

CHILLIWACK LEISURE GUIDE

FALL 2016/WINTER 2017



YOUR SOURCE FOR:

- Recreation & Culture
- Parks
- Community Services
- Leisure Centres
- Community Schools
- YMCA
- Libraries
- Seniors
- Heritage Park
- Museum & Archives
- Curling
- Skating & Swimming Schedules



prospera centre



PROSPERA SKATING ACADEMY

FALL/WINTER 2016-17

LEARN TO SKATE PROGRAMS

Adult & Tot - Snowflakes

BEGINNER (3-5)

Ice Cubes
Icicles
Icebergs

BEGINNER (6+)

Snowball
Blizzard
Avalanche

INTERMEDIATE (up to 12 yrs)

Penguins
Polar Bears
Learn to Skate For Hockey

HOCKEY SKATING CLASSES

Tots Hockey 3-4 years old
Hockey 5-6 years old
Power Skating

CLASS DATES

Oct. 1 - Oct. 29
Nov. 5 - Dec. 3
Jan. 7 - Feb. 4

Feb. 11 - Mar. 11
Apr. 1 - May 6
(No class Apr. 15)

For more information or to register call
604-702-0062 or visit www.prosperacentre.com

REGISTER ONLINE OR AT THE PROSPERA CENTRE
ADMINISTRATION OFFICE: 604.702.0062

HOME
OF THE



Chiefs
Development
Group

prospera
centre

www.prosperacentre.com

45323 Hodgins Ave., Chilliwack V2P 8G1



CHILLIWACK LEISURE GUIDE

FALL 2016/WINTER 2017

www.chilliwack.com

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Cover Photo: Chris Kloot

Chilliwack - Active for Life How to use this Guide:

The Chilliwack Leisure Guide contains a wide variety of leisure programs, services and facilities presented by several community organizations - something for everyone.

Space is limited to highlight all the services offered so you are encouraged to contact the individual organizations for more information.

Leisure Guide Publication

The guide is distributed to all the households in Chilliwack and the surrounding region.

For content information contact the Chilliwack Recreation & Culture Department at 604-793-2904.

For advertising rates and information contact the Leisure Guide publisher, The Chilliwack Progress, 604-702-5560.



City of Chilliwack
8550 Young Road
Chilliwack, BC
V2P 8A4

T: 604.792.9311
F: 604.795.8443
H: Mon-Fri: 8:30am-4:30pm

www.chilliwack.com

Message from the Mayor



Each fall I feel as though it is the beginning of a new year. Kids return to school, the days grow shorter, and the casualness of summer is replaced with a more hurried pace. As September ushers in new beginnings, it feels like the perfect time to recommit to exercise and healthy eating.

Whether you're already leading a healthy lifestyle, or are now ready to recommit to being healthy, you've come to the right place! Our Leisure Guide is full of great activities and ideas for all fitness levels. Use the guide to learn more about both our indoor and outdoor recreational activities.

The production of the Leisure Guide is a team effort. It is the result of partnerships between the City of Chilliwack, the Association of Community Programmers and School District No. 33, who assist in the support of the Community School Associations. Each contributor to the Leisure Guide brings with them an expertise that collectively addresses

the needs and interests of the residents of our community. Likewise, many of our facilities are operated by an independent contractor with the expertise and knowledge best suited for daily operations. They help shape the recreational programming we all enjoy.

On behalf of Chilliwack City Council, I encourage you to take a moment to read through this guide, see what it has to offer and take advantage of all the ways you can get involved. Don't forget to visit us online at www.chilliwack.com, or connect with us on social media (www.facebook.com/Chilliwack and www.twitter.com/City_Chilliwack) for updates on projects, events and celebrations within our community.

Stay active,

Mayor Sharon Gaetz



Left to Right: Councillor Popove, Councillor Attrill, Councillor Kloot, Mayor Gaetz, Councillor Lum, Councillor Stam, Councillor Waddington



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Outdoor Sports Venues

The City of Chilliwack has more than 58 sports fields and 95 balls diamonds available to the community for recreational and league play. All groups and organizations wanting to play on any of these fields must first obtain a Facility Use Agreement from the Recreation & Culture Department. Regular sport groups should contact their league scheduler for times and fields available.



Twin Rinks

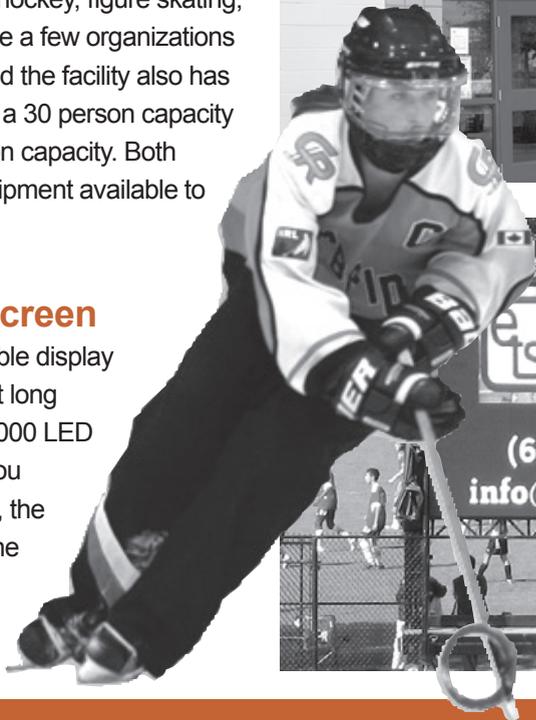
The Twin Rinks Arena, located at 5725 Tyson Road hosts, two full size sheets of ice, ideal for hosting large sporting events in both the winter and summer. The facility is also very popular for kids parties as a private dressing room is also available (ask about our special party package).

If you are interest in public skating but do not own your own skates, there are rental skates available for your use here as well. Minor hockey, figure skating, ringette and speed skating are a few organizations who call Twin Rinks home and the facility also has two meeting rooms, one with a 30 person capacity and the other with a 99 person capacity. Both rooms have audio-visual equipment available to rent a well.



Portable Display Screen

The City of Chilliwack’s portable display screen is 10 feet high, 17 feet long and contains more than 245,000 LED lights. Just like the screens you find in major sporting venues, the City’s portable screen have the capability of displaying DVD/ video presentations, cable TV or live camera feeds.





City of Chilliwack

8550 Young Road
Chilliwack, BC
V2P 8A4

T: 604.792.9311
F: 604.795.8443
H: Mon-Fri: 8:30am-4:30pm

www.ccekayak.com



Facility Rental Information

Whether for a meeting, conference, banquet, wedding, dance, birthday party or sporting event, the City of Chilliwack has a variety of facilities of various sizes that will accommodate your needs. For more information, or to book any/all facilities or sports fields please contact the Recreation and Culture Department at 604-793-2904.

Evergreen Hall

Located at 9291 Corbould Street the Evergreen Hall is a prime location for weddings, meetings of various sizes, and a variety of sporting events. The large Cheam Room has a built in stage,

and stage risers are available for use.

- The Cheam Room is a full size gymnasium which will host 400-450 people in a banquet setting and up to 658 people in theatre style setting.
- The Minto Room has a capacity of 50-80 people.
- The Minto Room, ideal for smaller gatherings, is capable of hosting 20-25 people.

The Landing Sports Centre

There is more to this facility than meets the eye. Located at 45530 Spadina Avenue this facility has the ability to host large functions, multiple sporting events, small meetings and is also ideal for

weddings and other social gatherings.

- The main floor has a seating capacity of 1,872 people.
- The Loft area can host 250 people for a wedding or banquet setting and can host up to 300 people for a meeting setting.
- If a small meeting room is what you are looking for, the Clover Room has a meeting capacity of 30 people.

The Landing Sports Centre is unique in that it also has four indoor tennis courts for drop-in tennis courts for drop-in tennis from October 1st through to March 31st of each year. For more information on drop-in tennis times and fees contact the Recreation and Culture Department at 604-793-2904.

School Bus Road Safety Reminder



AMBER ALTERNATING FLASHING LIGHTS

warn drivers that the bus is about to stop to load or unload students.

RED ALTERNATING FLASHING LIGHTS

warn drivers to **STOP** as the school bus is loading or unloading students. Drivers must stop in all directions whenever **RED** flashing lights are activated on a school bus. Do not start moving again until the bus moves on or the driver signals that it is safe by turning off the lights and pulling in the stop sign.





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www.chilliwack.com

Fraser Valley Rhythmic Gymnastics



What is Rhythmic Gymnastics?

Rhythmic Gymnastics (RG) is an artistic sport that combines unique body movements with apparatus such as balls, ribbons, ropes and hoops. Gymnastics is one of the three foundational sports (along with swimming and athletics), and can build a child's potential for ANY sport, plus it is FUN! Teaching kids to enjoy exercise and physical activity will have a lasting impact on their attitudes towards movement throughout their lives. RG is fundamental for developing basic body movements and hand-eye coordination, which contributes to building physical literacy. RG also allows gymnasts to perform, get creative with movement, and encourages them to shine with the skills they are most proud of. Competitively, RG offers both individual and group categories, so the gymnast can choose what is most enjoyable.

Why FVRG?

FVRG is dedicated to following and exceeding all safety standards/policies,

and has approved memberships with Rhythmic Gymnastics BC and Gymnastics Canada. Our coaches all engage in the National Coaching Certification Program and are held to the highest standards. Our club leaders are some of the most educated coach education leaders in Canada. We provide a safe environment where parents can watch children while they participate in programs. FVRG strives to offer programs for athletes in all stages of the Long Term Athlete Development Model, respecting that not all bodies are built for competitive RG, but all can benefit from RG training. We want to see children develop healthy habits, challenge themselves through sport and movement, and have fun while doing it, so a lifetime of active participation is not only achievable but habitual.

FVRG offers classes for ages 2+ in our brand new home gym in Chilliwack, up to six community schools in Chilliwack, and are now expanding programs into Agassiz and Hope.

Contact Information

www.fvrhythmics.com

fvrg@fvrhythmics.com

604 799 8951





**Chilliwack
Community
Services**

SHARE • GROW • BELONG

Chilliwack Community Services

45938 Wellington Avenue
Chilliwack, BC
V2P 2C7

T: 604.792.4267
F: 604.792.6575
E: ccsinfo@comserv.bc.ca

www.comserv.bc.ca

Chilliwack Community Services is an independent local charity providing opportunities with people to make positive change in their lives. Our vision is to be a leading partner in helping our community be the best it can be.

Debt Counselling

Location: 45938 Wellington Avenue
Tel: 604-792-4267

- Volunteer counselor provides: budgeting advice, assistance in arranging credit payments, and advice on how to declare bankruptcy.
- By appointment only.

Better at Home

Location: 9214 Mary Street
Tel: 604-393-3251 ext. 240

- This program assists seniors 65 years and older to remain independent in their homes.
- Thoroughly screened volunteers and paid contractors provide non medical support including friendly visits, transportation, minor home repairs and housekeeping.
- Application and needs assessment required.
- Volunteers to provide friendly visits welcome!
- Funded by Government of BC through United Way of the Lower Mainland.

Meals on Wheels

Location: 45938 Wellington Avenue
Tel: 604-793-7242 or 604-792-4267

- Volunteers deliver a nutritious meal to people who, because of age, illness or disability, are unable to prepare a meal for themselves.
- Fee per meal



Community Drivers

Location: 9214 Mary Street
Tel: 604-393-3251

- Volunteers provide transportation to hospital, medical and other appointments throughout the Lower Mainland and Fraser Valley.
- A per KM fee is charged.
- Call or leave a message to schedule trips or to become a volunteer!

Legal Aid

Location: 45938 Wellington Avenue
Tel: 604-793-7243
Hours: Tues & Wed
9:00 am - 3:00 pm

- Legal aid service ranging from legal information, legal advice to legal representation for people with low incomes - must qualify under financial eligibility guidelines.
- No appointment needed. First come, first serve.
- Service offered in partnership with Abbotsford Community Services.

Services for Immigrants

Location: 9214 Mary Street
Tel: 604-393-3251

Settlement Services

- Information, referral, and assistance

with documents to support immigrants and refugees, including temporary foreign workers, with successful settlement and integration.

- Support with finding employment as well as ongoing support during job search and after employment.
- Information sessions to help with settlement into the community.
- Short courses and training such as Computer Skills, Healthy Living, Citizenship Study and Driving Test Preparation.
- Interpretation/translation services.

English Classes

- English instruction for landed immigrants, refugees, live-in caregivers and naturalized Canadian citizens (17 years and older).
 - Morning and evening classes offered September through June.
 - Childcare provided for the morning classes.
 - Tuesday and Thursday afternoon, drop-in 'Conversation Circle' for all newcomers and visitors.
 - Volunteers welcome!
- Programs funded by Immigration, Refugees and Citizenship Canada and the Province of BC.

Helping our community be the best it can be



Early Childhood & Family Development

Family Place Network

• Welcoming neighbourhood drop-in centres for parents and caregivers with children from birth to 6 years old. Drop-In: play-based learning activities, Group Education: workshops, field trips, Connections: meet friends, find information.

• East Chilliwack Family Place

Location: 46551 Chilliwack Central Rd

Tel: 604-701-4978 Ext. 5

Hours: Thurs 9:30 - 11:00 am

• Greendale Family Place

Location: 6550 Sumas Prairie Road

Tel: 604-701-4978 Ext. 5

Hours: Wed 9:00 - 11:00 am

• Sardis Family Place

Location: 7112 Vedder Road

Tel: 604-847-2235

Hours: Mon-Thurs 9:00 - 11:00 am

Mon & Wed 12:30 - 2:30 pm

• Yarrow Family Place

Location: Yarrow Community School,
Multipurpose Room

4505 Wilson Avenue

Tel: 604-701-4978 Ext. 5

Hours: Tues 9:00 - 11:00 am

Central Gateway Preschool

Location: Chilliwack Central
Elementary Community School

Tel: 604-819-3701

Hours: Mon - Fri Morning and
afternoon programs September through
June

- Fun learning environment for your preschooler, with qualified Early Childhood Educators.
- We accept full subsidy.
- Call now to register!

Family Literacy Adult Upgrading

Location: Gateway for Families
9435 Young Rd

Tel: 604-845-0379 Laura Watson

- Work towards Adult Dogwood (Grade 12)

- Free upgrading in Math & English by UFV instructor
- Parenting program
- Supported learning environment
- Trained tutors in classroom
- Free pre-school and/or infant toddler care
- Breakfast and snack provided for adults and children
- Short programs include "Education and Career Planning" UFV credit course

Families in Motion

Location: Gateway for Families
9435 Young Rd. Chilliwack

Tel: 604-845-0379 Laura Watson

- Free family literacy program
- Focus on lifelong learning & goal setting
- Work on English, math and computer skills
- Parenting program and support as a learner
- Free pre-school and/or infant toddler care in licensed, literacy rich environment
- Breakfast and snack provided for adults and children

Better Beginnings

Location: Neighbourhood Learning
Centre
46361 Yale Road

Tel: 604-701-4978 Ext. 5

- Pre and post natal support programs for moms of all ages
- Weekly meal and education class
- Dads welcome too!



Youth Services

Location: 8937 School Street

Tel: 604-792-6632

Hours: Mon - Fri 9:00 am - 5:00 pm

- Variety of free recreation and leisure programs for youth aged 12 - 18 (in partnership with the City of Chilliwack)
- Youth Reconnect (Street Outreach)
- Youth and Family Counselling
- Young Hands Parenting Program
- Youth Support: one-to-one support towards independence and life skill development.
- R.E.A.L. Program (an Alternate Education Program)
- Free shower and washer/dryer usage for youth
- Food hampers (Food Bank satellite distribution point)
- The Village: Supported housing program for homeless or at risk of homelessness youth to transition to permanent housing solutions.

Child Care Resource & Referral

Location: 45938 Wellington Avenue

Tel: 604-792-4267

Hours: Mon - Thurs 9:00 am - 4:00 pm

Fridays call for an appointment.

Web Address: www.ccr.bc.ca

- **“Your BEST source of child care information and resources.”**
- **Services to parents:** referrals to screened child care providers and programs, information on choosing quality child care, and assistance with child care subsidy applications.
- **Services to child care providers:** registering Licensed Not Required child care providers, referrals to parents, child care training opportunities, resource library, information and support.



