

RECREATION SURREY

Fall Guide

SOUTH SURREY COMMUNITY



Healthy Communities Active Together.

SEPTEMBER – DECEMBER 2013

surrey.ca/register

SPECIAL EVENTS

Celebrate Fall at Kensington Prairie Community Centre

Join us and celebrate fall and all of its offerings. Activities will include family games, crafts, face painting and more.

Free event

Saturday, September 21 11:00am-3:00pm
Kensington Prairie Community Centre

Tree Lighting Celebration

Come join us for our annual tree lighting ceremony, celebrating the kick-off of the winter holiday season. This free family event includes a family dance, refreshments and fun holiday activities for children. To help us prepare for this free event we asking that you register.

1 Session Free

4334455 Sa Dec 7 4:00pm-6:00pm
Kensington Prairie Community Centre

Car Trunk Sale

It's a giant garage sale! Load up your cars, trucks and minivans with items you no longer need. Rent out your parking stall today! Don't miss out spaces fill up fast.

\$15 for one stall

4337166 Sa Sep 7 9:00am-1:00pm
South Surrey Recreation Centre

Zumba Party

Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting and effective fitness system. Bring your friends or your family and Join us for a Zumba Party.

1 Session \$6

4340000 Sa Sep 14 2:00pm-3:00pm
South Surrey Recreation Centre

Harvest Celebration

Come and celebrate the harvest season at this great family event! Pumpkin decorating, crafts and family activities for everyone to enjoy!

\$3 per family member

4337174 Sa Oct 19 2:00pm-5:00pm
South Surrey Recreation Centre

Breakfast With Santa

Join us for a fun filled morning of crafts, music and games! Pancake breakfast provided by the Kiwanis Club of South Surrey. Bring your camera for a special appearance by Santa and Mrs. Claus! Pre-registration required.

\$4 per adult, \$8 per child (under 2yrs free)

4337137 Sa Dec 14 9:30am-11:00am
South Surrey Recreation Centre

Birthday & Wind-up Parties

\$108.75 (12 children or less)

Book your party a minimum of 2 weeks in advance.
Call the South Surrey Recreation Centre at 604-592-6970 or
Kensington Prairie Community Centre at 604-541-3270 for more details.



Mini Gym Party (2-5yrs)

Kensington Prairie Community Centre
South Surrey Recreation Centre
Children will have fun with tunnels, mats, balls, hoops and the parachute. Appropriate footwear is advised. No ride on toys.

Music Party (3-9yrs)

Call 604-541-3270 for pricing

Kensington Prairie Community Centre
An action-packed musical adventure with stories, games, crafts and more. Presented in partnership with Fun with Composers.

Dance Party (3-12yrs)

South Surrey Recreation Centre
A dance theme party will be planned by our dance instructor. Ballet, Jazz and/or Hip Hop. The children will perform a routine at the end of the party.

Old Fashioned Party (3-12yrs)

Kwomais Point Park
Celebrate with the whole family! Old-fashioned games and activities will be organized by our leaders. Appropriate footwear is advised.

Team Wrap-up Party

\$140 (for team up to 20 members)

South Surrey Recreation Centre
Enjoy 3 hours of gym and lounge time with the use of sports equipment and assistance from one staff member. There must be a minimum of 2 adults present.

Sports Party (3-12yrs)

Kensington Prairie Community Centre
South Surrey Recreation Centre
An active afternoon will be planned by our qualified sports instructor. Appropriate footwear is advised.

Early Years 0-6 Preschool

Christmas Break Camp

Action packed days for your preschooler. Full of fun, thrills and friends including games, arts and crafts, sports and more.

3 Sessions \$42 **3-5yrs**
4339200 M-Tu, F Dec 23 9:30am-11:30am

4 Sessions \$56 **3-5yrs**
4339207 M-Tu, Th-F Dec 30 9:30am-11:30am
Kensington Prairie Community Centre

3 Sessions \$42 **3-5yrs**
4338278 M-Tu, F Dec 23 12:30pm-2:30pm
4338279 M-Tu, F Dec 23 9:30am-11:30am

4 Sessions \$56 **3-5yrs**
4338295 M-Tu, Th-F Dec 30 12:30pm-2:30pm
4338305 M-Tu, Th-F Dec 30 9:30am-11:30am
South Surrey Recreation Centre

Sports Camp

Lace up your sneakers and join us for a variety of sports and games.

3 Sessions \$28 **3-5yrs**
4338332 M-Tu, Th Dec 30 9:00-10:30am
South Surrey Recreation Centre



Children

Badminton Camp

Improve your game, get active and have fun! Join us for badminton game play and skill development.

3 Sessions \$28 **9-12yrs**
4337989 M-Tu, F Dec 23 1:30pm-3:00pm

4 Sessions \$37.25 **9-12yrs**
4338002 M-Tu, Th-F Dec 30 1:30pm-3:00pm
South Surrey Recreation Centre

Basketball Camp

Can't get enough basketball? Learn new skills or improve on your existing ones.

3 Sessions \$28 **6-9yrs**
4337965 M-Tu, F Dec 23 1:30pm-3:00pm

3 Sessions \$28 **9-12yrs**
4337981 M-Tu, F Dec 23 3:15pm-4:45pm

4 Sessions \$37.25 **9-12yrs**
4338005 M-Tu, Th-F Dec 30 1:45pm-3:15pm
South Surrey Recreation Centre

Fun Zone Camp

Join the fun zone this winter. Camp programs include sports, arts, crafts, music, dance and games. Theme related activities will be featured each week. Please check with the Town Centre in your area for specific details. Camp Connections are available for extended camp hours.

3 Sessions \$64.25 **6-12yrs**
4334258 M-Tu, F Dec 23 9:00am-3:00pm

4 Sessions \$85.75 **6-12yrs**
4340361 M-Tu, Th-F Dec 30 9:00am-3:00pm
South Surrey Recreation Centre

Horseback Riding Camp

Learn about horse safety and behaviour, stable management, proper grooming, feeding and handling techniques. Develop basic riding skills in a fun, positive environment.

4 Sessions \$250 **8-16yrs**
4338499 M-Tu, Th-F Dec 30 10:00am-2:00pm
Semiahmoo Stables

Youth

Badminton Camp

Improve your game, get active and have fun! Join us for badminton game play and skill development.

3 Sessions \$28 **13-18yrs**
4338374 M-Tu, F Dec 23 3:00pm-4:30pm

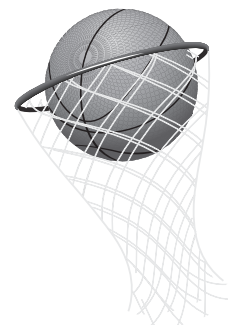
4 Sessions \$37.25 **13-18yrs**
4338721 M-Tu, Th-F Dec 30 3:00pm-4:30pm
South Surrey Recreation Centre

Basketball Camp

Introduces young players to the fundamentals of the game. Learn skills, team concepts and develop fair play.

3 Sessions \$28 **13-18yrs**
4338401 M-Tu, F Dec 23 5:00pm-6:30pm

4 Sessions \$37.25 **13-18yrs**
4339052 M-Tu, Th-F Dec 30 3:30pm-5:00pm
South Surrey Recreation Centre



EARLY YEARS - PARENT PARTICIPATION

Stay & Play

South Surrey Recreation Centre

Our stay and play program offers you and your child a positive play and learning experience supervised by qualified and caring staff. Join us for stay and play to meet new friends and neighbours. Share ideas with other parents and have fun with your child! Guided activities may include, parachute games, ride on toys, music and movement and active games.

\$3 drop-in fee

50% discount for 2nd child 1-5yrs

M	9:00am-10:30am
W	9:00am-11:00am
Th	11:00am-2:00pm
F	9:00am-12noon
Sa	3:30pm-5:00pm
Su	9:30am-11:00am

Christmas Decorations

Make the season more magical. Parent and child will create Christmas ornaments to add to the family's fun.

1 Session \$8.25 **1.5-3yrs**

4338118 Su Dec 8 9:30am-11:00am
South Surrey Recreation Centre

Gingerbread Crafts

Have a Gingerbread Christmas with us. Parent and child will decorate cookies and create crafts using the gingerbread theme. Games, stories and a sing along will add to your yummy good time.

1 Session \$8.25 **2-3yrs**

4338135 Su Dec 15 9:30am-11:00am
South Surrey Recreation Centre

One Day Wonders

Dinosaur Days

Roar! T-Rex, Brontosaurus, Stegosaurus! Calling all budding Paleontologists. Explore the fascinating world of dinosaurs through fun indoor and outdoor activities including a 'dinosaur dig'.

1 Session \$8.25 **2-3yrs**

4337799 Su Sep 22 9:30am-11:00am
4337800 Su Nov 24 9:30am-11:00am
South Surrey Recreation Centre

Fall Fun

Celebrate the Harvest season! Enjoy an afternoon with themed arts, crafts, songs and games. A special harvest treat included.

1 Session \$8.25 **1-3yrs**

4337879 Su Oct 6 9:30am-11:00am
South Surrey Recreation Centre

1 Session \$8.25 **2-3yrs**

4339141 Sa Sep 28 9:00am-10:30am
Kensington Prairie Community Centre

Halloween Fun

Enjoy activities and crafts around the Halloween theme.

1 Session \$8.25 **2-3yrs**

4339140 Sa Oct 26 9:00am-10:30am
Kensington Prairie Community Centre

1 Session \$8.25 **2-3yrs**

4337978 Su Oct 27 9:30am-11:00am
South Surrey Recreation Centre

Harvest Time

Children will create a harvest-themed projects using harvest vegetables and leaves, play games and sing songs.

1 Session \$8.25 **2-3yrs**

4337914 Su Sep 29 9:30am-11:00am
South Surrey Recreation Centre

Hibernating Animals

Learn how bears, raccoons, birds and other animals live in the winter. Explore different animal tracks and sing songs.

1 Session \$8.25 **1-3yrs**

4337998 Su Nov 17 9:30am-11:00am
South Surrey Recreation Centre

Knights, Dragons & Princesses

Join in a medieval party for brave knights and elegant princesses! We will enjoy majestic crafts and royal activities, but watch out for the fire-breathing dragons!

1 Session \$8.25 **2-3yrs**

4339143 Sa Nov 9 9:00am-10:30am
Kensington Prairie Community Centre

Kids in Space

Blast off to find out about the moon, planets and what astronauts eat in space.

1 Session \$8.25 **1-2yrs**

4337993 Su Oct 20 9:30am-11:00am
South Surrey Recreation Centre

1 Session \$8.25 **2-3yrs**

4339139 Sa Nov 23 9:00am-10:30am
Kensington Prairie Community Centre

Kitchen Science

Using everyday items found in the kitchen, conduct a variety of fun and interesting experiments.

1 Session \$8.25 **2-3yrs**

4339138 Sa Dec 7 9:00am-10:30am
Kensington Prairie Community Centre

Pirate Play Day

Ahoy matey! Be a pirate for the day. This program is filled with a variety of pirate crafts, games, stories, music and general pirate fun!

1 Session \$8.25 **2-3yrs**

4339142 Sa Oct 12 9:00am-10:30am
Kensington Prairie Community Centre

1 Session \$8.25 **2-3yrs**

4338003 Su Nov 3 9:30am-11:00am
South Surrey Recreation Centre

EARLY YEARS - PARENT PARTICIPATION

Winter Fun

Celebrate winter, snow and the warmth of the indoors. Enjoy and afternoon of arts, crafts songs games and a special treat.

1 Session \$8.25 **2-3yrs**
4339137 Sa Dec 21 9:00am-10:30am
Kensington Prairie Community Centre

1 Session \$8.25 **1-3yrs**
4338249 F Dec 27 9:30am-11:00am
South Surrey Recreation Centre

Personal Development

Sign Language

Come and learn a large sign language vocabulary together with your child. Long before your child is ready to speak, you can experience meaningful and effective parent/child communication.

5 Sessions \$29.50 **1mos-18mos**
4336361 Th Sep 19 11:15am-12:00pm
4336365 Th Oct 24 11:15am-12:00pm
Kwomais Point Park

Crafts

Art Explorers

Experience the world of art with your child. Enjoy hands-on art projects that you and your preschooler will delight in.

4 Sessions \$20.75 **2-3yrs**
4335231 M Sep 16 5:00pm-5:45pm
4335232 Sa Sep 21 10:30am-11:15am
4335234 Sa Nov 16 10:30am-11:15am
4335233 M Nov 18 5:00pm-5:45pm
South Surrey Recreation Centre

Dance

Ballet

Share some time with your 'little one' learning the basics of ballet! This program is designed especially for both of you. No special equipment is required.

10 Sessions \$51.50 **2-3yrs**
4337038 Th Sep 26 10:00am-10:45am
Sunnyside Hall

Creative Dance Moves

Children will explore the basic fundamentals of dance through rhythm and music. Emphasis will be on fun and using your imagination.

10 Sessions \$51.50 **2-3yrs**
4336341 W Sep 25 9:30am-10:15am
Kwomais Point Park

10 Sessions \$51.50 **2-3yrs**
4336343 F Sep 20 10:30am-11:15am
4336342 Th Sep 26 9:00am-9:45am

9 Sessions \$46.50 **2-3yrs**
4336344 Sa Sep 21 9:00am-9:45am
Sunnyside Hall

Music

Music Together ®

Early childhood music program includes singing, movement, chanting, and instrument play in a mixed aged environment. Includes CD and songbook. Presented by 'Harmony Expressive Arts' which is licensed by Music Together LLC - www.musictogether.com

10 Sessions \$150 **1-5yrs**
4334984 W Sep 18 9:30am-10:15am
4334985 W Sep 18 10:30am-11:15am
Elgin Hall

10 Sessions \$150 **1-5yrs**
4334986 Tu Sep 17 9:30am-10:15am
4334987 Tu Sep 17 10:30am-11:15am
Kwomais Point Park

Exploring Music

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

5 Sessions \$25.75 **5-17mos**
4336356 Th Sep 19 9:15am-10:00am
4336359 Th Oct 24 9:15am-10:00am

5 Sessions \$25.75 **1.5-3yrs**
4336357 Th Sep 19 10:15am-11:00am
4336360 Th Oct 24 10:15am-11:00am
Kwomais Point Park

Music & Movement

Music, song, and dance! Explore balance and rhythm using a variety of instruments and other materials. Parent participation is required.

9 Sessions \$46.50 **2-3yrs**
4336575 M Sep 16 10:15am-11:00am

9 Sessions \$46.50 **1.5-2yrs**
4336574 M Sep 16 9:15am-10:00am
Kwomais Point Park

Rhythm & Rhyme

This is an opportunity for you and your child to experience movement to music, songs, rhythmic instruments and musical games.

4 Sessions \$20.75 **1-2yrs**
4336570 Sa Sep 21 9:30am-10:15am
4336571 Sa Nov 16 9:30am-10:15am
South Surrey Recreation Centre

Tummy Time

A chance for you to spend some quality time as a family while making new friends in your community and taking part in songs and story time.

8 Sessions \$41.25 **1mos-6mos**
4339173 F Sep 27 2:30pm-3:15pm
Kensington Prairie Community Centre

10 Sessions \$62 **1mos-6mos**
4337136 Tu Sep 17 9:15am-10:15am
Sunnyside Hall

EARLY YEARS - PARENT PARTICIPATION

Parent & Baby Time

Share some special activity time with your young child. Music and songs will help develop your child's small and large motor skills. This is also an opportunity for social time for parents as well as the children. For children 6 months to 1½ years.

