36/Ⓜ\$32
32884 Sa 9:30AM-2:30PM Jul 29 \$36/Ⓜ\$32

Morning Meditation for Seniors

NEW Experience the many benefits of morning meditation and simple breathing practices to help calm the mind. A great way to start your day!

Instructor: Lynne Edel

White Rock Community Centre-Studio 6 sessions
33348 W 8:30-9AM Apr 19 \$31/Ⓜ\$29
33349 W 8:30-9AM Jun 07 \$31/Ⓜ\$29

Improve Your Posture using the Alexander Technique

Do you find yourself slouching in a chair? Is it difficult for you to keep a good posture? Do you experience pain in your body at the end of the day? The Alexander Technique helps you to release muscle tension and move with more ease. Learn to find balance in sitting, standing, walking or any other activity.

Instructor: Heike Walker

Centre for Active Living-Fitness Studio #2 1 session
33215 Sa 2-4PM Apr 22 \$30/Ⓜ\$27

Ease of Movement using the Alexander Technique

In all our daily activities, our whole body is involved whether we shake a hand, sit at a computer or walk the stairs. Without being aware of it, we often move with too much effort and muscle tension. This may result in discomfort, backache, shoulder problems or neck pain. In this workshop you learn to increase your body awareness, recover more balance in your body and perform daily activities with more ease.

Instructor: Heike Walker

Centre for Active Living-Fitness Studio #2 1 session
33216 Sa 2-4PM May 13 \$30/Ⓜ\$27

Energy Bagua Walking Meditation

Energy Bagua is an easy to learn walking meditation that offers low impact exercise for fitness, health and stress relief. People who regularly practice Bagua report improvements to overall health including renewed energy, stamina, and a sense of well-being. No experience necessary, beginners welcome.

Free Trial Class

White Rock Community Centre-Hall C 1 session
33277 F 10:15-11:45AM Mar 31 No charge

White Rock Community Centre-Hall C 10 sessions
33276 F 10:15-11:45AM Apr 07 \$45/Ⓜ\$41


White Rock Community Centre-Hall C 10 sessions
33278 F 10:15-11:45AM Jun 30 \$45/Ⓜ\$41

HEALTH TALKS AT THE CENTRE FOR ACTIVE LIVING

Here's to a Healthier YOU! Educational workshops are conducted by health practitioners in the community. Free to White Rock Recreation and Culture Members , \$6 for non-members.


Prescriptions Decoded

Have you ever been puzzled over the symbols and abbreviations that appear on your prescriptions? Learn the terminology, symbols, abbreviations and drug components that make up your prescriptions and begin speaking the language to have a better understanding of what you are being prescribed.

Presenter: Lisa Gedak, instructor - Health Unit Coordinator Program at Kwantlen University.
32890 Th 1-2:30PM Apr 27 \$6/\$0


Cleanse your Body & Reflexology

Due to polluted air, toxins in our homes and high stress levels, we carry lots of toxins in our body that compromise our body functions and may lead to health problems. Discover the benefits of Reflexology and take away some self-help tips for detoxification and a natural cleanse of your body.

Presenter: Heike Walker
32886 W 1-2:30PM May 10 \$6/\$0


Heads Up: An Introduction to Brain Health

Healthy aging is important for everyone, and it is essential not to forget the health of your brain as well. This workshop encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body and spirit.

Presenter: Avalon Tournier, Alzheimer Society of BC
32889 Th 10AM-12PM May 11 \$6/\$0


Return to Food

Chances are if you are feeling flat, fat and tired or are experiencing chronic illness, you are not eating real, whole food as nature has intended. It can be easy to fall out of balance. Join Sonia Reed RHN as she shares this Anti Diet approach and learn to love real food.

33236 W 10:30AM-12PM May 17 \$6/\$0


Educate Yourself: It May Not Be Dementia

Learn about the common myths about aging that are false. Discover common treatable disorders which if left untreated can mimic dementia symptoms. Educate yourself on the warning signs of dementia and tips and suggestions for yourself, family and friends.

Presenter: Suzanne Taylor, Caregiver Outreach & Education Coordinator for Seniors Come Share Society.
32888 Th 10:30AM-12PM Jun 01 \$6/\$0


Thriving at Older Age- Bach Flower Remedies

The Bach Flower Remedies is a natural system of healing that helps to gently restore emotional balance. As we age, we are confronted with many changes, both physical and emotional. Learn about Bach Flower Remedies and find out how they can help to balance your life so you can thrive.

Presenter: Heike Walker
32891 W 1-2:30PM Jun 07 \$6/\$0


Gardening for Arthritis

Don't let arthritis pain get in the way of doing the things you love, like gardening. Learn creative ways that you can make gardening with arthritis easier. With a little preparation, planning and a few great tools, you will have the garden you love in no time at all.

Presented by the BC & Yukon Division Arthritis Society
33170 Tu 1:30-3:30PM Jul 11 \$6/\$0

Exercising Control Over Arthritis

Staying physically active is a vital part of managing arthritis as is the maintenance of joint mobility, muscle strength and cardiovascular health. Learn about the benefits of staying active and some options to keep you moving.

Presented by the BC & Yukon Division Arthritis Society
33171 Th 1:30-3:30PM Aug 10 \$6/\$0



GET THE MOST OUT OF
YOUR RECREATION SERVICES
WITH A MEMBERSHIP...

	Annual	3 Months*
Adults	\$38.00	\$19.00
Youth	\$27.00	\$13.50

*3-month memberships are valid for a specific term (Dec-Feb, Mar-May, Jun-Aug, Sep-Nov).

New memberships can be purchased at the Centennial Arena, the White Rock Community Centre, or the Kent Street Activity Centre.

Already a member? Renew your membership online at www.whiterockcity.ca/register.

Volunteer Gym Attendant at the Centre for Active Living

COULD THIS BE YOU?

Sign up now to be a Cardio-Gym Volunteer Attendant at the Centre for Active Living.

- Be pro-active in maintaining your good health
- Motivate others to be active
- Volunteer in your community

Orientation to equipment and training provided; no fitness leadership experience required.

For more Information:
Contact Harprit at
604-541-2199

**FREE
PARKING
until 10am**

MOVE for HEALTH

Walk with your DOC

Let's take steps towards good health!

Bring the family down for a morning walk along the promenade

Date: Friday, May 12th, 2017

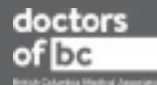
Start: White Rock Museum, Waterfront Plaza,
14970 Marine Drive

Time: 7:30-8:30am

For more information please visit www.whiterockcity.ca



White Rock-South Surrey
Division of Family Practice
A CFPC initiative



WHITE ROCK RECREATION AND CULTURE

At the Centre for Active Living in White Rock, positive health is promoted through leading-edge programs that have come together under one roof, including fitness classes, professionally-supervised exercise, lifestyle education and chronic disease prevention and self-management. Individuals with cardiac and other chronic conditions can transition seamlessly from monitored rehabilitation programs into community-run fitness programs, to take advantage of continuous opportunities for ongoing health improvement. The Centre features two state-of-the-art cardio gyms, two fitness studios and an education room. Sharing space in the Centre are White Rock Recreation and Culture, Fraser Health, Peace Arch Curling Centre, Alzheimer Society of BC, Primary Care Access Clinic and Stroke Recovery.

THE HORST AND EMMY WERNER

CENTRE FOR ACTIVE LIVING

1475 ANDERSON STREET (NEXT DOOR TO CENTENNIAL ARENA)



GETTING STARTED AT CAL

Fitness Guidance

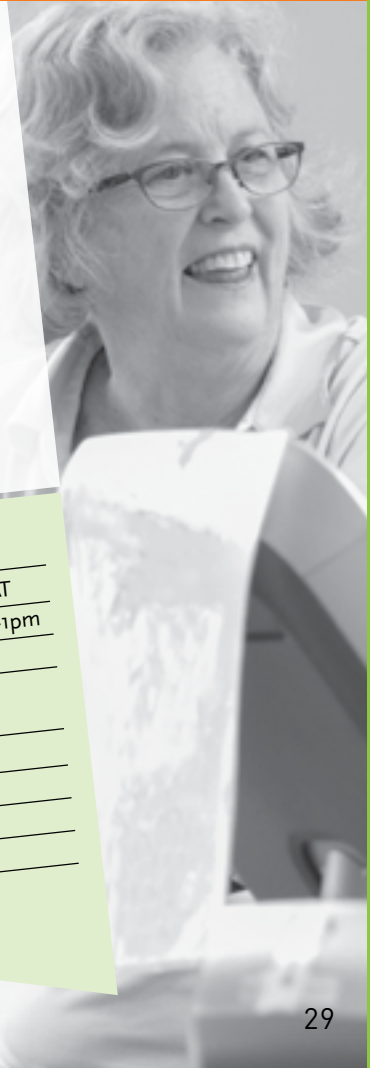
Have you been advised by your physician to begin an exercise regimen?
Book a 30-minute consult with Exercise Specialist Fred Kikhosrowkiany who will advise you on appropriate specialized programs and a course of action.

Consult (30 minutes) \$37
Call 604-541-2199 to book an appointment.

Total Fitness Testing

Know your fitness level before you get started on a training regimen. A comprehensive individual assessment with Exercise Specialist Fred Kikhosrowkiany includes cardiovascular fitness testing (blood pressure, heart rate, target heart rate), strength testing and a recommended fitness program.

Assessment (2 hours) \$99
Call 604-541-2199 to book an appointment.



CAL CARDIO GYM DROP-IN TIMES

MON	TUES	WED	THURS	FRI	SAT
11am-1pm	11am-1pm	11am-1pm	11am-1pm	11am-1pm	9am-1pm
4:30-9pm	6-9pm	6-9pm	5-9pm	5-7pm	

DROP-IN PASS

	ADULTS	SENIORS 65+
20 Session Pass	\$97	\$80
10 Session Pass	\$55	\$45
Single Drop-in	\$6.05	\$5
Monthly Pass	\$31	\$31

Passes can be re-newed on WebReg: www.whiterockcity.ca/register

THE HORST AND EMMY WERNER
CENTRE
 FOR ACTIVE LIVING



Fred Kikhosrowkiany
 Certified Clinical Rehab Specialist, Instructor

With degrees and certifications in kinesiology, back health, fitness, cancer exercise and clinical exercise, Fred also works with cardiac and respiratory patients in rehab settings.



Harprit Szell
 Centre for Active Living Fitness Instructor, Certified Personal Trainer

“ You are never too old or young to get started on a fitness routine and make being active a part of your life . ”

PROGRAMS AT CAL

SPECIALIZED EXERCISE

Back Health

Do you experience chronic back pain? If so, this is the class for you. Learn how to strengthen the muscles that will assist you in achieving and maintaining a happy and healthy back. Course is conducted by Certified Clinical Rehab Specialist, Fred Kikhosrowkiany.

<i>Centre for Active Living-Cardio Gym #1</i>		11 sessions
33296	Tu 6-7PM	Apr 04 \$136/Ⓜ\$128
33298	Tu 6-7PM	Jun 20 \$136/Ⓜ\$128
33297	Th 6-7PM	Apr 06 \$136/Ⓜ\$128
33299	Th 6-7PM	Jun 22 \$136/Ⓜ\$128

Steps in the Right Direction

Physical activity can help people achieve a variety of goals, including increased fitness, increased energy, improved glycemic control, and weight loss. What's the best approach for you? Practice your individualized program in a group setting with Certified Clinical Rehab Specialist, Fred Kikhosrowkiany.

<i>Centre for Active Living-Cardio Gym #2</i>		11 sessions
33121	W 4:50-5:50PM	Apr 05 \$136/Ⓜ\$128
33122	W 4:50-5:50PM	Jun 21 \$136/Ⓜ\$128

Balance Class for Adults 65+

Do you want to feel more confident in leading a physically active life? Gain the body strength you need to move with ease through daily routines. Begin with seated and supported exercises and progress gradually through specialized strength training and balance movements.

<i>Centre for Active Living-Fitness Studio #2</i>		20 sessions
32750	M, W 9:45-10:45AM	Apr 03 \$128/Ⓜ\$118

<i>Centre for Active Living-Fitness Studio #2</i>		17 sessions
32816	M, W 10AM-11AM	Jul 03 \$109/Ⓜ\$99

Exercise to Prevent & Manage Chronic Disease & Diabetes

Physical activity and exercise are now considered principal interventions for use in primary and secondary prevention of chronic diseases. This comprehensive program is conducted by Certified Clinical Rehab Specialist, Fred Kikhosrowkiany. For first time participant assessment and a referral to this program, email fred.kikhosrowkiany@fraserhealth.ca or call 604-541-2199.

<i>Centre for Active Living-Cardio Gym #2</i>		
32931	M, W, F 3-4PM	Apr 03-Jun30 \$288
32935	M, W, F 3-4PM	Jul 10-Aug 4 \$96
32938	M, W, F 3-4PM	Aug 09-Sep 01 \$96

Osteofit Exercise Programs

Osteofit is a safe and effective strength, balance and coordination program designed for those with osteoporosis and osteopenia, and those at risk of falling. Taught by a certified Osteofit instructor, classes are held twice per week. See page 38 for descriptions.

OSTEOFIT LEVEL 1

Start here and progress to Osteofit Level 2.