Families First

Location: Chilliwack Central Elementary Community School

Tel: 604-793-7225

- Open to parents and caregivers with children ages birth through the teenage years.
- 10 weeks of workshop instruction together with Individual Counselling Support.
- Helps parents and children build healthy connections to each other.
- Nurtures a parenting style that is more reflective and less reactive.
- Also offering Triple P Program. Call for dates and times.

WorkBC Sardis Employment Services Centre Serving Sardis, Yarrow, Cultus Lake and Greendale

Location: 101 - 5658 Vedder Road

Telephone: 604-858-5472

Hours of Operation: 8:15 am - 4:30 pm;

Closed Thursdays at 3:45 pm

Chilliwack Community Services, in partnership with GT Hiring Solutions, offers a wide range of employment services support, free of charge, to the unemployed and underemployed in Chilliwack. Some of the specific services provided include:

- Self-Serve Resources
- Case Management
- Workshops
- Resume Proofreading and Formatting
- Labour Market Information

- Resume Templates
- Resource Library
- Job Board
- Internet Access
- Photo Copier
- Computers
- Scanner
- Phones
- Printer

Case Management Services are available to any Canadian Citizen or Landed Immigrant over the age of 16 who is working less than 20 hours per week, and is not a full time student.

Case Management Services include:

- Career Exploration
- Action Plan Development
- Skills Training*
- Referrals to the Wage Subsidy Program*
- Job Development Assistance*
- Self-Employment Program Referrals*
- Short Term Training Opportunities
- Essential Job Start Financial Supports*
- Essential Job Search Financial Supports*

*based on need and eligibility.

Workshops are provided by our expert facilitator with 15 in-depth workshops available to any client over the age of 16 working less than 20 hours per week, who is not a full time student.

Additional services provided in our workshops include:

- Mock Interviews
- One-to-One Resume Coaching
- Assistance with Computer Skills
- Scheduled Drop-In Sessions

Chilliwack Museum & Archives

CHILLIWACK
MUSEUM & ARCHIVES

The Chilliwack Museum
45820 Spadina Avenue
Chilliwack, B.C. V2P 1T3
Phone: 604.795.5210

The Chilliwack Archives
9291 Corbould Street
Chilliwack, B.C. V2P 4A6
Phone: 604.795.9255

info@chilliwackmuseum.ca

www.chilliwackmuseum.ca

Chilliwack Museum & Archives



Kids experience the Chilliwack Museum.

Please note our new extended hours. We are now open Thursday evenings and Saturdays – to serve you better!

FREE ONE YEAR MEMBERSHIP FOR NEWCOMERS TO CHILLIWACK. SIGN UP ONLINE, OR IN PERSON AT THE MUSEUM OFFICE.

Museum Admission:

Adults – \$3.00
Seniors (60+) and Students – \$2.00
Children 12 and under – free!

Museum Hours:

Monday	9:00am - 4:30pm
Tuesday	9:00am - 4:30pm
Wednesday	9:00am - 4:30pm
Thursday	9:00am - 8:30pm
Friday	9:00am - 4:30pm
Saturday	10:00am - 2:00pm

Archives Admission:

FREE

Archives Hours:

Monday	9:00am - 4:30pm
Tuesday	By Appointment
Wednesday	9:00am - 4:30pm
Thursday	By Appointment
Friday	9:00am - 4:30pm

Museum and Archives Memberships:

Individual - \$20.00	Family/Group - \$25.00
Corporate - \$100.00	Lifetime - \$200.00

The Chilliwack Museum and Archives connects people with Chilliwack's history, in the beautiful 1912 Beaux-Arts style Chilliwack City Hall National Historic Site in downtown Chilliwack, and manages an archival collection, public records, and a public research facility, three blocks away at the Archives at Evergreen Hall.

Gift Shop

Come in and see our selection of books, jewellery, local craft items, and specialty giftware created using our own archival images.

Exhibits Now Showing on our Main Floor

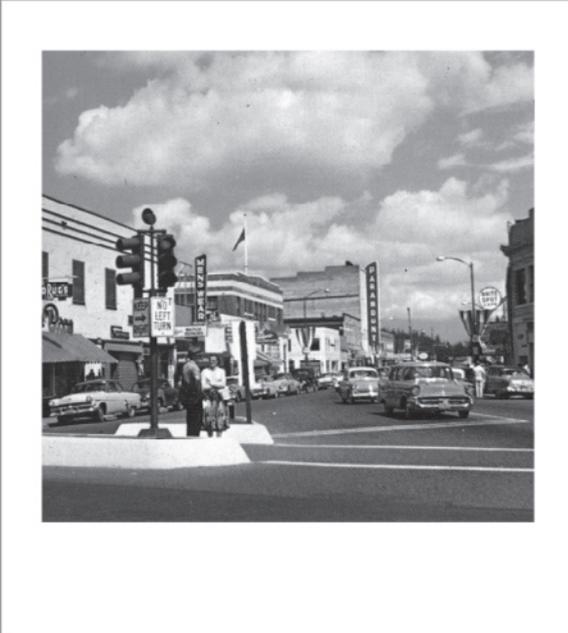
T'xwelátse:

We Have to Learn to Live Together in a Good Way

This exhibit - based on the lesson by Stone T'xwelátse: an ancient transformer of the Stó:lō People - encourages visitors to imagine what the meeting of different world viewpoints might have been like as thousands of newcomers gathered in the Chilliwack area during the 1858 gold rush.

New Exhibit Launching in Fall

Our new exhibit, "Photography: From Obscura to App," opens September 22nd. Gain insight into the rich history of photography! The exhibition will show how the developments in photographic processes and techniques have formed how we photograph, what we photograph, and how photography has shaped our perception of the world we live in.



photography FROM OBSCURA TO APP

Our newest exhibit, "Photography: From Obscura to App," opens September 22nd.

Be sure to check out our
searchable artefact database!
www.chilliwackmuseum.ca

Other Heritage Resources in Chilliwack

Coqualeetza Cultural Education Centre

Cultural Education Programs, Materials,
Events, and Workshops
PO Box 2370, Sardis, Main Stn.
Chilliwack, BC V2R 1A7
Phone: 604-858-9431
www.coqualeetza.com
Hours: Monday to Friday 8 – 4pm

Stó:lō Tourism – Experience Stó:lō

Cultural Tours, Events, Shopping &
Accommodations
Library and Archives | Ethnobotanical
Garden | Interpretive Exhibits
10-7201 Vedder Road
Chilliwack, BC V2R 4G5
Office: 604-824-3211
Toll Free: 1-855-STOLO-52
www.stolotourism.ca
Office Hours:
Monday to Friday 8 – 4pm

Atchelitz Threshermen's Association

Address: 44146 Luckakuck Way
Chilliwack, B.C. V2R 4A6
Phone 604-858-2119
www.atchelitz.ca
Grounds are open year round.
Museum Hours:
Apr to Sept - Mon, Thurs, Sat 10 – 3pm,
Oct to Mar - Sat 1 – 3pm

CFB Chilliwack Historical Society "Remember CFB Chilliwack"

Address: 45905 Hocking Ave
Phone: 604-769-3833
www.cfbchs.com
Saturday 9am, – 3pm
Sunday 1 – 4pm

Chilliwack & District Seniors' Resources Society

Celebrate the Best Part of Life!
Chilliwack & District
Seniors'
Resources Society
www.cdsrs.ca

Chilliwack & District Seniors' Resources Society

Main Office:
9291 Corbould Street
Chilliwack, BC V2P 4A6
604-793-9979
H: Mon-Fri: 9am-4pm

Satellite Office:
111-46167 Yale Road,
Chilliwack V2P 2P2
604-392-9974
H: Mon-Fri: 10am-2pm

email: info@cdsrs.ca

www.cdsrs.ca



Seniors' Resources Society is a membership based charitable organization providing programs, services, resources, and activities to seniors to promote wellness, maintain independence and decrease social isolation. Support services, education and resources are available to all local seniors with no membership required. Our activities are held at the Evergreen Hall, Mount Cheam Lions Club, Landing Sports Centre and the walking path around Exhibition field.

National Seniors Day

This year's celebration will take place October 1st at Evergreen Hall. Speakers will present on topics relevant to seniors including Power of Attorney, Wills and Estates, Representation Agreements,

Advanced Care Planning, Successful Ageing and Elder Abuse. Entertainment and refreshments will be provided as well as an exhibitor area displaying the many community organizations and businesses that provide services and supports to seniors. Please contact Coletta Holmes for more information at 604-793-9979 or c.holmes@cdsrs.ca

Resources

We are able to assist with a variety of enquiries relating to services for seniors including: Seniors Housing, Used Medical Equipment Registry, Volunteer Grocery Shopping, Income Tax preparation for low income seniors or disabled persons (by donation). Form Completion, Seniors Community Resources, and Community Education.

Activities

(Fees may Apply): Table Tennis, Chair Yoga, Gentle Yoga, Social Crib, Line Dancing, Pickleball, Badminton, Zumba, Floor Curling, Carpet Bowling, a Walking Program and Tuesday Social for coffee and games. Wanda's Tea Dance at the Lions Hall on Spadina runs from September to June.

Bus Excursions

Join us for one of our bus trips! We offer daytrips, overnight getaways and extended stay trips. Visit museums, the theatre, cultural, recreational and tourist attractions throughout the Lower Mainland, Vancouver Island and Washington state. This winter we are planning a 3 night Casino trip to Wendover between Christmas and the new year. Watch for details for our 2017 Maritime Tour! Break Away Bus Trips are short day trips for seniors who may not be able to participate in full day trips for health or financial reasons.

Brochures, resources, schedules and a calendar of events is available at our office in the Evergreen Hall the Customer Service kiosk at Cottonwood Mall, our Yale Road office or on our website www.cdsrs.ca



Chilliwack Landing Leisure Centre
Unit #1 - 9145 Corbould St Phone: 604-793-SWIM (7946)
Chilliwack BC V2P 4A6 Fax: 604-703-1811

General Enquiries - chilliwack@recreationexcellence.com



Cheam Leisure Centre
45501 Market Way, Tel : 604-824-0231
Sardis, BC V2R 0P2 Fax: 604-824-0853

www.myreccentre.com

Organization and Facility Information

Mission Statement

Canadian Recreation Excellence Corporation is proud to have been selected by the City of Chilliwack to operate the City's Recreation Facilities, including Chilliwack Landing Leisure Centre, Cheam Leisure Centre and Rotary Outdoor Pool.

Facility Locations & Contact Information

Chilliwack Landing Leisure Centre

9145 Corbould Street Chilliwack
Registration Contact: 604-793-7946
Facility Manager: Heath Mahoney
hmahoney@recreationexcellence.com (Facility questions or concerns)

Cheam Leisure Centre

45501 Market Way, Chilliwack
Registration Contact: 604-824-0231
Facility Manager: Shawn Bourgoin,
sbourgoin@recreationexcellence.com
(Facility questions or concerns)

Chilliwack Landing Leisure Centre and Cheam Leisure Centre Hours of Operation

Monday to Friday: 6:00am to 10:00pm
Saturday & Sunday: 7:30am to 9:30pm
Holiday Hours: 7:30am to 9:30pm

TO SEE OUR MOST UP TO DATE POOL SCHEDULES PLEASE VISIT OUR WEBSITE WWW.MYRECCENTRE.COM. OR PICK UP A PRINTED BROCHURE AT EITHER SITE.

First Aid & Advance Leadership Courses

A variety of First Aid Courses and Recert's are offered through the Lifesaving Society or the Canadian Red Cross at our Facilities. These courses are taught in accordance with ILCOR. Courses are suitable for those looking for training for the workplace or for their own general interest.

CPR-C/AED Course & Recertification

Cardiopulmonary Resuscitation (CPR)

trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing or circulatory emergencies. Candidates will learn the Principles of first aid, the use of barrier devices, how to call EMS, adult, child and infant CPR skills and AED use, adult, child and infant conscious and unconscious choking procedures, circulatory emergencies to include recognition and treatment of a heart attack, angina, stroke and TIA.

Pre-Course Requirements: None

Standard First Aid with CPR C/AED Course & Recertification

Standard First Aid (SFA) is the most comprehensive first aid training program for the general public. SFA trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing or circulatory emergencies as well as how to manage medical, musco-skeletal and environmental emergencies.

Pre-Course Requirements: Recommended 12-years of age

Babysitting

Basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. Course also offers youth the training to promote themselves as a babysitter to prospective parents.

Pre-Course Requirements: 11-years recommended

Bronze Medallion

Bronze Medallion teaches lifesaving principles embodied in the four components of water rescue education. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk. Participants will be required to swim 500m in 15-min. Incl. CPR A.

Pre-Course Requirements: Bronze Star or 13-years old

Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced lifesaving training and an introduction to safety supervision. Candidates develop proficiency at performing patient assessments, managing aquatic spinal

injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance (600m in 18-min). Bronze Cross incl. the CPR-C and is one of the prerequisite awards for Lifeguarding (National Lifeguard) training program. Bronze Cross is also worth 2 Grade 11 High School Credits.

Pre-Course Requirements: Bronze Medallion

National Lifeguard: Pool Option Course & Recertification

The National Lifeguard (NL) Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The NL course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments. NL is also worth 2 Grade 12 High School Credits.

Pre-Course Requirements: Bronze Cross, current SFA and 16-years old by the last day of the course.

Water Safety Instructor Course & Recertification

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop fitness activities, skills and water safety, and swimming skills. Assistant Water Safety Instructor (AWSI) is no longer offered as both AWSI & WSI have been combined into one course. Course incl. online work, in-class work and practice teaching.

Pre-Course Requirements: Swim Kids Level 10 strokes and skills (or equivalent), EFA or SFA, 15-years by the last day of the course.

Youth Programs & Services

Child Minding Services

Our Child Minding Service is open Monday to Friday and closed on Statutory Holidays.

Chilliwack Landing Leisure Centre
8:30am-12:30pm

Cheam Leisure Centre 8:30am-12:00pm
Cost: \$4 for the first child and \$2.50 for each additional child of the same family.

NEW Tumble Time – Parent & Tot

Join Zach, Canadian National Gymnast Team member and other Rec. Ex staff in helping

Chilliwack Landing & Cheam Leisure Centre



Cheam Leisure Centre

45501 Market Way,
Sardis, BC V2R 0P2

Tel : 604-824-0231
Fax: 604-824-0853

www.myreccentre.com

your child explore Fundamental Gymnastic movements. Climb, Balance, Slide, Roll, Stretch, Jump, Run, Crawl, Creative Play and Imagination.

Tuesdays & Thursdays

9:00-10:00am (Ages 18 months -3 years)

10:00-11:00am (Ages 3 -5 years)

Drop-In Cost: \$5

Sept 21-Dec 15, Jan 10- March 9 &
March 28-April 27

NEW Movement Time – Parent & Tot

Join our Fun Leaders for exciting activities and games in the gym with climbing toys, tot cars, plus a variety of other colorful sports equipment, multiple slides, story time, music, toys, and circle time.

Ages: 18 months to 5 years.

Wednesdays

9:00-10:00am & 10:00-11:00am

Drop-In Cost: \$5

Sept 21-Dec 14, Jan 11-March 8 &
March 29-April 26

NEW After School Kids Program

Led by our fun leaders and guest coaches, children will learn and practice various different sports /skills and take part in other fun activities/ games. For ages 7-11.

Cheam

Wednesday

3:15-4:45pm (Gym)

4:45-5:45pm (Pool, unsupervised)

Sept 21-Oct 26 (6 classes) Cost: \$42

Nov 2-Dec 14 (7 classes) Cost: \$49

Jan 4-March 8 (10 classes) Cost: \$70

March 29-April 26 (5 classes) Cost: \$35

Drop-In Cost: \$10

Squash

Pre-Season Squash Training

2 hour sessions comprised of 60 minutes of on court drills and 60 minutes of cardio, strength and flexibility training.

Cheam

Season Opening Rust Remover Tournament

Come get the rust off your racquet and kick off the Fall Squash Season with a Fun Social Tournament!