10 Sessions \$62 **6mos-12mos**
4336569 Tu Sep 17 10:30am-11:30am
Sunnyside Hall

8 Sessions \$49.50 **6mos-18mos**
4339179 F Sep 27 1:00pm-2:00pm
Kensington Prairie Community Centre

Social Recreation

Social Recreation

What a great way to introduce your child to Preschool! This structured program consists of play activities, circle time, story telling, arts and exploration.

9 Sessions \$74.25 **1-2yrs**
4336589 M Sep 16 11:00am-12:30pm

9 Sessions \$74.25 **2-4yrs**
4336583 M Sep 16 9:15am-10:45am

10 Sessions \$82.50 **2-4yrs**
4336585 W Sep 18 9:15am-10:45am
4336588 W Sep 18 11:00am-12:30pm
4336587 F Sep 20 9:15am-10:45am
4336590 F Sep 20 11:00am-12:30pm
South Surrey Recreation Centre

Story, Art & Play

Introduction to preschool through songs, crafts and exploration. Different themes include dinosaurs, insects, farms, gardening, animals, ocean life and more!

4 Sessions \$20.75 **1.5-3yrs**
4338489 M Sep 16 6:00pm-6:45pm
4338494 F Sep 20 5:30pm-6:15pm
4338495 F Oct 18 5:30pm-6:15pm
4338492 M Nov 18 6:00pm-6:45pm
South Surrey Recreation Centre

10 Sessions \$82.50 **1.5-3yrs**
4336601 Th Sep 19 9:30am-11:00am

10 Sessions \$82.50 **2-3yrs**
4336600 F Sep 20 9:30am-11:00am
Kwomais Point Park

Parachute Fun

This program introduces games and activities with the parachute to encourage the development of learning, movement, coordination, and social interaction.

8 Sessions \$41.50 **1.5-3yrs**
4338403 Tu Sep 17 12:30pm-1:15pm
Sunnyside Hall

8 Sessions \$41.50 **1.5-3yrs**
4337075 M Sep 23 4:45pm-5:30pm
Kensington Prairie Community Centre

Night Time Gym Play

Have you got a busy toddler at home that needs to burn off some energy before bedtime? Parents and tots will enjoy lots of fun activities sure to tire you out!

4 Sessions \$33 **1.5-4yrs**
4336418 M Sep 23 6:00pm-7:30pm
4336425 M Oct 28 6:00pm-7:30pm
Kensington Prairie Community Centre

Sports



FUNDamental

Horseback Riding

Introduce your child to horses in a safe, supportive environment. Our mild-mannered horses are ideal for preschool age children.

7 Sessions \$260 **4-6yrs**
4338425 Su Sep 8 1:00pm-2:00pm
4338426 Tu Sep 10 5:00pm-6:00pm
4339957 Su Oct 27 1:00pm-2:00pm
4339958 Tu Oct 29 5:00pm-6:00pm
Semiahmoo Stables

Soccer Indoor

Learn basic soccer skills. A fun and social way to move and improve coordination.

8 Sessions \$41.50 **2-3yrs**
4335110 W Sep 25 6:00pm-6:45pm
Kensington Prairie Community Centre

Active Start

Gym Play

Improve coordination and movement skills. Music and free play in a fun-filled, safe environment for children.

9 Sessions \$46.50 **1-1.5yrs**
4339927 M Sep 16 1:30pm-2:15pm

10 Sessions \$51.50 **1-1.5yrs**
4337213 Tu Sep 17 10:00am-10:45am

10 Sessions \$51.50 **1-1.5yrs**
4337207 W Sep 18 9:00am-9:45am

10 Sessions \$51.50 **1.5-2yrs**
4337208 W Sep 18 10:00am-10:45am
4337209 F Sep 20 10:15am-11:00am

10 Sessions \$51.50 **2-3yrs**
4337211 Tu Sep 17 9:00am-9:45am
4337214 Tu Sep 17 11:00am-11:45am
4337210 W Sep 18 11:00am-11:45am
4337212 F Sep 20 9:15am-10:00am
4337234 F Sep 20 11:15am-12:00pm
South Surrey Recreation Centre

Pre-Sport Skills

A fun and social way to be active, improve coordination, and build basic movement skills used in a variety of sports.

10 Sessions \$51.50 **1-1.5yrs**
4337242 F Sep 20 9:15am-10:00am

10 Sessions \$51.50 **1.5-2yrs**
4337239 Tu Sep 17 10:45am-11:30am
4337243 F Sep 20 11:15am-12:00pm
4337244 Sa Sep 21 9:00am-9:45am

10 Sessions \$51.50 **2-3yrs**
4337240 W Sep 18 5:15pm-6:00pm
4337300 W Sep 18 9:00am-9:45am
4337241 Th Sep 19 11:00am-11:45am
4337296 Sa Sep 21 11:30am-12:15pm
South Surrey Recreation Centre

10 Sessions \$51.50 **2-3yrs**
4337288 Sa Sep 21 9:15am-10:00am
Jessie Lee Elementary School

8 Sessions \$41.25 **2-3yrs**
4340461 Th Sep 26 3:30pm-4:15pm
Kensington Prairie Community Centre

General Interest

Cooking

Mix, measure and create your own fun in the kitchen. Learn about kitchen etiquette, healthy food and nutrition. Each week includes hands-on experience preparing kid-friendly snacks.

4 Sessions \$35 **3-5yrs**
 4337067 Sa Sep 21 9:30am-10:30am
 4337068 Sa Nov 16 9:30am-10:30am
 South Surrey Recreation Centre

Dino Detectives

Join us on this adventure back in time and become a dinosaur scientist. This program focuses on inspiring students with hands-on, challenging and innovative science education.

8 Sessions \$49.50 **3-6yrs**
 4339105 Tu Sep 24 2:00pm-3:00pm
 Kensington Prairie Community Centre

Science

Have you ever wondered how popcorn pops? How chocolate is made? How a ship floats? These and many other questions will be answered in this mini science program.

4 Sessions \$24 **3-5yrs**
 4337079 W Sep 18 3:00pm-3:45pm
 4337080 W Oct 16 3:00pm-3:45pm
 South Surrey Recreation Centre

Science and Nature

Every day is a journey into the world of science! Your 'young Einstein' will spend the day exploring fascinating subjects in science and nature.

10 Sessions \$119.50 **3-5yrs**
 4336789 Tu Sep 17 12:00pm-2:00pm
 4336790 Th Sep 19 12:00pm-2:00pm
 Kwomais Point Park

Science Discovery

Young scientists join us for a day of exciting activities and experiments that you can try at home!

8 Sessions \$57.50 **3-5yrs**
 4337040 W Sep 25 2:30pm-3:30pm
 Kensington Prairie Community Centre

Gingerbread Fun

Have a 'Gingerbread Christmas' with us. Make cookies and fun crafts with a gingerbread theme. Games, stories and a sing along will add to our yummy good time.

1 Session \$8.25 **3-5yrs**
 4338159 Su Dec 15 11:30am-1:00pm
 South Surrey Recreation Centre

Santa's Workshop

Join Santa's Elves in their magical mini workshop creating special gifts for family and friends.

1 Session \$8.25 **3-5yrs**
 4340638 Su Dec 8 11:30am-1:00pm
 4340633 Sa Dec 14 11:30am-1:00pm
 4340634 Sa Dec 14 2:00pm-3:30pm
 4340635 F Dec 20 3:30pm-5:00pm
 4340636 Sa Dec 21 10:30am-12:00pm
 4340637 Sa Dec 21 1:00pm-2:30pm
 South Surrey Recreation Centre

One Day Wonders

Dinosaur Days

Roar! T-Rex, Brontosaurus, Stegosaurus! Calling all budding Paleontologists. Explore the fascinating world of dinosaurs through fun indoor and outdoor activities including a 'dinosaur dig'.

1 Session \$8.25 **3-5yrs**
 4337819 Su Sep 22 11:30am-1:00pm
 4337820 Su Nov 24 11:30am-1:00pm
 South Surrey Recreation Centre

Fall Fun

Celebrate the harvest season and enjoy this class filled with themed crafts, songs and games!

1 Session \$8.25 **3-5yrs**
 4339131 Sa Sep 28 11:00am-12:30pm
 Kensington Prairie Community Centre

1 Session \$8.25 **3-5yrs**
 4337908 Su Oct 6 11:30am-1:00pm
 South Surrey Recreation Centre

Halloween Fun

Enjoy activities and crafts around the Halloween theme.

1 Session \$8.25 **3-5yrs**
 4339133 Sa Oct 26 11:00am-12:30pm
 Kensington Prairie Community Centre

1 Session \$8.25 **3-5yrs**
 4337982 Su Oct 27 11:30am-1:00pm
 South Surrey Recreation Centre

Harvest Time

Children will create a variety of harvest-themed projects including vegetable and leave stamping, play games and learn to make applesauce.

1 Session \$8.25 **3-5yrs**
 4337976 Su Sep 29 11:30am-1:00pm
 South Surrey Recreation Centre

Hibernating Animals

Learn where animals go in winter, how they survive and more. Through games, songs and crafts we will honour our animal friends.

1 Session \$8.25 **3-5yrs**
 4338001 Su Nov 17 11:00am-12:30pm
 South Surrey Recreation Centre

Kitchen Science

Using everyday items found in the kitchen, conduct a variety of fun and interesting experiments.

1 Session \$8.25 **3-5yrs**
 4339135 Sa Dec 7 11:00am-12:30pm
 Kensington Prairie Community Centre

EARLY YEARS - PRESCHOOL

Kids in Space

Blast off to find out about the moon, planets and what astronauts eat in space.

1 Session \$8.25 **3-5yrs**
4337997 Su Oct 20 11:30am-1:00pm
South Surrey Recreation Centre

1 Session \$8.25 **3-5yrs**
4339134 Sa Nov 23 11:00am-12:30pm
Kensington Prairie Community Centre

Magical Kingdom

Calling all princes and princesses to join our fantasy party. Make crowns, magic wands, dress-up and have fun in our magical kingdom of make believe.

1 Session \$8.25 **3-5yrs**
4339147 Sa Nov 9 11:00am-12:30pm
Kensington Prairie Community Centre

Pirate Play Day

Ahoy matey! Be a pirate for the day. This program is filled with a variety of pirate crafts, games, stories, music and general pirate fun!

1 Session \$8.25 **3-5yrs**
4339132 Sa Oct 12 11:00am-12:30pm
Kensington Prairie Community Centre

1 Session \$8.25 **3-5yrs**
4338058 Su Nov 3 11:30am-1:00pm
South Surrey Recreation Centre

Winter Fun

Celebrate winter, snow and the warmth of the indoors. Enjoy and afternoon of arts, crafts songs games and a special treat.

1 Session \$8.25 **3-5yrs**
4339136 Sa Dec 21 11:00am-12:30pm
Kensington Prairie Community Centre

1 Session \$8.25 **3-5yrs**
4338260 F Dec 27 12:30pm-2:00pm
South Surrey Recreation Centre

Crafts

Art Explorers

Children will be encouraged to explore many different art mediums using paint, paper, glitter, glue and much more!

4 Sessions \$24.75 **3-5yrs**
4337104 M Sep 16 3:45pm-4:45pm
4337107 M Nov 18 3:45pm-4:45pm

4 Sessions \$20.75 **4-6yrs**
4337105 Sa Sep 21 11:30am-12:15pm
4337106 Sa Oct 26 11:30am-12:15pm
South Surrey Recreation Centre

Dance

Dance Sampler

This lively sampler of dance moves introduces students to the basics of Hip Hop, Jazz, Line dance and more.

10 Sessions \$51.50 **4-6yrs**
4337039 Th Sep 19 3:15pm-4:00pm
South Surrey Recreation Centre

Ballet - Level 1

This class will introduce your child to basic ballet movements. Children will be encouraged to be creative in this fun and friendly atmosphere.

10 Sessions \$51.50 **3-4yrs**
4336814 W Sep 25 11:30am-12:15pm
4336822 W Sep 25 10:30am-11:15am
Kwomais Point Park

10 Sessions \$51.50 **3-4yrs**
4336818 F Sep 20 11:30am-12:15pm

10 Sessions \$51.50 **3-5yrs**
4336816 F Sep 20 12:30pm-1:15pm
4336817 F Sep 20 9:30am-10:15am
4336815 Th Sep 26 12:00pm-12:45pm

9 Sessions \$46.50 **3-5yrs**
4336820 Sa Sep 21 10:00am-10:45am

10 Sessions \$51.50 **4-6yrs**
4336823 F Sep 20 3:15pm-4:00pm
Sunnyside Hall

Ballet - Level 2

Continue with our Ballet program. The instructor will base the level of instruction with the skill level of the children. Dance experience is required.

10 Sessions \$51.50 **4-5yrs**
4337011 W Sep 25 12:30pm-1:15pm
Kwomais Point Park

10 Sessions \$51.50 **4-5yrs**
4337013 F Sep 20 1:30pm-2:15pm
4337012 Th Sep 26 11:00am-11:45am
4337014 Th Sep 26 1:00pm-1:45pm

10 Sessions \$51.50 **4-6yrs**
4337015 F Sep 20 4:15pm-5:00pm
Sunnyside Hall

Hip Hop

Cool dancing for little ones! Emphasis is on fun. Boys and girls welcome.

6 Sessions \$31 **3-4yrs**
4336842 M Sep 16 3:00pm-3:45pm
4336844 M Nov 4 3:00pm-3:45pm

6 Sessions \$31 **4-6yrs**
4336843 M Sep 16 4:00pm-4:45pm
4336845 M Nov 4 4:00pm-4:45pm
South Surrey Recreation Centre

Music

Music & Movement

Music, song and dance! This program is designed for boys and girls. Explore balance and rhythm using a variety of instruments and other materials. Creativity encouraged.

9 Sessions \$46.50 **3-5yrs**
4337043 M Sep 16 11:15am-12:00pm
Kwomais Point Park

Museum Extension Programs at Kensington Prairie

Beatrix Potter and Friends Series

Join the Surrey Museum team to learn about your favourite Beatrix Potter animal friends through stories, games, and crafts.

5 Sessions \$52.25 **3-6yrs**
4331630 Tu Sep 17 12:30pm-2:00pm

Tom Kitten

Explore Victorian rules and manners with the Surrey Museum team. Make crafts, dress up, and have a tea party with Tom Kitten and his family.

1 Session \$10.50 **3-6yrs**
4331631 Tu Sep 17 12:30pm-2:00pm

Squirrel Nutkin

Investigate Owl Island, learn riddles, make crafts, and play games like Squirrel Nutkin with toys from the Surrey Museum.

1 Session \$10.50 **3-6yrs**
4331633 Tu Sep 24 12:30pm-2:00pm

Flopsy Bunnies

Join the Flopsy Bunny siblings and Surrey Museum staff to learn how to garden, read a story, play games, and make your own garden to take home.

1 Session \$10.50 **3-6yrs**
4331635 Tu Oct 1 12:30pm-2:00pm

Miss Moppet

Learn about a mischievous cat, who was taught a lesson by a mouse. Read a story, dance a jig, and make crafts with Surrey Museum staff.

1 Session \$10.50 **3-6yrs**
4331637 Tu Oct 8 12:30pm-2:00pm

Mrs. Tittlemouse

Find out more about Mrs. Tittlemouse and other animals in the story with Museum staff, and discover fun ways to clean the house just like pioneers did.

1 Session \$10.50 **3-6yrs**
4331639 Tu Oct 15 12:30pm-2:00pm

Curious Like George Series

Explore the world with Curious George! Discover fun in the forest, pioneer life, and find out about firemen, through crafts, stories, and Surrey Museum artifacts.