<i>Centre for Active Living-Fitness Studio #1</i>		20 sessions
33066	Tu, Th 9:15-10:15AM	Apr 11 \$128/Ⓜ\$118

OSTEOFIT LEVEL 2

<i>Centre for Active Living-Fitness Studio #1</i>		20 sessions
33072	M, W 11AM-12PM	Apr 03 \$128/Ⓜ\$118

<i>Centre for Active Living-Fitness Studio #1</i>		18 sessions
33080	M, W 11AM-12PM	Jun 19 \$115/Ⓜ\$105

<i>Centre for Active Living-Fitness Studio #1</i>		20 sessions
33075	Tu, Th 10:20-11:20AM	Apr 04 \$128/Ⓜ\$118

<i>Centre for Active Living-Fitness Studio #1</i>		20 sessions
33079	Tu, Th 10:20-11:20AM	Jun 13 \$128/Ⓜ\$118

OSTEOFIT ADVANCED

<i>Centre for Active Living-Fitness Studio #1 Monday and CPLC-Hall Wednesday</i>		18 sessions
32856	M, W 9:30-10:30AM	Apr 10 \$115/Ⓜ\$105

<i>Centre for Active Living-Fitness Studio #2</i>		16 sessions
32859	M, W 9:30-10:30AM	Jun 19 \$102/Ⓜ\$92

<i>Centre for Active Living-Fitness Studio #1</i>		11 sessions
32857	F 8:30-9:30AM	Apr 07 \$70/Ⓜ\$63

<i>Centre for Active Living-Fitness Studio #2</i>		10 sessions
32860	F 8:30-9:30AM	Jun 30 \$64/Ⓜ\$58

Movement for Fitness

Want to increase your physical activity level?

This gentle exercise program includes some cardio and strength training, and no floor work.

Exercises can also be done seated. Course is conducted by Harprit Szell, certified Fitness Instructor and Personal Trainer.

<i>Centre for Active Living-Fitness Studio #1</i>		11 sessions
33063	M 1:15-2:15PM	Apr 03 \$53/Ⓜ\$48

<i>Centre for Active Living-Fitness Studio #1</i>		4 sessions
33065	M 1:15-2:15PM	Jul 10 \$19/Ⓜ\$17

<i>Centre for Active Living-Fitness Studio #1</i>		12 sessions
33062	F 1:15-2:15PM	Apr 07 \$58/Ⓜ\$52

<i>Centre for Active Living-Fitness Studio #1</i>		6 sessions
33064	F 1:15-2:15PM	Jul 07 \$29/Ⓜ\$26

**INSIDE THE CENTRE
YOU WILL FIND
OUR PARTNERS
IN PROMOTING
POSITIVE HEALTH!**

PEACE ARCH HOSPITAL CARDIAC REHABILITATION Phase 4 programs • www.fraserhealth.ca • 604-541-7162
 PEACE ARCH CURLING CENTRE • <http://peacearchcurling.com> • 604-531-0244
 ALZHEIMER SOCIETY OF BC • www.alzheimerbc.org • 604-541-0606
 PRIMARY CARE ACCESS CLINIC • <https://www.divisionsbc.ca/white-rock-south-surrey> • 604-531-3111
 In partnership with the Fraser Health Authority and Peace Arch Hospital and Community Health Foundation, the WRSS Division of Family Practice opened the Primary Care Access Clinic to support patients without a regular family doctor who need care following a hospital stay.
 STROKE RECOVERY • www.strokerecovery.bc.ca • 604-536-4673

PERSONAL/WEIGHT TRAINING

Fit Me – A Personal Fitness Plan

Ready to start exercising but don't know where to start? Work with a personal trainer to discover the right plan for you. The Fit Me program includes:

- a one-on-one guidance session with personal trainer Harprit Szell
- a cardio and weight training program (4 - 1 hour sessions, small group)
- 4 drop-in passes to try out different fitness classes

32548 Schedule your time at registration \$69
 Available only until June 30th

Personal Training at the Centre for Active Living

Do you need a Personal Trainer? A personal trainer is a fitness professional involved in exercise prescription and instruction. They motivate clients by setting goals and providing feedback and accountability. Trainers also measure their client's strengths and weaknesses with fitness assessments. For a list of Personal Trainers at the Centre for Active Living Gym, please contact White Rock Recreation and Culture at 604-541-2199.

Weight Training 60+

Improve your overall strength, endurance, muscle tone and bone density. This small group class offers an individualized approach to weight training and will help challenge you to have a workout that goes beyond the basics. Course is conducted by Harprit Szell, certified Fitness Instructor and Personal Trainer.

<i>Centre for Active Living-Cardio Gym #2</i>		<i>4 sessions</i>
33143	M 5-6PM	Apr 03 \$56/(\$51)
33142	F 12-1PM	Apr 07 \$56/(\$51)

Basic Gym Routine

You will be given a basic fitness routine (cardio and weight training) that you can do at any gym. This is a group training class of 2 to 4 people.

<i>Centre for Active Living-Cardio Gym #2</i>		<i>4 sessions</i>
33028	Sa 9-10AM	Apr 08 \$40/(\$39)
33030	Th 7-8PM	Apr 20 \$40/(\$39)
33031	Th 11AM-12PM	Apr 20 \$40/(\$39)
33034	F 11AM-12PM	Apr 21 \$40/(\$39)
33041	Th 11AM-12PM	May 25 \$40/(\$39)
33042	F 11AM-12PM	May 26 \$40/(\$39)

CIRCUIT CLASSES

Cardio & Strength Training Circuit for 55+ - Multi-Level

Strengthen, tone and burn calories on a dynamic circuit in the Centre for Active Living cardio gym. Led by a certified fitness instructor. Participants are encouraged to go at their own pace. Drop-in available M, W, F only.

<i>Centre for Active Living-Cardio Gym #2</i>		<i>sessions (*)</i>
32865	Tu 8-9AM	Apr 04 \$69/(\$62) (12)
33050	Tu 8-9AM	Jun 27 \$58/(\$52) (10)
32866	Th 8-9AM	Apr 06 \$69/(\$62) (12)
33051	Th 8-9AM	Jun 29 \$58/(\$52) (10)
32868	M 10-11AM	Apr 10 \$58/(\$52) (10)
33049	M 10-11AM	Jul 10 \$35/(\$32) (6)
32867	W 10-11AM	Mar 29 \$69/(\$62) (12)
33052	W 10-11AM	Jun 21 \$58/(\$52) (10)
32869	F 9:45-10:45AM	Mar 31 \$69/(\$62) (12)

<i>Centre for Active Living-Cardio Gym #2</i>		<i>9 sessions</i>
33048	F 9:45-10:45AM	Jun 30 \$52/(\$47)

Circuit Cardio & Strength Training

Circuit training is a time-efficient method of training both your cardio and muscles. Individuals move from station to station and learn to safely use free weights and cardio equipment. Drop-in available with Circuit Drop-in Pass.

<i>Centre for Active Living-Cardio Gym #1</i>		<i>10 sessions</i>
33053	Tu 7:10-8:10PM	Apr 04 \$58/(\$52)

Short Circuit Cardio

Start your day off right! Strengthen, tone and burn calories on a dynamic 45 minute cardio exercise circuit. All ages, all levels, work at your own pace. Drop-in available with Circuit Drop-in Pass.

Instructor: Bonnie Webster

<i>Centre for Active Living-Cardio Gym #2</i>		<i>10 sessions</i>
33054	W 9-9:45AM	Apr 12 \$58/(\$52)

<i>Centre for Active Living-Cardio Gym #2</i>		<i>6 sessions</i>
33056	W 9-9:45AM	Jun 21 \$35/(\$31)

<i>Centre for Active Living-Cardio Gym #1</i>		<i>8 sessions</i>
33055	Sa 9-9:45AM	Apr 22 \$46/(\$42)

Short FAST Circuit

Strengthen, tone and burn calories on a dynamic 30 minute cardio circuit in the Centre for Active Living cardio gym.

<i>Centre for Active Living-Cardio Gym #1</i>		<i>10 sessions</i>
33086	Tu 7:10-7:40PM	Apr 04 \$30/(\$27)

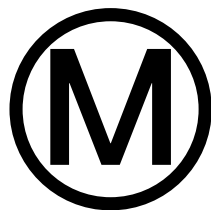
Just dropping in?

CIRCUIT Class Pass

Valid for instructor-led circuit classes at the Centre for Active Living

1 VISIT \$7
 10 SESSION PASS \$63

HAVE YOU
SIGNED UP?



White Rock
Recreation and
Culture
Membership

Save all year!

Look for the
Member price (M)
2017 Membership:

Adult \$38

Youth \$27

Family (individual
rates less 20%)

604-541-2199

➔ Barre/Pilates/Yoga/Tai Chi

Barre Conditioning

A blend of Ballet Barre, Dancers Floor Barre and Pilates Exercises. Barre Conditioning takes a dance-like approach to full body conditioning and focuses on toning and strengthening the feet, legs, abdominals, back and arms. Drop-in \$13 or with ZYP Pass.

Instructor: Svetlana Lysenko

<i>White Rock Community Centre-Studio</i>	12 sessions
33217 Tu 5:30-6:30PM Apr 04	\$114/M \$105
33218 W 10-11AM Apr 05	\$114/M \$105
33219 Th 5:15-6:15PM Apr 06	\$114/M \$105

Instructor: Svetlana Lysenko

<i>White Rock Community Centre-Studio</i>	5 sessions
33220 Tu 5:30-6:30PM Jun 27	\$48/M \$43
33221 W 10-11AM Jun 28	\$48/M \$43
33222 Th 5:15-6:15PM Jun 29	\$48/M \$43

Tai Chi with Cocoa Bai

Tai Chi is one of the world's most ancient forms of holistic exercise and promotes good health through relaxing, non-stressful movement. Improved flexibility, balance and strength are benefits of the practice. Both the Yang style and the Chen style are suitable for beginners. Yang style is gentle, expansive, and considered most suitable for seniors. Chen style is more powerful looking, with varying speed of movements.

Instructor: Cocoa Bai

An Introduction to Tai Chi Chuan 24 Form

The 24 Form will be taught in this introductory course.

<i>C.P.L.C.-Hall</i>	12 sessions
32418 Tu, Th 10:45-11:45AM Apr 04	\$68/M \$61

Tai Chi Chuan - 24 Form Continues

Continue to work on your practise of the 24 Form in this course. Recommended for those who have previously taken one session of Tai Chi 24 Form.

<i>C.P.L.C.-Hall</i>	8 sessions
33209 Tu, Th 10:45-11:45AM May 16	\$45/M \$41

Tai Chi Chen Style 18 for Beginners

<i>Centre for Active Living-Fitness Studio #2</i>	10 sessions
32420 Tu 12-1PM Apr 11	\$57/M \$51

74 Form Chen Style Tai Chi Chuan

<i>White Rock Community Centre-Hall A</i>	10 sessions
32421 Sa 9:15-10:15AM Apr 22	\$57/M \$51

Practice Hour Tai Chi Chuan

Pre-requisite; 20 hours of Tai Chi lessons or equivalent experience.

<i>White Rock Community Centre-Hall A</i>	9 sessions
33539 Sa 10:30-11:30AM Apr 22	\$26/M \$23

Tai Chi Fan

Previous experience in the Fan Form required.

<i>White Rock Community Centre-Hall A</i>	10 sessions
32419 W 6:30-7:30PM Apr 12	\$57/M \$51

Tai Chi with Johann Macdonald

Tai Chi Level 1 & 2 combined

Continue to develop your expertise in the 24 Form Tai Chi Chuan and the classical Long Form (Yang style). Pre-requisite: Experience in the 24 Form Tai Chi Chuan.

<i>White Rock Community Centre-Hall A</i>	12 sessions
33211 W 9:30-10:30AM Apr 05	\$68/M \$61

Tai Chi Level 3

Continue to develop the Tai Chi classical Long Form.

<i>White Rock Community Centre-Hall A</i>	10 sessions
33249 M 9:30-10:30AM Apr 10	\$57/M \$51

Tai Chi Weapons Level 2

Pre-requisite: Experience in Tai Chi Weapons.

<i>White Rock Community Centre-Hall A</i>	10 sessions
33250 M 10:45-11:15AM Apr 10	\$29/M \$26

Pilates

Increase strength, and flexibility with this mind and body workout. Core strengthening exercises and stretches help improve body awareness and posture. Drop-in \$13 or with ZYP Pass.

Instructor: Svetlana Lysenko

<i>White Rock Community Centre-Studio</i>	12 sessions
33223 Tu 10-11AM Apr 04	\$114/M \$105

<i>White Rock Community Centre-Studio</i>	5 sessions
33225 Tu 10-11AM Jun 27	\$48/M \$43

<i>White Rock Community Centre-Studio</i>	12 sessions
33224 Th 10-11AM Apr 06	\$114/M \$105

<i>White Rock Community Centre-Studio</i>	5 sessions
33226 Th 10-11AM Jun 29	\$48/M \$43

De-Stress Yoga

Do the daily stresses of life leave you feeling drained emotionally and physically? Breathing techniques and restorative postures calm the nervous system and leave you feeling rejuvenated. Give yourself the gift of 'me time' with this restorative practice. Drop-in available with ZYP Pass.