Sept 16 (5:30-10:00pm) & 17 (10:00-6:00pm)

Tournament Cost: \$20

NEW Youth Squash Lessons

A 10-week session with three different levels of skill taught Monday afternoons.

We are always in search of honest, hard-working, enthusiastic staff who are "Serious about Fun!" We would be more than happy to help you get organized to **GET CERTIFIED OR RE-CERTIFIED** as a Lifeguard/Swim Instructor.



TAKE THE JOURNEY... BECOME PART of the AQUATIC TEAM!

STARTING IN SEPTEMBER

For more information on upcoming courses at Chilliwack Landing Leisure Centre or at Cheam Leisure Centre or for assistance in personalizing your aquatic leadership training schedule please contact: **Esa Ali, Aquatic Supervisor at 604-793-7946 ext. 225 or esa@recreationexcellence.com.**
Recreation Excellence will hire staff with just their WSI or NL, but it is preferred that you have both certifications.



AGE LEVELS	LIFESAVING SOCIETY (Lifeguard)	RED CROSS LESSONS (Swim Instructor)
11 - 12 years	BRONZE STAR (optional). Prerequisite: Swim Kids Level 6 and 12 yrs BRONZE MEDALLION Prerequisite: Bronze Star or 13 yrs	
13 years and up	BRONZE CROSS Prerequisite: Completion of Bronze Medallion STANDARD 1ST AID WITH CPR- C (should be taken within 1-year of taking NL)	
15 years and up		WATER SAFETY INSTRUCTOR (WSI) Prerequisite: 15 yrs, Swim Kids Level 10 swimming ability or equivalence and Standard 1st AI
16 years and up	NATIONAL LIFEGUARD POOL OPTION (NL) Prerequisite: Current Standard First Aid with CPR-C within 1 year of course start date	
	APPLY TO BE A LIFEGUARD UPON COMPLETION OF NL	**APPLY TO BE A SWIM INSTRUCTOR UPON THE COMPLETION OF WSI*

If you are already a certified lifeguard or swim instructor please apply with Esa.

If you were a lifeguard or swim instructor but expired we can help with that too. Contact Esa.



Dates: Oct 3-Dec 12 (no class on Oct 10)

Cost: \$65

Age & Times:

Beginner 7-9 years 3:30-4:15pm

Intermediate 9-12 years 4:15-5:00pm

Advanced 12+ years 5:00-5:45pm

Pool Birthday Parties – CLLC

Let us help you run your child's special day! Book your party at the Cheam Leisure Centre or the Chilliwack Landing Leisure Centre and let our Fun Leaders show your kids a great time on their special day! All you have to bring is the cake and candles! Birthday parties are all 2.5 hours in length.

Friday 5:30 & 6:30

Saturday & Sunday 12:00, 1:00, 3:00 & 4:00

Pool Birthday Parties – Cheam

Saturday 12:00, 1:00 & 3:00

Sunday 1:00 & 3:00

Gymnasium Birthday Parties – Cheam

Saturday 4:00 Sunday 12:00 & 4:00

Party Packages

Room Rental, Party Host not included (incl. party room, table/chairs & pool admission for up to 10 children) \$99

Regular up to 10 Children \$145

Regular 11-15 Children \$165

Regular 16-20 Children \$185

Themed up to 10 Children \$165

Themed 11-15 Children \$185

Themed 16-20 Children \$205

Regular Birthday Parties and Themed Parties include:

- 2 large pizzas with 2 toppings
 - 10 juice boxes
 - Additional 2-topping Pizza \$15.00 each
 - Additional Party Host \$35
- *Children under the age of 7 must be within arm's reach of an adult in a bathing suit who is in the water.

Theme Parties Available:

- Pirate Parties
- Sports Party
- Princess Parties
- Superhero Party

Rec. Ex Xtreme Youth Night

Are you looking for something fun for your kids to do on Friday and Saturday nights? Send them to the Cheam Leisure Centre or the Chilliwack Landing Leisure Centre to participate in our newly revamped Rec. Ex. Xtreme Youth Nights for fun and age appropriate programmed games and activities. Don't forget your bathing suit and towel.

Cheam - Friday Night

6-9 year olds 6:00-7:00pm (Gym/Crafts) & 7:00-8:00pm (Pool, 6-year old are not able to go to the pool)

10-13 year olds 7:00-8:00 (Gym) & 8:00-9:15pm (Pool)

Cost: \$5

CLLC - Saturday Night

7-9 year olds 6:00-8:00pm Splash Party

10-13 year olds 7:00-9:15pm Splash Party

Cost: \$5



Chilliwack Landing
Leisure Centre

Chilliwack Landing Leisure Centre

Unit #1 - 9145 Corbould St
Chilliwack BC V2P 4A6

Phone: 604-793-SWIM (7946)
Fax: 604-703-1811

www.myreccentre.com

BCBounce Spring League

This is a league for Boys and Girls in **Grades 4, 5, 6** (Freshman) and **Grade 7, 8, 9** (Junior Varsity).
There will be a limit of 48 players in each division so sign up early.

Youth Camps Scheduled on the following:

- Pro D Day Camps
- Spring Break Camps
- Christmas Break Camps
- Summer Camps

Group Fitness Class Descriptions

NEW Athletic Flow Yoga

Sweaty steady yoga flow. For those who have experience in basic yoga poses and those who are looking for a quick paced yoga work out. Register requirements are to arrange to be at one of two scheduled times for sign up so the instructor can go over proper form and insure each participant demonstrates good form to prevent injury

Belly Dancing – Level 1

Belly Dancing connects the essence and elegance of the body movements. Learn muscle control and fluidity while toning the core, encouraging good posture, improving flexibility and gaining body confidence. Have fun discovering muscles you never knew you had!

NEW Belly Dancing – Level 2

Belly Dance Level 2 expands on the skills and moves taught in Level 1. Participants will use the veil advancing in combination with shoulder, torso and girdle. The rue belly dance.

Chutney Soca Dance NEW!

The Hottest wave of music from the Caribbean. Easy one step two and three step.

Circuit Blast & Circuit Blast Express

A guided full body workout program that may include the use of sledge hammers, tires, weights, push sled, kettle bells, battle ropes, sand bags, Olympic bars and heavy bags. Come out and challenge yourself to this intense work out program. All levels are welcome! It is recommended that you attend all sessions to get the most out of this high intensity program. You will see and feel the difference!

NEW Core Strength

A 30-minute workout from your shoulders to your hips. Come improve your core strength!

NEW Functional Fitness for Seniors

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. Functional exercises tend to be multi-joint, multi-muscle exercises. Instead of only moving the elbows, for example, a functional exercise might involve the elbows, shoulders, spine, hips, knees and ankles. Functional fitness exercises combine cardiovascular, agility, muscle strength, stretching and emphasize core stability to improve balance in order to reduce the risk of falls. You can work out either sitting on the chair or standing.

NEW Fundamental Strength

A class which builds on strength and conditioning, the function of the exercise, the proper form and ways to advance and modify it. Each class will advance and build up from the previous one.

Kangoo Power/Bounce

An explosive, highly motivating program, specifically designed to challenge the whole body by building muscular strength and cardio endurance simultaneously. Each movement is designed to focus on core stability, ensuring a balanced workout that will challenge all levels of fitness. Kangoo Boots are required for this class. Bring your own or rent them from us!

NEW GLOW – Glutes & Legs Only Workout

A women's only lower body workout, instructed by Mandy Cheshire. Tighten, tone and sculpt your Glutes, Quads, Hamstrings and Abs. Body weight exercises will be progressed by adding hand weights, bars, kettlebells and step risers. Designed to suit all levels. Come out and start sculpting your lower half!

NEW High Intensity Circuit Workout

A high intensity cardio and strength workout.

Minds in Motion

A Fitness and Social/Activity program for people with early symptoms of Alzheimer's disease or another dementia. This is a great way to enjoy a few hours out of the house with a friend, family member or care worker. A certified fitness instructor conducts the fitness portion of the program, and a facilitator ensures participants are welcomed and involved in activities.

Sessions include 45-60 minutes of physical exercise and 60 minutes of social time. The price listed is for the Participant and their partner.

NEW Yoga – Sunday

A Sunday night class to start your week in the right frame of mind. This hour and a half class will give you the opportunity to enhance your practice. A combination of individual and partner work will give new perspective to your postures.

AquaFit Class Descriptions

AquaExpress

A 60-minute class condensed to a fast paced, high energy and intense 45-minute workout. You won't be disappointed!

AquaFit – Deep

Using various flotation devices, AquaFit in deep water is an effective way to get a total body workout without the jarring impact of dry land classes. No experience is necessary, but should be comfortable being and swimming in deeper water.

AquaFit – Light

AquaFit for all Adults! This class is a shallow water class that focuses on core stability, joint mobility, and it is less strenuous and one of the safest workouts available for those with bone, joint or muscle mobility limitations.

AquaFit – Shallow

This AquaFit class is for everyone! Work at your own pace or push extra hard to get that great aerobic feeling! A water workout means fewer injuries because your body is supported by the buoyancy of the water. Water also provides twelve times greater resistance than air so you can count on a great training effect.

AquaZumba®

AquaZumba® combines some of the traditional elements of an Aqua Fit class but with the twist of upbeat Latin infused dance moves and music of Zumba®. Come join in on this fun yet challenging water based workout!

REGISTERED PROGRAMS

Health and Wellness

NEW Learn 2 Live a Balanced Life

Join Life Coach and Inspiration Speaker Nazee Mirshamsi on this four-week interactive workshop on how to inspire yourself to set new goals and equip yourself on achieving them sooner. It

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will help you live your dream life, have more fun and improve your relationships. It will help you turn your inner critique into your inner coach and experience a healthier mind, body and spirit.

CLLC

Mondays 9:00-11:00am

Cost: \$85 (4 classes)

Set #1 Sept 12, 19, 26, Oct 3

Fitness – Group Training

NEW Deepen your Practice Yoga

CLLC

Sundays 7:00-8:30pm

Set #1, Sept 19, Oct 3, 16, 30, Nov 13, 27,

Dec 4, 18, **Cost:** \$64 (8 classes)

NEW Athletic Flow Yoga

CLLC

Wednesdays 4:25-5:25pm

Set #1, Sept 21-Oct 26 (6 classes) **Cost:** \$36

Set #2, Nov 2-Dec 14 (7 classes) **Cost** \$42

Set #3, Jan 4-Feb 8 (6 classes) **Cost** \$42

Set #4, Feb 15-March 8 (4 classes) **Cost:** \$24

Set #5, Mar 29-April 26 (5 classes) **Cost** \$30

Parent & Tot Creative Movement

A class for parents with babies in snuggles and toddlers up to age 3. The focus of this class is to bring out your child's intuition, using creative, imaginative movement. Parents and children take part together. After class feel free to take your baby in the pool for a swim (adult swim admission included).

Cheam

Mondays 9:00-9:45am

\$28 (4 classes) - Multipurpose Room

Set #1, Sept 19, 26, Oct 3, 17

Set #2, Oct 24, 31, Nov 7, 14

Set #3, Nov 21, 28, Dec 5, 12

NEW GLOW – Glutes & Legs Only Workout

Cheam

Wednesdays 5:45-6:45pm, **Cost:** \$90

(15 classes), **Drop in** \$ 11.75

Set #1, Sept 21-Dec 28,

Set #2, Wednesdays, 5:45-6:45p.m.,

Jan 11-April 26, **Cost:** \$96, (16 classes),

Drop in \$11.75

Circuit Blast

Cheam

Mondays 5:30-6:30pm

Thursdays 5:45-6:45pm

Saturdays 7:45-8:45am

Set #1, Sept 19-Dec 22, **Cost:** \$246

(41 classes), **Drop-In Cost:** \$11.75

Set #2, Jan 5- April 29, **Cost** \$300 (50 classes)

Drop-In Cost: \$11.75

Circuit Blast Noon Express

Cheam

Set # 1, Tuesdays and, Fridays 12:30-1:30pm

Sept 20-Dec 16, **Cost:** \$156 (26 classes)

Drop-In Cost: \$11.75

Set # 2, Tuesdays and, Fridays 12:30-1:30pm

Jan 6-April 28, **Cost:** \$198 (33 classes)

Drop-In Cost: \$11.75

NEW Fundamental Strength

CLLC

Thursdays 6:45-7:45pm

Set #1, Sept 15-Oct 19, **Cost:** \$36 (6 classes)

Set #2, Oct 26-Nov 30, **Cost:** \$36 (6 classes)

NEW Functional Fitness for Seniors

Cheam

Wednesdays 12:30-1:30pm

Set # 1, Sept 14-Oct 19, (6 classes), **Cost** \$36

Set #2, Oct 26-Dec 14, (8 classes), **Cost** \$48

Set # 3, Jan 11-Feb 1, (4 classes), **Cost** \$24

Feb 8-March 8, (5 classes), **Cost** \$30

NEW Total Body Blast BootCamp

Cheam

Set # 1, Saturdays 9:15-10:15am, Sept 24-

Oct 29, (6 classes), **Cost:** \$36

Set # 2, Saturdays, 9:15-10:15am, Nov 5-

Dec 10, (6 classes), **Cost:** \$36

Kangoo Power/Bounce

Cheam

Set #1, Wednesdays 8:30-9:15am

Oct 5-Nov 9 (6 classes)

\$30 Reg. Program (own Kangoo Boots)

\$60 Reg. Program (incl. Kangoo Boot Rental)

Drop-In Cost: \$11.75 (incl. Kangoo Boot Rental)

Set # 2, Nov 16-Dec 14 (5 classes)

\$25 Reg. Program (own Kangoo Boots)

\$50 Reg. Program (incl. Kangoo Boot Rental)

Drop-In Cost: \$11.75 (incl. Kangoo Boot Rental)

Set # 3, Jan 18-March 8 (8 classes)

\$40 Reg. Program (own Kangoo Boots)

\$80 Reg. Program (incl. Kangoo Boot Rental)

Drop-In Cost: \$11.75 (incl. Kangoo Boot Rental)

CLLC

Monday 6:45-7:45pm

Friday 5:30-6:30pm

\$40 Reg. Program (own Kangoo Boots)

\$80 Reg. Program (incl. Kangoo Boot Rental)

Drop-In Cost: \$11.75 (incl. Kangoo Boot Rental)

Set #1, Sept 12-Oct 7, (8 classes)

Set # 2, Oct 14-Nov 7, (8 classes)

Set #3, Nov 14-Dec 9 (8 classes)

CLLC

Fridays 7:00-8:00am

Sept 16-Oct 7 (4 classes)

\$20 Reg. Program (own Kangoo Boots)

\$40 Reg. Program (incl. Kangoo Boot Rental)

Drop-In Cost: \$11.75 (incl. Kangoo Boot Rental)

Oct 14-Nov 4 (5 classes)

\$25 Reg. Program (own Kangoo Boots)

\$50 Reg. Program (incl. Kangoo Boot Rental)

Drop-In Cost: \$11.75 (incl. Kangoo Boot Rental)

Nov 18-Dec 9 (4 classes)

\$20 Reg. Program (own Kangoo Boots)

\$40 Reg. Program (incl. Kangoo Boot Rental)

Drop-In Cost: \$11.75 (incl. Kangoo Boot Rental)

Belly Dancing – Level 1

CLLC

Fridays 6:45-7:30pm, **Cost:** \$24

Set #1, Sept 16-Oct 7, (4 classes)

Set #2, Oct 14-Nov 4, (4 classes)

Set # 3, Nov 18-Dec 9, (4 classes)

NEW Belly Dancing – Level 2

CLLC

Fridays 7:30-8:15pm, **Cost:** \$24

Set #1, Sept 16-Oct 7, (4 classes)

Set #2, Oct 14-Nov 4, (4 classes)

Set # 3, Nov 18-Dec 9, (4 classes)

NEW Chutney Soca Dance

CLLC

Wednesdays 8:15-9:15pm, **Cost:** \$42

Set #1, Sept 21-Oct 26, (6 classes)

Set #2, Nov 2-Dec 7, (6 classes)

Minds In Motion

Cheam

Wednesdays 10:00am-12:00pm

Set #1, Sept 21-Nov 9, (8 classes)

Cost: \$48/pair

Set #2, Nov 16-Dec 14, (5 classes)

Cost: \$30/pair

Set # 3, Jan 11-March 1, (8 classes)

Cost: \$48/pair

Set # 4, March 29-April 26, (5 classes)

Cost: \$30/pair



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Fall Swim Lesson Set Program

Chilliwack Landing Leisure Centre & Cheam Leisure Centre

Mon & Wed (9:00-11:30am and 3:30-7:30pm)

• **Set 1** – September 26 – October 26

(No lessons October 10)

• **Set 2** – November 7 – December 7

Tues & Thurs (9:00-11:30am and 3:30-7:30pm)

• **Set 1** - September 27 – October 27

• **Set 2** – November 8 – December 8th

Friday Only (9:00-11:30am)

• September 30 – December 9

(No lessons November 11)

Saturday Only (9:00-12:30pm)

• October 15 – December 10

Sunday Only (9:00-12:30pm)

• October 16 – December 11

Swimming Lesson Descriptions

Red Cross Preschool Program

The Red Cross Preschool Program is an eight-level stand-alone program for four-month to six-year-old children that allows swimmers to enter various levels based on age and their ability. Each level is represented by an animal mascot that is incorporated into the content and makes the lesson engaging and fun, through songs and activities.