4 Sessions \$42 **3-6yrs**
4331614 Tu Oct 22 12:30pm-2:00pm

About the Rainforest

Curious to see George's home? Join the Surrey Museum team on a safari to explore the rainforest through historic photos, crafts and games.

1 Session \$10.50 **3-6yrs**
4331617 Tu Oct 22 12:30pm-2:00pm

About Firemen

Find out about Firemen and their vehicles with objects from the Surrey Museum's Teaching Collection, learn some fire safety rules and go home with a fire truck!

1 Session \$10.50 **3-6yrs**
4331624 Tu Oct 29 12:30pm-2:00pm

About Pioneers

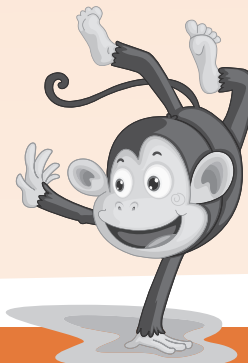
Curious young monkeys find out about Surrey pioneer kids. Make butter and do old-time chores with real antiques from the Surrey Museum's Teaching Collection.

1 Session \$10.50 **3-6yrs**
4331626 Tu Nov 5 12:30pm-2:00pm

In the Forest

Investigate Surrey's animal residents through historic photos, learn about the forests with the Surrey Museum Teaching Collection, and take home an animal mask.

1 Session \$10.50 **3-6yrs**
4331628 Tu Nov 12 12:30pm-2:00pm



Christmas Around The World Series

Join the Surrey Museum staff and discover where some of our favourite Christmas traditions started. Through crafts and games preschoolers will also learn how the festive season is celebrated in other countries.

5 Sessions \$52.25 **3-6yrs**
4331641 Tu Nov 19 12:30pm-2:00pm

Christmas in the Netherlands

Learn about Sinterklaas and St. Nicolas' Day. Play some traditional games, read a story and make crafts to take home.

1 Session \$10.50 **3-6yrs**
4331642 Tu Nov 19 12:30pm-2:00pm

Christmas in Mexico

Learn about the largest angel ornament ever made, play games, and listen to stories like the children of Mexico do during the Christmas season.

1 Session \$10.50 **3-6yrs**
4331643 Tu Nov 26 12:30pm-2:00pm

Christmas in England

Learn about Father Christmas, the custom of hanging stockings by the fire, and the feast of St. Stephen with stories, and Museum artifacts.

1 Session \$10.50 **3-6yrs**
4331644 Tu Dec 3 12:30pm-2:00pm

Christmas in Poland

Go carolling and learn about mistletoe and the nativity, through stories, crafts & games.

1 Session \$10.50 **3-6yrs**
4331645 Tu Dec 10 12:30pm-2:00pm

Christmas in Germany

Pretend visit to a German Christmas market. Learn about Christmas trees, Silent Night, Christkind, and traditional glass ornaments.

1 Session \$10.50 **3-6yrs**
4331646 Tu Dec 17 12:30pm-2:00pm

EARLY YEARS - PRESCHOOL

Theatre

Drama

Develop listening skills, build self-confidence and work with one another using theatre games. Stories are made up and then acted out using simple props and costumes.

4 Sessions \$20.75 3-5yrs

4337092 F Sep 20 3:15pm-4:00pm

4337093 F Oct 18 3:15pm-4:00pm

4 Sessions \$20.75 4-6yrs

4337094 F Sep 20 4:15pm-5:00pm

4337095 F Oct 18 4:15pm-5:00pm

South Surrey Recreation Centre



Space Available for Fall Preschool

Social Recreation

Social Rec Seasonal Licensed

Preschool Social Recreation programs are based on responsive curriculum where the educators offer an exciting, reflective program based on children's interests. Our approach focuses on the five areas of healthy child development: social, emotional, physical, creative and cognitive. Based on our responsive approach, programs include a wide variety of learning opportunities, open ended activities, free play and exploration.

33 Sessions \$473.25 2-5yrs

4336631 M, W, F Sep 16 1:00pm-3:00pm

24 Sessions \$344.25 2-5yrs

4336609 Tu, Th Sep 17 1:00pm-3:00pm

South Surrey Recreation Centre

Social Rec Year Long Licensed

72 Sessions \$1,376.75 2-3yrs

4335335 Tu, Th Sep 10 9:15am-12:15pm

Elgin Centre

99 Sessions \$1,893 2-3yrs

4322297 M, W, F Sep 9 9:00am-12:00pm

72 Sessions \$1,376.75 2-3yrs

4322296 Tu, Th Sep 10 9:00am-12:00pm

Kensington Prairie Community Centre

972 Sessions \$1,376.75 2-3yrs

4323318 Tu, Th Sep 10 9:15am-12:15pm

72 Sessions \$1,204.75 2-3yrs

4323282 Tu, Th Sep 10 9:00am-11:30am

South Surrey Recreation Centre

Pre-K Year Long Licensed

Pre-Kindergarten programs are based on a responsive curriculum where the educators offer an exciting, reflective program based on children's interests. Our approach focuses on the five areas of healthy child development: social, emotional, physical, creative and cognitive. Building on our responsive approach, our Pre-Kindergarten programs support children in continued exploration, free play, open ended activities and learning opportunities. Parent Participation field trip opportunities will be a part of the program.

171 Sessions \$3,269.75 3-4yrs

4322298 M-F Sep 9 9:00am-12:00pm

Kensington Prairie Community Centre

99 Sessions \$1,893 3-4yrs

4323308 M, W, F Sep 9 12:30pm-3:30pm

South Surrey Recreation Centre

Pre-K Year Long Licensed (Extended Hours)

99 Sessions \$2,957.75 3-4yrs

4322816 M, W, F Sep 9 9:15am-2:15pm

Elgin Centre

96 Sessions \$2,868 3-4yrs

4322300 M, W, F Sep 9 9:15am-2:15pm

72 Sessions \$2,151 3-4yrs

4322299 Tu, Th Sep 10 9:15am-2:15pm

Kensington Prairie Community Centre

Sports



Active Start

Gym Play

Enjoy creative movement and games. Improve balance, coordination and self-esteem in a fun and safe environment.

11 Sessions \$51.50 **3-5yrs**
4341361 M Sep 16 2:30pm-3:15pm

10 Sessions \$51.50 **3-5yrs**
4341362 Tu Sep 17 12:00pm-12:45pm
4341363 Tu Sep 17 1:15pm-2:00pm
4341364 W Sep 18 12:00pm-12:45pm
4341365 W Sep 18 1:15pm-2:00pm
4341366 Sa Sep 21 12:00pm-12:45pm

South Surrey Recreation Centre

Pre-Sport Skills

A fun and social way to be active, improve coordination, and build basic movement skills used in a variety of sports.

8 Sessions \$41.25 **3-5yrs**
4340462 Th Sep 26 6:00pm-6:45pm
Kensington Prairie Community Centre

10 Sessions \$51.50 **3-4yrs**
4337274 Tu Sep 17 12:00pm-12:45pm
4337326 Tu Sep 17 12:45pm-1:30pm
4337272 W Sep 18 1:00pm-1:45pm
4337323 W Sep 18 11:00am-11:45am
4337271 Th Sep 19 10:00am-10:45am
4337327 Sa Sep 21 10:00am-10:45am

10 Sessions \$51.50 **3-5yrs**
4337276 W Sep 18 12:00pm-12:45pm
4337273 F Sep 20 10:15am-11:00am
4337277 F Sep 20 3:15pm-4:00pm
South Surrey Recreation Centre



FUNDamental

T-Ball

Basic baseball and softball skills such as throwing, catching and hitting are introduced. Practice new skills playing mini games.

10 Sessions \$51.50 **4-5yrs**
4337480 W Sep 18 10:00am-10:45am
South Surrey Recreation Centre

LePetit Tennis

Le Petit Tennis is a progressive approach using story-telling to provide a fun and engaging introduction to the sport of tennis.

6 Sessions \$43.50 **3-5yrs**
4336479 F Sep 20 5:00pm-5:45pm
4336482 F Nov 8 5:00pm-5:45pm
Kensington Prairie Community Centre

Floor Hockey

Learn and practice basic hockey skills. Hockey sticks will be provided. Players will be introduced to game play. Additional safety equipment is recommended.

10 Sessions \$51.50 **4-6yrs**
4337482 M Sep 16 3:15pm-4:00pm
South Surrey Recreation Centre

Soccer Indoor

Learn basic soccer skills in a fun and co-operative way. Parents are encouraged to join in.

8 Sessions \$41.50 **3-5yrs**
4335007 W Sep 25 3:30pm-4:15pm
Kensington Prairie Community Centre

10 Sessions \$51.50 **4-6yrs**
4339936 Th Sep 19 3:15pm-4:00pm
4337330 F Sep 20 4:15pm-5:00pm
4339937 F Sep 20 5:00pm-5:45pm
4337332 Sa Sep 21 10:45am-11:30am
South Surrey Recreation Centre

10 Sessions \$51.50 **4-6yrs**
4337339 Sa Sep 21 10:15am-11:00am
Jessie Lee Elementary School

General Interest

Chess

Build creativity, concentration and critical thinking while learning the game of chess.

8 Sessions \$57.50 **6-8yrs**
4337537 Tu Sep 24 3:30pm-4:30pm

8 Sessions \$57.50 **9-12yrs**
4337538 Tu Sep 24 4:45pm-5:45pm
Kensington Prairie Community Centre

Kids Who Cook

Come out and enjoy cooking with us!
Learn to make fun and easy recipes that you can add to your very own cookbook.

8 Sessions \$93 **5-7yrs**
4339186 Tu Oct 1 4:00pm-5:30pm
Kensington Prairie Community Centre

5 Sessions \$59.50 **6-9yrs**
4332948 Sa Sep 21 10:30am-12:00pm
4332949 Sa Nov 2 10:30am-12:00pm
South Surrey Recreation Centre

THRIFTY FOODS Young Chef

Sponsored by Thrifty Foods, this camp teaches children the basics of food preparation, kitchen skills and healthy eating. Young Chefs enjoy hands on nutritional snack preparations, and customize their own recipe book.

5 Sessions \$25 **6-9yrs**
4329186 W Sep 18 3:30pm-5:30pm

5 Sessions \$25 **9-12yrs**
4329189 W Oct 23 3:30pm-5:30pm
Sunnyside Hall

One Day Wonders

Discovery Science

Join us for a day of exciting activities and experiments that you can try at home!

9 Sessions \$64.75 **6-9yrs**
4332180 W Sep 18 4:00pm-5:00pm
South Surrey Recreation Centre

Halloween Craft

The focus will be on fun as we make crafts, play games and tell Halloween stories. Costumes are encouraged.

1 Session \$8.25 **6-9yrs**
4332153 Sa Oct 26 2:30pm-4:00pm

1 Session \$8.25 **9-12yrs**
4332154 Sa Oct 26 12:30pm-2:00pm
Kwomais Point Park

Santa's Workshop

Join Santa's elves in their magical mini workshop creating special gifts for family and friends.

1 Session \$8.25 **6-9yrs**
4340366 Sa Dec 14 10:00am-11:30am
4340368 F Dec 20 3:30pm-5:00pm

1 Session \$8.25 **6-12yrs**
4340364 F Dec 6 3:30pm-5:00pm

1 Session \$8.25 **9-12yrs**
4340367 Sa Dec 14 2:00pm-3:30pm
4340369 Sa Dec 21 2:00pm-3:30pm
4340370 Sa Dec 21 10:30am-12:00pm
South Surrey Recreation Centre

Personal Development

French

Children will be taught how to read, write and speak basic French words and phrases in a relaxed and fun atmosphere. Emphasis will be placed on conversational French.

8 Sessions \$56.50 **8-12yrs**
4339165 M Sep 23 3:30pm-4:30pm
Kensington Prairie Community Centre

Home Sense

Create a safe environment while home alone. Important topics such as message taking, food preparation, playing safe and stranger danger are all taught through fun and educational activities.

1 Session \$21 **10-13yrs**
4338404 Sa Nov 2 11:30am-3:30pm
4338405 Sa Nov 30 11:30am-3:30pm
South Surrey Recreation Centre

Creative Writing

Come and learn how to improve your vocabulary, grammar, and sentence structure in a fun and supportive environment! You'll find new ways to create lively stories.

8 Sessions \$56.50 **9-12yrs**
4336427 Th Sep 26 4:45pm-5:45pm
Kensington Prairie Community Centre

9 Sessions \$63.50 **6-9yrs**
4332145 M Sep 16 3:30pm-4:30pm

9 Sessions \$63.50 **9-12yrs**
4332146 M Sep 16 4:45pm-5:45pm
Kwomais Point Park

9 Sessions \$63.50 **6-9yrs**
4332946 Tu Sep 17 5:15pm-6:15pm

9 Sessions \$63.50 **9-12yrs**
4332944 Tu Sep 17 4:00pm-5:00pm
South Surrey Recreation Centre

Crafts

Art Explorer

Children will learn to express themselves with creativity and imagination through basic drawing and painting techniques in various media, including tempera, oil pastels and charcoal. Learn a different project every week. Supplies included.

9 Sessions \$55.75 **6-9yrs**
4332157 Tu Sep 17 3:30pm-4:30pm

9 Sessions \$55.75 **9-12yrs**
4332158 Tu Sep 17 4:45pm-5:45pm
South Surrey Recreation Centre

Imagination Station

See what you can create by using your imagination. Make experiments and crafts and play some games along the way

6 Sessions \$49.50 **6-9yrs**
4339154 Sa Sep 28 1:00pm-2:30pm
Kensington Prairie Community Centre

Visual Arts

Cartooning - Level 1

Learn the basics of drawing cartoons. The instructor will cover the basic techniques and steps to designing animation.

9 Sessions \$78.50 **6-9yrs**
4332177 Th Sep 19 3:15pm-4:15pm

9 Sessions \$78.50 **9-12yrs**
4332178 Th Sep 19 4:30pm-5:30pm
South Surrey Recreation Centre

Drawing & Painting

Using pencils and paints, participants will be encouraged to express creativity and imagination. The instructor will demonstrate a variety of techniques using different mediums.

9 Sessions \$78.25 **6-9yrs**
4332152 W Sep 18 4:45pm-5:45pm

9 Sessions \$78.25 **9-12yrs**
4332151 W Sep 18 3:30pm-4:30pm
Kwomais Point Park

6 Sessions \$68.75 **9-12yrs**
4332182 Sa Sep 21 2:15pm-3:45pm
4332184 Sa Sep 21 12:30pm-2:00pm
4332185 Sa Nov 16 12:30pm-2:00pm

6 Sessions \$68.75 **9-12yrs**
4332183 Sa Nov 16 2:30pm-3:30pm
South Surrey Recreation Centre

Dance

Dance Mixer

Program will incorporate Jazz, Ballet, Hip Hop and Musical Theatre techniques.

9 Sessions \$55.75 **6-9yrs**
4332179 Th Sep 19 4:00pm-5:00pm
South Surrey Recreation Centre

Hip Hop

Learn the latest in hip hop and dance coordination in this funky, energetic class. Ideal for those with little to no experience.

9 Sessions \$55.75 **6-9yrs**
4332190 W Sep 18 3:30pm-4:30pm

9 Sessions \$55.75 **9-12yrs**
4332191 Tu Sep 17 4:30pm-5:30pm
South Surrey Recreation Centre

Jazz & Hip Hop Dance

Jazz up your life with the latest dance moves from music videos! You will cover basic dance steps, create exciting routines, and meet new friends.