Instructor: Rhianna Juco

<i>Centre for Active Living-Fitness Studio #1</i>	12 sessions
33087 Tu 6:30-7:30PM Apr 04	\$102/M \$93

<i>Centre for Active Living-Fitness Studio #1</i>	5 sessions
33257 Tu 6:30-7:30PM Jun 27	\$43/M \$38

Instructor: Lynne Edel

<i>White Rock Community Centre-Studio</i>	8 sessions
33242 F 5-6PM May 5	\$68/M \$61

<i>White Rock Community Centre-Studio</i>	5 sessions
33259 W 5-6PM Jun 28	\$43/M \$38

Instructor: Fay Kubacki

<i>Centre for Active Living-Fitness Studio #2</i>	8 sessions
33088 Sa 10-11AM Apr 22	\$68/M \$61



How do I know if drop-in space is available?

Call ahead to confirm if the program is fully registered. 604-541-2199

Every Body's Yoga (Hatha)

Combination of seated stretching, yin (longer holds), standing poses and some sun salutation flow movements. This class offers gentle stretches along with cardiovascular work and upper body and core strengthening. Great for anyone with good range of movement looking to move, stretch and get stronger. Drop-in \$13 or with ZYP Pass.

Instructor: Amanita Cummings

White Rock Community Centre-Studio 11 sessions
33251 M 9:45-10:45AM Apr 03 \$94/Ⓜ\$85

White Rock Community Centre-Studio 5 sessions
33256 M 8:45-9:45AM Jul 10 \$43/Ⓜ\$38

Gentle Therapeutic Hatha Yoga

A relaxing practice using yoga postures, mindfulness and breathing to calm the body and mind. This practice focuses on mindful movement to improve flexibility, strengthen and reduce pain. By modifying the postures this practice is accessible regardless of your level of experience or if you are living with injury or illness.

Instructor: Melanie Henderson

White Rock Community Centre-Studio 12 sessions
33266 Tu 6:45-8PM Apr 04 \$114/Ⓜ\$105

Hatha Yoga

Hatha yoga focuses on increasing flexibility and muscular strength, and breathing techniques that help to center and calm the mind. Experience and enjoy all of the benefits of a regular yoga practice. Drop-in \$13 or with ZYP Pass.

Instructor: Jeff Hubbick

White Rock Community Centre-Studio 12 sessions
33214 Tu 8:15-9:30PM Apr 04 \$114/Ⓜ\$105

Instructor: Svetlana Lysenko

White Rock Community Centre-Studio 12 sessions
33212 Tu 8:40-9:55AM Apr 04 \$114/Ⓜ\$105

White Rock Community Centre-Studio 5 sessions
33231 Tu 8:40-9:55AM Jun 27 \$48/Ⓜ\$43

White Rock Community Centre-Studio 12 sessions
33213 Th 8:40-9:55AM Apr 06 \$114/Ⓜ\$105

White Rock Community Centre-Studio 5 sessions
33233 Th 8:40-9:55AM Jun 29 \$48/Ⓜ\$43

Introduction to Yoga

Never tried yoga? Learn the basics so you are ready to participate and enjoy a yoga class. A gentle introduction to the poses and the terms. This course is open to anyone who is completely new to yoga, or anyone who would like to go back to the basics. Drop-in \$13 or with ZYP Pass.

Instructor: Lynne Edel

White Rock Community Centre-Studio 10 sessions
33240 M 5-6PM Apr 03 \$85/Ⓜ\$77

Centre for Active Living-Fitness Studio #1 6 sessions
33295 M 5-6PM Jun 26 \$51/Ⓜ\$46

Led Power-On Yoga

This physically challenging class is designed for experienced students who already know how to modify for themselves and listen to their own bodies. The class includes a large number of sun-salutations plus strength based, balancing and seated poses. Drop-in \$13 or with ZYP Pass.

Instructor: Svetlana Lysenko

White Rock Community Centre-Studio 12 sessions
33227 Th 6:30-7:45PM Apr 06 \$114/Ⓜ\$105

White Rock Community Centre-Studio 5 sessions
33228 Th 6:30-7:45PM Jun 29 \$48/Ⓜ\$43

Restorative Yoga

Use gentle yoga techniques to restore optimal breathing, learn body awareness and re-pattern movement. Gently regain health and vitality.

Instructor: Melanie Henderson

White Rock Community Centre-Studio 11 sessions
33260 M 3:15-4:30PM Apr 03 \$105/Ⓜ\$96

White Rock Community Centre-Studio 4 sessions
33263 M 3:15-4:30PM Jul 10 \$38/Ⓜ\$34

White Rock Community Centre-Studio 12 sessions
33261 Tu 11:15AM-12:30PM Apr 04 \$114/Ⓜ\$105

White Rock Community Centre-Studio 5 sessions
33264 Tu 11:15AM-12:30PM Jun 27 \$48/Ⓜ\$43

White Rock Community Centre-Studio 12 sessions
33262 W 5-6:15PM Apr 05 \$114/Ⓜ\$105

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How do I know if drop-in space is available?

Call ahead to confirm if the program is fully registered. 604-541-2199

**'ZYP'
DROP-IN
PASS**

10 classes \$107
Use at any Zumba, Yoga, Pilates or Barre class, space permitting

➔ Barre/Pilates/Yoga/Tai Chi cont.

Chair Yoga

Discover the joy of yoga in a safe and gentle way, incorporating chair and mat postures, breathing techniques and guided meditation. This health and wellness program is designed for older adults who have mobility or other physical challenges. Drop-in \$13 space permitting.

Instructor: Lynne Edel

<i>White Rock Community Centre-Studio</i>	10 sessions
33243 W 11:15AM-12:15PM Apr 05	\$85/Ⓜ\$77
33463 Tu 1-2PM Apr 04	\$85/Ⓜ\$77
33244 Th 11:15AM-12:15PM May 4	\$85/Ⓜ\$77

Instructor: Lynne Edel

<i>White Rock Community Centre-Studio</i>	6 sessions
33252 M 10:15-11:15AM Jul 10	\$51/Ⓜ\$46
33254 W 11:15AM-12:15PM Jul 12	\$51/Ⓜ\$46

Saturday Morning Yoga Flow Drop-In

Strengthen and stretch your body in this dynamic flow class. Drop-in \$13 or with ZYP Pass.

Instructor: Amanita Cummings

White Rock Community Centre-Hall B
Drop-in Sa 10-11AM

Yoga for Seniors

Gentle stretching, proper breathing techniques and deep relaxation allow the body and mind to come alive with renewed energy. Drop-in \$13 space permitting.

Instructor: Heidi Bumann

<i>White Rock Community Centre-Studio</i>	12 sessions
33270 Th 2:15-3:15PM Apr 06	\$102/Ⓜ\$93

Instructor: Melanie Henderson

<i>White Rock Community Centre-Studio</i>	11 sessions
33271 M 1:30-2:45PM Apr 03	\$105/Ⓜ\$96

<i>White Rock Community Centre-Studio</i>	4 sessions
33273 M 1:30-2:45PM Jul 10	\$34/Ⓜ\$31

<i>White Rock Community Centre-Studio</i>	12 sessions
33267 W 1:30-2:45PM Apr 05	\$114/Ⓜ\$105

<i>White Rock Community Centre-Studio</i>	5 sessions
33272 W 1:30-2:45PM Jun 28	\$43/Ⓜ\$38

<i>Kent Street-Auditorium</i>	12 sessions
33269 Th 10:30-11:30AM Apr 06	\$102/Ⓜ\$93

Yoga for Stiff Guys

Can't remember when you were last able to touch your toes? Looking to limber up those hips, legs, and spine after years of neglect? Come learn how yoga can help you out. Practice with others in a supportive and educational environment. Men only. Drop-in \$13 space permitting.

Instructor: Jeff Hubbick

<i>White Rock Community Centre-Studio</i>	12 sessions
32986 Th 8:15-9:30PM Apr 06	\$114/Ⓜ\$105

Instructor: Rhianna Juco

<i>White Rock Community Centre-Studio</i>	10 sessions
32987 M 11:30AM-12:30PM Apr 03	\$85/Ⓜ\$77

<i>White Rock Community Centre-Studio</i>	5 sessions
33238 M 11:30AM-12:30PM Jun 26	\$43/Ⓜ\$38

Instructor: Carol Ann Shannon

<i>White Rock Community Centre-Studio</i>	11 sessions
32988 F 12:30-1:45PM Apr 07	\$105/Ⓜ\$96

<i>White Rock Community Centre-Studio</i>	5 sessions
33239 F 12:30-1:45PM Jun 30	\$43/Ⓜ\$38

Yoga Stretch

This 30 minute class uses yoga poses to release, stretch and open. Prevent injury, great for runners, and anyone wanting a balancing stretch.

Instructor: Rhianna Juco

<i>Centre for Active Living-Fitness Studio #1</i>	10 sessions
33206 Tu 7:45-8:15PM Apr 04	\$43/Ⓜ\$39

Instructor: Svetlana Lysenko

<i>White Rock Community Centre-Hall A</i>	10 sessions
33207 Tu 6:40-7:10PM Apr 04	\$43/Ⓜ\$39



➔ **Group Fitness**

Balance Class 65+

Do you want to feel more confident in leading a physically active life? Gain the body strength you need to move with ease through daily routines. Begin with seated and supported exercises and progress gradually through specialized strength training and balance movements.

Instructor: Bernice Kovacevic

White Rock Community Centre-Hall A 24 sessions
32746 W, F 11AM-12PM Apr 05 \$154/(\$141

White Rock Community Centre-Hall A 18 sessions
32818 W, F 11AM-12PM Jul 05 \$115/(\$105

Instructor: Bernice Kovacevic

White Rock Community Centre-Hall A 24 sessions
32747 W, F 2-3PM Apr 05 \$154/(\$141

White Rock Community Centre-Hall A 18 sessions
32819 W, F 2-3PM Jul 05 \$115/(\$105

Instructor: Wendy Davies

White Rock Community Centre-Hall A 24 sessions
32749 Tu, Th 2:30-3:30PM Apr 04 \$154/(\$141

Instructor: Wendy Davies

Centre for Active Living-Fitness Studio #2 20 sessions
32750 M, W 9:45-10:45AM Apr 03 \$128/(\$118

Instructors: Jo-Ellen Eastman, Wendy Davies

Centre for Active Living-Fitness Studio #2 17 sessions
32816 M, W 10AM-11AM Jul 03 \$109/(\$99

Back Health

Do you experience chronic back pain? If so, this is the exercise class for you. See page 30.

Basic Gym Routine - Centre for Active Living

You will be given a basic fitness routine (cardio and weight training) that you can do at any gym.

This is a group training class of 2 to 4 people.

Instructors: Bonnie Webster, Rachel Knorr, Harprit Szell

Centre for Active Living-Cardio Gym #2 4 sessions

33028 Sa 9-10AM Apr 08 \$40/(\$39

33030 Th 7-8PM Apr 20 \$40/(\$39

33031 Th 11AM-12PM Apr 20 \$40/(\$39

33034 F 11AM-12PM Apr 21 \$40/(\$39

33041 Th 11AM-12PM May 25 \$40/(\$39

33042 F 11AM-12PM May 26 \$40/(\$39

Exercise to Prevent & Manage Chronic Disease & Diabetes

Physical activity and exercise are now considered principal interventions for use in primary and secondary prevention of chronic diseases. This comprehensive program is conducted by Certified Clinical Rehab Specialist, Fred Kikhosrowkiany. For first time participant assessment and a referral to this program, email fred.kikhosrowkiany@fraserhealth.ca

Call 604-541-2199 to register.

Centre for Active Living-Cardio Gym #2

32931 M, W, F 3-4PM Apr 03-Jun30 \$288

32935 M, W, F 3-4PM Jul 10-Aug 4 \$96

32938 W, F, M 3-4PM Aug 09-Sep 01 \$96

CIRCUIT CLASSES

Circuit Cardio & Strength Training

Circuit training is a time-efficient method of training both your cardio and muscles.

Instructor: Beulah Rykaart

Centre for Active Living-Cardio Gym #1 10 sessions
33053 Tu 7:10-8:10PM Apr 04 \$58/(\$52

Short Circuit Cardio

Start your day off with a dynamic 45 minute circuit class. All levels welcome, work at your own pace.

Instructor: Bonnie Webster

Centre for Active Living-Cardio Gym #2 10 sessions
33054 W 9-9:45AM Apr 12 \$58/(\$52

Centre for Active Living-Cardio Gym #1 8 sessions
33055 Sa 9-9:45AM Apr 22 \$46/(\$42

Centre for Active Living-Cardio Gym #2 6 sessions
33056 W 9-9:45AM Jun 21 \$35/(\$31

Short FAST Circuit

Strengthen, tone and burn calories on a dynamic 30 minute cardio circuit. Combine this class with the 30 minute Yoga Stretch class at 7:45pm to complete your workout.

Instructor: Beulah Rykaart

Centre for Active Living-Cardio Gym #1 10 sessions
33086 Tu 7:10-7:40PM Apr 04 \$30/(\$27

Cardio & Strength Training Circuit for 55+

Strengthen, tone and burn calories on a dynamic cardio equipment circuit. Led by a certified fitness instructor. Participants are encouraged to go at their own pace.