Level 1: Starfish – Parented (Ages 4-12 months)

Learn when and how to get help, choking prevention, and how to stay warm. Babies and their caregivers work on getting wet; buoyancy and movement; front, back and vertical positions in the water; and shallow water entries and exits.

Level 2: Duck – Parented (12-24 months)

Learn how to stay warm, choking prevention and response, PFD/lifejacket, and Stop! Look! Ask!. Babies and their caregivers work on rhythmic breathing; moving forward and backward; front and back float with recovery; and shallow water entries and exits.

Level 3: Sea Turtle – Parented or Unparented (Ages 24-36 months)

Learn Stop! Look! Ask! (find the adult), and about PFD/lifejacket. Toddlers and their caregivers work on submersion; front and back floats and glides; jumping into chest-deep water with assistance; kicking on front; and front swim assisted.

Level 4: Sea Otter (Ages 3 – 5)

Learn Stop! Look! Ask! (find the adult), safe entries and exits, and about PFD/lifejackets. Work on front

and back floats and glides, kicking on front with a buoyant object, and learn to swim 1m assisted.

Level 5: Salamander (Ages 3 – 5)

Learn Stop! Look! Ask! (find the adult), and about PFD/lifejacket and buoyant objects. Work on improving front and back float, and jumping into chest-deep water unassisted. Kicking is added to the front and back glide, and learn to swim 2m.

Level 6: Sunfish (Ages 3 – 5)

Learn Stop! Look! Ask! and about PFD/lifejacket. Work on kicking and perform glides (front and back); enter deep water safely; float in deep water; swim with a PFD; and swim 5m continuously.

Level 6: Crocodile (Ages 3 – 5)

Learn Stop! Look! Ask! and about PFD/lifejacket. Develop the front and back glide with kick; front and back swim; jump into deep water; and swim 10m continuously.

Level 6: Whale (Ages 3 – 5)

Learn when and where to swim, and Stop! Look! Ask! Increase distance on front and back glide with kick; increase distance on front and back swim; learn a sitting dive; and swim 15m continuously.

Red Cross Swim Kids Program

The Red Cross Swim Kids Program is a ten-level program that focuses on individual achievement and creates a cycle of success. Swimming and water safety skills are taught in the water so kids are always active and wet. This approach promotes success & encourages lifelong fitness.

Swim Kids 1 (Ages 6+)

Learn ways to get help/EMS. Develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5m.

Swim Kids 2 (Age 6+)

Facility rules, introduction to PFD/lifejacket. Learn front and back glide with flutter kick, develop front swim, complete deep water activities (assisted), and swim 10m continuously.

Swim Kids 3 (Ages 6+)

Increase distance on front and back glides with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15m continuously.

Swim Kids 4 (Ages 6+)

Learn how to contact EMS, self-safety and safe diving. Learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back,

perform kneeling dive, introduction to sculling, and swim 25 m continuously.

Swim Kids 5 (Ages 6+)

Learn how to be a safe boater and how to stay warm. Develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling and swim 50m continuously.

Swim Kids 6 (Ages 6+)

Learn causes of boating incidents, and when and where to go on ice. Increase distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive and swim 75m continuously.

Swim Kids 7 (Ages 6+)

Learn partial and complete airway obstruction and rescue. Increase distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry, and swim 150m continuously.

Swim Kids 8 (Ages 6+)

Water safety – learn about hypothermia. Increase distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m) and eggbeater/tread water, perform feet-first surface dive, standing shallow dive, and swim 300m continuously.

Swim Kids 9 (Ages 6+)

Learn about wise choices and peer influence, and complications of rescue breathing. Increase distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn side-stroke kick, perform head-first surface dive, and swim 400m continuously.

Swim Kids 10 (Ages 6+)

Learn about being sun smart, and ice rescue from safe zone. Increase distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m). Learn sidestroke (25m), perform dolphin kick (vertical), learn underwater swim, and swim 500m continuously.

Additional Swim Lesson Programs Private and Semi-Private Swim Lessons

Enjoy exclusive 1 on 1 instruction! Our private lessons offer flexibility and personalized attention. Looking for a deal register and pay for 10 Private or Semi Private Lessons and get 20% off. There are flexible times available.

Chilliwack Landing & Cheam Leisure Centre



Cheam Leisure Centre

45501 Market Way, Tel : 604-824-0231
Sardis, BC V2R 0P2 Fax: 604-824-0853

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Home School Swim Lessons

Are your children home schooled? Do you have a group of 4 or more kids in similar lessons (Preschool and Swim Kids)? Create your own block of Swimming Lessons where flexibility and personalized attention is important. If you would like to schedule Private or

Semi-Private Lesson or book Home School Lessons please contact Craig Short, Manager of Recreation Program Services at cshort@recreationexcellence.com or 604-793-7946.

What swim level is my child?

Has it been 6+ months since your child's last

lesson or are you unsure what level your child is in? We recommend a Free Swim Assessment. Drop in anytime and have one of our Aquatic Staff evaluate your child's swimming ability and they will make the proper evaluated assessment as to what level they should be in. Bring any previous report cards from Chilliwack or other pools.

Chilliwack Landing Leisure Centre Group Fitness Classes – Fall/Winter

Effective September 4, 2016 - April 29, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am						*Kangoo Power (registered)	
7:15am		Cardio Strength Core (45 Min)		Cardio Strength Core (45 Min)	Cardio Strength Core (45 Min)		
9:00am							Step, Strength & Stability (90 min)
9:15am		Power Circuit	Step	Total Strength	Cardio Remix	Power Circuit	
10:30am		 Zumba®	Yoga/Pilates Fusion	Step	Yoga/Pilates Fusion	Step Light	
10:35am							Yoga
1:15pm		Cardio Light	Sit & Be Fit	Cardio Light	Sit & Be Fit	Cardio Light	
2:45pm		Yoga				Yoga	
4:15pm				*Athletic Yoga Flow (registered)			
5:30pm		Step Class		Step Class		*Kangoo Power (registered)	
5:45pm			Express Circuit (45 min)		Express Circuit (45 min)		
6:45pm		*Kangoo Power (registered)	 Zumba®		*Fundamental Strength (registered)	*Belly Dancing Level 1 (registered)	
7:00pm	*Deeper Practice Yoga (registered) (90 min)						
7:30pm						*Belly Dancing Level 2 (registered)	
8:00pm			Yoga				
8:15pm				*Chutney Soca Dance (registered)			

No Classes on Statutory Holidays. Classes subject to change.

Refer to the website for most up-to-date Group Fitness Schedule www.myreccentre.com

Chilliwack Landing & Cheam Leisure Centre



Chilliwack Landing
Leisure Centre

Chilliwack Landing Leisure Centre

Unit #1 - 9145 Corbould St
Chilliwack BC V2P 4A6

Phone: 604-793-SWIM (7946)
Fax: 604-703-1811

www.myreccentre.com

Cheam Leisure Centre Group Fitness Classes – Fall/Winter

Effective September 17, 2016 - April 29, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45am						*Circuit Blast (registered)
8:30am	High intensity Circuit Workout (50 minutes)		*Kangoo Power (registered)	Power Circuit (50 minutes)		
8:45am			Pilates			
9:00am	*Parent & Tot Creative Movement (Registered) (45 min)	Total Body Blast			*Total Body Blast (55 minutes)	*Total Body Blast Bootcamp (registered)
9:30am	Fat Burner	Pilates	Total Strength	Ball & Strength- ening (45 minutes)	Chutney Soca Dance* (registered)	
				Pilates Express (45 min)		
10:00am			*Minds In Motion (registered)		Core Strength (30 minutes)	
10:35am		Sit & Be Fit (45 min)		Sit & Be Fit (45 min)	 Zumba® & Strength	Zumba® 
10:45am	Stretch, Strength & Balance (45 min)		Strong & Balanced (60 min)			
11:45am	Yoga				Yoga	
12:30pm		*Circuit Blast Express (registered)	*Functional Fit- ness for Seniors (registered)		*Circuit Blast Express (registered)	
5:30pm	Total Strength	 Zumba®		 Zumba®		
	*Circuit Blast (registered)					
5:45pm			Total Body Blast			
			*GLOW (registered)			
6:45pm	Yoga			Yoga		

The Gymnasium is closed September 4-16 for renovations. No Programs or Classes in the Gym.

Classes subject to change. *No classes on Statutory Holidays (with the exception of the Circuit Blast class)

Refer to the website for most up-to-date Group Fitness Schedule www.myreccentre.com

If you have any questions about any of the above fitness classes or need assistance organizing your fitness regime please contact Jane Sandve, the Fitness Manager at jsandve@recreationexcellence.com or 604-824-0231 ext 313.

Chilliwack Landing & Cheam Leisure Centre



Cheam Leisure Centre

45501 Market Way, Tel : 604-824-0231
Sardis, BC V2R 0P2 Fax: 604-824-0853

www.myreccentre.com

Cheam Leisure AquaFit Classes – Fall/Winter

Effective September 6, 2016 - April 30, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am	AquaFit Shallow (60 minutes)		AquaFit Shallow (60 minutes)		
8:30am	AquaFit Shallow (45 minutes)	AquaFit Shallow (60 minutes)	AquaFit Shallow (45 minutes)	AquaFit Shallow (60 minutes)	AquaFit Shallow (60 minutes)
9:35am	AquaFit Deep (45 minutes)		AquaFit Deep (45 minutes)		AquaFit Deep (45 minutes)
7:30pm	AquaFit Deep		AquaFit Deep		

Classes subject to change without notice. • *No Classes on Statutory Holidays.

Chilliwack Landing Leisure AquaFit Classes – Fall/Winter

Effective September 4, 2016 - April 29, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	AquaFit Deep (45 Minutes)		AquaFit Deep (45 Minutes)		AquaFit Deep (45 Minutes)	
9:00am						AquaFit Deep (45 Minutes)
9:30am	 Aqua Zumba®		AquaFit Shallow		AquaFit Shallow	
9:50am						AquaFit Shallow
2:30pm		AquaFit Light Shallow (45 Minutes)		AquaFit Light Shallow (45 Minutes)		

No Classes on Statutory Holidays. Classes subject to change.

Refer to the website for most up-to-date Group Fitness Schedule www.myreccentre.com

Swim Lesson Fees

	Age	Duration	CLLC and Cheam Leisure Centre		
			8x Lesson Set	9x Lesson Set	10x Lesson Set
Parent & Tot	4-mth to 3 yrs	30min	\$36	\$40.50	\$45
Preschool	3-5 yrs	30min	\$44	\$49.50	\$55
Swim Kids 1-5	6 yrs & Older	30min	\$44	\$49.50	\$55
Swim Kids 6-7	6 yrs & Older	45min	\$48	\$54	\$60
Private Lessons	Any Age	30min	\$25/lesson or 20% discount when 10 lessons are booked.		
Semi-Private Lessons (2 or 3 swimmers)	Any Age	30min	\$20/per person per lesson or 20% discount when 10 lessons are booked.		

NOTE: THERE ARE NO LESSONS ON STATUTORY HOLIDAYS.



GREAT BLUE HERON
NATURE RESERVE

Great Blue Heron Nature Reserve

Site Address: 5200 Sumas Prairie Road, Chilliwack

Mailing: Box 512, Chilliwack, B.C. V2P 7V5

T: 604.823.6603 E: herons@shawbiz.ca

www.facebook.com/GBHNRS

www.chilliwackblueheron.com

Great Blue Heron Nature Reserve

Sharing Nature with our Community

Come out and discover this peaceful place, enjoy a walk and watch for the wide variety of wildlife including one of the largest breeding colonies of Great Blue Herons in B.C. Hundreds of herons nest on site every year from March to July. There are no admission fees to walk the site or to visit the Rotary Interpretive Centre.

The Great Blue Heron Nature Reserve is a beautiful wetland located along the Vedder River at the south end of Sumas Prairie Road in Greendale. The programs and services at this City of Chilliwack site are managed by the Great Blue Heron Nature Reserve Society.

Site Features

- Beautiful Rotary Interpretive Centre
- Blue Heron Gift Shop
- Over 100 Great Blue Heron nests
- Observation tower
- Trail Guide for self guided walks on site
- Over 10 km of walking trails
- Three bird blinds
- An outdoor classroom, picnic tables & benches
- Indoor Discovery Classroom and Wildlife Art Centre
- Wheelchair accessible building & trails
- Washrooms
- Pokéstop and Pokégym



Check out our website! chilliwackblueheron.com

Free Visitor Programs & Events

Community programs this fall include Nature Child, Homeschool Explorers and Wildlife Art classes, an Open House, Salmon Stories, and a winter walk! Visit our website for more details!

Bring your Group?

School Programs: Engaging environmental education programs for your class any time of the year.

Children's Groups: Youth groups, day camps, daycares can book an engaging summer or fall field trip. Check out Pond Prowl and Bug Hunt for hands on fun.

Adult Groups: Let us show you around and engage your members in learning about the wetlands and wildlife.

Scouts & Guides: Let us design a fun outdoor program and based on badges or the kids' interests.

Membership & Adopt-A-Nest 2016

Become a member and/or adopt a heron nest and help support conservation and education in your community! Please see the website, drop by, or email for details.

Volunteer

Looking for volunteers to help with special events, group programs, gardening, computers, reception and bird surveys. Email herons@shawbiz.ca for more information.

Hours of Operation

The site is open all year round and volunteers keep the Rotary Interpretive Centre open seven days a week, 364 days a year.

Rotary Interpretive Centre

Feb 1, 2016 – Oct 31, 2016

10:00 am to 4:00 pm

Nov 1, 2016 – Jan 31, 2017

10:00 am to 3:00 pm

Walking Trails and Site

Open dawn to dusk

NOTE: On rare occasions, Rotary Interpretive Centre is closed due to extreme weather or volunteer staff having to cancel at the last minute.



Chilliwack Cultural Centre



Chilliwack Cultural Centre

9201 Corbould Street
Chilliwack B.C. V2P 4A6
P: 604.391.SHOW (7469) Box Office
E: boxoffice@chilliwackculturalcentre.ca

CHILLIWACK CULTURAL CENTRE

Where Art Comes to Life!

CONTACT US

CENTRE BOX OFFICE

604-391-SHOW (7469)
E: boxoffice@chilliwackculturalcentre.ca

CHILLIWACK ARTS & CULTURAL CENTRE SOCIETY

Ph: 604-392-8000
Fax: 604-392-8001

Follow us on social media for full updates and information.