10 Sessions \$62 **6-9yrs**
4332188 Sa Sep 21 11:00am-12:00pm
Sunnyside Hall

Music

Guitar - Level 1 *

Learn basic notes and how to read music sheets.

10 Sessions \$62 **9-12yrs**
4332204 M Sep 16 4:30pm-5:30pm
4332205 M Sep 16 5:30pm-6:30pm
South Surrey Recreation Centre

Guitar - Level 2 *

Learn how to play more advanced chords.

10 Sessions \$62 **9-12yrs**
4332406 M Sep 16 6:30pm-7:30pm
South Surrey Recreation Centre

Guitar -Level 3 *

Learn more advanced guitar skills, how to keep time with the music, and be able to tune your guitar properly.

9 Sessions \$55.75 **9-12yrs**
4332410 W Sep 18 6:30pm-7:30pm
South Surrey Recreation Centre

* Participants are required to bring their own guitar in good playing condition.

Theatre

Drama

Enter stage right! This program will introduce you to drama exercises, games, theatre sports, play building and improvisations. No experience required.

9 Sessions \$55.75 **6-9yrs**
4332149 Tu Sep 17 3:30pm-4:30pm

9 Sessions \$55.75 **9-12yrs**
4332150 Tu Sep 17 4:45pm-5:45pm
Kwomais Point Park

Musical Theatre

Sing and dance like a Broadway star with this fun and entertaining combination of acting, singing and dancing.

9 Sessions \$55.75 **6-9yrs**
4332155 Th Sep 19 3:15pm-4:15pm

9 Sessions \$55.75 **9-12yrs**
4332156 Th Sep 19 4:30pm-5:30pm
Kwomais Point Park

9 Sessions \$55.75 **6-9yrs**
4332953 Th Sep 19 4:00pm-5:00pm

9 Sessions \$55.75 **9-12yrs**
4332954 Th Sep 19 5:15pm-6:15pm
South Surrey Recreation Centre

Puppetry

Choosing a familiar story or fairy tale, children will make puppet characters and then recreate the story in a puppet theatre play. Collect your own puppet theatre set!

8 Sessions \$49.50 **5-7yrs**
4336428 Th Sep 26 3:30pm-4:30pm
Kensington Prairie Community Centre

Fitness, Health and Wellness

Family Zumba

This class is Zumba for families. They'll have a blast doing a combination of dance and fitness moves to Latin and international rhythms and music.

5 Sessions \$43.50 **6yrs+**
4336042 M Sep 16 6:15pm-7:15pm
4339990 M Oct 28 6:15pm-7:15pm
Sunnyside Hall

6 Sessions \$52.25 **6yrs+**
4336046 W Sep 18 6:15pm-7:15pm

7 Sessions \$61 **6yrs+**
4339992 W Oct 30 6:15pm-7:15pm
Kwomais Point Park

5 Sessions \$43.50 **6yrs+**
4336190 Sa Sep 21 1:00pm-2:00pm

6 Sessions \$52.25 **6yrs+**
4339993 Sa Nov 2 1:00pm-2:00pm
South Surrey Recreation Centre

8 Sessions \$59.75 **6yrs+**
4339780 M Sep 23 3:30pm-4:15pm
Kensington Prairie Community Centre

Yoga

An introduction to yoga for your child to learn the basic techniques for relaxation, breathing, and posture.

13 Sessions \$116.50 **6-12yrs**
4336065 F Sep 20 3:30pm-4:30pm
South Surrey Recreation Centre

Family Yoga

Children and parents (or aunts, uncles, grandparents...) do Yoga together. Yoga poses, breathing exercises, relaxation and games. A great way for families to be active together.

11 Sessions \$98.75 **6yrs+**
4336066 M Sep 16 6:30pm-7:30pm
South Surrey Recreation Centre

Zumbatomic

Zumbatomic is zumba for children. They'll have a blast doing a combination of dance and fitness moves to Latin and international rhythms and music.

6 Sessions \$52.25 **6-12yrs**
4339998 Th Sep 19 4:30pm-5:30pm

7 Sessions \$61 **6-12yrs**
4339999 Th Oct 31 4:30pm-5:30pm
Kwomais Point Park

Sports



Active Start

I Am Game

Prepare children to enjoy a wide variety of sports. Play fun activities that focus on basic movement skills. Build confidence and comfort while learning about teamwork, leadership and fair play. For children with minimal sport experience.

8 Sessions \$49.50 **6-9yrs**
4338547 W Sep 25 3:30pm-4:30pm
South Surrey Recreation Centre

8 Sessions \$49.50 **6-9yrs**
4335367 Th Sep 26 4:30pm-5:30pm
Kensington Prairie Community Centre

FUNDamental

Badminton

Learn basic defensive and offensive shots. Modified games played at the end of each class.

9 Sessions \$55.75 **6-9yrs**
4332160 Tu Sep 17 3:15pm-4:15pm

9 Sessions \$55.75 **9-12yrs**
4332161 Tu Sep 17 4:15pm-5:15pm
South Surrey Recreation Centre

Basketball

Learn fundamental skills including dribbling, shooting, passing and lay ups.

9 Sessions \$55.75 **6-9yrs**
4332172 M Sep 16 3:15pm-4:15pm
4332171 Sa Sep 21 10:00am-11:00am

9 Sessions \$55.75 **9-12yrs**
4332174 M Sep 16 4:30pm-5:30pm
4332173 Sa Sep 21 11:00am-12:00pm
South Surrey Recreation Centre

8 Sessions \$49.50 **9-12yrs**
4336426 F Sep 27 3:30pm-4:30pm
Kensington Prairie Community Centre

Basketball for Girls

Skill building and fun game play for girls only. Beginner and intermediate level.

9 Sessions \$55.75 **9-12yrs**
4332175 Tu Sep 17 3:15pm-4:15pm
4332176 Sa Sep 21 9:00am-10:00am
South Surrey Recreation Centre

Floor Hockey

Learn fundamental floor hockey skills, including stick-handling, passing, shooting and team play.

9 Sessions \$55.75 **6-9yrs**
4332186 M Sep 16 4:15pm-5:15pm

9 Sessions \$55.75 **9-12yrs**
4332187 M Sep 16 5:30pm-6:30pm
South Surrey Recreation Centre

Gymnastics

Improve coordination and balance. Build from basic gymnastic skills to simple floor routines and tumbling.

9 Sessions \$55.75 **5-7yrs**
4333018 Sa Sep 21 1:30pm-2:30pm
South Surrey Recreation Centre

Gymnastics Intermediate

Learn more advanced tumbling and floor routines. Participants should have prior gymnastics experience.

9 Sessions \$63 **6-9yrs**
4333025 Sa Sep 21 2:30pm-3:30pm
South Surrey Recreation Centre

Soccer Indoor

Learn fundamental skills including passing, shooting, and ball-handling. Fun games will be played to introduce players to the sport.

9 Sessions \$55.75 **6-9yrs**
4332956 W Sep 18 3:00pm-4:00pm
4332958 Th Sep 19 5:00pm-6:00pm

9 Sessions \$55.75 **9-12yrs**
4332957 W Sep 18 4:15pm-5:15pm
South Surrey Recreation Centre

8 Sessions \$49.50 **6-9yrs**
4335095 W Sep 25 4:30pm-5:30pm

8 Sessions \$49.50 **9-12yrs**
4335096 W Sep 25 7:00pm-8:00pm
Kensington Prairie Community Centre

Soccer Indoor for Girls

Learn fundamental skills including passing, shooting, and ball-handling. Fun games will be played to introduce girls to the sport.

9 Sessions \$55.75 **6-9yrs**
4332962 Th Sep 19 4:00pm-5:00pm
South Surrey Recreation Centre

Volleyball

Learn and practice skills including bumping and volleying. Volleyball will be introduced in a fun, team environment.

9 Sessions \$55.75 **9-12yrs**
4332973 Th Sep 19 4:30pm-5:30pm
South Surrey Recreation Centre

8 Sessions \$49.50 **9-12yrs**
4336424 Tu Sep 24 6:00pm-7:00pm
Kensington Prairie Community Centre

Volleyball for Girls

Learn and practice skills including bumping and volleying. Volleyball will be introduced in a fun, team environment.

9 Sessions \$55.75 **9-12yrs**
4332971 Th Sep 19 3:15pm-4:15pm
South Surrey Recreation Centre

8 Sessions \$49.50 **9-12yrs**
4336423 Tu Sep 24 4:45pm-5:45pm
Kensington Prairie Community Centre

Tennis - Red Level 1

Learn basic tennis skills on a half-sized court and enjoy simplified game play. Improve fitness and agility.

6 Sessions \$52.25 **6-8yrs**
4336515 W Sep 18 3:30pm-4:30pm
4336531 W Nov 6 3:30pm-4:30pm
South Surrey Recreation Centre

Tennis - Orange Level 1

On a 3/4 court new strokes and serving technique will be introduced. Learn rules and strategies of tennis. Develop agility and power.

6 Sessions \$52.25 **9-12yrs**
4336498 W Sep 18 4:45pm-5:45pm
4336507 W Nov 6 4:45pm-5:45pm
South Surrey Recreation Centre

Skateboarding

Work on your ollie, learn to slide, shove-it, flip and more! Learn safety, park etiquette and have fun participating in one of the coolest sports around.

5 Sessions \$51.50 **9-13yrs**
4335510 W Sep 18 4:00pm-6:00pm
South Surrey Athletic Park

Horseback Riding

Introduction to English horseback riding and horsemanship in an indoor arena.

7 Sessions \$336 **8-18yrs**
4338418 Tu Sep 10 6:15pm-7:15pm
4339960 Tu Oct 29 6:15pm-7:15pm
Semiahmoo Stables

Learn to Play

AthElite Basketball League

All levels welcome to play in this 3 tiered fun, yet competitive basketball league. All coaches are NCCP certified.

22 Sessions \$169 **6-12yrs**
4340991 Su, F Sep 22 11:15am-1:45pm
4340992 Su, F Sep 22 11:15am-1:45pm
South Surrey Recreation Centre

Badminton Intermediate

Learn scoring, rules, basic shots and movements. Previous badminton experience recommended.

9 Sessions \$78.25 **9-12yrs**
4340375 Sa Sep 21 10:00am-11:00am
South Surrey Recreation Centre

Basketball Intermediate

Learn new skills, practice drills and improve your game. For players with some basketball experience.

9 Sessions \$55.75 **9-12yrs**
4332168 Tu Sep 17 4:30pm-5:30pm
South Surrey Recreation Centre

Badminton Performance

Learn new shots and skills while gaining consistency. Must have completed the Intermediate badminton program.

9 Sessions \$78.25 **9-12yrs**
4340374 Sa Sep 21 11:00am-12:00pm
South Surrey Recreation Centre

Volleyball Intermediate

Improve volleyball skills and learn techniques including setting, spiking, and serving. Speed, coordination and awareness will be improved through structured game play.

9 Sessions \$55.75 **9-12yrs**
4332974 Th Sep 19 5:30pm-6:30pm
South Surrey Recreation Centre

8 Sessions \$49.50 **9-12yrs**
4336422 Tu Sep 24 3:30pm-4:30pm
Kensington Prairie Community Centre

Youth Lounge

YOUTH LOUNGE

Open to Pre-Teens (Grades 5–7) and Youth (13–18 yrs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pre-Teen Lounge & Open Gym 3:30 pm–6:30 pm Youth Lounge & Open Gym 6:30 pm–9:00 pm		Pre-Teen Lounge & Open Gym 3:30 pm–6:30 pm Youth Lounge & Open Gym 6:30 pm–9:00 pm DJ Demo 4:00 pm–7:00 pm (please call to confirm)	Pre-Teen Lounge & Open Gym 3:30 pm–6:30 pm Youth Lounge & Open Gym 6:30 pm–11:00 pm Smoovie Night 1st Friday of month Girls Night Out 4th Friday of month 3:30 pm–9:00 pm	Pre-Teen Lounge & Open Gym 6:00 pm–9:00 pm Youth Lounge & Open Gym 9:00 pm–12 midnight Basketball Tournament 2nd Saturday of month 8:00 pm–11:00 pm	

Youth Memberships

Our memberships are FREE!!!

Open to Pre-Teens (Grades 5–7) and Youth (13–18 yrs), this membership provides access to the Youth Lounge and Gym during drop-in hours. Enjoy lots of activities including basketball, floor hockey, table tennis, foosball, pool, movies, big screen TV and all your favourite Wii games such as Rock Band, Dance Dance Revolution & more!

Girls Night Out

This is a night full of energy and laughter. It's a chance for girls to socialize and have fun while doing activities such as crafts, games, nail art, baking, movies, and much more!

Open to ages 10–13 yrs

F	Sep 27	3:30pm-6:30pm
F	Oct 25	3:30pm-6:30pm
F	Nov 22	3:30pm-6:30pm
F	Dec 27	3:30pm-6:30pm

Open to ages 13–18 yrs

F	Sep 27	6:30pm-9:00pm
F	Oct 25	6:30pm-9:00pm
F	Nov 22	6:30pm-9:00pm
F	Dec 27	6:30pm-9:00pm

Smoovie Night

Huge Screen and Big Sound! Come watch a movie with your friends and enjoy a healthy smoothie and popcorn. Open to ages 10-18yrs.

F	Sep 6	6:00pm-9:00pm
F	Oct 4	6:00pm-9:00pm
F	Nov 1	6:00pm-9:00pm
F	Dec 6	6:00pm-9:00pm

3 On 3 Basketball Tourney

Bring your game to this street style bball night every second Saturday of the month. Come as a team of three or by yourself.

Sa	Sep 14	8:00pm-11:00pm
Sa	Oct 12	8:00pm-11:00pm
Sa	Nov 9	8:00pm-11:00pm
Sa	Dec 14	8:00pm-11:00pm

DJ Drop-In

Come out and learn the basics of scratching and mixing songs from a professional DJ with over 10 years of experience in the industry. Ages 10-18yrs. Call 604-592-6970 for info.

Thursdays	4:00pm-7:00pm
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Kwomais Open Mic Nights

Join us at Kwomais Lodge for a great acoustic music night! Bring your musical instrument or just come with your friends to see some great local performers! Enjoy group games, art projects and more. Call 604-592-6970 for info.

Pre-Teen Dance \$5

Come and experience our extremely popular Pre-Teen dance. Our professional DJ “Cuz-O” spins the latest in all genres of dance music and requests are always welcome. Meet new friends and take part in fun games such as the Limbo, Best Air Guitar, or see if you have what it takes to wow the crowd in our Dance-off Competition. All of our pre-teen dances have Parks, Recreation and Culture staff on site to ensure a safe, supervised and fun time for all kids. Grades 5-7 only!

4338391	F	Sep 13	7:00pm-9:30pm
4338392	F	Oct 11	7:00pm-9:30pm
4338393	F	Nov 8	7:00pm-9:30pm
4338394	F	Dec 13	7:00pm-9:30pm

Pre-Teen Birthday Parties

\$15 per child (maximum 12)

Parties are held on the evenings of Pre-teen Dances only. Package includes: 2 hours (5:00pm-7:00pm) before the Pre-Teen Dance, pizza and pop, games in the Youth Lounge and Gym (foosball, pool, video games, sports equipment, etc.) and tickets to the Pre-Teen Dance for all partygoers.

General Interest

Chess

This program is designed for new and upcoming players. Come experience the game of chess while you learn different strategies on how to win the game.

8 Sessions \$48 **13-18yrs**
4339255 Tu Sep 24 6:15pm-7:15pm
Kensington Prairie Community Centre

Cooking - Asian

Enjoy the hands on experience of preparing, cooking and sampling a selection of dishes from Asia.