Drop-in is available on M, W, F classes only.

Instructor: Bonnie Webster

Centre for Active Living-Cardio Gym #2 12 sessions
32865 Tu 8-9AM Apr 04 \$69/(\$62

Centre for Active Living-Cardio Gym #2 10 sessions
33050 Tu 8-9AM Jun 27 \$58/(\$52

Instructor: Bonnie Webster

Centre for Active Living-Cardio Gym #2 12 sessions
32866 Th 8-9AM Apr 06 \$69/(\$62

Centre for Active Living-Cardio Gym #2 10 sessions
33051 Th 8-9AM Jun 29 \$58/(\$52

Instructor: Bonnie Webster

Centre for Active Living-Cardio Gym #2 12 sessions
32868 M 10-11AM Apr 10 \$58/(\$52

Centre for Active Living-Cardio Gym #2 6 sessions
33049 M 10-11AM Jul 10 \$35/(\$32

Instructor: Valerie Slaunwhite

Centre for Active Living-Cardio Gym #2 12 sessions
32867 W 10-11AM Mar 29 \$69/(\$62

Centre for Active Living-Cardio Gym #2 10 sessions
33052 W 10-11AM Jun 21 \$58/(\$52

Instructors: Bonnie Webster, Wendy Davies

Centre for Active Living-Cardio Gym #2 12 sessions
32869 F 9:45-10:45AM Mar 31 \$69/(\$62

Centre for Active Living-Cardio Gym #2 9 sessions
33048 F 9:45-10:45AM Jun 30 \$52/(\$47



Bonnie Webster

*Fitness Instructor/
Certified Personal
Trainer*

Bonnie is all about helping people make healthy and productive changes, from the inside out, from organizational to individual. With her whole-person approach, she brings decades of counselling, evaluation and teaching skills to her current work with seniors as a certified personal trainer.

“ We can improve our fitness and enjoyment of life at any age and the Centre for Active Living is a great place to start. ”

FITNESS DROP-IN SCHEDULE

Classes and times are subject to change. Contact White Rock Recreation and Culture to confirm, or visit www.whiterockcity.ca.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP FITNESS					
Stretch & Strength 55+ 8:30-9:30am KSAC	Stretch & Strength 55+ 9-10am WRCC	Stretch & Strength 55+ 8:30-9:30am KSAC	Stretch & Strength 55+ 9-10am WRCC		
Movement for Fitness 1:15-2:15pm CAL	Stretch & Strength 55+ 3:45-4:45pm WRCC			Movement for Fitness 1:15-2:15 CAL	
Boomer Fit 3:45-4:45pm KSAC			Boomer Fit 4-5pm KSAC		
On The Ball 6-7pm WRCC	Step & Sculpt 6-7pm WRCC		Gen X Bootcamp 6-7pm WRCC		
CIRCUIT CLASSES ALL classes at Centre for Active Living (CAL)					
		Short Circuit 9-9:45am			
Cardio & ST Circuit 55+ 10-11am		Cardio & ST Circuit 55+ 10-11am		Cardio & ST Circuit 55+ 9:45-10:45am	
	Short FAST Circuit 7:10-7:40pm				
	C&S Training Circuit 7:10-8:10pm				
ZUMBA/YOGA/PILATES/BARRE OR FUSION					
Every Body's Yoga 9:45-10:45am WRCC	Hatha Yoga 8:40-9:55am WRCC	Zumba Gold 9-10am CAL July 5 8:45-9:45am	Hatha Yoga 8:40-9:55am WRCC	Zumba Gold 9:45-10:45am WRCC	Zumba 9:30-10:30am CAL
Yoga for Stiff Guys 11:30am-12:30pm WRCC	Pilates 10-11am WRCC		Pilates 10-11am WRCC	Yoga for Stiff Guys 12:30-1:45pm WRCC	Yoga Flow 10-11am WRCC
Zumba 5-6pm CPLC	Zumba Gold 4:15-5:15 KSAC	Barre Conditioning 10-11am WRCC	Yoga for Seniors 2:15-3:15pm	DROP IN WITH 'ZYP' PASS 10 SESSIONS \$107	
STRONG by Zumba 6:15-7:15pm CPLC	Barre Conditioning 5:30-6:30pm WRCC		Barre Conditioning 5:15-6:15pm WRCC		
Zumba Gold 6:15-7:15pm WRCC July 10 4:45-5:45pm	De-Stress Yoga 6:30-7:30pm CAL	STRONG By Zumba 6:15-7:15pm CPLC	Zumba 6-7pm KSAC		
Real Men Pilates & Ball 7:30-8:30pm WRCC	30 Min. Yoga Stretch 6:40pm WRCC		Power-On Yoga 6:30-7:45pm WRCC		
	30 Min. Yoga Stretch 7:40pm CAL		Zumba 7:15-8:15pm KSAC		
	Gentle Yoga 6:45-8pm WRCC				

**FOR CENTRE FOR ACTIVE LIVING
DROP-IN GYM HOURS AND PASS, SEE PAGE 29**

LOCATIONS:

- KSAC:** Kent Street Activity Centre, 1475 Kent Street
- WRCC:** White Rock Community Centre, 15152 Russell Avenue
- CAL:** Centre for Active Living, 1475 Anderson Street
- CPLC:** Centennial Park Leisure Centre, 14600 North Bluff Road

DROP-IN ADMISSIONS AND PASSES

GROUP FITNESS SWIPE PASS	ADULT	SENIOR 65+
Valid at all locations	\$6.05	\$5.00
1 VISIT	\$97	\$80
20 SESSION	\$55	\$45
10 SESSION PASS		
CIRCUIT Class Pass		
Valid for instructor-led circuit classes at the Centre for Active Living	\$7	\$63
1 VISIT		
10 SESSION PASS		
'ZYP' Drop-in PASS		
Valid for Zumba/Yoga/Pilates or Barre	\$13	\$107
1 VISIT		
10 SESSION PASS		

*Passes expire 2 years from date of purchase.

Gen X Bootcamp

Circuit-style bootcamp for adults 35+.

Boomer Fit

Turn back the clock. Feel energized, look healthier, and feel better. Perfect blend of aerobics, strength training and stretching for adults 50+.

Movement for Fitness

A gentle exercise program that includes cardio and strength training, and no floor work. Exercises can be done seated.

On The Ball

Work on balance and your core. Total conditioning program using fitness and bender balls.

Real Men Pilates & Ball

Core strengthening on the ball. Reduce the risk of sports injuries.

Step & Sculpt

Class includes an upbeat cardio portion on adjustable steps plus a strength and toning segment.

Stretch & Strength 55+

Strengthen your muscles and improve flexibility using light weights and resistance bands

Cardio & Strength Training Circuit

Strengthen, tone and burn calories on a gym circuit led by a certified instructor.

Short Circuit

Start the day with a 45 minute circuit class.

Short FAST Circuit

30 minutes cardio circuit training.

Barre Conditioning

Take a dance-like approach to full body conditioning and focus on toning and strengthening.

Pilates

Increase your flexibility and mobility and get an amazingly effective body core workout.

De-Stress Yoga

Breathing techniques and restorative postures calm the nervous system and leave you feeling rejuvenated.

Every Body's Yoga

Combination of seated stretching, yin (longer hold), standing poses and sun salutation flow movements.

Gentle Therapeutic Hatha Yoga

A relaxing practice using yoga postures, mindfulness and breathing to calm the body and mind.

Led Power-On Yoga

Physically challenging, led class for experienced students. Lots of sun-salutations plus strength based, and balancing poses.

Hatha Yoga

Focus on increasing flexibility and muscular strength, and breathing techniques to center and calm the mind.

Yoga Flow

Strengthen and stretch your body in this dynamic flow class.

Yoga For Stiff Guys

Looking to limber up those hips, legs, and spine? Come learn how yoga can help you out.

Yoga for Seniors

Gentle stretching, proper breathing technique and deep relaxation.

30 Minute Yoga Stretch

Prevent injury, a balancing stretch.

Zumba / Zumba Gold

Latin-inspired music and dance steps create a dynamic workout. Zumba Gold is designed for active, older adults.

Zumba STRONG

High intensity interval training synced to music!

➔ Group Fitness cont.

Fit Camp 55+

Build stamina and endurance in this interval training fit camp designed for the fit older adult.

Instructor: Valerie Slaunwhite

White Rock Community Centre-Hall A 11 sessions

32843 F 9-10AM Apr 07 \$53/Ⓜ\$48

White Rock Community Centre-Hall A 6 sessions

32847 F 9-10AM Jul 07 \$29/Ⓜ\$26

Instructor: Harprit Szell

White Rock Community Centre-Hall A 10 sessions

32844 M 3:30-4:30PM Apr 03 \$49/Ⓜ\$44

White Rock Community Centre-Hall A 6 sessions

32848 M 2:30-3:30PM Jun 26 \$29/Ⓜ\$26

Fit Me – A Personal Fitness Plan

Ready to start exercising but don't know where to start? Work with a personal trainer to discover the right plan for you. The Fit Me program includes:

- a one-on-one guidance session with personal trainer Harprit Szell
- a cardio and weight training program (4 - 1 hour sessions, small group)
- 4 drop-in passes to try out different fitness classes
- access to the Centre for Active Living Gym for 1 month.

Centre for Active Living

33058 by appointment 604-541-2199 \$69

Get Up and Go! 65+

Get up and Go is an entry level exercise program for seniors with balance and mobility impairments. This safe exercise program is specially designed to improve strength, balance and coordination as well as functional ability, independence and quality of life. Referral required. Contact Fraser Health Fall and Injury Prevention at 604-587-7866, or email fallsprevention@fraserhealth.ca

Instructor: Bernice Kovacevic

White Rock Community Centre-Hall A 20 sessions

32487 W, F 12-1PM Mar 22 \$128/Ⓜ\$118

32751 W, F 12-1PM Jun 07 \$128/Ⓜ\$118

White Rock Community Centre-Hall A 6 sessions

32752 W, F 12-1PM Aug 16 \$38/Ⓜ\$35

Get up and Go 65+ - Maintain Program

The Maintain program is an ongoing exercise program for seniors with balance and mobility impairments. Improve strength, balance and coordination as well as functional ability, independence and quality of life. Pre-requisite: Completion of one session of Get up and Go 65+

Instructor: Bernice Kovacevic

White Rock Community Centre-Hall A 22 sessions

32811 W, F 1-2PM Apr 05 \$141/Ⓜ\$131

White Rock Community Centre-Hall A 20 sessions

32851 W, F 1-2PM Jun 28 \$128/Ⓜ\$118

DROP IN CLASSES

Group fitness swipe pass

	Adult	Senior 65+
1 Visit	\$6.05	\$5.00
20 Sessions	\$97	\$80
10 Sessions	\$55	\$45

Boomer Fit

The perfect blend of aerobics, strength training and stretching. Feel energized, look healthier, and feel better. Class includes a warm up, 20 and building up to 30 minutes of intermediate level cardio, light weights or resistance bands for toning, floor work, cool down and a relaxing stretch.

Instructor: Wendy Davies

Kent Street-Auditorium

32862 M 3:45-4:45PM

32861 Th 4-5PM

Gen X Bootcamp

Finally, a bootcamp designed for YOU! Geared to adults 35+ years, this circuit style bootcamp class will give you what

you want - a great physical workout that is fun, un-intimidating yet challenging!

Instructor: Sharon Sommer

White Rock Community

Centre

33097 Th 6-7PM

On The Ball

Big balls for balance and core work, and small bender balls for conditioning. You'll have a ball in this fun but challenging full-on fitness workout!

Instructor: Sharon Sommer

White Rock Community

Centre

33098 M 6-7PM

Step and Sculpt

No choreography, just stepping up and down to work your core. Includes an upbeat cardio portion on adjustable steps plus a strength and toning segment.

Instructor: Sharon Sommer

White Rock Community

Centre

33106 Tu 6-7PM



Birgit Lueck

Minds In Motion

This seasoned social worker is passionate about building inclusive communities, especially for challenged seniors and their loved ones. In the Minds in Motion® fitness and social program, Birgit feels she is making a genuine difference in the lives of people experiencing early symptoms of Alzheimer's disease other types of dementia.

“Seeing participants laughing together and socializing outside the group, I feel so privileged to be part of this program.”

➔ **Group Fitness** *cont.*

Minds in Motion Exercise Program

Minds in Motion is a fitness and social/activity program for people with early symptoms of Alzheimer's disease or another dementia to enjoy with a friend or family member. The program is divided into the following two components:

1. A certified fitness instructor will lead a 45 minute low impact fitness class.
2. For the second part of the program, staff and volunteers from the Alzheimer Society of B.C. welcome participants to social/activity time with light refreshments.

Facilitator: Birgit Lueck

Fitness Instructor: Jo-Ellen Eastman

Kent Street-Auditorium 8 sessions
32281 M 1:30-3:30PM May 29 \$49/Ⓜ\$45

Kent Street-Auditorium 4 sessions
32283 M 1:30-3:30PM Jul 31 \$25/Ⓜ\$23

Movement for Fitness

If you have been inactive and you want to increase your physical activity level, this low intensity class is the perfect place to start. A gentle exercise program includes some cardio and strength training, and no floor work. Exercises can also be done seated. Drop-in is available with a Group Fitness Pass, see page 37.