COMMUNITY PARTNERS

CITY OF CHILLIWACK
www.chilliwack.ca

CHILLIWACK ACADEMY OF MUSIC
E: info@chilliwackmusic.ca
www.chilliwackmusic.com

CHILLIWACK LIONS CLUB
www.chilliwacklionsclubmusicanddancefestival.com

CHILLIWACK PLAYERS GUILD
E: info@playersguild.ca
www.playersguild.ca

CHILLIWACK SCHOOL OF PERFORMING ARTS
E: office@csopa.ca • www.csopa.ca

CHILLIWACK SYMPHONY ORCHESTRA & CHORUS
E: chilliwacksymphychorus@gmail.com
www.chilliwacksymphony.com

CHILLIWACK VISUAL ARTISTS ASSOCIATION
www.chilliwackvisualarts.ca

Rocklands Talent Inc. presents
RED GREEN'S "I'M NOT OLD, I'M RIPE" TOUR
September 15, 2016
7:00pm • HUB International Theatre

Treehouse presents
SPLASH 'N BOOTS
September 17, 2016
1:00pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
FRASEP VINO CUSOLD OUT! BEER FESTIVAL
September 24, 2016
7:00 to 10:00pm • The Centre

Rock.It.Boy. Entertainment presents
JUICE NEWTON
September 29, 2016
7:30pm • HUB International Theatre

Chilliwack Cultural Centre presents
CULTURAL COLLABORATION
October 1, 2016
11:00am to 3:00pm • The Centre

Chilliwack Arts & Cultural Centre Society presents
CHILLIWACK
October 1, 2016 **Plus**
7:30pm • HUB International Theatre

Plus CREATE YOUR OWN SERIES AND SAVE, SAVE, SAVE!

Create Your Own Series with our **Ticket Plus** Promotion!

Purchase tickets for three or more shows marked with our ticket plus logo and save \$5 per ticket!

Chilliwack Arts & Cultural Centre Society presents
ANTIQUES IN THE ATTIC
October 6, 2016 **Plus**
10:00am to 5:00pm • Odium Brown

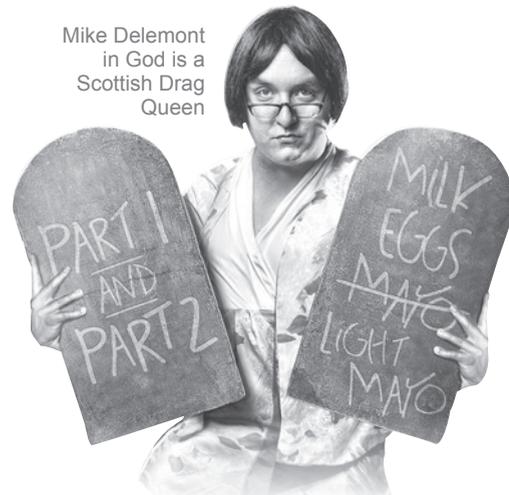


Chilliwack Arts & Cultural Centre Society presents
BEETHOVEN AND THE BEATLES - MARK FERRIS
October 7, 2016 **Plus**
10:30am • Rotary Hall Studio Theatre

Chilliwack Arts & Cultural Centre Society presents
THE CENTRE ROCKS V
October 8, 2016
7:00pm • Rotary Hall Studio Theatre

Chilliwack Arts & Cultural Centre Society presents
GOD IS A SCOTTISH DRAG QUEEN
October 14, 2016 **Plus**
7:30pm • HUB International Theatre

Mike Delemont in God is a Scottish Drag Queen





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Camilo
The Magician

Chilliwack Arts & Cultural Centre Society presents
SUPERNATURAL
- CAMILO DOMINGUEZ
 October 15, 16 & 22, 2016 **Plus**
 7:30pm • Rotary Hall Studio Theatre

Paquette Productions presents
A TRIBUTE TO ELVIS
 October 19, 2016
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
SPERM WARS
 October 20 & 21, 2016 **Plus**
 7:30pm • Rotary Hall Studio Theatre

The Original Legends of Rock n Roll presents
CLASS OF '59
 October 21, 2016
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
BASKERVILLE: A SHERLOCK HOLMES MYSTERY
 October 23, 2016 **Plus**
 7:30pm • HUB International Theatre



Ballet Victoria

Chilliwack Arts & Cultural Centre Society presents
BALLET ROCKS
 October 29, 2016 **Plus**
 7:30pm • HUB International Theatre

Louisiana Hayride presents
THE LOUISIANA HAYRIDE SHOW
 November 4, 2016
 7:30pm • HUB International Theatre

Chilliwack Metropolitan Orchestra presents
ROMANCE WITH MELANIE KRUEGER
 November 5, 2016
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
DREAM FACTORY CIRCUS
 November 6, 2016
 2:00pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
CIRQUE
 November 12, 2016 **Plus**
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
THE GREAT CANADIAN TIRE MONEY CAPER
 November 16 & 17, 2016 **Plus**
 7:30pm • Rotary Hall Studio Theatre

The Chilliwack Players Guild presents
CHAPTER TWO
 November 17 to 26, 2016
 7:30pm & 2:00pm
 • HUB International Theatre



Beth
Root
Sandvoss

Chilliwack Arts & Cultural Centre Society presents
BLUE AUTUMN
- BETH ROOT SANDVOSS
 November 18, 2016 **Plus**
 10:30am • Rotary Hall Studio Theatre

Chilliwack Arts & Cultural Centre Society presents
THE CENTRE ROCKS VI
 November 19, 2016
 7:00pm • Rotary Hall Studio Theatre

Chilliwack Arts & Cultural Centre Society presents
HERE, THERE, EVERYWHERE
 December 2, 2016 **Plus**
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
A CELTIC CHRISTMAS WITH THE NORTH SHORE CELTIC ENSEMBLE
 December 4, 2016 **Plus**
 7:30pm • HUB International Theatre



Van
Django

Chilliwack Arts & Cultural Centre Society presents
VAN DJANGO COOL YULE
 December 8, 2016 **Plus**
 7:30pm • HUB International Theatre

Chilliwack Symphony Orchestra & Chorus presents
NUTCRACKER SUITE
 December 10, 2016 **Plus**
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
A CHRISTMAS CAROL
 December 11, 2016
 2:00pm • HUB International Theatre



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KEN LAVIGNE'S CHRISTMAS MUSICAL ROADSHOW 2016

December 14, 2016
 7:30pm • HUB International Theatre

The Original Legends of Rock n Roll presents

ROCK 'N ROLL CHRISTMAS

December 15, 2016
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents

SING A LONG WITH FROZEN

December 16, 2016 **Plus**
 7:30pm • HUB International Theatre
 December 17, 2016 **Plus**
 2:00pm • HUB International Theatre



Chilliwack Arts & Cultural Centre Society presents

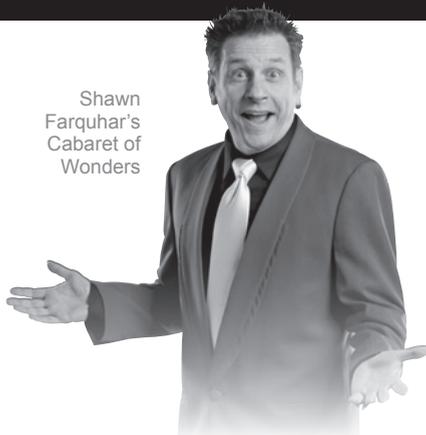
A COWBOY CHRISTMAS

December 18, 2016 **Plus**
 7:30pm • HUB International Theatre

Ballet Victoria & Creative Outlet present

THE NUTCRACKER BALLET

December 21, 2016
 7:30pm • HUB International Theatre
 December 22, 2016
 2:00pm • HUB International Theatre



Shawn Farquhar's Cabaret of Wonders

Chilliwack Arts & Cultural Centre Society presents

SHAWN FARQUHAR'S CABARET OF WONDERS V

January 20, 2017 **Plus**
 7:30 & 10:00pm
 • Rotary Hall Studio Theatre

Chilliwack School of Performing Arts presents

THE LITTLE MERMAID

January 11, 12, 13, 14, 19, 20 & 21, 2017
 7:30pm • HUB International Theatre
 January 14, 15, 21 & 22, 2017
 2:00pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents

CANADIAN GUITAR QUARTET

January 31, 2017 **Plus**
 7:30pm • HUB International Theatre



The Kinda OK Corral

Chilliwack Arts & Cultural Centre Society presents

THE KINDA OK CORRAL

February 4 & 5, 2017 **Plus**
 7:30pm • Rotary Hall Studio Theatre

Chilliwack Arts & Cultural Centre Society presents

FROM BACH TO BRUBECK - ROD THOMAS SQUANCE

February 10, 2017 **Plus**
 10:30am • Rotary Hall Studio Theatre

Chilliwack Arts & Cultural Centre Society presents

AN INTIMATE EVENING WITH VALDY

February 10, 2017 **Plus**
 7:30pm • Rotary Hall Studio Theatre



Ballet Jorgen - Swan Lake

Chilliwack Arts & Cultural Centre Society presents

SWAN LAKE

February 14, 2017 **Plus**
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents

SHAWN FARQUHAR'S CABARET OF WONDERS VI

February 17, 2017 **Plus**
 7:30 & 10:00pm
 • Rotary Hall Studio Theatre

Chilliwack Arts & Cultural Centre Society presents

THE CENTRE ROCKS VII

February 18, 2017
 7:00pm • Rotary Hall Studio Theatre



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One Man,
 Dark Night,
 A Batman Parody

Chilliwack Arts & Cultural Centre Society presents
**ONE MAN, DARK KNIGHT,
 A BATMAN PARODY**
 March 4, 2017 **Plus**
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
**I AM WOMAN,
 HEAR ME LAFF!**
 March 8, 2017 **Plus**
 7:30pm • HUB International Theatre



Lion,
 Bear,
 Fox

Chilliwack Arts & Cultural Centre Society presents
LION, BEAR, FOX
 March 10, 2017 **Plus**
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
RING OF FIRE
 March 12, 2017 **Plus**
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
**SHAWN FARQUHAR'S
 CABARET OF WONDERS VII**
 March 17, 2017 **Plus**
 7:30 & 10:00pm
 • Rotary Hall Studio Theatre

Chilliwack Arts & Cultural Centre Society presents
THE CENTRE ROCKS VIII
 March 18, 2017
 7:00pm • Rotary Hall Studio Theatre

Chilliwack Arts & Cultural Centre Society presents
**GETTING TO ROOM
 TEMPERATURE**
 March 19, 2017 **Plus**
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
**THREE'S A CROWD... NOT
 - SARAH HAGEN**
 March 24, 2017 **Plus**
 10:30am • Rotary Hall Studio Theatre

Chilliwack Arts & Cultural Centre Society presents
THE BEST OF VIMFF
 March 25, 2017 **Plus**
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
**SCREAMING CHICKENS
 BURLESQUE**
 April 1, 2017 **Plus**
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
GLORY
 April 4, 2017 **Plus**
 7:30pm • HUB International Theatre



Chilliwack Arts & Cultural Centre Society presents
**CAMPGROUND:
 A MURDER MYSTERY
 IN THE WOODS**
 April 7 & 8, 2017 **Plus**
 7:30pm • Rotary Hall Studio Theatre

Chilliwack Symphony Orchestra & Chorus presents
MOZART'S REQUIEM
 April 8, 2017 **Plus**
 7:30pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
**CAPTAIN FUTURE SAVES
 THE WORLD**
 April 9, 2017
 2:00pm • HUB International Theatre



Chilliwack Arts & Cultural Centre Society presents
FREUD'S LAST SESSION
 April 19 & 20, 2017 **Plus**
 7:30pm • Rotary Hall Studio Theatre

Chilliwack Arts & Cultural Centre Society presents
**SHAWN FARQUHAR'S
 CABARET OF WONDERS VIII**
 April 21, 2017 **Plus**
 7:30 & 10:00pm
 • Rotary Hall Studio Theatre

Chilliwack Arts & Cultural Centre Society presents
MUNSCH UPON A TIME
 May 7, 2017
 2:00pm • HUB International Theatre

Chilliwack Arts & Cultural Centre Society presents
ART OF WINE FESTIVAL
 May 13, 2017
 7:00 to 10:00pm • The Centre

Chilliwack Symphony Orchestra & Chorus presents
PIANO EXTRAVAGANZA
 May 20, 2017 **Plus**
 7:30pm • HUB International Theatre



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Adult Art Classes

CLAY

GETTING A GREAT FINISH

Clay Studio • Instructor: Holly McKeen
Thursdays: 6:30 - 8:30pm (2 sessions + critique)
October 13 - 27, 2016



HANDBUILDING: A GIFT OF THANKS

Clay Studio • Instructor: Sarah Belley
Saturdays: 10:00am - 12:30pm (4 sessions over 5wks)
October 15 - November 12, 2016



WHEEL A LA CARTE 1: USE THE FORCE

Clay Studio • Instructor: Sarah Belley
Saturdays: 1:00 - 4:00pm (5 sessions over 6wks)
October 15 - November 19, 2016

HANDBUILDING: HOLIDAY HUBBUB

Clay Studio • Instructor: Sarah Belley
Saturdays: 10:00am - 12:30pm (4 sessions over 5wks)
November 19 - December 17, 2016

WHEEL A LA CARTE 2: CUPS & BOWLS & PLATES

Clay Studio • Instructor: Sarah Belley
Saturdays: 1:00 - 4:00pm (3 sessions over 4wks)
November 26 - December 17, 2016

JEWELLERY



GLASS BEADS LEVEL 1

Painting & Drawing Studio • Instructor: Alicia Champ
Tuesdays: 6:30-8:30 (4 sessions)
October 11 - November 8, 2016

CABOCHON 1 - MAKING PENDANTS

Painting & Drawing Studio • Instructor: Alicia Champ
Saturday: 1:00 - 4:00pm (workshop)
October 15, 2016

CABOCHON 2 - WRAPPING PENDANTS

Arts & Crafts Studio • Instructor: Carla Swope
Saturday: 1:00 - 4:00pm (workshop)
October 22, 2016

GLASS BEADS 2: SPECIALTY STRINGERS

Painting & Drawing Studio • Instructor: Alicia Champ
Tuesday: 6:00-8:30pm (workshop)
November 15, 2016



GLASS BEADS 2: LOTS A DOTS!

Painting & Drawing Studio • Instructor: Alicia Champ
Tuesday: 6:00-8:30pm
November 22, 2016

GLASS BEADS 2: STRINGER WORK

Painting & Drawing Studio • Instructor: Alicia Champ
Tuesday: 6:00-8:30pm (workshop)
November 29, 2016

GLASS BEADS 2: MILLEFIORI, FLORALS, ENCASING

Painting & Drawing Studio • Instructor: Alicia Champ
Tuesday: 6:00-8:30pm (workshop)
December 6, 2016

CRAFTS



COLD PROCESSED SOAP

Arts & Crafts Studio • Instructor: Patti Lawn
Monday: 5:30 - 8:30pm (Workshop)
October 24, 2016

WIRE BOOKMARKS

Arts & Crafts Studio • Instructor: Alicia Champ
Saturday: 1:00 - 3:00pm (workshop)
November 12, 2016

MELT & POUR SOAP

Arts & Crafts Studio • Instructor: Patti Lawn
Monday: 6:00 - 8:00pm (workshop)
November 28, 2016



PAINTING & DRAWING

ACRYLIC PAINTING

Painting & Drawing Studio • Instructor: Dan Berube
Thursdays: 10:00am - 12:00pm (8 sessions)
October 13 - December 1, 2016



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DRAWING DISCOVERY

Painting & Drawing Studio • Instructor: Dan Berube
 Thursdays: 1:00 - 3:00pm (8 sessions)
 October 13 – December 1, 2016

WATERCOLOUR BEGINNINGS

Painting & Drawing Studio • Instructor: Dan Berube
 Fridays: 10:00am - 12:00pm (8 sessions)
 October 14 – December 9, 2016



WATERCOLOUR EXPLORATIONS

Painting & Drawing Studio • Instructor: Dan Berube
 Fridays: 1:00 - 3:00pm (8 sessions)
 October 14 – December 9, 2016

WATERCOLOUR BY NIGHT

Arts & Crafts Studio • Instructor: Patricia Jaster
 Mondays: 6:30 - 8:30pm (6 sessions)
 October 17 – November 21, 2016

PHOTOGRAPHY

SPECIAL EVENT PHOTOGRAPHY

Painting & Drawing Studio • Instructor: Vickie Legere
 Saturday: 1:00 - 4:00pm (Workshop)
 October 29, 2016

ARTISAN PHOTOGRAPHY

Painting & Drawing Studio • Instructor: Vickie Legere
 Saturday: 1:00 - 4:00pm (workshop)
 November 12, 2016

BEGINNER PHOTOGRAPHY

Painting & Drawing Studio • Instructor: Vickie Legere
 Saturday: 1:00 - 4:00pm (workshop)
 December 17, 2016

Kids Art Classes

INTRO TO COMIC BOOK ILLUSTRATION

Arts & Crafts Studio
 Saturdays: 11am - 12pm (5 sessions)
 October 15 - November 12, 2016



MAGIC MUD

Clay Studio
 Mondays: 3:30 - 5:00pm (6 sessions)
 October 17 - November 21, 2016

THEATRE PEEPS

Performance Studio
 Mondays: 4:00 - 5:30pm (7 sessions)
 October 17 - December 5, 2016

STOPMOTION

Performance Studio
 Thursdays: 3:00 - 5:00pm (7 sessions)
 October 20 - December 1, 2016

ANIME IN ACTION!