1 Session \$10.25 **13-18yrs**
4338375 M Sep 16 5:30pm-7:00pm
4338801 M Oct 28 5:30pm-7:00pm
South Surrey Recreation Centre

Cooking - Desserts

Get in touch with your inner baker! This class will focus on baking different desserts and pastries, while also trying out different decorating techniques.

1 Session \$10.25 **13-18yrs**
4338377 M Sep 23 5:30pm-7:00pm
4338803 M Nov 4 5:30pm-7:00pm
South Surrey Recreation Centre

Cooking - Greek

Enjoy the hands on experience of preparing, cooking and sampling a selection of dishes from Greece.

1 Session \$10.25 **13-18yrs**
4338378 M Sep 30 5:30pm-7:00pm
4338805 M Nov 18 5:30pm-7:00pm
South Surrey Recreation Centre

Cooking - Indian

Enjoy the fun-filled, hands-on experience of preparing, cooking and sampling a diverse selection of cooking styles and dishes from different states of India.

1 Session \$10.25 **13-18yrs**
4338379 M Oct 7 5:30pm-7:00pm
4338808 M Nov 25 5:30pm-7:00pm
South Surrey Recreation Centre

Personal Development

Babysitter Training

Learn the essentials of babysitting through our Canada Safety Council endorsed program. Certification upon completion.

2 Sessions \$50.25 **12-15yrs**
4338416 Sa-Su Oct 19 9:00am-2:00pm
4338417 Sa-Su Nov 16 9:00am-2:00pm
South Surrey Recreation Centre

Creative Writing

Explore all forms of writing: life story, short story, fiction, non-fiction, poetry, novels, screenplays, etc. Learning, writing, editing and critiquing skills keep us challenged and interested.

10 Sessions \$58.75 **13-18yrs**
4339129 Th Sep 19 3:15pm-4:15pm
Kwomais Point Park

Youth Leadership Development

Youth Leadership Development is a safe, fun and comfortable environment for youth, where they can build self-esteem, great relationships and develop strong leadership skills.

14 Sessions \$25 **10-18yrs**
4338399 Tu Sep 17 6:30pm-8:30pm
South Surrey Recreation Centre

Dance

Hip Hop

Learn fun and high energy dance moves. Great exercise too! Bring along a friend for a great class.

10 Sessions \$51.50 **13-18yrs**
4338389 Tu Sep 17 3:15pm-4:15pm
South Surrey Recreation Centre

Music

Guitar - Level 1

Grab your guitar from the closet and come learn basic notes, strum patterns and how to read chord charts.

10 Sessions \$51.50 **13-18yrs**
4338386 W Sep 18 3:30pm-4:30pm
South Surrey Recreation Centre

Guitar - Level 2

This course is for those who have taken the Guitar Level 1 course or have some guitar playing experience.

10 Sessions \$51.50 **13-18yrs**
4338387 W Sep 18 4:45pm-5:45pm
South Surrey Recreation Centre

Music Mixing

Learn the basics of what it takes to be a DJ or producer. The course will cover beat matching, live sound setup, scratching and mixing with vinyl records, and an introduction to using professional DJ software.

10 Sessions \$51.50 **13-18yrs**
4338390 W Sep 18 4:30pm-5:30pm
South Surrey Recreation Centre

Fitness, Health and Wellness

Learn to Spin

This class will teach you the basics of indoor cycling and give you the confidence to ride with the best of them.

13 Sessions \$70.75 **13-18yrs**
4338709 W Sep 18 3:30pm-4:15pm
12 Sessions \$65.25 **13-18yrs**
4341260 M Sep 16 4:00pm-5:00pm
South Surrey Recreation Centre

Yoga

This gentle activity focuses on stretching and relaxing exercises. Learn to focus and control your energy flow through basic yoga positions.

13 Sessions \$96 **12-18yrs**
4336067 F Sep 20 4:45pm-5:45pm
South Surrey Recreation Centre

Zumba

A fun, high energy dance-fitness class for youth who love to move, shake and groove! This class features Latin and international rhythms. No dance experience necessary.

11 Sessions \$98.75 **13-18yrs**
4336215 Sa Sep 21 2:15pm-3:15pm
South Surrey Recreation Centre

Sports



FUNDamental

Badminton

Learn the fundamental badminton skills, different strokes, and serves.

9 Sessions \$46.50 **13-18yrs**
4338364 Tu Sep 17 5:15pm-6:15pm
South Surrey Recreation Centre

Basketball

Learn fundamental basketball skills including dribbling, shooting, passing and lay ups.

9 Sessions \$46.50 **13-18yrs**
4338368 Tu Sep 17 5:30pm-6:30pm
9 Sessions \$46.50 **13-18yrs**
4338367 M Sep 16 5:45pm-6:45pm
South Surrey Recreation Centre

Volleyball

Learn and practice volleyball skills including bumping and volleying. Volleyball will be introduced in a fun, team environment.

9 Sessions \$46.50 **13-18yrs**
4338397 Th Sep 19 6:30pm-7:30pm
South Surrey Recreation Centre

Learn to Play

Badminton Intermediate

Learn intermediate badminton skills, including single and double game play.

9 Sessions \$46.50 **13-18yrs**
4338365 Sa Sep 21 12:00pm-1:00pm
South Surrey Recreation Centre



Personal Development

Spanish

This course offers the basic words, sentences and phrases of this beautiful language, which can be used for conversation in travel and business.

10 Sessions \$66

4336083 Tu Sep 17 6:15pm-7:45pm
South Surrey Recreation Centre

Spanish Level 2

Continue on with your pronunciation, vocabulary and fluency in conversational Spanish.

10 Sessions \$66

4336142 Tu Sep 17 7:45pm-9:15pm
South Surrey Recreation Centre

General Interest

Dog Obedience - Level 1

Basic obedience includes sit, stay, heel and come when called. Dogs must be 6 months or older and have an up to date vaccination certificate.

7 Sessions \$130

4338225 Tu Sep 17 7:45pm-8:30pm
Sunnyside Hall

Dog Obedience - Level 2

This course is designed to refresh and add more challenging commands to the working regime, tidy up some unnecessary behaviors and add a variety of training techniques. Dogs must have an up-to-date vaccination certificate.

7 Sessions \$130

4338233 Tu Sep 17 8:35pm-9:15pm
Sunnyside Hall

Dog Obedience - Puppy Kindergarten

Very basic obedience for dogs 2 - 6 months. Focus on nutrition, socializing and house breaking. Puppies must have had first set of vaccination shots.

7 Sessions \$60

4338217 Tu Sep 17 7:00pm-7:40pm
Sunnyside Hall

Dance

Free Ballroom, Latin, Salsa & Jive Intro Sessions

September 15 7:00pm-8:00pm
Elgin Hall

Ballroom & Latin Dance - Adult

Learn HOT Latin dances (Merengue and Cha Cha) along with the elegant, graceful Waltz. Singles and couples welcome!

10 Sessions \$73.50

4336329 Su Sep 22 6:30pm-8:00pm
Elgin Hall

Cha Cha Dance Workshop

For fun and excitement dance the Cha Cha! You'll sizzle with this hot Latin dance. Singles and couples welcome.

1 Session \$7.50

4337745 Sa Nov 2 1:00pm-2:30pm
Elgin Hall

Romantic Social Dance

Want to be elegant, graceful and romantic when dancing to modern ballads? Then this course is for you! A great course to prep for your wedding's first dance.

1 Session \$7.50

4337747 Sa Nov 2 2:30pm-4:00pm
Elgin Hall

Salsa & Jive Dance

Get MOVIN' and GROOVIN' with the spicy Salsa and swingin' Jive. Singles and couples welcome.

10 Sessions \$73.50

4338531 Su Sep 22 8:00pm-9:30pm
Elgin Hall

Harvest Box

Harvest Box - Local

All produce is grown without the use of synthetic pesticides or herbicides but is not always certified organic. This non-certified product is often referred to as 'natural' or 'no spray.' You highly value local and organic produce and understand how choosing these options will make for a more sustainable world. You care about how your food is grown, the farmer who grows it and maintaining local agricultural land. Although buying local/organic may not be a regular option for you, you feel that supporting local, organic farmers once a month is a choice you and your wallet can be happy with.

1 Box \$15

4338897	Th	Sep 12	4:00pm-9:00pm
4338898	Th	Oct 10	4:00pm-9:00pm
4338900	Th	Nov 14	4:00pm-9:00pm
4338902	Th	Dec 5	4:00pm-9:00pm

South Surrey Recreation Centre

Harvest Box - Value

Harvest Box - Value is a program for individuals and families who want to purchase fresh, local produce at affordable prices. In order for this program to be a continued success we need your help. If you can lend a hand call 604-598-5863 or email volunteer@surrey.ca.

1 Box \$8

4335987	Th	Sep 26	3:00pm-8:00pm
4335990	Th	Oct 31	3:00pm-8:00pm
4335988	Th	Nov 28	3:00pm-8:00pm
4335996	Th	Dec 19	3:00pm-8:00pm

South Surrey Recreation Centre



Visual Arts

Photography

Unravel the mysteries of your camera's technology and improve your photo-taking skills. Composition will be emphasized.

8 Sessions \$78.25

4331577 Th Oct 10 6:30pm-8:30pm
South Surrey Recreation Centre

Fitness, Health and Wellness

Yoga

This gentle activity focuses on stretching and relaxing exercises. Learn to focus and control your energy flow through basic yoga positions. The class is modified for you to work at your own pace.

11 Sessions \$64.75

4335339 M Sep 16 8:20pm-9:20pm

13 Sessions \$95.75

4335337 W Sep 18 11:00am-12:15pm

11 Sessions \$81

4335338 Sa Sep 21 8:00am-9:15am
Kwomais Point Park

11 Sessions \$64.75

4335340 M Sep 16 8:50pm-9:50pm

13 Sessions \$76.50

4335336 W Sep 18 8:50pm-9:50pm

4335386 Th Sep 19 8:45pm-9:45pm

South Surrey Recreation Centre

Yoga for Beginners

Learn the basic yoga poses you need to practice safely and with confidence. Experience different styles of yoga, relax and develop strength, endurance, good body alignment and flexibility.

11 Sessions \$64.75

4336073 M Sep 16 12:15pm-1:15pm

13 Sessions \$76.50

4335956 Tu Sep 17 6:00pm-7:00pm

Kwomais Point Park

Yoga for Runners

Bring your body into balance through the practice of yoga. This session will teach you specific yoga postures targeting the muscle imbalances commonly found in runners.

11 Sessions \$64.75

4335967 Sa Sep 21 9:30am-10:30am
Kwomais Point Park

Yin Yoga

A type of yoga that emphasizes internal heat and the lengthening and contracting of our muscles. Yin Yoga targets the connective tissues of the hips, pelvis, and lower spine.

13 Sessions \$76.50

4335765 Tu Sep 17 6:00pm-7:00pm

4335766 Th Sep 19 7:30pm-8:30pm

11 Sessions \$81

4335767 Su Sep 22 12:00pm-1:15pm
Kwomais Point Park

Hatha Yoga

Focus on developing strength, endurance, correct body alignment, flexibility, and relaxation. Learn to use props to adjust your body into postures ensuring the range of motion is safe and comfortable.

13 Sessions \$95.75

4335401 W Sep 18 6:00pm-7:15pm

4335404 F Sep 20 10:45am-12:00pm

11 Sessions \$81

4335400 M Sep 16 5:45pm-7:00pm

4335402 Su Sep 22 10:30am-11:45am

11 Sessions \$64.75

4335403 M Sep 16 11:00am-12:00pm
Kwomais Point Park

11 Sessions \$64.75

4340076 Sa Sep 21 11:15am-12:15pm
South Surrey Recreation Centre

Kundalini Yoga

A style of yoga combining mind, body and spirit. Learn yoga poses, meditation, and breathing techniques to strengthen yourself physically and mentally.

13 Sessions \$95.75

4341423 W Sep 18 7:30pm-8:45pm
Kwomais Point Park

Restorative Yoga

Restorative Yoga adapts classical yoga to emphasize healing through gentle, supported postures. Improve your well-being through the release of tension and gentle re-alignment.

13 Sessions \$76.50

4335577 Tu Sep 17 10:15am-11:15am

13 Sessions \$95.75

4335574 W Sep 18 9:30am-10:45am

11 Sessions \$81

4335575 Su Sep 22 9:00am-10:15am

11 Sessions \$64.75

4335576 Su Sep 22 7:45pm-8:45pm
Kwomais Point Park

Chakra Yoga

A simple introduction to learning the seven chakras or energy centres, aligned through the body using traditional hatha yoga postures, creative visualization and guided meditation. For all levels.

11 Sessions \$64.75

4336145 Su Sep 22 6:30pm-7:30pm
Kwomais Point Park

Power Yoga

Emphasis is on the muscle strengthening component of Yoga combined with stretching and relaxation techniques. A great workout in a comfortable environment.

13 Sessions \$95.75

4335466 F Sep 20 9:15am-10:30am
Kwomais Point Park

Yoga - Level 2

Focus on relaxation and stretching using a variety of techniques.

13 Sessions \$95.75

4335812 Tu Sep 17 7:15pm-8:30pm

4335813 Th Sep 19 6:00pm-7:15pm
Kwomais Point Park

Fit4Two Stroller Bootcamp

Get fit with our full body cardio and strength workout for mom OUTDOORS! Extra focus on postpartum posture and core. Must be 8 weeks postpartum. For safety, babies/tots must remain in stroller or mom's arms until core work at end of class.

8 Sessions \$115

4338408 Tu, Th Sep 10 1:00pm-2:00pm
South Surrey Recreation Centre

Fit4Two Mom & Baby Indoor Bootcamp

High energy mom and baby workout. Cardio drills, strength-training, core work and more. Pre-mobile babies only please. Must be 8+ weeks postpartum. Led by postpartum fitness specialist. This program is suitable for those with an advanced fitness level.

10 Sessions \$143.75

4338384 Tu, Th Oct 8 1:00pm-2:00pm
4338385 Tu, Th Nov 12 1:00pm-2:00pm
South Surrey Recreation Centre

Fit4Two Mom & Baby Fitness

Each class will provide a full body cardio and strength workout. Special attention given to core strength (abdominal, back and pelvic floor) as well as to postpartum posture. This program is suitable for all fitness levels.

8 Sessions \$100.50

4338330 W Sep 11 1:00pm-2:00pm

7 Sessions \$88

4338338 W Nov 6 1:00pm-2:00pm
Elgin Hall

Fit4Two Prenatal Fitness

This program is a well rounded workout designed specifically for prenatal women taught by a certified pre and postal natal fitness specialist. Parmed X form required.

6 Sessions \$76

4338339 M Sep 9 7:30pm-8:30pm

7 Sessions \$88

4338381 M Oct 28 7:30pm-8:30pm
South Surrey Recreation Centre

Fit4Two Stroller Fitness

Get a full body workout and still be able to attend to your baby's needs. Enjoy power walking, functional strength training and cardio drills followed by postnatal-specific core work and flexibility.

5 Sessions \$63.50

4338400 W Sep 4 10:00am-11:00am
South Surrey Recreation Centre

Meditation

Meditation creates changes physically, emotionally, mentally and spiritually. This class enables you to discover who you are and what you may achieve by using meditation and yoga technique.

13 Sessions \$76.50

4336174 Tu Sep 17 7:15pm-8:15pm
Kwomais Point Park

Meditation - Level 2

Intended for those who have meditation experience and can sit in formal mediation posture for 45 minutes. This meditation class is based on deepening mindfulness-based skills through focused concentration and breath awareness.