Instructor: Harprit Szell

Centre for Active Living-Fitness Studio #1 11 sessions
33063 M 1:15-2:15PM Apr 03 \$53/Ⓜ\$48

Centre for Active Living-Fitness Studio #1 4 sessions
33065 M 1:15-2:15PM Jul 10 \$19/Ⓜ\$17

Centre for Active Living-Fitness Studio #1 12 sessions
33062 F 1:15-2:15PM Apr 07 \$58/Ⓜ\$52

Centre for Active Living-Fitness Studio #1 6 sessions
33064 F 1:15-2:15PM Jul 07 \$29/Ⓜ\$26

Real Men Do Pilates on the Ball

NEW Real Men is a core-strengthening class that emphasizes strengthening of muscles, flexibility, stronger posture and reduced injuries. Do you play golf and would like to improve your game? Are you are experiencing low back pain, joint and muscle discomfort and more frequent injuries? Pilates on the Ball can help improve posture and strengthen the support structures that take pressure off the lower back. Stability Balls provided, please bring a yoga mat to class. Drop-in \$13 space permitting.

Instructor: Fay Kubacki

White Rock Community Centre-Studio 10 sessions
32989 M 7:30-8:30PM Apr 10 \$65/Ⓜ\$59

Osteofit Level 1

Osteofit is a safe and effective strength, balance and coordination program specifically designed for those with osteoporosis and osteopenia, and those at risk of falling. Exercise can help reduce bone loss, strengthen muscles, and improve balance.

Instructors: Bonnie Webster, Patti Gilliland

Centre for Active Living-Fitness Studio #1 20 sessions
33066 Tu, Th 9:15-10:15AM Apr 11 \$128/Ⓜ\$118

Osteofit for Life - Osteofit Level 2

A safe and effective exercise program designed for those with osteoporosis. This is a slightly more challenging exercise program to build on the strength, posture, agility and balance developed in Osteofit Level 1.

Instructors: Bonnie Webster, Wendy Davies

Centre for Active Living-Fitness Studio #1 20 sessions
33072 M, W 11AM-12PM Apr 03 \$128/Ⓜ\$118

Centre for Active Living-Fitness Studio #1 18 sessions
33080 M, W 11AM-12PM Jun 19 \$115/Ⓜ\$105

Instructor: Cyndy Brown

White Rock Community Centre-Hall C 18 sessions
33073 M, W 11AM-12PM Apr 10 \$115/Ⓜ\$105

33081 M, W 11AM-12PM Jun 19 \$115/Ⓜ\$105

Instructor: Cyndy Brown

White Rock Community Centre-Hall C 18 sessions
33074 M, W 12:15-1:15PM Apr 10 \$115/Ⓜ\$105

33082 M, W 12:15-1:15PM Jun 19 \$115/Ⓜ\$105

Instructors: Bonnie Webster, Patti Gilliland

Centre for Active Living-Fitness Studio #1 20 sessions
33075 Tu, Th 10:20-11:20AM Apr 04 \$128/Ⓜ\$118

Instructors: Jo-Ellen Eastman, Patti Gilliland

Centre for Active Living-Fitness Studio #1 20 sessions
33079 Tu, Th 10:20-11:20AM Jun 13 \$128/Ⓜ\$118

Osteofit Advanced

Osteofit Advanced offers a safe and effective exercise program designed for those with osteoporosis. All exercises are done standing and matwork is included in this progressive class.

Instructor: Cyndy Brown

White Rock Community Centre-Hall B 20 sessions
32855 Tu, Th 11:45AM-12:45PM Apr 04 \$128/Ⓜ\$118

White Rock Community Centre-Hall B 20 sessions
32858 Tu, Th 11:45AM-12:45PM Jun 13 \$128/Ⓜ\$118

Instructor: Cyndy Brown

Centre for Active Living-Fitness Studio #1 Monday/
CPLC-Hall Wednesday 18 sessions
32856 M, W 9:30-10:30AM Apr 10 \$115/Ⓜ\$105

Centre for Active Living-Fitness Studio #2 16 sessions
32859 M, W 9:30-10:30AM Jun 19 \$102/Ⓜ\$92

Instructor: Bonnie Webster, Wendy Davies

Centre for Active Living-Fitness Studio #1 11 sessions
32857 F 8:30-9:30AM Apr 07 \$70/Ⓜ\$63

Centre for Active Living-Fitness Studio #2 10 sessions
32860 F 8:30-9:30AM Jun 30 \$64/Ⓜ\$58

Pelvic Floor Fitness - Pfilates Program

Pelvic floor wellness is possible and incontinence is treatable with exercises that go beyond traditional kegels. The Pfilates pelvic floor training program was created by a medical doctor, with the focus on recovery, strength and prevention.

Instructor: Teri Lee Sampson

Centre for Active Living-Fitness Studio #2 6 sessions
32916 F 9-10AM Apr 07 \$113/Ⓜ\$105

Pelvic Floor Fitness & More

For those who have previously taken the Pelvic Floor Fitness class and feel confident with the methods taught. This class takes you through the original 10 exercises with added challenges to work your body as a whole.

Instructor: Teri Lee Sampson

Centre for Active Living-Fitness Studio #2 6 sessions
32918 F 10:15-11:15AM Apr 07 \$113/Ⓜ\$105

Stretch & Strength 55+

Strengthen your muscles and improve flexibility using light weights and resistance bands. Drop-in is available with a Group Fitness Pass, see page 37. No drop-in to the Tuesday and Thursday 10:15am classes.

Instructor: Beulah Rykaart

Kent Street-Auditorium 10 sessions
32745 M 8:30-9:30AM Apr 10 \$49/Ⓜ\$44

Kent Street-Auditorium 7 sessions
32836 M 8:30-9:30AM Jul 10 \$39/Ⓜ\$35

Instructor: Valerie Slaunwhite

White Rock Community Centre-Hall A 13 sessions
32743 Tu 9-10AM Apr 04 \$63/Ⓜ\$57

White Rock Community Centre-Hall A 9 sessions
32840 Tu 9-10AM Jul 04 \$44/Ⓜ\$39

White Rock Community Centre-Hall B 13 sessions
32740 Tu 10:15-11:15AM Apr 04 \$63/Ⓜ\$57

White Rock Community Centre-Hall B 9 sessions
32838 Tu 10:15-11:15AM Jul 04 \$44/Ⓜ\$39

Kent Street-Auditorium 13 sessions
32741 W 8:30-9:30AM Apr 05 \$63/Ⓜ\$57

Kent Street-Auditorium 9 sessions
32839 W 8:30-9:30AM Jul 05 \$44/Ⓜ\$39

White Rock Community Centre-Hall A 13 sessions
32742 Th 9-10AM Apr 06 \$63/Ⓜ\$57

White Rock Community Centre-Hall A 9 sessions
32841 Th 9-10AM Jul 06 \$44/Ⓜ\$39

White Rock Community Centre-Hall A 13 sessions
32739 Th 10:15-11:15AM Apr 06 \$63/Ⓜ\$57

White Rock Community Centre-Hall A 9 sessions
32837 Th 10:15-11:15AM Jul 06 \$44/Ⓜ\$39

Instructor: Wendy Davies

White Rock Community Centre-Hall A 13 sessions
32744 Tu 3:45-4:45PM Apr 04 \$63/Ⓜ\$57

White Rock Community Centre-Hall A 9 sessions
32842 Tu 3:45-4:45PM Jul 04 \$44/Ⓜ\$39

Ribbon Fit



Ribbon Fit will change the way you carry yourself when you're not exercising. You feel different, because you are different.

Ribbon Fit not only brings fitness back into your life, it improves posture and brings the grace that comes with the ribbon.

Instructor: Alexa Gerry

Free Trial Class- limited space, please pre-register
Centre for Active Living-Fitness Studio #2 1 session
33021 M 11AM-12PM Apr 03 No charge

Centre for Active Living-Fitness Studio #2 4 sessions
33025 M 11AM-12PM Apr 10 \$26/Ⓜ\$24

Steps in the Right Direction

Physical activity can help people achieve a variety of goals, including increased fitness, increased energy, improved glycemic control, and weight loss. What's the best approach for you? Practice your individualized program in a group setting with an exercise specialist.

Instructor: Fred Kikhosrowkian

Centre for Active Living-Cardio Gym #2 11 sessions
33121 W 4:50-5:50PM Apr 05 \$136/Ⓜ\$128

33122 W 4:50-5:50PM Jun 21 \$136/Ⓜ\$128

Urban Pole Walking for Beginners

Walking is great exercise with proven health benefits. Take your walking to another level using special rubber tipped walking poles that reduce stress to hip and knee joints. The arm-motion technique exercises the whole body and is easy to learn. Poles will be provided for the lessons.

Instructor: Harprit Szell

Meet at C.P.L.C. Entrance 2 sessions

33136 F 12:15-1PM Mar 31 \$12/Ⓜ\$11

33137 F 3:15-4PM Mar 31 \$12/Ⓜ\$11

33139 F 12:15-1PM Apr 21 \$12/Ⓜ\$11

33141 F 12:15-1PM May 05 \$12/Ⓜ\$11

Urban Poling Practice Group

Meet new walking friends, keep active and build your endurance in a 35- minute Urban Poling weekly walk led by a certified Instructor. Group walk/cool down on Centennial Park track. Walkers are encouraged to continue meeting weekly after the 6 session program.

Meet at C.P.L.C. Entrance 6 sessions

33138 F 3:30-4:30PM Apr 21 \$33/Ⓜ\$30

Weight Training 60+

Improve your overall strength, endurance, muscle tone and bone density. This small group class offers an individualized approach to weight training and will help challenge you to have a workout that goes beyond the basics.

Prerequisite: familiar with weight room equipment and basic exercises, or completed basic gym routine (page 35)

Instructor: Harprit Szell

Centre for Active Living-Cardio Gym #2 4 sessions

33142 F 12-1PM Apr 07 \$56/Ⓜ\$51

33143 M 5-6PM Apr 03 \$56/Ⓜ\$51



Alexa Gerry

Ribbon Fit/ Rhythmic Gymnastics

Trained in the elegant traditions of Russian ballet and ribbon gymnastics, Alexa shares her lifelong love of creating beauty and wellbeing through music and movement. Grounded in a renowned physical education and kinesiology practise in Moscow, this nationally-ranked rhythmic gymnast guides others to their most poised, strong, flexible and confident self. She combines graceful ribbon movements, dance techniques and ballet stretches in a fun and energetic routine.

Adults

18+ YEARS



Olga Skrinnikoff
Zumba

This twirling dervish started dancing at 10 years old and never stopped. Discovering her joy of fitness through movement, she immersed herself in everything from Hungarian folk dance and ballet to ballroom, Flamenco, African, Latin and Jazz. Now she's totally hooked on helping people of all ages and abilities switch on that "happiness hormone" with Zumba classes, turning workouts into a party for their brain, body and spirit.

➔ Group Fitness *cont.*

YMCA Gentle Joints Swim Program

Let us do the driving to Gentle Joints, a warm water fitness program at the Surrey YMCA. With the aid of a moveable pool floor for easy entry, enjoy a combination of body movements, stretches and exercises in a friendly, social atmosphere. A great addition to your physical fitness activities.

Mini-Bus Transportation included 13 sessions
33234 Tu 10:30AM-1:30PM Apr 04 \$127/Ⓜ\$115

Mini-Bus Transportation included 9 sessions
33235 Tu 10:30AM-1:30PM Jul 04 \$92/Ⓜ\$83

YMCA Swim and Social

Gather your friends and let us do the driving to the Surrey YMCA where you can enjoy a relaxing warm water swim and hot tub with the aid of a moveable pool floor for easy entry. A great way to commit to being active on a Tuesday afternoon.

Mini-Bus Transportation included 13 sessions
33229 Tu 10:30AM-1:30PM Apr 04 \$97/Ⓜ\$88

Mini-Bus Transportation included 9 sessions
33230 Tu 10:30AM-1:30PM Jul 04 \$58/Ⓜ\$55

STRONG by Zumba

STRONG by Zumba combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits. Improve muscular endurance, tone and definition. Get stronger faster by working harder than you thought you could. Drop-in available with a ZYP Pass.

Instructor: Nathalie Plamondon-Thomas
C.P.L.C.-Hall 11 sessions
33144 M 6:15-7:15PM Apr 03 \$69/Ⓜ\$62

C.P.L.C.-Hall 8 sessions
33156 M 6:15-7:15PM Jul 10 \$44/Ⓜ\$39

Instructor: Nathalie Plamondon-Thomas
Centre for Active Living-Fitness Studio #1 13 sessions
33145 W 6:15-7:15PM Apr 05 \$81/Ⓜ\$73

Centre for Active Living-Fitness Studio #1 9 sessions
33157 W 6:15-7:15PM Jul 05 \$56/Ⓜ\$51

Zumba

Unique Latin-inspired music and dance steps create a dynamic and exciting fitness workout. Get hooked on this amazing way to PARTY your body into shape! Drop-in available with a ZYP Pass.