Arts & Crafts Studio
 Thursdays: 4:30 - 5:30pm (6 sessions)
 October 20 - November 24, 2016

ACTING FOR FILM AND TV

Performance Studio
 Thursdays: 5:30 - 7:30pm (7 sessions)
 October 20 - December 1, 2016



BALLET VICTORIA MASTERCLASS

Performance Studio
 Saturday: 11:00am - 12:30pm (workshop)
 October 29, 2016

Open Studios (adult)

CLAY

Fridays 10:00am to 1:00pm
 Sept. 9 - Dec. 9, 2016
 Mondays 6:00 to 9:00pm
 Sept. 12 - Dec. 12, 2016

GLASS

Mondays 6:00 to 9:00pm
 Sept. 12 - Dec. 12, 2016

LIFE DRAWING

Wednesdays 6:30 to 9:00pm
 Sept. 14 - Dec. 7, 2016
 Thursdays 6:30 to 9:00pm
 Sept. 15 - Dec. 8, 2016

HANDICRAFTARAMA

Last Wednesday
 each month 6:30pm to 8:30pm
 Sept. 28, Oct. 26, Nov. 30, 2016

WINTER/SPRING ART CLASSES!

Make sure to check our website towards the end of November for the next set of Art Classes!
www.chilliwackculturalcentre.ca/classes



Chilliwack Visual Artists Association

9201 Corbould Street
Chilliwack, BC V2P 4A6
E: hurleyaj@telus.net

www.chilliwackvisualartists.ca



Gallery Hours:
Wednesday to Saturday
Noon - 5:00pm & before evening shows

Please check our website:
chilliwackvisualartists.ca
for more detailed program information



August 4 – September 10

GOODS FOR THE SOUL

Artist Diane Mckenzie & Sculptor
Michael Edmund Ray.

Diane Mackenzie's work reflects her rural roots and her love of nature, in clean, clear colours, masterful techniques, good design and composition. She is currently exploring acrylic and mixed media, as well as painting on watercolor ground, eliminating the need to frame with glass.

Michael's sculptures are figurative in wood, stone and metal. Most of the work is intended to be easily recognizable by the viewer. The intention is to make the viewer comfortable with the work, and then invite them to explore and experience the shapes and forms.

September 15 – October 22

3D PHOTOGRAPHER BRUNELLA BATTISTA & ARTIST BILL EDMUNDS

Dual Contrast: Two Advante Garde shows in one.

"Hyper-Reality" Born in Italy and living in Chilliwack, Brunella Battista is an award winning multimedia artist.

In her unique and immersive 3D photo exhibit, life is captured in all its depth and vibrancy, so close to almost touch it, so real as to feel part of it. By looking IN (rather than at) every picture, she affords viewers the dream-like ability to get lost, layer by layer, in the uncanny reality before them.

Bill Edmunds: "People & Places" Born, raised and educated in Cornwall U.K and currently living in Hope B.C. Bill's inspiration for this show comes from exploring the Internet with a view to producing a body of work designed to promote a dialogue on anonymity and the release of personal information.



Each piece is based on images and texts sent to him by complete strangers via e-mail and after he has contact with them on social chat sites.

Reception: Saturday Sept 17, 2016
• 6:00 - 9:00pm

October 28 – December 3

COLOURING OUTSIDE THE LINES

Local Abstract Artist Vincent Mikuska has used hints and suggestions of landscape elements in his work to try and create an essence or experience of the landscape. There is a willingness to create

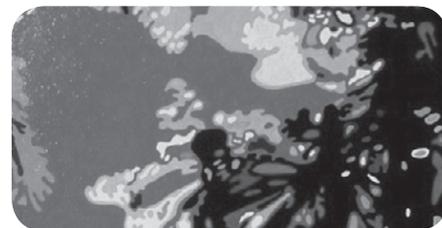
associations between different elements of a visual experience. A world where line has poetic rhythm, colour a musical tone. Space can be hinted or defined. "I try and find new patterns without concentrating on recreating the details of what I see" The effect is to be a cumulative effect of looking, not a single stare but what happens as you visually interact with your surroundings over a given time. Trying to get to the essence without the details.



Reception: Saturday October 29, 2016
• 1:00 - 3:00pm

December 8 – January 7

SEASONAL SHOW 2016 "CVAA SEASONAL SHOW" CVAA



Members Group Exhibit.

This Annual Seasonal Show is always a success consisting of a variety of moods, media and techniques. As the association grows and new members joining the Exhibit remains fresh and full of surprises. It might have a common theme or left open for individual members to decide. It will consist of all new artwork completed within the last year.

Reception: Saturday December 10, 2016
• 1:00 - 3:00pm



Chilliwack Academy of Music
9201 Corbould Street
Chilliwack B.C. V2P 4A6
P: 604.792.0790
E: info@chilliwackmusic.com

www.chilliwackmusic.com

MUSIC MAKERS

For Babies, Toddlers and Preschoolers. Learn music and have fun using ideas from early music approaches! Each group is three sessions.

BABIES (0 - 18 months)

9:15 - 10am

Session 1 - Jan. 11 to Mar. 1, 2017

Session 2 - Mar. 29 to May 17, 2017

TODDLERS (18 months - 3 years)

10:15 - 11am

Session 1 - Jan. 11 to Mar. 1, 2017

Session 2 - Mar. 29 to May 17, 2017

PRESCHOOLERS (4 to 5 years)

11:15am - 12pm

Session 1 - Jan. 11 to Mar. 1, 2017

Session 2 - Mar. 29 to May 17, 2017

KIDS CLASSES

TAYOSEI

JUNIOR (5 - 7 years)

Ukulele 3:30 - 4:15pm

Choir 4:15 - 5:00pm

SENIOR (8 - 12 years)

Choir 3:30 - 4:15pm

Ukulele 4:15 - 5:00pm



GUITAR

KIDS (7 - 10 years)

5:15 - 6:00pm

Session 1 - Sept. 20, 2016

Session 2 - Jan. 10, 2017

YOUTH (11 - 14 years)

6:00 - 6:45pm

Session 1 - Sept. 22, 2016

Session 2 - Jan. 12, 2017

SUZUKI VIOLIN (4 - 9 years)

3:00 - 3:45pm

Sept. 12, 2016

ADULT CLASSES

FLUTE CHOIR (all ages)

7:15 - 8:00pm

Session 2 - Sept. 20 to Dec. 13, 2016

Session 3 - Jan. 3 to Mar. 7, 2017

Session 4 - Mar. 28 to Jun. 20, 2017

ADULT GUITAR (15 - adult)

8:00 - 8:45pm

Session 1 - Sept. 21 to Oct. 26, 2016

Session 2 - Jan. 11 to Feb. 15, 2017

Session 3 - Apr. 5 to Jun. 30, 2017

ADULT UKULELE (15 - adult)

7:00 - 7:45pm

Session 1 - Sept. 28 to Dec. 12, 2016

Session 2 - Jan. 11 to Feb. 12, 2017

SENIOR GUITAR & UKULELE

10:30 - 11:15am

Session 1 - Sept. 12 to Oct. 24, 2016

Session 2 - Jan. 9 to Feb. 20, 2017

Session 3 - Apr. 5 to May 10, 2017

DROP-IN CLASSES

UKULELE CLUB (16+ years)

This is a jam session for all ability levels. Bring a Uke and a passion to strum and sing with others! You'll be amazed how quickly you fit in, whatever your level.

1st & 3rd Wednesday of each month.
Decades Coffee House,
45846 Wellington Ave.

Begins Sept. 7, 2016

DRUM CIRCLE (13+ years)

Where there is a heartbeat, there's a rhythm! Drum Circle is open to everyone, musical or not. Experience the musical, social, and health benefits of this ancient activity.

1st & 3rd Fridays of each month
Chilliwack Cultural Centre.

Begins Sept. 8, 2016



HEAD START!

**FOUR
PRIVATE LESSONS
ON ANY INSTRUMENT
FOR \$99**

No obligation,
no registration fees
for first time students.

See our website for
full details on all our classes:
www.chilliwackmusic.com

Cross Enrollment

Grades 10-12



Elementary Program

Grades K-7



Imagine Program

Grade 8-9 Blended Learning



Adult Up-Grading



SCHOOL ONLINE



FRASER VALLEY
Distance Education School

WWW.FVDES.COM

FAST & FUN!

SARDIS FLIERS SPEED SKATING

Learn to speed skate! Try it for free!

Twin Rinks
Mon & Thurs
5-8pm

sardisspeedskating@gmail.com
www.sfssc.ca

The Sardis Fliers are Chilliwack's short-track speed skating club. If you have a need for speed or Olympic dreams come check us out. Speed skating is perfect for ages 3-99, for recreation or competition!

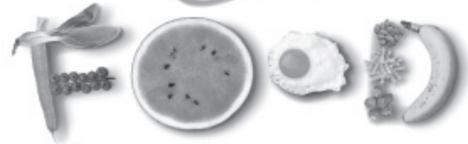
8-15 LG



More



Better



Free Family-based Program: MEND 7-13

Chilliwack Neighbourhood Learning Centre
Tuesday 5:45-7:45pm & Saturday 10:30-12:30pm

Email or Call to Inquire
mend.chilliwack@gv.ymca.ca or 604-701-4978 Ext. 6043

FALL SEVEN TIMES, RISE EIGHT

CHILLIWACK ISSHIN-RYU KARATE-DO

LEARN MARTIAL ARTS IN A FUN, SAFE, ENCOURAGING ENVIRONMENT!

LEARN KARATE, JU JITSU, KOBUDO, SPARRING, ADVINCULA COMBAT ESCRIMA.

LITTLE DRAGONS - AGES 5-7
KIDS - AGES 8-12
ADULTS - 13+

Family Discounts!

Competitive Rates!



website • Chilliwackisshinryu.ca
ph • 604-799-6504

email • chilliwackisshinryu@hotmail.com
facebook • Chilliwack Isshin-Ryu Karate Club

Make Music Happen



Come join us in September!
David @ 604-795-6435
chilliwackyouthorchestra.com



Chilliwack Youth Orchestra

Child Growth Society



where children of all needs grow

- Classes or Drop In
 - Sensory Enrichment
 - Gross & Fine Motor Skills
 - A2Z social skills club
 - Assisted Animal Therapy
 - Individual Behavioural Intervention
- Therapeutic Drumming
 - Stumbling Tots Gym class
- We also welcome children as a part of their homeschool curriculum!**



SENSORY GYM

604-824-6575 | info@mcsociety.com | mcsociety.com • Located at 5470 Dieppe place, Chilliwack, BC



Exciting Activities!

FOR AGES
12-18 YEARS OLD

Tuesday nights
6:30 - 9:15pm

1725 Army Cadet Corps
Building 1119, RCMP Pacific Region Training Centre
604-858-8748

Chilliwack Gymnastics Club

(1) Session One: Sept. 6 - Jan. 31 (2) Session Two: Feb. 1 - June 27

PRESCHOOL GYMNASTICS & TRAMPOLINE

Parent & Tot: Girls/Boys (Age: 2-3 yrs) 45min/wk: \$35 x 5 cheques dated Sept. to Jan.

Classes Offered (choose one): **Tues.** 10-10:45 am; **Thurs.** 9-9:45 am; **Sat.** 9-9:45 am

Kindergym: Girls/Boys (Ages 3-4, 4-5 yrs) 60 min class: \$40 x 5 cheques dated Sept. to Jan.

A 60 min class basic gymnastics skills on floor, bars, beam, vault, trampoline are introduced in a fun atmosphere; awards given at session end.

Classes Offered (choose one): **Mon.** to **Sat.** 9-10 am; 10-11 am; **Wed. & Thurs.** 5:30-6:30 pm

GYMNASTICS & TRAMPOLINE

Beginners & Intermediate Gymnastics: Girls/Boys (5-6, 7-9, 10-13 yrs) - 1.5 hr/wk: \$47 x 5 cheques dated Sept. to Jan.

Have fun learning gymnastics in our permanently set up Olympic gymnastic facility. Flexibility, strength, agility, confidence, and courage are achieved. Report cards and awards given at season end.

Classes Offered (choose one): **Mon. to Fri.** 3:30-5pm & 5-6:30 pm, 6:30-8pm; **Sat.** 11-12:30 pm

Display Team: Girls/Boys (Age 10 yrs & up) 2 hr/wk: \$57.00 x 10 cheques dated Sept. to June • Time: **Thurs.** 6:30-8:30 pm

Our display team is available to advanced level gymnasts. The team will build a group routine with gymnastic and acrosport skills for display purpose, will tour locally and throughout the lower mainland and plan to participate in provincial and national gymnastada.

BIRTHDAY PARTY! Celebrate Your Birthday With Us!

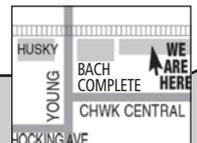
Our qualified coaches will treat you to an action filled 2 hours of fun on the bars, trampoline, foam pit, relay races and more. Invitations included.

Time: **Fri.** 5:00-7:00pm, **Sat.** 1-3pm, 3-5pm, 5-7pm, **Sun.** 11-1pm, 1-3pm, 3-5pm Cost: \$100/up to 10 kids (2 hrs)

REGISTER NOW! CLASSES START SEPT. 6

All classes are subject to enrollment and are first come first serve basis. Registration Insurance \$20. For more info, call 795-6009

8880-C Young Road
604-795-6009



Chilliwack Library • Sardis Library • Yarrow Library

Read. Learn. Play. | www.fvrl.ca



www.fvrl.ca

Check out the Chilliwack, Sardis and Yarrow Libraries today to read, learn and play!

Our Services

- FVRL Catalogue: Connect with us and other readers in our socially interactive catalogue.
- Search for programs in any FVRL library, for any age!

Follow Us Online!



The Chilliwack, Sardis and Yarrow Libraries are members of the Fraser Valley Regional Library. All programs and services are free with your FVRL card.

Here's what's happening at the Chilliwack, Sardis and Yarrow Libraries:

Book a Librarian

By appointment

Have a question? We've got experts that can help with research, computers, tablets, eBooks, the library catalogue and more! Book your personalized appointment today.

Check the FVRL events page at www.fvrl.ca or call the closest library for details.

Conversation Circles

Adults gather to practice and improve their English. This program is presented by Chilliwack Learning Society in partnership with the Chilliwack Libraries.

Meetings are held at both Chilliwack and Sardis Libraries. Check the FVRL events page at www.fvrl.ca or call the closest library for more information.

Chilliwack Library

45860 First Avenue
Chilliwack BC V2P 7K1
T: 604-792-1941
F: 604-792-7483

Mon–Thu 10 am–9 pm
Fri 10 am–6 pm
Sat 10 am–5 pm
Sun 1 pm–5 pm

Sardis Library

5819 Tyson Road
Sardis BC V2R 3R6
T: 604-858-5503
F: 604-858-5504

Mon–Thu 10 am–9 pm
Fri 10 am–6 pm
Sa 10 am–5 pm
Sun 1 pm–5 pm

Yarrow Library

4670 Community Street
Yarrow BC V2R 5E1
T: 604-823-4664
F: 604-823-4686

Tue 10 am–8 pm
Wed 10 am–4:30 pm
Thu 1:30 pm–8 pm
Sat 10 am–3 pm

Friends of the Chilliwack Libraries Society

This volunteer organization supports the libraries through advocacy, fundraising and assistance with various projects and programs. New friends are always welcome!

Check the FVRL events page at www.fvrl.ca or call the closest library for details.