13 Sessions \$75.25

4339820 Tu Sep 17 8:30pm-9:30pm
Kwomais Point Park

Gardening for Arthritis Management

This program is designed to educate you on ways to enjoy gardening without putting additional stress on your joints.

1 Session Free

4341379 Tu Sep 17 12:30pm-2:30pm
South Surrey Recreation Centre

Joint Protection Workshop

Join us for this Arthritis Society workshop and learn strategies to protect your joints, ways to reduce pain, how to prevent further joint damage and deformity and how to use assistive devices.

1 Session Free

4341057 Th Oct 3 6:30pm-8:30pm
South Surrey Recreation Centre

Pilates

A physiotherapy based approach to fitness combining stretching and strengthening movements to produce natural balanced muscle conditioning.

13 Sessions \$141.50

4335452 W Sep 18 6:30pm-7:30pm
4335453 Th Sep 19 7:30pm-8:30pm
South Surrey Recreation Centre

Semi Private Pilates Training

Experience the benefits of working with your Pilates Trainer and improve your technique using 'Reformers' (Pilates machines).

11 Sessions \$306.50

4335677 M Sep 16 8:00am-9:00am

13 Sessions \$362.25

4335669 Tu Sep 17 9:00am-10:00am
4335670 Tu Sep 17 7:30pm-8:30pm
4335673 Tu Sep 17 8:00am-9:00am
4335671 W Sep 18 8:00am-9:00am
4342727 W Sep 18 5:15pm-6:15pm
4335675 W Sep 18 7:45pm-8:45pm
4335676 Th Sep 19 5:00pm-6:00pm
4335678 Th Sep 19 6:15pm-7:15pm
4335674 F Sep 20 8:00am-9:00am
South Surrey Recreation Centre

Spin

Join this indoor cycling class and go through hills, sprints and intervals. Beginners and intermediates welcome.

11 Sessions \$64.75

4338610 M Sep 16 7:45pm-8:45pm
4338626 Su Sep 22 10:00am-11:00am

13 Sessions \$76.50

4338644 W Sep 18 7:45pm-8:45pm
South Surrey Recreation Centre

Spin for Beginners

This class will teach you the basics of indoor cycling and give you the confidence to ride with the best of them!

13 Sessions \$57.50

4338653 Tu Sep 17 7:30pm-8:15pm
4338654 Th Sep 19 7:30pm-8:15pm
South Surrey Recreation Centre

Spin and Strength

Come along for a spin ride and then magnify your training effect with strengthening exercises beside the bike.

13 Sessions \$76.50

4339971 Tu Sep 17 10:30am-11:30am
4339972 Th Sep 19 10:30am-11:30am
South Surrey Recreation Centre

Tai Chi

Promote good health through relaxing, non stressful movements. Gain flexibility, balance and strength while restoring the free normal movement and internal energy of 'Chi'.

11 Sessions \$81

4335754 M Sep 16 6:00pm-7:15pm
Kwomais Point Park

Tai Chi - Level 2

A continuation of this ancient Chinese system of exercise. Gain strength, flexibility and balance through these relaxing movements.

11 Sessions \$81

4338930 M Sep 16 7:30pm-8:45pm
Kwomais Point Park

Osteoarthritis Fitness

A land-based class designed for those with osteoporosis and/or arthritis. Focus is on joint stability, posture, light resistance training and safe stretching.

13 Sessions \$76.50

4335444 Tu Sep 17 10:15am-11:15am
4335445 Th Sep 19 10:30am-11:30am
South Surrey Recreation Centre

Understanding Osteoarthritis Workshop

Osteoarthritis is the most common form of arthritis and early intervention is the key to managing it. Learn about different intervention strategies to manage osteoarthritis

1 Session Free

4341059 Th Nov 7 6:30pm-8:30pm
South Surrey Recreation Centre

Zumba

Zumba routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Class is taught by a certified Zumba instructor.

8 Sessions \$47.25

4337100 Tu Sep 3 7:15am-8:15am
4337127 Th Sep 5 7:15am-8:15am
4339766 M Sep 23 2:15pm-3:15pm
4337126 Tu Oct 29 7:15am-8:15am
4337128 Th Oct 31 7:15am-8:15am
Kensington Prairie Community Centre

13 Sessions \$76.50

4335333 W Sep 18 7:30pm-8:30pm
4340079 Th Sep 19 6:00pm-7:00pm
Kwomais Point Park

10 Sessions \$59

4335334 M Sep 16 7:30pm-8:30pm
Sunnyside Hall



FUNDamental

Badminton

Learn basic Badminton shots and techniques. Learn about scoring, rules, and strategy through introductory level game play. For beginners.

8 Sessions \$69.25

4340306 Tu Sep 17 1:15pm-2:45pm
South Surrey Recreation Centre

Pickle Ball

Learn basic Pickle Ball skills and rules. Improve fitness, balance, and agility.

5 Sessions \$29.75

4337265 F Sep 20 10:45am-12:15pm
4337266 Sa Sep 21 1:15pm-2:45pm
4337267 F Oct 25 10:45am-12:15pm
4337268 Sa Oct 26 1:15pm-2:45pm
South Surrey Recreation Centre

Horseback Riding

Develop basic horse riding skills from walking to cantering. All levels welcome.

7 Sessions \$336

4338411 Tu Sep 10 7:30pm-8:30pm
4339959 Tu Oct 29 7:30pm-8:30pm
Semiahmoo Stables

Tennis

Learn basic stroke techniques. For adults new to tennis.

6 Sessions \$35.50

4337049 W Sep 18 5:50pm-6:50pm
4337055 W Nov 6 5:50pm-6:50pm
South Surrey Recreation Centre

Learn to Play

Badminton Intermediate - Adult

Learn new shots and skills while gaining consistency. Must have completed the Beginner Badminton program.

5 Sessions \$29.50

4340307 Tu Sep 17 6:15pm-7:15pm
4344127 Tu Oct 29 6:15pm-7:15pm
South Surrey Recreation Centre

Pickle Ball Intermediate

Learn intermediate skills. Improve fitness through structured game play.

5 Sessions \$29.75

4337346 F Sep 20 12:30pm-2:00pm
4337348 F Oct 25 12:30pm-2:00pm
South Surrey Recreation Centre

Sports For Life

Basketball Recreational Play 30+

Emphasis on recreational play. Drop in participants are welcome if space is still available.

11 Sessions \$87

4336082 M Sep 16 7:00pm-9:00pm
Semiahmoo Secondary School

Membership

Become a Member!

55+ Memberships - Easy and affordable!

Purchase your annual South Surrey Seniors Membership and receive the seniors' discount rate on a variety of registered programs, bus trips, volunteer-led drop-in activities and special events.

Annual Membership \$21.25 (valid for one year from purchase date)

Seniors Pass Deal

NEW

Purchase a **1-year Senior Full Facility Pass** (for drop-in admissions to Fitness Centre, Fitness Classes, Gymnasium, Swim and Skate) and **get a FREE multi-centre seniors membership** (for 55+ years member activities)!

Fitness, Health and Wellness

Chair Exercises

Enjoy the benefits of a cardio warm up, effective muscle strengthening, flexibility stretches and soothing relaxation, all without leaving your chair. Proper technique and use of resistance equipment will be taught by a certified instructor.

10 Sessions \$44.25 Members / \$59 Non Members

4337097 W Sep 18 11:45am-12:45pm

South Surrey Recreation Centre

Zumba

Zumba is a fusion of Latin and International music and dance themes that create a dynamic, effective aerobic/fitness system. Routines feature interval training with a combination of fast and slow rhythms that tone and sculpt the body.

10 Sessions \$44.25 Members / \$59 Non Members

4337144 M Sep 16 1:00pm-2:00pm

4337145 W Sep 18 1:00pm-2:00pm

South Surrey Recreation Centre

Yoga

Just for seniors! A gentler paced class using supported yoga postures and breathing to improve strength and flexibility.

11 Sessions \$48.75 Members / \$64.75 Non Members

4336014 M Sep 16 9:45am-10:45am

Kwomais Point Park

13 Sessions \$57.50 Members / \$76.50 Non Members

4336015 Th Sep 19 8:15am-9:15am

South Surrey Recreation Centre

Introduction to Spin

Learn the basics of indoor cycling.

13 Sessions \$43.25 Members / \$57.50 Non Members

4338696 W Sep 18 11:00am-11:45am

11 Sessions \$36.50 Members / \$48.75 Non Members

4338671 M Sep 16 11:00am-11:45am

South Surrey Recreation Centre

Tai Chi

Introduction to this Chinese system of gentle exercise that promotes better health through slow, rhythmic, non-stressful movement.

10 Sessions \$44.25 Members / \$59 Non Members

4337116 Tu Sep 17 11:45am-12:45pm

South Surrey Recreation Centre

Osteoarthritis Fitness

A land-based class for those with osteoporosis and/or arthritis. Focus is on joint stability, posture, light resistance training and safe stretching.

13 Sessions \$57.50 Members / \$76.50 Non Members

4335444 Tu Sep 17 10:15am-11:15am

4335445 Th Sep 19 10:30am-11:30am

South Surrey Recreation Centre

Dance

Line Dance

No partner required & no previous experience necessary. Enjoy the challenge of learning new dance combinations and routines?

10 Sessions \$36.75 Members / \$49 Non Members

4337081 Th Sep 19 10:30am-11:30am

South Surrey Recreation Centre

Line Dance - Level 2

A fun, social style of dance that everyone can learn. This class is for people who have completed a Level 1 course.

10 Sessions \$36.75 Members / \$49 Non Members

4337096 Th Sep 19 11:30am-12:30pm

South Surrey Recreation Centre

Sports



FUNDamental

Badminton

Learn basic Badminton shots and techniques. Learn about scoring, rules, and strategy through introductory level game play for beginners.

8 Sessions \$69.25

4340306 Tu Sep 17 1:15pm-2:45pm

South Surrey Recreation Centre

Pickle Ball

Learn basic Pickle Ball skills and rules. Improve fitness, balance, and agility.

5 Sessions \$29.75

4337265 F Sep 20 10:45am-12:15pm

4337266 Sa Sep 21 1:15pm-2:45pm

4337267 F Oct 25 10:45am-12:15pm

4337268 Sa Oct 26 1:15pm-2:45pm

South Surrey Recreation Centre

Learn to Play

Pickle Ball Intermediate

Learn intermediate Pickle Ball skills, improving fitness through structured game play.

5 Sessions \$29.75

4337346 F Sep 20 12:30pm-2:00pm

4337348 F Oct 25 12:30pm-2:00pm

South Surrey Recreation Centre

DROP-IN SCHEDULES

South Surrey Recreation Centre

604-592-6970 14601 - 20 Avenue

DROP-IN GYM SCHEDULE

Schedule in effect September 2 – December 22, 2013.

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
55+ Badminton	8:00am-10:30am	8:00am-10:30am		8:00am-10:30am			
55+ Pickle Ball	11:00am-1:00pm	10:45am-12:45pm	11:30am-2:30pm	12:30pm-2:30pm	12:30pm-2:30pm		
55+ Table Tennis				1:00pm-2:30pm			
Open Table Tennis					7:15pm-9:45pm		
Open Pickle Ball			8:15pm-9:45pm				2:00pm-4:00pm
Adult Badminton		7:00pm-9:45pm					
Open Badminton			8:15pm-9:45pm		6:00pm-9:45pm		8:30am-11:00am 4:15pm-6:00pm
Family Badminton						5:45pm-7:45pm	
Family Sports						3:30pm-5:30pm	1:00pm-4:00pm
Family Pickle Ball							
Youth Basketball							6:15pm-7:45pm
Adult Basketball			6:15pm-8:00pm	7:45pm-9:45pm			
Youth Adapted Basketball				6:00pm-7:45pm			
Youth Volleyball	6:00pm-7:30pm						
Adult Volleyball	7:00pm-9:45pm						
Adult Floor Hockey	7:00pm-9:45pm						
Open Floor Hockey			8:30pm-9:45pm				
Stay & Play	9:00am-10:30am		9:00am-10:30am		9:00am-10:30am	3:30pm-5:00pm	9:30am-11:00am

Schedule subject to change. Please call ahead to confirm.



DROP-IN SCHEDULES

DROP-IN GROUP FITNESS SCHEDULE

Schedule in effect September 3 – December 22, 2013.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am-9:00am	Body Sculpt*	Body Sculpt*	Boot Camp*	Cardio Combo*	Boot Camp*		
8:45am-9:45am						Cardio Combo	Hatha/Yin Yoga Combo
9:15am-10:15am	Step 'n' Sculpt	Body Sculpt*	Step 'n' Sculpt	Body Sculpt*	Cardio Combo		
9:15am-10:15am	Hi Lo Fat Burner*		Hi Lo Fat Burner*		Hi Lo Fat Burner*		
9:30am-10:30am				Fitness Pilates			
10:00am-11:00am						Yoga	Yoga
10:30am-11:30am	Core Conditioning*	Fitness Pilates*	Core Conditioning*				
10:30am-11:30am	Zumba		Yoga		Yoga		
11:30am-12:30pm		Zumba*					
11:45am-1:00pm	Yoga						
11:45am-12:45pm	Fitness 55+*		Fitness 55+	Yoga	Fitness 55+		
1:00pm-2:00pm		Yoga					
5:15pm-6:15pm	Boot Camp		Cardio Combo				
6:15pm-7:15pm		Boot Camp		Step Interval			
7:30pm-8:30pm							
7:45pm-8:45pm	Yoga						
8:45pm-9:45pm		Yoga					

Schedule subject to change without notice. Please call ahead to confirm. Classes take place in the fitness room (MP5) except classes marked with a * which take place in Gym 3. Please note: The fitness areas are air conditioned and can feel cool to some participants. Please bring appropriate clothing

DROP-IN SPIN SCHEDULE

Schedule in effect September 3 – December 22, 2013.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am-8:45am		8:00am-8:45am		8:00am-8:45am		
					8:45am-9:45am	8:45am-9:45am
9:15am-10:15am		9:15am-10:15am		9:15am-10:15am		
	9:15am-10:15am		9:15am-10:15am			
					10:00am-11:00am	
12:10pm 12:55pm		12:10pm 12:55pm		12:10pm 12:55pm		
	5:00pm-6:00pm		5:00pm-6:00pm			
5:15pm-6:15pm		5:15pm-6:15pm		5:15pm-6:15pm		
6:30pm-7:30pm	6:15pm-7:15pm	6:30pm-7:30pm	6:15pm-7:15pm			

Please note: The fitness areas are air conditioned and can feel cool to some participants. Please bring appropriate clothing.

INDOOR POOL SCHEDULES

South Surrey Indoor Pool

604-502-6220 14655 - 17 Avenue

Office Hours: Monday-Sunday 7:00am-9:00pm

AQUATIC SWIM SCHEDULE

Schedule in effect September 2 – December 22, 2013.