Instructor: Nathalie Plamondon-Thomas
C.P.L.C.-Hall 11 sessions
33146 M 5-6PM Apr 03 \$69/Ⓜ\$62

C.P.L.C.-Hall 8 sessions
33151 M 5-6PM Jul 10 \$44/Ⓜ\$39

Instructor: Nathalie Plamondon-Thomas
Kent Street-Auditorium 13 sessions
33147 Th 6-7PM Apr 06 \$81/Ⓜ\$73

Kent Street-Auditorium 9 sessions
33152 Th 6-7PM Jul 06 \$56/Ⓜ\$51

Instructor: Nathalie Plamondon-Thomas
Kent Street-Auditorium 13 sessions
33148 Th 7:15-8:15PM Apr 06 \$81/Ⓜ\$73

Free Trial Class - limited space, please pre-register
Instructor: Olga Skrinnikoff
Centre for Active Living-Fitness Studio #1 1 session
33150 Sa 9:30-10:30AM Apr 01 No charge

Instructor: Olga Skrinnikoff
Centre for Active Living-Fitness Studio #1 11 sessions
33149 Sa 9:30-10:30AM Apr 01 \$63/Ⓜ\$57

Zumba Gold

Latin and International inspired music and dance steps create a dynamic, exciting and effective fitness workout. Perfect for the active older adult, this class recreates the original Zumba moves at a lower intensity. Easy to follow choreography focuses on balance, range of motion and coordination. Drop-in \$13 or with a ZYP Pass.

Instructor: Mary Lou Rust
Free Trial Class - limited space, please pre-register
Kent Street-Auditorium 1 session
33187 Tu 4:15-5:15PM Apr 25 No charge

Kent Street-Auditorium 8 sessions
32907 Tu 4:15-5:15PM May 02 \$81/Ⓜ\$73

Instructor: Mary Lou Rust
White Rock Community Centre-Studio 9 sessions
32904 M 6:15-7:15PM Apr 24 \$91/Ⓜ\$82

White Rock Community Centre-Studio 6 sessions
33188 M 4:45-5:45PM Jul 10 \$61/Ⓜ\$55

Instructor: Mary Lou Rust
Centre for Active Living-Fitness Studio #1 10 sessions
32905 W 9-10AM Apr 26 \$101/Ⓜ\$93

Centre for Active Living-Fitness Studio #1 8 sessions
33189 W 8:45-9:45AM Jul 05 \$81/Ⓜ\$73

Instructor: Mary Lou Rust
White Rock Community Centre-Studio 10 sessions
32906 F 9:45-10:45AM Apr 28 \$101/Ⓜ\$93

White Rock Community Centre-Studio 8 sessions
33190 F 9:45-10:45AM Jul 07 \$81/Ⓜ\$73

'ZYP'
DROP-IN PASS
10 classes \$107
Use at any Zumba class, space permitting

→ Outdoors

Introduction to Tandem Canoe

Take a 3 hour instructional tour on local waters in tandem canoes. Learn basic paddling strokes, forward, J stroke, sweeps, draw and pry. A fun day on the water.

Instructor: David Dreves

33388	M	6-9PM	Jun 12	\$90/Ⓜ\$85
33389	M	6-9PM	Jul 03	\$90/Ⓜ\$85
33390	M	6-9PM	Aug 07	\$90/Ⓜ\$85

Exploring the Alpine

Hikes are led by an experienced and certified outdoor leader. Transportation is included. Hikers can expect 4 to 5 hours hiking at a good pace, with an elevation gain of up to 800m. All trips depart from Centennial Arena parking lot, and return time is estimated to be 5 pm.

Leader: David Dreves

3 Brothers Trail - Manning Park

33427	M	8AM-5PM	Jul 17	\$45/Ⓜ\$40
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Elfin Lakes - Garibaldi Park

33428	M	8AM-5PM	Aug 21	\$45/Ⓜ\$40
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Active Vancouver

Author Roy Jantzen profiles a variety of outdoor activities within a day trip of Vancouver. See page 21.

Weekend Hikes

Experience the great outdoors, safely. Led by a qualified guide, explore beautiful BC backcountry hiking trails. Transportation is included. Hikes are suitable for people in good physical condition. Hike level of difficulty varies. Please check the hiking level is suitable before you register. All day trips depart from Centennial Arena parking lot, and return time is estimated to be 6 pm.

Leader: Ron Davidson

HIKE LEVEL 1 - moderately paced, 10-15 km, elevation gain up to 300m

Galiano Island

33478	Sa	7AM-6PM	May 13	\$31/Ⓜ\$29
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Manning Park

33476	Sa	7AM-6PM	Jul 8	\$45/Ⓜ\$40
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HIKE LEVEL 2 - quicker pace, up to 20 km, elevation gain up to 1000m

Hemlock (snowshoe hike)

33477	Su	7AM-6PM	Apr 09	\$45/Ⓜ\$40
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Sea to Sky Area

33475	Su	7AM-6PM	May 28	\$45/Ⓜ\$40
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Weekday Adventures

Hike on a different trail every week! Hikes go rain or shine, and the destination is subject to the trail and weather conditions. Transportation is included. Hikes are led by an experienced and certified outdoor leader. Choose your pace and enjoy the outdoors. Hikes are suitable for people in good physical condition. Hiking level of difficulty varies. Please check the hiking level is suitable before you register. All day trips depart from Centennial Arena parking lot, and return time is estimated to be 4:30 pm.

Leader: David Dreves

PACE 1 Hikes - moderately paced, 10-15 km, elevation gain less than 300m


33392	Tu	8AM-4:30PM	Apr 04	\$45/Ⓜ\$40
33394	Tu	8AM-4:30PM	Apr 11	\$45/Ⓜ\$40
33396	Tu	8AM-4:30PM	Apr 18	\$45/Ⓜ\$40
33398	Tu	8AM-4:30PM	May 02	\$45/Ⓜ\$40
33400	Tu	8AM-4:30PM	May 09	\$45/Ⓜ\$40
33402	Tu	8AM-4:30PM	May 16	\$45/Ⓜ\$40
33404	Tu	8AM-4:30PM	May 23	\$45/Ⓜ\$40
33406	Tu	8AM-4:30PM	May 30	\$45/Ⓜ\$40
33528	Tu	8AM-4:30PM	Jun 06	\$45/Ⓜ\$40
33530	Tu	8AM-4:30PM	Jun 13	\$45/Ⓜ\$40

PACE 2 Hikes - quicker pace, up to 20 km, elevation gain up to 1000m

33391	M	8AM-4:30PM	Apr 03	\$45/Ⓜ\$40
33393	M	8AM-4:30PM	Apr 10	\$45/Ⓜ\$40
33397	M	8AM-4:30PM	May 01	\$45/Ⓜ\$40
33399	M	8AM-4:30PM	May 08	\$45/Ⓜ\$40
33401	M	8AM-4:30PM	May 15	\$45/Ⓜ\$40
33405	M	8AM-4:30PM	May 29	\$45/Ⓜ\$40
33527	M	8AM-4:30PM	Jun 05	\$45/Ⓜ\$40
33529	M	8AM-4:30PM	Jun 12	\$45/Ⓜ\$40

Outdoor Programs

A late-notice service charge will apply for withdrawals or transfers. Minimum 8 day notice required.

 Interested in hiking the **West Coast Trail** in September with White Rock Recreation?

Call 604-541-2199 for information

Welcome to Nicomekl Rowing Club



LEARN TO ROW

Come and explore!

We are holding four-week novice programs again starting April.

The eight session programs, held on evenings and weekends, include equipment, insurance, and coaching. On completion of the program you can join Nicomekl RC where you can enjoy rowing as a recreational or competitive sport.

Note: seats are available on a first-come-first-served basis.

Registration www.nico-row.com
Info 604-531-3817

We acknowledge the financial assistance of the Province of British Columbia

Adults

18+ YEARS



David Dreves

Hiking, Stand-up Paddleboard

After a twenty-year love affair with the great outdoors, David put down his mechanic's tools, picked up his hiking boots, and started his own business running wilderness programs in 2000. Within two hours of White Rock he leads hikes and snow-shoeing year round, exploring our breathtaking natural settings.

“I get to do what I love and meet great people. Who could ask for more?”

➤ Outdoors cont.

Guided Sunset Paddle

Guided kayaking paddles are an opportunity to get out onto the water and are designed for both the novice to experienced kayaker. A guided paddle provides participants with a safe, socially charged atmosphere that requires less physical endurance than a longer day on the water. A great way to meet other like-minded outdoor enthusiasts, practice your kayak skills and enjoy some spectacular scenery.

Instructed by Natural West Coast Adventures

Waterfront-West Beach Boat Launch		1 session	
33460	F 6-9PM	Jun 23	\$63/Ⓜ\$61
33491	F 6-9PM	Jun 30	\$63/Ⓜ\$61
33492	M 6-9PM	Jul 03	\$63/Ⓜ\$61
33493	M 6-9PM	Jul 10	\$63/Ⓜ\$61
33494	F 6-9PM	Jul 14	\$63/Ⓜ\$61
33495	M 6-9PM	Jul 17	\$63/Ⓜ\$61
33496	F 6-9PM	Jul 21	\$63/Ⓜ\$61
33497	F 6-9PM	Aug 04	\$63/Ⓜ\$61

For additional course dates, visit www.whiterockcity.ca/register or call 604-541-2199

Sea Kayaking - Introductory Course

This 7 hour program covers the fundamentals of ocean paddling for both the first time kayaker and those who have done some paddling but have not had formal instruction. Key components of the course include: introduction to the kayak and safety equipment, review of Canadian small craft safety regulations, tides/current information, basic paddling strokes and self-rescue procedures.

Kayak, equipment and wetsuit provided. Course is held at White Rock Beach and on Semiahmoo Bay.

Instructed by Natural West Coast Adventures

Waterfront-West Beach Boat Launch		1 session	
32146	Sa 9AM-4PM	May 06	\$158/Ⓜ\$156
33447	Su 9AM-4PM	May 14	\$158/Ⓜ\$156
33448	Sa 9AM-4PM	May 20	\$158/Ⓜ\$156
33449	Su 9AM-4PM	May 28	\$158/Ⓜ\$156
33450	Sa 9AM-4PM	Jun 03	\$158/Ⓜ\$156
33451	Su 9AM-4PM	Jun 11	\$158/Ⓜ\$156
33452	Sa 9AM-4PM	Jun 17	\$158/Ⓜ\$156
33453	Su 9AM-4PM	Jun 25	\$158/Ⓜ\$156

MORE courses offered in July and August, visit www.whiterockcity.ca/register or call 604-541-2199

Stand Up Paddle Board

Discover stand up paddling. All equipment is provided. Courses are held at White Rock Beach and are taught by Paddle Canada certified instructors.

This program includes a 1.5 hour lesson and an additional session.

		2 sessions	
33429	Tu 7-8:30PM	May 09	\$55/Ⓜ\$50
33435	Tu 7-8:30PM	May 30	\$55/Ⓜ\$50
33436	Tu 7-8:30PM	Jun 13	\$55/Ⓜ\$50
33437	Tu 7-8:30PM	Jul 04	\$55/Ⓜ\$50
33438	Tu 7-8:30PM	Jul 25	\$55/Ⓜ\$50
33439	Tu 7-8:30PM	Aug 08	\$55/Ⓜ\$50

Map, Compass and GPS Navigation for Hikers

Navigating with a map and compass is an essential skill that every hiker should know. This course will teach you how to read and interpret topographical map information, use a compass, plot coordinates, plan a route, understand essential navigation principles, and use basic GPS features.

Instructor: Ron Davidson

Introduction to Land Navigation

White Rock Community Centre-Gallery		1 session	
33504	Th 6:30-8:30PM	Apr 27	\$20/Ⓜ\$18
33489	W 6:30-8:30PM	May 31	\$20/Ⓜ\$18

Refresh & Expand Your Land Navigation Knowledge

White Rock Community Centre-Gallery		1 session	
33505	Th 6:30-8:30PM	May 18	\$20/Ⓜ\$18
33490	W 6:30-8:30PM	Jun 07	\$20/Ⓜ\$18

Wilderness Walks - Weekdays

Explore a different area every week! Walks are rain or shine, and the destination is subject to the trail and weather conditions. Transportation is included in White Rock Recreation's mini-van. Walks are led by an experienced and certified outdoor leader. Walks are planned for 2-3 hours on the trail, with minimal elevation gain and at a moderate pace.

Meet and depart from Centennial Arena Parking lot. Leader: David Dreves

33407	W 8AM-1PM	Apr 05	\$27/Ⓜ\$25
33417	W 8AM-1PM	Apr 12	\$27/Ⓜ\$25
33418	W 8AM-1PM	Apr 19	\$27/Ⓜ\$25
33419	W 8AM-1PM	May 03	\$27/Ⓜ\$25
33420	W 8AM-1PM	May 10	\$27/Ⓜ\$25
33421	W 8AM-1PM	May 17	\$27/Ⓜ\$25
33422	W 8AM-1PM	May 24	\$27/Ⓜ\$25
33423	W 8AM-1PM	May 31	\$27/Ⓜ\$25
33531	W 8AM-1PM	Jun 07	\$27/Ⓜ\$25
33532	W 8AM-1PM	Jun 14	\$27/Ⓜ\$25

Summer Leader: Urban and Wilderness Walks

33481	W 8AM-1PM	Jun 21	\$27/Ⓜ\$25
33482	W 8AM-1PM	Jun 28	\$27/Ⓜ\$25
33483	W 8AM-1PM	Jul 12	\$27/Ⓜ\$25
33486	W 8AM-1PM	Jul 19	\$27/Ⓜ\$25
33487	W 8AM-1PM	Aug 09	\$27/Ⓜ\$25
33545	W 8AM-1PM	Aug 16	\$27/Ⓜ\$25
33488	W 8AM-1PM	Aug 23	\$27/Ⓜ\$25

Learn How to Nordic Walk

See Urban Pole Walking for Beginners page 39.