Quiz Night

Chilliwack Library

Friday, October 14, 7 pm – 9:30 pm

No trivia is too trivial! Test your memory at the Friends of the Chilliwack Libraries Society 13th Annual Quiz Night. Come for a fun evening of laughter, groans and a chance to win the famous “Smarty Pants Award”! Win door prizes or buy tickets for the gift basket raffle! Bring your group of 8, or come alone and join others to form a team. Tickets for this popular event are \$13 per person, include a snack and are available starting on September 16 at the Chilliwack Library.

Book Sale Blitz

Chilliwack Library

**Saturday, November 19
10 am – 4 pm**

The Friends of the Chilliwack Libraries Society invite you to “A Book Sale Blitz”! One day only! All books are \$5.00 a bag (bag provided.)

Friends of the Chilliwack Libraries Society Annual Puzzle Sale

Sardis Library

Friday, February 3, 10 am – 4 pm

Saturday, February 4, 10 am – 4 pm

The ever-popular Puzzle Sale will take place at the Sardis Library this year. Make sure to bring in your used puzzles in January so that you can enjoy a 50% discount at the sale!

Book Clubs

We provide the books, you get to read and discuss with other literary folks. Meetings are held at the Chilliwack, Sardis and Yarrow libraries.

Check the events page at www.fvrl.ca or call the closest library for details.

Teens

Reading Buddies

Are you interested in volunteering at the library? Are you thinking about working with children? Become a Big Buddy at the Chilliwack, Sardis or Yarrow Library and help struggling readers in grade 1-4 with their reading.

Check the FVRL events page at www.fvrl.ca or call the closest library for details.

Kids

Storytime

Introduce kids to the love of books and language with Storytime! Children and caregivers will enjoy interactive stories, songs, rhymes, and more. Storytime prepares children to learn to read.

Check the events page at www.fvrl.ca or call the closest library for details.

Babytime

Making language fun! Start early with babytime. Help your baby develop speech and language skills – enjoy bouncing, singing and rhyming with stories. Babytime is a fun, social bonding activity for babies and caregivers.

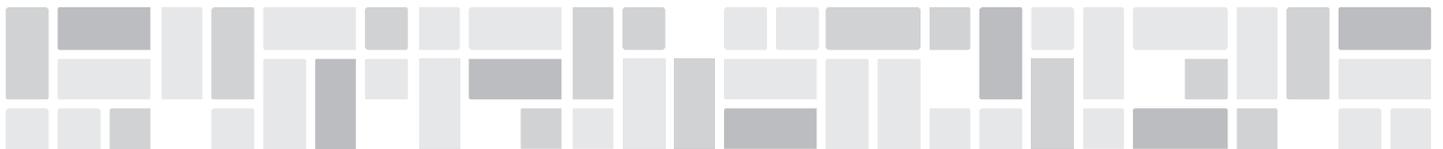
Check the events page at www.fvrl.ca or call the closest library for details.

Reading Buddies

Reading Buddies is a program that pairs high school students and adult volunteers with kids in Grades 1-4 who need extra help. Sign up begins in September, and we will continue matching up buddies until Spring 2017. To learn more, visit or call the closest library.

Check the events page at www.fvrl.ca or call the closest library for details.

For more information on these and other FVRL programs and services, check our website at www.fvrl.ca or contact your nearest library.





Building Community One Neighbourhood At A Time!

Did you know that building relationships in your community helps improve one's sense of well-being, quality of life and can increase neighbourhood safety?

The City of Chilliwack's *Celebration and Activity* program has funds and/or resources available to residents who wish to organize an activity in their neighbourhood. Block Parties, Barbeques, Christmas Carolling, Halloween Celebrations, or even a Winter Hot Chocolate Social are all great ways to meet your neighbours however the sky's the limit.

If you have an idea the City of Chilliwack may be able to help.

For more information on the *Celebration and Activity* Program visit www.chilliwack.com/community or contact the Recreation and Culture department at 604-793-2904



City of Chilliwack Public Skate/Drop-in Hockey Programs

Twin Rinks Arena and Prospera Centre

2016-2017

Event	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	ADMISSIONS PRICES Tots(2-5) \$2.50 • Child(6-12) \$3.00 • Youth(13-18) \$4.00 Senior \$4.00 • Adult \$5.50 • Parent & Tot \$3.00 Family Skate (2 adult + 2 children) \$10.50 Drop-in Adult Hockey \$8.00 Family Hockey is regular admission price						
Adult/Senior Social Skate	10:00am-11:30am Twin Rinks		9:15am-10:45am Twin Rinks				
Parent & Tot	11:45am-1:15pm Twin Rinks	12:00pm-1:30pm Prospera	9:30am-11:00am Twin Rinks	1:45pm-3:00pm Prospera	10:00am-11:30am Twin Rinks		
Adult Drop-In Hockey	12:00pm-1:30pm Twin Rinks		11:15am-12:45pm Twin Rinks		11:45am-1:15pm Twin Rinks		
Family Drop-in Hockey							1:15pm-2:45pm Twin Rinks
Adult Figure Skating		1:45pm-3:00pm Prospera		11:30am-1:00pm Twin Rinks			
Toonie Skate	3:15pm-4:45pm Twin Rinks	3:15pm-4:45pm Prospera	3:15pm-4:45pm Twin Rinks	3:15pm-4:45pm Prospera	3:15pm-4:45pm Prospera		
Public Skate	Subject to change, please check our website for monthly schedules at www.chilliwack.com/skate			6:15pm-7:45pm Prospera	6:45pm-8:15pm Twin Rinks	1:00pm-2:30pm Prospera 5:00pm-6:30pm Twin Rinks	2:45pm-4:15pm Prospera 6:00pm-7:30pm Twin Rinks

Food Bank Skates

Free admission with the donation of a non-perishable food item. All skate times are from 3:15-4:45pm

Monday, October 3, 2016 (TR)	Tuesday, December 6, 2016 (PC)	Wednesday, December 14, 2016 (TR)
Monday, November 7, 2016 (TR)	Wednesday, December 7, 2016 (TR)	Monday, January 9, 2017 (TR)
Thursday, December 1, 2016 (PC)	Thursday, December 8, 2016 (PC)	Monday, February 6, 2017 (TR)
Friday, December 2, 2016 (PC)	Friday, December 9, 2016 (PC)	Monday, March 6, 2017 (TR)
Monday, December 5, 2016 (TR)	Monday, December 12, 2016 (TR)	<i>Twin Rinks (TR) Prospera Centre (PC)</i>

Special Event Skates with City of Chilliwack Recreation & Culture

Mon Oct 10	Turkey Loonie Skate Monday, October 10, 2016 3:15pm - 4:45pm Twin Rinks 2	Sat Dec 17	Santa's Toonie Skating Party Saturday, December 17, 2016 5:00pm - 6:30pm Twin Rinks 2	Tues Feb 14	Valentine's Day Loonie Skate Tuesday, February 14, 2017 3:15pm - 4:45pm Prospera Centre
Fri Oct 28	Halloween Loonie Skate Friday, October 28, 2016 6:45pm - 8:15pm Twin Rinks 2	Sat Dec 31	New Year's Eve Toonie Saturday, December 31, 2016 3:00pm - 7:00pm Twin Rinks 2	Fri Feb 24	Hawaiian Tropic Toonie Friday, February 24, 2017 6:45pm - 8:15pm Twin Rinks 2
Wed Nov 11	Remembrance Day Loonie Friday, November 11, 2016 3:15pm - 4:45pm Prospera Centre	Sun Jan 1	New Year's Day Skate Sunday, January 1, 2017 12:00pm - 4:00pm Twin Rinks 1 & 2	Sat Mar 4	Thank You Free Skate Saturday, March 4, 2017 5:00pm - 6:30pm Twin Rinks 2
Sat Nov 19	Country & Western Loonie Saturday, November 19, 2016 5:00pm - 6:30pm Twin Rinks 2	Mon Feb 13	Family Day Skate Monday, February 13, 2017 2:00pm - 3:30pm Twin Rinks 1 & 2		

Cheam Leisure Centre Pool Schedule

45501 Market Way, Chilliwack, BC • 604-824-0231

FACILITY HOURS:
Mon.-Fri. 6:00am-10:00pm
Sat., Sun. & Holidays: 7:30am-9:30pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25M Lanes *lane swimming	6:00am-7:30am	6:00am-8:30am	6:00am-7:30am	Spartan Swim 5:00am-7:00am	6:00am-8:30am		
25M Lanes *limited space available	AquaFit Shallow 7:30am-8:30am 8:30am-9:15am	AquaFit Shallow 8:30am-9:30am	AquaFit Shallow 7:30am-8:30am 8:30am-9:30am	AquaFit Shallow 8:30am-9:30am	AquaFit Shallow 8:30am-9:30am AquaFit Deep 9:35am-10:20am		
	Lessons 9:00am-12:00pm AquaFit Deep 9:35am-10:20am	Lessons 9:00am-12:00pm	Lessons 9:00am-12:00pm AquaFit Deep 9:35am-10:20am	Lessons 9:00am-12:00pm	Lessons 9:00am-12:00pm	7:30am-9:20pm Lessons 9:00am-12:30pm	7:30am-9:20pm Lessons 9:00am-12:30pm
25M Lanes *lane swimming	10:30am-3:00pm	10:30am-3:00pm	10:30am-3:00pm	10:30am-3:00pm	10:30am-3:00pm		
25M Lanes *limited space available	Lessons & Swim Club	Lessons & Swim Club	Lessons & Swim Club	Lessons & Swim Club	Lessons & Swim Club		
	AquaFit Deep 7:30pm-8:30pm		AquaFit Deep 7:30pm-8:30pm				
25M Lanes *lane swimming	8:30pm-9:50pm	8:30pm-9:50pm	8:30pm-9:50pm	8:30pm-9:50pm	8:30pm-9:50pm		
Main Pool (Lap Pool) 82 F		Sauna (16+ yrs only) 145 F		Family Hot Tub (All Ages) 95 F		Leisure Pool & Lazy River 82 F	

*Schedule subject to change due to Special Events.

Lane Swim = 25 Metres 2 Lanes available for public lane swim.

We are open for Public Swim all hours of operations!

Chilliwack Landing Leisure Centre Pool Schedule

#1-9145 Corbould St., Chilliwack, BC • 604-793-SWIM (7946)

FACILITY HOURS:
Mon.-Fri. 6:00am-10:00pm
Sat., Sun. & Holidays: 7:30am-9:30pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
User Groups & Programs 25M Lanes *lane swimming	Deep AquaFit 8:30 am-9:20am	Spartan Swim 5:00am-7:00am	Deep AquaFit 8:30am-9:20am		Deep AquaFit 8:30am-9:20am	Spartan Swim 7:00am-9:00am	
25M Lanes *lane swimming	6:00am-9:20am	6:00am-10:15am	6:00am-9:20am	6:00am-10:15am	6:00am-9:20am		
User Groups & Programs 19M Lanes *lane swimming	Shallow AquaFit 9:30am-10:30am Physio 10:30am-11:00am	Physio 10:30am-11:00am	Shallow AquaFit 9:30am-10:30am Physio 10:30am-11:00am	Physio 10:30am-11:00am	Shallow AquaFit 9:30am-10:30am Physio 10:30am-11:00am	Deep AquaFit 9:00am-9:45am Shallow AquaFit 9:50am-10:35am	7:30am-9:20pm 25M LANES
25M Lanes *lane swimming	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm		
User Groups & Programs 19M Lanes *lane swimming	Physio 2:00pm-2:30pm Shallow AquaFit 2:30pm-3:30pm	Physio 2:00pm-2:30pm Shallow AquaFit 2:30pm-3:30pm	Physio 2:00pm-2:30pm Shallow AquaFit 2:30pm-3:30pm	Physio 2:00pm-2:30pm Shallow AquaFit 2:30pm-3:30pm	Physio 2:00pm-2:30pm Shallow AquaFit 2:30pm-3:30pm	10:45am-9:20pm 25M Lanes	
User Groups & Programs 25M Lanes *lane swimming	3:00pm-9:50pm Spartan Swim 4:00pm-6:30pm	3:00pm-9:50pm Spartan Swim 4:00pm-6:30pm	3:00pm-9:50pm Spartan Swim 4:00pm-6:30pm	3:00pm-9:50pm Spartan Swim 4:00pm-6:30pm	3:00pm-9:50pm Spartan Swim 4:00pm-6:30pm		
Main Pool (Lap Pool) 82 F		Leisure Pool (Wave Pool) 86 F		Family Hot Tub (All Ages) 99 F		Sauna & Steam Room (16+ yrs only) 125-145 F	

*Schedule subject to change due to Special Events.

Lane Swim = 25 Metres 2 Lanes available for public lane swim.
Width Swim = 19 Metres 1 Lane available for public lane swim.

We are open for Public Swim all hours of operations!

City of Chilliwack Public Skate/Drop-in Hockey Programs

Twin Rinks Arena and Prospera Centre

2016-2017

Event	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ADMISSIONS PRICES Tots(2-5) \$2.50 • Child(6-12) \$3.00 • Youth(13-18) \$4.00 Senior \$4.00 • Adult \$5.50 • Parent & Tot \$3.00 Family Skate (2 adult + 2 children) \$10.50 Drop-in Adult Hockey \$8.00 Family Hockey is regular admission price							
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Adult Drop-In Hockey	12:00pm-1:30pm Twin Rinks		11:15am-12:45pm Twin Rinks		11:45am-1:15pm Twin Rinks		
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Public Skate	Subject to change, please check our website for monthly schedules at www.chilliwack.com/skate			6:15pm-7:45pm Prospera	6:45pm-8:15pm Twin Rinks	1:00pm-2:30pm Prospera 5:00pm-6:30pm Twin Rinks	2:45pm-4:15pm Prospera 6:00pm-7:30pm Twin Rinks

Food Bank Skates

Free admission with the donation of a non-perishable food item. All skate times are from 3:15-4:45pm

- | | | |
|---------------------------------|----------------------------------|---|
| Monday, October 3, 2016 (TR) | Tuesday, December 6, 2016 (PC) | Wednesday, December 14, 2016 (TR) |
| Monday, November 7, 2016 (TR) | Wednesday, December 7, 2016 (TR) | Monday, January 9, 2017 (TR) |
| Thursday, December 1, 2016 (PC) | Thursday, December 8, 2016 (PC) | Monday, February 6, 2017 (TR) |
| Friday, December 2, 2016 (PC) | Friday, December 9, 2016 (PC) | Monday, March 6, 2017 (TR) |
| Monday, December 5, 2016 (TR) | Monday, December 12, 2016 (TR) | <i>Twin Rinks (TR) Prospera Centre (PC)</i> |

Special Event Skates with City of Chilliwack Recreation & Culture

Mon Oct 10	Turkey Loonie Skate Monday, October 10, 2016 3:15pm - 4:45pm Twin Rinks 2	Sat Dec 17	Santa's Toonie Skating Party Saturday, December 17, 2016 5:00pm - 6:30pm Twin Rinks 2	Tues Feb 14	Valentine's Day Loonie Skate Tuesday, February 14, 2017 3:15pm - 4:45pm Prospera Centre
Fri Oct 28	Halloween Loonie Skate Friday, October 28, 2016 6:45pm - 8:15pm Twin Rinks 2	Sat Dec 31	New Year's Eve Toonie Saturday, December 31, 2016 3:00pm - 7:00pm Twin Rinks 2	Fri Feb 24	Hawaiian Tropic Toonie Friday, February 24, 2017 6:45pm - 8:15pm Twin Rinks 2
Wed Nov 11	Remembrance Day Loonie Friday, November 11, 2016 3:15pm - 4:45pm Prospera Centre	Sun Jan 1	New Year's Day Skate Sunday, January 1, 2017 12:00pm - 4:00pm Twin Rinks 1 & 2	Sat Mar 4	Thank You Free Skate Saturday, March 4, 2017 5:00pm - 6:30pm Twin Rinks 2
Sat Nov 19	Country & Western Loonie Saturday, November 19, 2016 5:00pm - 6:30pm Twin Rinks 2	Mon Feb 13	Family Day Skate Monday, February 13, 2017 2:00pm - 3:30pm Twin Rinks 1 & 2		

Cheam Leisure Centre Pool Schedule

45501 Market Way, Chilliwack, BC • 604-824-0231

FACILITY HOURS:
Mon.-Fri. 6:00am-10:00pm
Sat., Sun. & Holidays: 7:30am-9:30pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25M Lanes *lane swimming	6:00am-7:30am	6:00am-8:30am	6:00am-7:30am	Spartan Swim 5:00am-7:00am	6:00am-8:30am		
25M Lanes *limited space available	AquaFit Shallow 7:30am-8:30am 8:30am-9:15am	AquaFit Shallow 8:30am-9:30am	AquaFit Shallow 7:30am-8:30am 8:30am-9:30am	AquaFit Shallow 8:30am-9:30am	AquaFit Shallow 8:30am-9:30am AquaFit Deep 9:35am-10:20am		
	Lessons 9:00am-12:00pm AquaFit Deep 9:35am-10:20am	Lessons 9:00am-12:00pm	Lessons 9:00am-12:00pm AquaFit Deep 9:35am-10:20am	Lessons 9:00am-12:00pm	Lessons 9:00am-12:00pm	7:30am-9:20pm Lessons 9:00am-12:30pm	7:30am-9:20pm Lessons 9:00am-12:30pm
25M Lanes *lane swimming	10:30am-3:00pm	10:30am-3:00pm	10:30am-3:00pm	10:30am-3:00pm	10:30am-3:00pm		
25M Lanes *limited space available	Lessons & Swim Club	Lessons & Swim Club	Lessons & Swim Club	Lessons & Swim Club	Lessons & Swim Club		
	AquaFit Deep 7:30pm-8:30pm		AquaFit Deep 7:30pm-8:30pm				
25M Lanes *lane swimming	8:30pm-9:50pm	8:30pm-9:50pm	8:30pm-9:50pm	8:30pm-9:50pm	8:30pm-9:50pm		
Main Pool (Lap Pool) 82 F		Sauna (16+ yrs only) 145 F		Family Hot Tub (All Ages) 95 F		Leisure Pool & Lazy River 82 F	

*Schedule subject to change due to Special Events.