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuit Swim 13+ yrs *	6:00am-10:30pm	6:00am-12midnight	6:00am-10:30pm	6:00am-12midnight	6:00am-10:30pm	7:00am-5:00pm 6:00pm-10:30pm	7:00am-9:30pm
Public Swim	6:00am-8:30am 1:30pm-3:00pm 6:30pm-8:00pm	6:00am-8:30am 6:30pm-8:00pm	6:00am-8:30am 6:30pm-8:00pm	6:00am-8:30am 6:30pm-8:00pm	6:00am-8:30am 1:30pm-3:00pm 7:00pm-10:30pm	8:00am-9:30am 1:00pm-4:00pm 6:00pm-10:30pm	7:00am-9:30am 1:00pm-3:45pm 8:00pm-9:30pm
Adult/Senior 19+ yrs	12noon- 1:30pm	12noon-1:30pm 9:00pm-10:00pm	12noon-3:00pm	12noon- 1:30pm 9:00pm-10:00pm	12noon- 1:30pm	4:00pm-5:00pm	10:00am-12noon 4:00pm-5:00pm
Parent & Tots 5 & under (+ public times)	9:00am-12noon 1:30pm-3:00pm 5:00pm-8:00pm	9:00am-12noon 1:30pm-3:00pm 5:00pm-8:00pm	9:00am-12noon 5:00pm-8:00pm	9:00am-12noon 1:30pm-3:00pm 5:00pm-8:00pm	9:00am-12noon 1:30pm-3:00pm 5:00pm-8:00pm	8:00am-4:00pm 9:00am-12noon (limited space) 6:00pm-8:00pm	12noon- 3:45pm 6:00pm-8:00pm
Performance Training 13+ yrs *		1:00pm-2:00pm 8:00pm-10:00pm		1:00pm-2:00pm 8:00pm-10:00pm			
Adult Value Swim	9:45pm-10:30pm	10:00pm-12midnight	9:45pm-10:30pm	10:00pm-12midnight			

Schedule subject to change. Please call ahead to confirm. During Adult/Senior 19+ swim 13+ yrs may only be in the circuit lane swimming laps.

*We guarantee one lane available for length swimming. We strive to provide more than one during non prime time.

Special Events

Swim & Play

3rd Saturday of each month from 6:30pm-9:30pm

Fun for 7-12yr olds for just \$14.50 per child. Swim for one hour with our leader and then enjoy a movie and popcorn. Register with your friends or come to meet new ones!

Remembrance Day Tea

We will be marking the day with a moment of Silence at 11am and goodies in the Lobby to linger over and enjoy everyone's company.

Free Public Swims

First Saturday of the month from 1:00pm-4:00pm

Join us for this free family swim as part of Westminster Savings' Project Better Balance.

Thanksgiving Turkey Toss

Saturday, October 12 from 1:30pm-3:30pm

Come help our staff get ready for the weekend! You'd be amazed at what turkeys do at the pool! Games, activities prizes and crafts for all ages to celebrate the holiday in the pool and on the deck.

Halloween Howl

Saturday, October 26 from 1:30pm-3:30pm

Come practise your tricks and treats with our Lifeguards and have a hair-raising good time! Yuck, muck and crafts for all ages to enjoy. Regular admission for this howling good swim!

New Year's Polar Bear Plunge

Wednesday, January 1 from 1:00pm-4:00pm

Games, hot chocolate, and activities for Polar Bears of all ages to enjoy! Regular admission for this growling good swim!

Friday Night Water Polo

Try out this exciting aquatic sport & meet new friends! All abilities welcome for ages 9-13yrs.

Birthday Parties

\$85 (10 children or less)
\$8.50 for each additional child

Bring your party to enjoy the public swim! Saturday party package includes our Lifeguard leading games from 1:30pm-2:30pm, viewing area with tables for cake and presents as well as admission for the public swim from 1:00pm-4:00pm.

Please note: Children under 7yrs must have 1 Adult for every 3 children; in swimming attire, in the pool with the party.



INDOOR POOL SCHEDULES

AQUATIC FITNESS SCHEDULE

Schedule in effect September 2 – December 22, 2013.

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquacise (evening in bold)	8:00am-8:45am 9:15am-10:00am 10:15am-11:00am 8:00pm-8:45pm	7:00am-7:45am 8:15am-9:00am 9:15am-10:00am 8:00pm-8:45pm	8:00am-8:45am 9:15am-10:00am 10:15am-11:00am 8:00pm-8:45pm	7:00am-7:45am 8:15am-9:00am 9:15am-10:00am 8:00pm-8:45pm	8:00am-8:45am 9:15am-10:00am 10:15am-11:00am	8:45am-9:30am	9:00am-9:45am
Water Running (evening in bold)	8:00pm-8:45 pm	11:30am-12:15pm 8:00pm-8:45pm	8:00pm-8:45 pm	11:30am-12:15pm 8:00pm-8:45pm			
Deep Water Aqua	7:00am-7:45am 9:15am-10:00am	8:15am-9:00am	7:00am-7:45am 9:15am-10:00am	8:15am-9:00am	7:00am-7:45am 9:15am-10:00am	8:00am-8:45am	8:00am-8:45am
Water Walking	11:30am-12:15pm	11:30am-12:15pm	11:30am-12:15pm	11:30am-12:15pm	11:30am-12:15pm		

Schedule subject to change. Please call ahead to confirm. Deep and Shallow Water Exercises may sometimes be combined dependent on attendance.

Aqua Fitness

Aquacize

Join us for our most popular class. Held in the shallow end of the pool, your class will give you a complete workout.

Deep Water Aqua

This is Aquacize in the deep end of the pool. The use of a float belt is optional, but either way it is a great no impact workout. Great for those with joint problems.

Water Running

Using the water for resistance, this low impact class builds cardio vascular endurance and muscular strength. Classes are excellent for running enthusiasts who are prone to leg and knee or foot injuries. Float belts are provided.

Water Walking

This is a 45 minute low impact program suitable for those with joint replacements, arthritis and other injuries. Get active at your own pace!

Performance Training

Improve your endurance and strokes no matter what your level! Join this masters style class club!

Lessons

Adult Lessons

Swimming is an enjoyable safety and fitness skill to develop! We challenge each individual in this class. Try a swim lesson on Tue/Thu evenings, Mon/Wed mornings or Sunday evenings.

Private Lessons

Finish items in a level or focus on a specific skill. For just \$29.25 per ½ hour, an experienced instructor will design a class just for you!

Looking for Some Extra Practice?

Try a Stroke Development class to polish your technique: Aqua Stars (Quad 2), Scooters (Quad 3) and Sonics (Quad 4). Great for rapid advancement in regular Red Cross classes. Limited to 4 kids per 30 minute class.

Preschool 3-5 yrs

This 7 level program is designed to promote success, working with your child's motor skills. An exciting format with fun characters, activities and water safety geared towards 3-5 year olds.

Red Cross Swim Kids 6-12 yrs

Our program challenges your child to their individual level and learning style. Fitness is introduced through all the levels encouraging personal bests. Stroke development and water safety remain a strong part of the program.

Lifeguard Start

A day-long course to introduce youth to the world of lifeguarding. The day will include fitness, first aid, water safety and stroke correction.

1 Session \$64	10yrs+
4337245 M Sep 23	8:30am-4:00pm
4337248 F Oct 25	8:30am-4:00pm
4337250 F Nov 8	8:30am-4:00pm

Advanced Aquatics

We have a full range of lifesaving, lifeguarding, instructional, and first aid courses. These Red Cross and Life Saving Society courses are run in conjunction with LIT Aquatics.

Visit their web site at www.litaquatics.com or phone at 604-536-6410.



INDOOR POOL / FITNESS CENTRE

FITNESS CENTRE (WEIGHT ROOM & CARDIO) SCHEDULE

4300 square feet – air conditioned – check out the new equipment waiting for you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am-10:30pm	6:00am-12midnight	6:00am-10:30pm	6:00am-12midnight	6:00am-10:30pm	7:00am-10:30pm	7:00am-9:30pm

Assortment of cardio machines, including recumbent and upright bikes, treadmills and ellipticals, cardio theatre, olympic and free weights.

Lessons

Red Cross - One to One

This is an introductory program for children with special needs. Participants will learn the Red Cross program. Partnered with SACL.

7 Sessions \$52.75	4-6yrs
4339703 Sa Sep 7	9:30am-10:00am
4339704 Sa Nov 2	9:30am-10:00am

7 Sessions \$52.75	7-12yrs
4339712 Sa Sep 7	10:00am-10:30am
4339724 Sa Sep 7	10:30am-11:00am
4339714 Sa Nov 2	10:00am-10:30am
4339725 Sa Nov 2	10:30am-11:00am

Aqua Launchers

This class is great for 13 years plus who want to complete their levels with an age appropriate group. Held in the evenings, participants are welcome to stay and enjoy the public swim.

7 Sessions \$52.50	13-18yrs
4334505 Su Sep 8	7:15pm-8:00pm
4334533 Su Nov 3	7:15pm-8:00pm

8 Sessions \$60	13-18yrs
4334460 Tu, Th Sep 3	7:15pm-8:00pm
4334508 Tu, Th Oct 1	7:15pm-8:00pm
4334521 Tu, Th Oct 29	7:15pm-8:00pm
4334538 Tu, Th Nov 26	7:15pm-8:00pm

Fitness Centre

Fitness Circuit Training

This instructor lead exercise program which includes both cardio and strength training is suitable for all levels of fitness, using steps, free weights, bands, floor exercises, etc.

8 Sessions \$47.25	
4331425 Tu, Th Sep 3	5:30pm-6:30pm
4331426 Tu, Th Oct 1	5:30pm-6:30pm
4331427 Tu, Th Oct 29	5:30pm-6:30pm
4331428 Tu, Th Nov 26	5:30pm-6:30pm

Abs, Butts and Thighs

Maximize your core conditioning by focussing in on your abdominals, buttocks and thighs (ABT).

8 Sessions \$47.25	
4331429 Tu, Th Sep 3	8:00pm-9:00pm
4331430 Tu, Th Oct 1	8:00pm-9:00pm
4331431 Tu, Th Oct 29	8:00pm-9:00pm
4331432 Tu, Th Nov 26	8:00pm-9:00pm

Preteen Fit

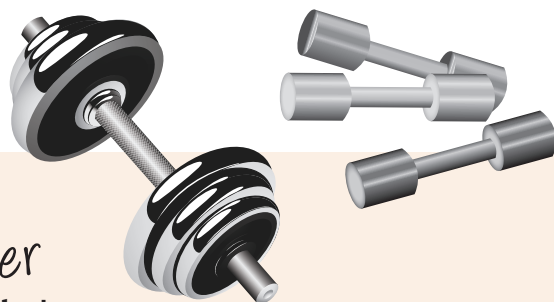
Try a variety of fitness activities including weight training, cardio and balance training.

8 Sessions \$56.50	10-13yrs
4331421 Tu, Th Sep 3	3:30pm-4:30pm
4331422 Tu, Th Oct 1	3:30pm-4:30pm
4331423 Tu, Th Oct 29	3:30pm-4:30pm
4331424 Tu, Th Nov 26	3:30pm-4:30pm

Women's Weight Training

Expand your potential! Learn theory, improve technique and define your physique. This course incorporates the latest research into practical individualized workouts.

8 Sessions \$47.25	
4331468 Tu, Th Sep 3	7:00pm-8:00pm
4331469 Tu, Th Oct 1	7:00pm-8:00pm
4331470 Tu, Th Oct 29	7:00pm-8:00pm
4331471 Tu, Th Nov 26	7:00pm-8:00pm



Book a
Personal Trainer
Today!

Our Personal Trainers are BCRPA registered and ready to guide you into a new workout routine or fine tune your existing workout.

\$47.75 per hour
5 swipe pass \$190.25
10 swipe pass \$369

Skate

Boots to Blades

This program is designed to introduce your preschooler to the ice arena and skating in a fun atmosphere. They will start off with their boots and progress to skates when they are ready. Lots of fun and games. Parents are required to be on the ice and skate or ice shoes will be provided. Helmets are mandatory for parent and child. Skate and helmet rentals are available at an additional cost.

6 Sessions \$52.25 **2-3yrs**
4336136 Sa Sep 21 11:45am-12:15pm

7 Sessions \$52.25 **2-3yrs**
4336134 Sa Sep 21 10:45am-11:15am
4336135 Sa Sep 21 11:15am-11:45am
4336137 Sa Sep 21 12:15pm-12:45pm
4336138 Sa Nov 9 10:45am-11:15am
4336139 Sa Nov 9 11:15am-11:45am
4336140 Sa Nov 9 11:45am-12:15pm
4336141 Sa Nov 9 12:15pm-12:45pm

8 Sessions \$59.75 **2-3yrs**
4336129 M, W Sep 16 10:00am-10:30am

10 Sessions \$74.75 **2-3yrs**
4336130 M, W Oct 14 10:00am-10:30am
4336132 M, W Nov 18 10:00am-10:30am

Children

This is a 6 level learn to skate program designed to introduce your child to the wonderful world of skating. Skate and helmet rentals are available at an additional cost. Helmets are mandatory.

8 Sessions \$54.75 **6-18yrs**
4336707 M, W Sep 16 4:30pm-5:00pm
4336701 M, W Sep 16 5:30pm-6:00pm
4336702 M, W Sep 16 6:30pm-7:00pm

10 Sessions \$68.50 **6-18yrs**
4336712 M, W Oct 14 4:30pm-5:00pm
4336713 M, W Nov 18 4:30pm-5:00pm
4336705 M, W Nov 18 5:30pm-6:00pm

9 Sessions \$61.75 **6-18yrs**
4336703 M, W Oct 14 5:30pm-6:00pm
4336704 M, W Oct 14 6:30pm-7:00pm
4336706 M, W Nov 18 6:30pm-7:00pm

7 Sessions \$48 **6-18yrs**
4336708 Sa Sep 21 11:15am-11:45am
4336709 Sa Sep 21 12:15pm-12:45pm
4336710 Sa Nov 9 11:15am-11:45am
4336711 Sa Nov 9 12:15pm-12:45pm

Preschool

This 8 level learn to skate program is designed to introduce your preschooler to the wonderful sport of ice skating. The first 3 levels are full of gentle progressions that will get them off to a good start through fun and games. Helmets are mandatory. Skate and helmet rentals are available at an additional cost.

8 Sessions \$59.75 **3-5yrs**
4337431 M, W Sep 16 9:00am-9:30am
4337432 M, W Sep 16 9:30am-10:00am
4337433 M, W Sep 16 10:00am-10:30am
4337434 M, W Sep 16 10:30am-11:00am
4337435 M, W Sep 16 1:00pm-1:30pm
4337436 M, W Sep 16 1:30pm-2:00pm
4337449 M, W Sep 16 5:00pm-5:30pm
4337450 M, W Sep 16 6:00pm-6:30pm

10 Sessions \$74.75 **3-5yrs**
4337440 M, W Oct 14 9:00am-9:30am
4337437 M, W Oct 14 9:30am-10:00am
4337438 M, W Oct 14 10:00am-10:30am
4337439 M, W Oct 14 10:30am-11:00am
4337443 M, W Nov 18 9:00am-9:30am
4337444 M, W Nov 18 9:30am-10:00am
4337445 M, W Nov 18 10:00am-10:30am
4337446 M, W Nov 18 10:30am-11:00am
4337447 M, W Nov 18 1:00pm-1:30pm
4337448 M, W Nov 18 1:30pm-2:00pm
4337453 M, W Nov 18 5:00pm-5:30pm

9 Sessions \$67.25 **3-5yrs**
4337441 M, W Oct 14 1:00pm-1:30pm
4337442 M, W Oct 14 1:30pm-2:00pm
4337451 M, W Oct 14 5:00pm-5:30pm
4337452 M, W Oct 14 6:00pm-6:30pm
4337454 M, W Nov 18 6:00pm-6:30pm

7 Sessions \$52.25 **3-5yrs**
4337455 Sa Sep 21 10:45am-11:15am
4337456 Sa Sep 21 11:45am-12:15pm
4337457 Sa Nov 9 10:45am-11:15am
4337458 Sa Nov 9 11:45am-12:15pm

Adult

The program is divided into beginner, intermediate and advanced levels. Helmets are mandatory. Helmet and skate rentals for an additional cost.