Nordic Walking Club Ⓜ

This dynamic walking club is for experienced Nordic Walkers. Participants should be able to walk at a steady rate of 5 km in 1 hour. Club members meet 3 times per week (Monday, Wednesday, Friday) at various locations. Membership is required. Join the White Rock Striders Walking Club today! Call 604-541-2199 for more information.

➔ **Sports**

Fencing

Often described as physical chess, fencing challenges the mind and the body, builds confidence, coordination and physical fitness. Equipment is provided.

Instructor: Eric Boisse

Fencing Beginner - no experience required

White Rock Elementary-Gym 10 sessions
32942 Tu 7:30-8:30PM Apr 04 \$130/(\$120)

Fencing Intermediate - completed one season of fencing

White Rock Elementary-Gym 10 sessions
32943 Tu 7:30-8:30PM Apr 04 \$130/(\$120)

Soccer Indoor Co-ed

Come out to play recreational indoor soccer. Meet new people, get some exercise and have fun. \$6 drop-in fee if space available.

Peace Arch Elementary-Gym 5 sessions
32956 Th 7:30-9PM Mar 30 \$25/(\$23)

Soccer Outdoor Co-ed

Enjoy an evening of co-ed recreational soccer. Meet new friends, get some exercise, and have fun. No experience necessary. Shin guards and soccer cleats recommended. \$6 drop in if space available. Registered participants have priority.

Centennial Park-Soccer Field 7 sessions
33096 Tu 7-8:30PM Jul 04 \$35/(\$32)

Golf Lessons

Learn the proper setup and swing fundamentals for the short game and long game. Clubs are provided for level 1 participants. Range balls are extra and available at the range.

Instructor: Mark Kuhn

Golf Level 1 - no experience required

Peace Arch Golf Centre 4 sessions
32951 W 6-7PM Apr 05 \$85/(\$80)
32944 Sa 9-10AM Apr 08 \$85/(\$80)
32952 W 6-7PM May 03 \$85/(\$80)
32945 Sa 9-10AM May 06 \$85/(\$80)
32947 Sa 9-10AM Jun 03 \$85/(\$80)
32946 W 6-7PM Jun 07 \$85/(\$80)
33092 W 6-7PM Jul 05 \$85/(\$77)
33093 Sa 9-10AM Jul 08 \$85/(\$77)

Golf Level 2 - minimum 3 years or 25 rounds of golf

Peace Arch Golf Centre 4 sessions
32948 W 7-8PM Apr 05 \$85/(\$80)
32949 Sa 10-11AM Apr 08 \$85/(\$80)
32953 W 7-8PM May 03 \$85/(\$80)
32954 Sa 10-11AM May 06 \$85/(\$80)
32950 Sa 10-11AM Jun 03 \$85/(\$80)
32955 W 7-8PM Jun 07 \$85/(\$80)
33095 W 7-8PM Jul 05 \$85/(\$77)
33094 Sa 10-11AM Jul 08 \$85/(\$77)

Tennis

Players develop basic ball control skills and learn the fundamentals of ground strokes, volleys and serves. Rules and scoring are also covered. Bring your own racquet. Balls will be provided.

Instructor: Bruce Webster

Beginner

Centennial Park-Tennis Courts 4 sessions
32959 Th 6:30-8PM May 04 \$66/(\$60)
32960 Th 6:30-8PM Jun 01 \$66/(\$60)

White Rock Tennis Club-Tennis Courts 4 sessions
33099 M 6:30-8PM Jul 10 \$66/(\$60)

Centennial Park-Tennis Courts 4 sessions
33100 M 6:30-8PM Aug 14 \$66/(\$60)

Intermediate

Centennial Park-Tennis Courts 4 sessions
32961 F 6:30-8PM May 05 \$66/(\$60)
32962 F 6:30-8PM Jun 02 \$66/(\$60)

White Rock Tennis Club-Tennis Courts 4 sessions
33101 F 6:30-8PM Jul 07 \$66/(\$60)

Centennial Park-Tennis Courts 4 sessions
33102 F 6:30-8PM Aug 11 \$66/(\$60)

Co-ed Recreational Volleyball

Each night, games and teams will be arranged by the coordinator. Referees are the responsibility of the participating players. Informal games and some skill development.

Beginner

White Rock Elementary-Gym 10 sessions
32958 W 7:15-8:45PM Apr 05 \$60/(\$54)

Intermediate

White Rock Elementary-Gym 8 sessions
32957 M 7:15-8:45PM Apr 03 \$48/(\$44)

Cycling White Rock o-5-o Club

Non-competitive and recreational White Rock o-5-o Club. Meet up with other cyclists and go on weekly Sunday rides and special out-trips. Membership is required. Call 604-541-2199 to register and for ride information. Su 9-11AM



**STEVE NASH
FITNESS WORLD
& SPORTS CLUB**

PRESENTS



**Tour de
WHITE
ROCK**

2017
July 15-16

July 15
CHOICES MARKET -
CRITERIUM
& KIDS BIKE RACE
in the Family Fun
Zone

July 16
PEACE ARCH NEWS
- ROAD RACE

TourdeWhiteRock.ca

**WARM
AQUATIC
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Reclaim Your Ability™

Small, private classes to help manage chronic health conditions and promote wellness. Instructed by a Kinesiologist at Weatherby Pool.

Register now
jrrehab.ca JR Rehab Services Inc.



Adults
55+ YEARS

A variety of recreational, cultural, educational and social opportunities for adults 55 and older

Kent Street Activity Centre

1475 Kent Street 604-541-2231

Office hours:

Monday - Friday: 8:30 am - 4:30 pm.

Saturday: 9:00 am - 1:00 pm (until Jun 24)
Closed Sundays and statutory holidays.

55+



2017 White Rock Recreation and Culture Membership

\$38.00*

Jan 1 - Dec 31

How do you join?

Activity Groups are open to adults 55+ with Membership.

IN PERSON: Register and pick up your Membership card at Kent Street Activity Centre, 1475 Kent Street, White Rock.

PHONE: Credit card payment accepted. Come in to the Centre to pick up your membership card on your first visit.

Call 604-541-2231

Volunteer Opportunities



Volunteers are a vital link to the success of Kent Street Activity Centre's programs and events.

Get involved and be active in your centre!

Opportunities include coffee shop volunteers, computer instructors, mini-bus drivers, fundraisers and special event helpers.

Call 604-541-2231 for more information.

SPRING ACTIVITY GROUPS

Each Activity Group collects an additional participation fee.

Card Games

Contract Bridge

Tuesday 1-3:30 pm
White Rock Community Centre
Sunday 1-4 pm
Kent Street Classroom

Partners Contract Bridge

Friday 7-9:30 pm
C.P.L.C.-Hall

Duplicate Bridge (unsanctioned)

Wednesday 1-4 pm
C.P.L.C.-Hall

Fun Bridge

Wednesday 1-3 pm
Kent Street Classroom

Cribbage & Bid Whist

Thursday 1-3:15 pm
Kent Street Auditorium

Arts & Crafts

Peninsula Woodcarvers

Tuesday 6-9 pm
Semiahmoo Secondary Woodshop

Stitch & Chat

Friday 1-3 pm
Kent Street Classroom

Dance, Drama & Music

Kent Street Centre Dances

Wednesday 7:30-10:30 pm
Kent Street Auditorium
\$8/Ⓜ\$6

Dinner Dances at Kent Street

3rd Saturday of the month
5:30-10 pm
Kent Street Auditorium
\$25/Ⓜ\$20

Kent Street Choristers

Tuesday 9-11:30 am
Kent Street Auditorium

Sing Along

Tuesday 2-3:30 pm
Kent Street Classroom

Kent Street Players

Theatre group. Everyone welcome.
Friday 3:15-6:15 pm
Kent Street Auditorium

55+

Spring/Summer Excursions See page 46 for a variety of destinations.



Did you know you can visit three times as a guest before taking out a membership?
ASK FOR YOUR GUEST PASS ON YOUR FIRST VISIT.



Special Events

MARCH
New Members Social | March 27

APRIL
Plant Sale | April 22

MAY
Theatre by Kent Street Players | May 6

Volunteer Appreciation Lunch | May 26

JUNE
Strawberry Tea | June 10

Theatre by Kent Street Players | June 3

Cribbage Tournaments
4th Friday of each month | 12:45-4 pm

Fresh & Lively Luncheons
Co-sponsored with Seniors Come Share Society. Advance reservations only. Please contact Senior Support Services at 604-531-9400. 1st three Fridays of each month, 12:30-2:30 pm.

General Interest

Bingo
Tuesday 1-3 pm
Kent Street Auditorium

Computer Club
Wednesday 12:30-2:30 pm
Kent Street Auditorium

Spanish Conversation Group
Thursday 10-11 am
Kent Street Library

Lunch Club
Last Tuesday of the month.
Call 604-541-2231 for details.

Active Living

Carpet Bowling
Wednesday & Friday
10 am-12 pm
Kent Street Auditorium

Snooker
The Kent Street Snooker Room is open during regular operating hours.

Table Tennis
Monday 5-7 pm
Wednesday 2:45-4:15 pm
Saturday 10:15 am-1 pm
Kent Street Auditorium

Services for Seniors

Legal Advice
Local lawyer Al Benson will help seniors 55+ on LOW INCOME with legal queries and problems. 1st Wed of the month 9:30 am, until June 7. Call to confirm 604-541-2231.

Income Tax Clinics
(March & April) 65+ years and with LOW income. Call 604-541-2231 for information.

Senior Connector
A trained Seniors Come Share Society volunteer will be available upon request. Information provided on housing options, medical support, government assistance, and abuse awareness for seniors, their families and caregivers. They will also be available to help seniors with application forms for OAS, GIS and SAFER. Call 604-531-9400 to book an appointment.

Keep Active in the Summer!

These activity groups will continue through July and August. The other groups will take a break and return in September.

- Carpet Bowling
- Contract Bridge
- Partners Contract Bridge
- Duplicate Bridge (unsanctioned)
- Lunch Club
- Cribbage & Bid Whist
- Fun Bridge
- Spanish Conversation Group
- Snooker
- Table Tennis

For more details, please call 604-541-2231, pick up the Summer At A Glance Flyer or view online at www.whiterockcity.ca/register

Delicious Homemade Cuisine at the Kent Street Coffee Shop.

- Sandwiches • Fresh baked goodies • Hot specials every Wednesday • Take out daily soups
- Open 9:30am – 2pm Monday-Friday until June 23



A variety of experiences and destinations!

Spring/Summer EXCURSIONS

55+

More excursions are offered in July and August!
Visit whiterockcity.ca or call 604-541-2199

Excursions are very popular. Sign up early!

Travel in our 22 passenger mini-bus or Enjoy Tour and Travel's 24 passenger mini-bus.

Important information about our trips

Trips are open to both members and non-members.

♦♦ FERRY TRIPS:

Please bring BC GoldCare Card; under 65 or non BC resident will be required to pay passenger ferry fare.

** U.S. TRIPS:

Please bring citizenship ID. Out of province medical insurance recommended.

Participants can choose from three convenient pick-up points:

Please note: All-day parking for day trip passengers is available at Centennial Arena ONLY (No all-day parking at Kent St. Centre or White Rock Community Centre)

Centennial Arena

14600 North Bluff Road

White Rock Community Centre

15154 Russell Avenue

Kent Street Activity Centre

1475 Kent Street

Bradner Flower Show and Wine Tour

Birds'n'Bs (Bulbs) is this year's flower show theme, a whimsical journey through the garden. Enjoy crafts, art, food and 100's of varieties of daffodils. Lunch and wine tasting follows at Chaberton Estate Winery and Bacchus Bistro. Includes admission, wine tasting and lunch.

33310 Sa 8:40AM-3PM Apr 08 \$68/Ⓜ\$63

Abbotsford Tulip Festival

Enjoy a colourful, fun filled day exploring 10 acres of stunning tulip fields with over 40+ tulip varieties to enjoy.

Includes admission, not lunch.

33328 W 10:10AM-4PM Apr 19 \$29/Ⓜ\$24

33329 Th 10:10AM-4PM Apr 20 \$29/Ⓜ\$24

Commercial Drive Culinary Adventure

In the heart of Little Italy is a cornucopia of fabulous delis, cheese stores, pasta shops, organic health food markets and amazing eateries. Join Chef Pat to explore, eat and talk food in this fabulous area of Vancouver.

Includes tour and lunch.

33326 M 8:50AM-4PM Apr 24 \$99/Ⓜ\$94

Rockwater Resort on the Sunshine Coast with Joy Brown ♦♦

Enjoy lunch and dessert then explore the upscale Rockwater Resort voted by the New York Times as one of BC's best resorts. Spend the afternoon exploring Roberts Creek and visiting the unique Fibre Works Gallery.