8 Sessions \$64.75 **16yrs+**
4335640 M, W Sep 16 6:30pm-7:00pm
4335637 M, W Sep 18 9:30am-10:00am

9 Sessions \$72.75 **16yrs+**
4335641 M, W Oct 14 6:30pm-7:00pm
4335642 M, W Nov 18 6:30pm-7:00pm

10 Sessions \$81 **16yrs+**
4335638 M, W Oct 14 9:30am-10:00am
4335639 M, W Nov 18 9:30am-10:00am

Power Skating Level 2

This is an intense skating program to build up your legs and skating ability. Participants must have completed Level 2 of our Children's Learn to Skate program or be proficient at stopping and turning before registering. Full Hockey / Ringette gear required for children ages 6 - 18. Adults must have helmet, gloves and stick.

6 Sessions \$64.25 **6yrs+**
4333952 Th Sep 19 4:30pm-5:15pm
4333953 Th Sep 19 5:15pm-6:00pm

7 Sessions \$75 **6yrs+**
4333956 Sa Sep 21 3:45pm-4:30pm
4333954 Th Nov 7 4:30pm-5:15pm
4333955 Th Nov 7 5:15pm-6:00pm

5 Sessions \$53.50 **6yrs+**
4333957 Sa Nov 9 3:45pm-4:30pm

Hockey

Tots Fun Hockey

Children are taught basic hockey skills. Child must have completed level 4 of preschool Learn to Skate. Full hockey gear is required.

6 Sessions \$39.75 **3-5yrs**
4331545 Sa Sep 21 2:45pm-3:45pm
4331546 Sa Nov 2 2:45pm-3:45pm

Children's Fun Hockey

This program includes hockey skills, followed by scrimmages with an emphasis on fun. Participants must have completed Level 2 of Children's Learn to Skate program. Full hockey gear required.

6 Sessions \$49.75 **6-12yrs**
4331537 Sa Sep 21 4:45pm-6:00pm
4331538 Sa Nov 2 4:45pm-6:00pm

Co-ed Learn to Play - Level 1

This program is designed for beginner and intermediate adult ice hockey players. Come and develop the most important skills of the game: Power Skating, stick handling and puck control. Full hockey gear and basic skating skills are required.

7 Sessions \$63 **19yrs+**
4331541 Th Sep 19 6:15pm-7:30pm
4331542 Th Nov 7 6:15pm-7:30pm

Mountain Bike Club

The two wheeled approach to self-esteem, this Youth Cycling Club develops the skill and knowledge in the sport of off road cycling with the emphasis on fun! The club is provided in partnership with SORCE bike club and White Rock Cycle.

4 Sessions \$43 10-15yrs
 4339748 Tu Sep 17 3:30pm-5:00pm
 4339750 Tu Oct 15 3:30pm-5:00pm
 Invergarry Park

4 Sessions \$43 10-15yrs
 4339747 M Sep 16 3:30pm-5:00pm
 4339749 M Oct 14 3:30pm-5:00pm
 South Surrey Recreation Centre

Family Snowshoe Day Trip

Experience the wonders of snowshoeing with your family. Our wilderness guide will provide a 2 hour program including instruction, tour, snowshoes and the tour ends with hot chocolate! Come and join us in our large bus as we travel to our venue together. No experience necessary.

1 Session \$36.50 10yrs+
 4338435 Sa Dec 28 8:00am-3:30pm
 South Surrey Recreation Centre

Hike - Weekend Daytrips

Join our experienced outdoor guides and discover the best trails in the Lower Mainland. These hikes are aimed at beginner to intermediate hikers. We'll also travel there together in our NEW BUS.

1 Session \$34 16yrs+
 4338454 Sa Sep 7 8:00am-4:00pm
 4338456 Sa Sep 14 8:00am-4:00pm
 4338458 Sa Sep 21 8:00am-4:00pm
 4338459 Sa Sep 28 8:00am-4:00pm
 4338460 Sa Oct 5 8:00am-4:00pm
 4338461 Sa Oct 12 8:00am-4:00pm
 4338462 Sa Oct 19 8:00am-4:00pm
 4338463 Sa Oct 26 8:00am-4:00pm
 4338464 Sa Nov 9 8:00am-4:00pm
 South Surrey Recreation Centre

Hike - Outdoor Club Series

Want to learn how to Rock Climb, Kayak, Canoe and tons of other outdoor stuff. Come and learn the things that you could use on survivor while getting exercise and having fun. This club's focus is on outdoor experiential learning and leadership skills.

6 Sessions \$156 18yrs+
 4339751 M Sep 16 10:00am-1:00pm
 South Surrey Recreation Centre

Kayaking Open Pool Sessions

Have you already taken a course with us and want to do some more practicing. How about practicing your Eskimo roll in the warmth and comfort of a pool. You must pre-register for this course.

1 Session \$10 16yrs+
 4339754 Tu Oct 15 9:00pm-10:30pm
 4339755 Th Oct 31 9:00pm-10:30pm
 4339756 Tu Nov 5 9:00pm-10:30pm
 4339757 Tu Nov 12 9:00pm-10:30pm
 4339758 Tu Nov 19 9:00pm-10:30pm
 4339759 Tu Dec 17 9:00pm-10:30pm
 4339760 Th Dec 19 9:00pm-10:30pm
 Sport & Leisure Aquatics

Sea Kayaking Level 1

Sea Kayaking is a great low impact sport accessible to everyone. Lesson includes two hours of dry land training and four hours of water time, safety, paddling skills, trip planning and an equipment overview. All equipment included. Certification card upon completion.

2 Sessions \$95 16yrs+
 4339763 Tu, Th Oct 22 8:00pm-11:00pm
 4339764 Tu, Th Dec 10 8:00pm-11:00pm
 Sport & Leisure Aquatics

Sunrise Paddle Tour

There is a soothing silence in the morning that welcomes you to calm waters and tranquility. Choose from one of our sleek kayaks or stand-up paddle boards to enjoy your relaxing start to the day. There will be warm drinks and morning snacks waiting for you when you exit the water.

1 Session \$32 16yrs+
 4339772 Sa Sep 14 6:00am-8:00am
 Elgin Heritage Park

Stand-Up Paddle Boarding

This emerging water sport is a leisurely way to enjoy the beauty of our beaches and waterways while getting a great core workout. Our trained instructors will help you develop skills and techniques to comfortably enjoy trying out this sport.

1 Session \$45 16yrs+
 4339767 M Sep 9 4:30pm-7:30pm
 4339768 W Sep 11 4:30pm-7:30pm
 4339769 M Sep 23 4:00pm-7:00pm
 Elgin Heritage Park

Sunset Chocolate Fondue Paddle Tour

Choose from one of our sleek kayaks or stand-up paddle boards to enjoy a beautiful sunset on the Nicomekl River. Paddles last about 3 hours and include a moon-lit paddle, a Chocolate Fondue and a chance to see the river wildlife.

1 Session \$53.50 14yrs+
 4339775 F Sep 13 4:30pm-7:30pm
 4339781 F Sep 27 4:00pm-7:00pm
1 Session \$32.25 14yrs+
 4339778 F Sep 13 5:30pm-7:30pm
 4339783 F Sep 20 5:00pm-7:00pm
 4339784 W Sep 25 5:00pm-7:00pm
 Elgin Heritage Park

Paddling - Day Trips

Get outdoors and enjoy our local waters. Take this opportunity to explore the shores of the Lower Mainland by kayak and meet new, incredible people along the way.

1 Session \$59 16yrs+
 4339753 Sa Sep 21 8:00am-4:00pm
 South Surrey Recreation Centre

Snowshoeing Level 1

Looking for a leisurely day in the mountains? Experience the wonders of winter with our beginner level snowshoe trips. Our entry level tour includes a wilderness guide, instruction and snowshoes! We also provide transportation to and from the location. No experience necessary.

1 Session \$34.50 16yrs+
 4339785 Sa Dec 21 8:00am-4:00pm
 South Surrey Recreation Centre

Elgin Heritage Walk

Trace the footsteps of early Surrey settlers! A knowledgeable guide will share historical secrets and significant environmental facts as you explore the old Elgin Town Centre on foot.

1 session \$15 **16yrs+**
4338007 Sa Sep 7 10:00am-12noon
Historic Stewart Farm

Backyard Chicken Basics

Discover the basics of keeping chickens in your backyard. Learn about different breeds, needs, care and city bylaws.

1 session \$10 **16yrs+**
4338031 Sa Oct 5 10:00am-11:30am
Historic Stewart Farm

Eggsploreations

Get cracking with "eggperiments" and crafts inspired by the age old question: which came first, the chicken or the egg?

1 session \$10 **6-11yrs**
4338048 Sa Oct 5 1:30pm-3:00pm
Historic Stewart Farm

Mushroom Walk

The Lower Mainland is home to some of the most diverse forms of fungi found anywhere in the world. Join our expert and discover the common and unusual types of mushrooms that can be found.

1 session \$10 **16yrs+**
4336989 Sa Oct 12 10:00am-12noon
Historic Stewart Farm

An Evening with the Paranormal Society

Ever wonder what's going on 'out there' in the other world? Join the Vancouver Paranormal Society as they share their discoveries from investigations at the Historic Stewart Farm and elsewhere.

1 session \$15 **16yrs+**
4338070 Th Oct 17 7:00pm-9:00pm
Historic Stewart Farm

Historic Stewart Farm

More Programs Available

13723 Crescent Road, Surrey, B.C.
604-592-6956

Hours (May-August):
Tuesday-Friday 10:00am-4:00pm
Saturday-Sunday 12noon-4:00pm

Entrance by donation

www.surrey.ca/heritage

Twitter @StewartFarm1

Please pre-register for programs by calling 604-592-6956.



All Hallows Eve

Discover bewitching beginnings! Learn about the origins of Halloween, play games from long ago and create a spooky (or not) mask to take home.

1 session \$10 **5-9yrs**
4336961 Sa Oct 19 1:00pm-3:00pm
Historic Stewart Farm

Haunted Farm

Something creepy is cooking in the farmhouse. The barn has been taken over by ghosts! Wear your costume and join us for a fun and spooky guided tour through the Historic Stewart Farm.

1 session \$15 **5-7yrs**
4336966 Sa Oct 26 3:00pm-4:30pm

1 session \$15 **7-11yrs**
4336964 Sa Oct 26 7:00pm-8:30pm
Historic Stewart Farm

Halloween Storytime

Join your child at the Farm to listen to stories about creepy-crawlies and Halloween long ago. We'll sing songs and do a spooky craft too.

1 session \$5 **3-5yrs**
4338124 We Oct 30 10:30am-11:30am
Historic Stewart Farm

Lantern Making Workshop

Celebrate the season of light by making a lantern with your family. Turn simple materials into beautiful lights to help your winter nights glow.

1 session \$5 **5yrs+**
4338150 Sa Dec 7 2:00pm-3:30pm
Historic Stewart Farm

Olde Harvest Fair

Celebrate a traditional harvest festival! Enjoy old-fashioned activities and crafts, great local food and live entertainment. Also, attend the new exhibit opening: "Nobody Here But Us Chickens."

Saturday, September 21 12noon-3:00pm
All ages, by donation

3 Easy Ways to Register!



PhoneReg
24-HR SERVICE
604.501.5100



WebReg
www.surrey.ca/register



IN PERSON



- Call **604-501-5100** and follow the voice prompts
- A registration receipt will be mailed to you

Need Assistance? Just press 0 between 8:30am - 5:30pm, Monday to Friday to speak to a customer service representative

Go to www.surrey.ca/register

- Click on registration link
- Register for the course you wish to take
- Complete registration with credit card payment
- Print a receipt from your printer

Register at any Surrey Parks, Recreation and Culture facility. For information on facility addresses and hours of operation call: 604-501-5100

SOUTH SURREY RECREATION CENTRE

604-592-6970 14601 - 20 Avenue

Monday-Friday 7:45 am – 10:00 pm
Saturday & Sunday 8:30 am – 8:00 pm

SOUTH SURREY INDOOR POOL

604-502-6200 14655 - 17 Avenue

Monday/Wednesday/Friday 6:00 am – 10:30 pm
Tuesday/Thursday 6:00 am – 12 midnight
Saturday 7:00 am – 10:30 pm
Sunday 7:00 am – 9:30 pm

KENSINGTON PRAIRIE COMMUNITY CENTRE

604-541-3270 16824 - 32 Avenue

Monday-Friday 8:30 am – 4:30 pm

PROGRAM LOCATIONS

South Surrey Recreation Centre	14601 20 Avenue
South Surrey Indoor Pool	14655 17 Avenue
South Surrey Arena	2199 148 Street
Kensington Prairie Community Centre	16824 - 32 Avenue
Kwomais Point Park	1367 - 128 Street
Sunnyside Hall	1845 154 Street
Meridian Centre	2040 150 Street
Elgin Hall	14250 Crescent Rd
Elgin Centre	3530 144 Street
Semiahmoo Sr. Secondary	1785 148 Street
Jessie Lee Elementary School	2064 154 Street

RENTAL INFORMATION

We have a wide range rooms and halls available for rent. Perfect for banquets, wedding receptions, birthdays, anniversaries, meetings, reunions and much more. Please check with each facility for rates and availability or visit www.surrey.ca.

ADMISSIONS & PASSES

Our fee structure is designed to fit the needs of all active people, complete with pass options and great values. Passes allow you to visit any of our fitness centres any time you want! Includes access to all of our fitness/weight rooms, drop-in gym, swim, skate, and non registered aquatic fitness programs.

Pass	Type	Child (2-12yrs)	Youth (13-18yrs)	Student	Adult	Senior		Family
						(60yrs+)	(90yrs+)	
Full Facility Pass	1 year	\$213.50	\$213.50	\$326.50	\$425.50	\$326.50	\$106.50	\$848.50
	1 mos	\$30.25	\$30.25	\$44.75	\$59.00	\$44.75	\$14.75	\$118.00
Swipe Cards ‡	10 visit	\$25.50	\$25.50	\$39.00	\$51.50	\$39.00		N/A
	20 visit	\$45.00	\$45.00	\$70.00	\$91.00	\$70.00		N/A
Drop-in	1 visit	\$3.00	\$3.00	\$4.50	\$5.75	\$4.50		\$3.00*

*Per family member (minimum 1 parent/guardian and 1 dependant) †Family (max 2 adults & dependents 18yrs and under). Student, and Youth Rates (13-18yrs) require proof of ID. (Student rates only apply for certain post secondary institutions. Please see front desk for applicable post secondary school list.) Full facility passes include fitness, gym and other City of Surrey facilities.

Senior (60+) require proof of ID. Clients 60+ who purchase a 1-year Full facility pass will be offered a complementary City-Wide senior services pass.

‡Swipe cards are not valid at Surrey Sport & Leisure Complex.

REFUNDS, WITHDRAWALS AND LATE REGISTRATION

Please contact the facility that is coordinating the program. **New Withdrawal Fee:** Starting September 1, 2013 – if you withdraw from a registered program within 72 hours of the program starting you will now be charged a \$5 withdrawal fee.

LEISURE ACCESS PROGRAM

We encourage the involvement of all residents in the enjoyment of leisure activities and facilities. The Program is intended to provide access to services by reducing the financial impact to an individual or family.

AGE RESTRICTIONS

Age restrictions apply to all programs. Participants must be the appropriate age on or before the program start date. Please provide proof of age where required.