Includes guided tour, lunch and ferry fare.

33330 Th 6:40AM-7:30PM Apr 27 \$142/Ⓜ\$137

Youth & Music 2017 at Ryerson Church

The winners of the 13th Biennial Young Composers' Competition join the Vancouver Chamber Choir and the Vancouver Youth Choir in a musical production that celebrates Canada's 150th. Includes admission.

33331 F 6:20-10:30PM May 05 \$57/Ⓜ\$52

Richmond Chinatown Culinary Adventure

Richmond's Chinatown is new and bustling and an amazing cultural experience. Explore the exciting markets, discuss Asian cuisine and enjoy a dim sum lunch all with Chef Pat.

Includes guided tour and lunch.

33332 M 8:50AM-4PM May 08 \$99/Ⓜ\$94

Experience Sooke with Joy Brown ♦♦

Explore Sooke on the rugged West Coast of Vancouver Island. Visit Sooke Harbour House Hotel to see their wonderful art and gardens. Walk on Whiffin Spit, visit the Sooke Heritage Centre and Museum. A three course lunch is served at the Prestige Inn overlooking the sea.

Includes guided tours lunch and ferry fare.

33333 W 7:20AM-7:30PM May 17 \$154/Ⓜ\$149

Tea & Trumpets - Mozart and Vienna

Enjoy the music of the greatest composer of them all, Wolfgang Amadeus Mozart at this VSO concert at the Orpheum.

Includes admission and tea and cookies before the performance.

33334 Th 11:30AM-5:30PM May 25 \$67/Ⓜ\$62

Tacoma Museum District Tour **

Explore three major museums including The Tacoma Art Museum, The Museum of Glass and the Washington State History Museum linked to the spectacular Chihuly Bridge of Glass and historic Union Station.

Includes guided tours, admissions and lunch at Red Lobster.

33337 F 7:10AM-7:30PM May 26 \$171/Ⓜ\$166

Metchosin and Gardens of Hatley Castle with Joy Brown ♦♦

South of Victoria visit the beauty and heritage of the elegant Edwardian Gardens at Hatley Castle. Lunch is served at a beautiful historic farm restaurant with ocean view followed by afternoon tea in Metchosin with time to explore.

Includes guided tour, lunch, afternoon tea and ferry fare.

33340 M 7:20AM-7:30PM Jun 05 \$159/Ⓜ\$154

Audain Art Museum and Whistler

Experience the art of British Columbia in Canada's newest Art Museum: From the traditional works of the province's First Peoples through to its contemporary masters. Free time to explore Whistler Village included.

Includes admission, guided tour, not lunch.

33311 Th 7:10AM-6PM Jun 15 \$60/Ⓜ\$55

Squamish Sea to Sky Gondola

Enjoy Seniors Day on the mountain! Your adventure includes a thrilling gondola ride with sweeping views of Howe Sound, a guided walk, games and activities in the lodge and a catered lunch.

Includes gondola ticket, tours and lunch.

33343 W 8AM-6PM Jun 21 \$108/Ⓜ\$103



Loretta : Kent Street Centre participant and volunteer

Loretta's lifelong love of dancing flourished in her early years in England, tripping the light fantastic to the Big Bands. It also led her to Kent Street, twenty years ago, where she added square dance and line dance to her ballroom knowhow. Now a Bridge and Whist whiz, she is giving back by helping out with the dances, kitchen service, and card tournaments. "It's really important, especially for seniors, to get out there and do things."

Indian Market and Cooking Class

Visit a fabulous Indian market in Surrey to shop and discuss ingredients with Chef Pat. Next head back to the Kent Street Activity Centre kitchen to prepare a wonderful Indian meal together. Includes guided tour, cooking class and lunch.

33341 M 9:10AM-2PM Jun 26 \$98/Ⓜ\$93

Greek Town and Stanley Park Tea House

Join Pat Faulkner for a day exploring the wonderful shops and aromas of Greek Town in Vancouver. Purchase amazing ingredients to create delicious and authentic Greek Cuisine. Lunch will be at the charming Tea House Restaurant in Stanley Park. Includes guided tour, snack and lunch.

33342 W 8:40AM-4PM Jun 28 \$103/Ⓜ\$98

Harrison Valley Farm Tour

Sample food and enjoy the beauty and bounty of this beautiful region with Pat Faulkner. Visit the Farmhouse Cheese Store, Hazelnut Farm, Lepp's Country Store and Goat Pride Dairy. Includes admissions, tours and lunch.

33344 W 8:40AM-5PM Jul 05 \$102/Ⓜ\$97

Saltspring Island Market with Joy Brown ♦♦

The Salt Spring Island Market has been voted one of the best markets in Canada. Located in the heart of Ganges, enjoy great food, beautiful crafts and a lively fun atmosphere. Afternoon Tea served in Fulford by the Sea.

Includes tour, ferry fare, afternoon tea, not lunch.
33440 Sa 10:20AM-9:30PM Jul 08 \$136/Ⓜ\$131

Vancouver Symphony Orchestra in Deer Lake Park

Don't miss out on this annual tradition! Enjoy a picnic dinner in beautiful Deer Lake Park as the Vancouver Symphony Orchestra entertains you with a collection of classical favourites. Includes transportation and picnic dinner.

33446 Su 4:30-10:30PM Jul 09 \$55/Ⓜ\$50

The Tea Farm and Cowichan Bay with Joy Brown ♦♦

Visit Canada's first Tea Farm located in a beautiful rural area on Vancouver Island. Taste tea and enjoy sweet treats then take a walk in Mordon Park. Enjoy lunch overlooking the sea in Cowichan Bay followed by time to explore this unique village.

Includes admissions, guided tour, lunch and ferry fare.
33465 W 6:20AM-8:30PM Jul 12 \$141/Ⓜ\$136

Steveston Culinary Adventure

Steveston Village is ripe with history and flavours. Learn the history of the area and talk fish and vegetables with Chef Pat. Visit Finn Slough, the Japanese Village, walk the dock and finish at the famous Richmond Market Farm.

Includes guided tour, tastings and lunch.
33466 F 8:50AM-4PM Jul 14 \$103/Ⓜ\$98

Gourmet Warehouse and East Vancouver Markets

The Gourmet Warehouse is a jewel in the heart of East Vancouver. Explore the warehouse full of fun gadgets, cooking tools and food. Visit some unique bakeries, cheese shops and veggie stands in the area followed by lunch at Vancouver College. Includes guided tour, tasting and lunch.

33467 M 8:40AM-4PM Jul 17 \$102/Ⓜ\$97

Food Trucks Vancouver

Enjoy a culinary adventure exploring food trucks in Vancouver. Visit them with Chef Pat and be amazed at the tasty fare. Between the food stops enjoy some downtown shopping. Includes guided tour and food truck samples.

33469 W 8:40AM-4PM Jul 26 \$102/Ⓜ\$97

Magical Mystery Tour

Sit back and relax in our comfortable mini-bus and enjoy a day full of surprises. Let our summer hostess and driver take you on a fun filled day of activities that are sure to put a smile on your face. Lunch not included.

33498 Th 9AM-4PM Aug 17 \$30/Ⓜ\$25

Pender Harbour Boat Cruise with Joy Brown ♦♦

Enjoy a comfortable one hour boat cruise through the calm waters of Pender Harbour, Garden Bay and Hospital Bay on the beautiful Sunshine Coast. Explore Gibsons, home of the Beachcombers. Includes guided tour, lunch and ferry fare.

33499 M 7:20AM-7:30PM Aug 21 \$141/Ⓜ\$136

Mount Baker **

Enjoy an escorted 1/2 mile walk at Picture Lake and a 2 mile loop walk around the Bagley Lakes. These gorgeous walks have spectacular views of Mount Baker and Mount Shuksan, alpine lakes and beautiful meadows. Lunch is at Milano's Restaurant on the scenic Mount Baker Highway. Includes guided tour, admissions and lunch.

33503 M 8:10AM-6:40PM Aug 28 \$159/Ⓜ\$154




Craig Mitchell Volunteer bus driver

Gratitude and giving back has been at the heart of Craig's world, from his years as a Big Brother Mentor to helping keep local seniors active, engaged and connected. His beloved grandma enjoyed the Kent Street Seniors Centre for years, especially the dances. Getting other people's loved ones to uplifting events is his way of saying thanks, supporting a program and a community that he loves and feels enriched by.

COMMUNITY!

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- Online presence at no extra cost!

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Fetch

For Everything That's Community Health

For South Surrey-White Rock Health & Wellness Services, visit:
<http://sswr.fetchbc.ca/>



Our Healthy Community

The Fetch online directory is a compilation of existing community resources.

Advertisements are intended for general information only and are not intended as advice on which to base a decision.

White Rock Recreation and Culture MEMBERSHIP



LET'S TALK ABOUT THE BENEFITS...

Questions? Call customer service:
604-541-2199

REDUCED COURSE FEES

"I love the discount I get with membership, it virtually pays for itself."

KENT STREET ACTIVITY CENTRE

"I've made some great friends and joined the Computer Club. I can't wait to join more activity groups."

PRIORITY REGISTRATION

"My yoga class is so popular, luckily I have my membership and can register early."

ACTIVITY GROUPS

"I'm busier than ever. I joined the Nordic Stride walking club and the Mah Jong group. I'm even thinking about joining the 0-5-0 Cycling Club."



What does it cost?

	Annual	3 Months*
Adults	\$38.00	\$19.00
Youth	\$27.00	\$13.50

*3-month memberships are valid for a specific term (Dec-Feb, Mar-May, Jun-Aug, Sep-Nov).

Where can I buy one?

New memberships can be purchased at Centennial Arena, White Rock Community Centre, or Kent Street Activity Centre.

Already a member? Renew your membership online at www.whiterockcity.ca/register.



www.whiterockcity.ca

THE SMALL PRINT. Membership must be purchased in advance of course registration to receive member rate. Memberships are non-transferable and non-refundable. Additional fees may apply to clubs, drop-ins and activity groups. Family Rate: 20% off regular rates. For the purposes of membership, a family is defined as 1 or 2 parents/legal guardians plus 1 or more children 16 and under living at the same address.

LEISURE ACCESS PROGRAM

The Leisure Access program provides low income residents with access to recreation programs and services.

The program ensures that residents are not restricted from access or participation in a reasonable variety of recreation activities due to financial hardship.

Residents are provided with a mechanism for accessing subsidies which incorporates confidentiality, dignity, privacy and easy access.



THE LEISURE ACCESS PROGRAM PROVIDES SUBSIDIZED RECREATION FOR LOW INCOME FAMILIES

WHAT ARE THE BENEFITS?

White Rock residents:

- **50% off 1 White Rock Recreation and Culture program or 1 Multi-Session Drop-in Fitness Pass**
1 per season* per individual; Membership and some specialty programs are exempt.
- **Free public skating at Centennial Arena**
A season pass for the ice-in season, October-March; helmet and skate rentals are included.
- **50% off the Centre for Active Living Drop-in Gym Monthly Pass**
- **South Surrey Indoor Pool or Grandview Heights Aquatic Centre annual pass or 20 session pass available at a 50% discount**
Note that all Surrey Parks and Recreation pool passes are non-refundable, non-redeemable and non-transferable under any circumstance.

South Surrey residents:

- **50% off 1 White Rock Recreation and Culture program or 1 Multi-Session Drop-in Fitness Pass**
1 per season* per individual; Membership and some specialty programs are exempt.
- **South Surrey residents can apply to Surrey Parks, Recreation and Culture Leisure Access Program for access to Surrey's recreation facilities.**

* Seasons are defined as Jan-Mar; Apr-Jun; Jul-Aug; Sep-Dec.

HOW CAN I APPLY?

Applications are available at White Rock Recreation and Culture or visit www.whiterockcity.ca to download the application form (pdf).

Complete one application per family and return it to the registration desk with proof of residency and proof of household income.



WHO IS ELIGIBLE?

All permanent White Rock and South Surrey residents who meet the annual family income limitations may apply.

Low income levels as recognized by Statistics Canada

Number in family:

1	2	3	4	5	6
\$20,822	\$25,921	\$31,866	\$38,691	\$43,883	\$49,493



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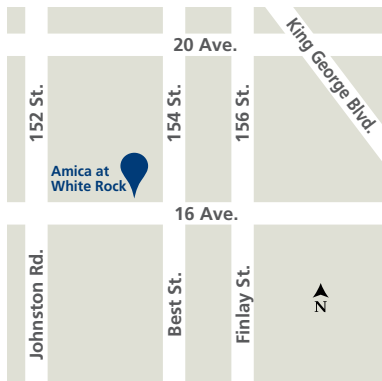
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Join our waiting list today! Call 778-545-8800 for more information.

Choose the right care at the right place



Call your family doctor first. Same-day urgent appointments are available.

Check medimap.ca for White Rock–South Surrey walk-in clinic wait times and hours.

Call 8-1-1, HealthLinkBC, available 24/7.

Health concern?

Family doctor not available?

Speak with your pharmacist.

Trusted health advice?

Critical or life threatening condition?

Call 9-1-1 or go to the nearest emergency room.

Use your **ER** wisely



White Rock-South Surrey
Division of Family Practice
A GPSC initiative



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