Lane Swim = 25 Metres 2 Lanes available for public lane swim.

We are open for Public Swim all hours of operations!

Chilliwack Landing Leisure Centre Pool Schedule

#1-9145 Corbould St., Chilliwack, BC • 604-793-SWIM (7946)

FACILITY HOURS:
Mon.-Fri. 6:00am-10:00pm
Sat., Sun. & Holidays: 7:30am-9:30pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
User Groups & Programs 25M Lanes *lane swimming	Deep AquaFit 8:30 am-9:20am	Spartan Swim 5:00am-7:00am	Deep AquaFit 8:30am-9:20am		Deep AquaFit 8:30am-9:20am	Spartan Swim 7:00am-9:00am	
25M Lanes *lane swimming	6:00am-9:20am	6:00am-10:15am	6:00am-9:20am	6:00am-10:15am	6:00am-9:20am		
User Groups & Programs 19M Lanes *lane swimming	Shallow AquaFit 9:30am-10:30am Physio 10:30am-11:00am	Physio 10:30am-11:00am	Shallow AquaFit 9:30am-10:30am Physio 10:30am-11:00am	Physio 10:30am-11:00am	Shallow AquaFit 9:30am-10:30am Physio 10:30am-11:00am	Deep AquaFit 9:00am-9:45am Shallow AquaFit 9:50am-10:35am	7:30am-9:20pm 25M LANES
25M Lanes *lane swimming	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm		
User Groups & Programs 19M Lanes *lane swimming	Physio 2:00pm-2:30pm Shallow AquaFit 2:30pm-3:30pm	Physio 2:00pm-2:30pm Shallow AquaFit 2:30pm-3:30pm	Physio 2:00pm-2:30pm Shallow AquaFit 2:30pm-3:30pm	Physio 2:00pm-2:30pm Shallow AquaFit 2:30pm-3:30pm	Physio 2:00pm-2:30pm Shallow AquaFit 2:30pm-3:30pm	10:45am-9:20pm 25M Lanes	
User Groups & Programs 25M Lanes *lane swimming	3:00pm-9:50pm Spartan Swim 4:00pm-6:30pm	3:00pm-9:50pm Spartan Swim 4:00pm-6:30pm	3:00pm-9:50pm Spartan Swim 4:00pm-6:30pm	3:00pm-9:50pm Spartan Swim 4:00pm-6:30pm	3:00pm-9:50pm Spartan Swim 4:00pm-6:30pm		
Main Pool (Lap Pool) 82 F		Leisure Pool (Wave Pool) 86 F		Family Hot Tub (All Ages) 99 F		Sauna & Steam Room (16+ yrs only) 125-145 F	

*Schedule subject to change due to Special Events.

Lane Swim = 25 Metres 2 Lanes available for public lane swim.
Width Swim = 19 Metres 1 Lane available for public lane swim.

We are open for Public Swim all hours of operations!

Live 5-2-1-0 Playboxes in Chilliwack!

Healthy living has never been more fun and accessible for the whole family! There are three Live 5-2-1-0 Playboxes in Chilliwack that contain sports equipment and books that are **free** for community members to use and to return.

Sign-up at the Chilliwack Division of Family Practice's Healthy Kids Initiative website:

www.divisionsbc.ca/chilliwack/hkiaccess to access the code to unlock the box and unleash the fun!



Enjoy-
FIVE or more vegetables
& fruits every day

Power down-
no more than TWO hours
of screen time a day



Play actively-
at least ONE hour
each day

Choose healthy-
ZERO sugar-sweetened drinks



The Live 5-2-1-0 Playboxes are a project of the Chilliwack Division's Healthy Kids Initiative, City of Chilliwack, the Early Years table of the Chilliwack Child and Youth Committee, Chilliwack Sports Academy, Rotary Club of Chilliwack, and 89.5 The Drive.

This project is supported by SCOPE, an initiative of BC Children's Hospital that is focused on the Live 5-2-1-0 health promotion message and works with communities to make the healthy choice the easy choice for children.

Live 5-2-1-0 Playbox locations

Central Community Park (45951 Victoria Ave, Chilliwack)

Landing Centre (#1-9145 Corbould St, Chilliwack)

Watson Glen Park (5727 Tyson Rd, Chilliwack)



www.divisionsbc.ca/chilliwack
live5210@divisionsbc.ca





Chilliwack YMCA
45844 Hocking Avenue,
Chilliwack, B.C.
V2P 1B4

T: 604.792.3371
F: 604.792.7298
E: chilliwack@gv.ymca.ca

chilliwackymca.ca

YMCA Membership

Finding time to be active as a busy family can be challenging. At the Chilliwack Family YMCA, we not only provide a supportive and caring place for you and your kids, we also offer convenient programs that make it a little easier to live a healthy lifestyle. Our memberships are all-inclusive and include non-registered programs and activities for both kids and adults at the best times of day.

Every membership at the Y includes:

- Swim lessons for kids
- Programs for children, teens and adults at convenient times
- A variety of strength, cardio and conditioning equipment, squash courts and a full gymnasium
- More than 90 drop-in group fitness classes including AquaFit, Synrgy and Power Cycle.
- Access to other YMCA membership centres in Canada

Because we are so much more than a gym

You have a lot to offer the YMCA: your time, energy and ideas. As a YMCA volunteer, you might lead an exercise class, mentor young people, fundraise, produce a special event or advise on local issues.

Every kid deserves a chance

What do you think about a child's need to get a good start in life? The YMCA Strong Kids campaign is our way of raising the funds needed to ensure children and families can live healthier lives, right from the start.

Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.



Check out:

- Swim lessons, recreational swimming, lane swimming and AquaFit
- Games, crafts and sports
- Family night, open swim, open gym and more

Find out more

Looking for our program listings?

Go to chilliwackymca.ca or pop by to pick up your on-site activity guides. We have just the program for you.

chilliwackymca.ca



Swim lessons included
in all memberships

YMCA Aquatic Programs

At the Chilliwack Family YMCA, we believe every child should learn to swim and be safe in and around the water. That's why memberships include continuous swim lessons that are convenient and allow children to progress at their own pace.

- We help kids jump in, have fun, learn to swim and grow their confidence.
- Our programs—from bobbers to stars—give kids the skills needed for a lifetime of safe fun in the water.
- Membership makes it easy for families to be active together with recreational and family swimming at convenient times.
- Memberships include all day access to lane swimming and Aquafit at convenient times.



Private Swim Lessons

Private and semi-private swim lessons are available for anyone at any swim level who would like to reap the benefits of personalized one-on-one instruction.

Check out:

- YMCA swim lessons: Parent and tot, Lil' Dippers, Learn to Swim and Star Swim
- Private swim lessons
- YMCA Swim instructor courses
- Aquafit, Gentle Aquafit and more
- Aquatic Leadership Courses available: Bronze Star, Bronze Medallion, Junior Aquatic Leaders, YMCA Swim Instructor

Find out more

Looking for our program listings?

Go to chilliwackymca.ca or pop by to pick up your on-site activity guides. We have just the program for you.

chilliwackymca.ca

YMCA Programs For Children & Youth

Parents with young kids are tight on time and energy. That's why we focus on making our programs easy to fit into your schedule, while giving you the chance to exercise and recharge. Whether you're playing games together on Family Night, dropping in for a swim, introducing your child to new activities or each finding your own way to be active at the Y, you can be confident you are growing as a family.

YMCA memberships include programs for kids and adults at the best times of day.

Excellent pre-school and physical literacy programs for healthy child development

YMCA Youth Leadership Development

YLD is a safe, fun, comfortable environment where you can build self-esteem, lifelong friendships and develop strong leadership skills. Plus, you'll meet new people and have fun.

MEND - Mind, Exercise, Nutrition... Do It!

Screen time, school and busy family life can get in the way of living healthy, active lifestyles. Kids are spending less time being active and as a result, MEND is a fun, free, interactive program for families with children ages 7-13 who are working together to become more active and healthier. Participants learn how to choose healthier foods and spend time doing fun physical activities. This healthy behaviour and healthy weights program runs twice-weekly with mix practical demonstrations, games and tips about healthy foods, label reading and portion sizes with fun physical activity sessions for kids. **For more information email mend.chilliwack@gv.ymca.ca or call (604) 701-4978 ext. 6043**

Licensed Child Care

Choosing a child care provider is a big decision. You want your child to feel at home, learn, grow and have fun in an environment that is welcoming, safe and stimulating. And most of all you want caring and supportive caregivers who understand what makes your child special. Through both our early years and before and after school licensed programs, kids learn values and positive behaviours in a supportive environment. Children have the opportunity to be active, have fun and develop confidence. Plus, parents get the peace of mind knowing that children are active and learning while spending time with friends and positive adult role models.

We offer programs for the following ages:

- Infant and toddler (0-36 months)
- 3-5 year olds
- Preschool
- 5-12 year olds (before and after school)



Check out:

- YMCA Swim Lessons
- Childminding
- Physical Literacy Programs
- Active and creative Play
- Family Night
- Active Brains
- Kids Night Out
- MultiSport
- Birthday Parties
- Teens Night drop-in gymnasium

Find out more

Looking for our program listings?

Go to chilliwackymca.ca or pop by to pick up your on-site activity guides. We have just the program for you.

chilliwackymca.ca



**Ask for your free
Fitness Consultation
with one of our
personal trainers**

YMCA Health and Fitness

Are you looking for new ways to be active—either on your own or as a family?

All-inclusive YMCA Memberships include:

- A variety of strength, cardio and conditioning equipment, squash courts and a full gymnasium
- A variety of drop-in pool activities such as Aquafit, recreational swimming and lane swimming
- Access to our facility and programs from 5:45a.m. to 10:00p.m. on weekdays and 7:00a.m. to 9:00p.m. on weekends
- Active children's programming at convenient times of day

Life should be a bit easier

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

Personal Training

One-on-one training is a great way to get ongoing support as you strive to reach your health and fitness goals. Our certified, friendly and knowledgeable training staff will design a program to meet your individual needs and provide on-going support along the way.

The Chilliwack Family YMCA would like to gratefully acknowledge funding received from the City of Chilliwack.



Chilliwack Family YMCA

45844 Hocking Avenue
Chilliwack, BC V2P 1B4

Tel. 604-792-3371

Fax. 604-792-7298

chilliwack@gv.ymca.ca

www.chilliwackymca.ca

Find out more

Looking for our program listings?

Go to chilliwackymca.ca or pop by to pick up your on-site activity guides. We have just the program for you.

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FALL SESSION
SEPT 12 - DEC 17

ANNUAL OPEN HOUSE
SATURDAY, SEPTEMBER 10, 2016 at
TWIN RINKS ARENA • 11 AM - 1 PM

WINTER SESSION
JAN 2 - MARCH 11

SCHEDULE 2016/2017

**See website for no class dates.*

TWIN RINKS ARENA #2

CANSKATE <i>Available Days</i>	Lesson Time	Fall/Winter - 24 Weeks	Fall - 14 Weeks	Winter - 10 Weeks
Tuesday	4:30 - 5:15	Sept. 13 - March 7	Sept. 13 - Dec. 13	Jan. 3 - March 7
Wednesday	4:00 - 4:45	Sept. 14 - March 8	Sept. 14 - Dec. 14	Jan. 4 - March 8
Thursday	4:30 - 5:15	Sept. 15 - March 9	Sept. 15 - Dec. 15	Jan. 5 - March 11
Saturday	10:00 - 10:15	Sept. 17 - March 11*	Sept. 17 - Dec. 17*	Jan. 7 - March 11*

*Register by the Early Bird deadline of Sept. 10 & receive a 10% discount for a single session
OR register in 2 or more sessions & receive an additional \$50 discount!*

PRE-POWER SKATE <i>Available Days</i>	Lesson Time	Fall/Winter • 24 Weeks	Fall • 14 Weeks	Winter • 10 Weeks
Tuesday	4:30 - 5:15	Sept. 13 - March 7	Sept. 13 - Dec. 13	Jan. 3 - March 7
Thursday	4:30 - 5:15	Sept. 15 - March 9	Sept. 15 - Dec. 15	Jan. 5 - March 11

(age 3 and up welcome)

TWEENSKATE	Lesson Time	Fall/Winter Sessions
Wednesday	4:00 - 4:45	<i>(age 12 and up welcome)</i>

Register online: www.cheamskating.com / 604-824-9544  

8-16LG

Taoist Tai Chi arts

Moving Meditation



Beginner Classes in Chilliwack

Tues Sep 6th 11:00am-12:30pm
 Wed Sep 7th 7:00pm-9:00pm
 Sat Oct 1st 9:00am-10:30am

Location: 25-8635 Young Rd.

www.taoist.org (604) 795-4040

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- Large outdoor adventure playground
- Large classroom with dedicated areas of play, exploration & learning
- Large indoor gross-motor area
- Small class ratio of 1:5

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Patty Simpson
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Professionals



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2016 - 2017

First of 5 Sessions Start September 18

Register at Twin Rinks
or Cheam Source for Sports.
Forms also available online.

Classes at Twin Rinks
& Prospera Centre (Sundays)

All Classes are 45 min. on the Ice

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- YouSkate (Learn to Skate) •
★Ages 3.5 and up★
- Hockey/Power Skills •
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ATHLETES IN ACTION FRIDAY NITE BASKETBALL

Your Community League

Develop Skills Make Friends Build Character HAVE FUN

WHO Boys & Girls K - Grade 9

WHEN September 23 - December 2, 2016 (Friday nights)

WHERE In Chilliwack school gyms. Practice & games on Friday

WHAT Does a typical evening look like?
Positions - warm-up, large group ball control
Coach's Corner - dribbling, driving, shooting and skills training
More Than a Game - halftime talk
Games - 1-on-1, 2-on-2, 3-on-3, 4-on-4, 5-on-5

DIVISIONS

Slammin' Jammers - Kindergarten to Grade 5/6
An action-filled introduction to the foundational skills of basketball with an emphasis on FUN.

Building the Basics - Grade 5/6 to Grade 9
Learning the basics with an emphasis on three key skills: dribbling, driving & shooting,
as well as learning the rules of the game.

REGISTRATION INFO

Register at the Cottonwood Mall

\$120 - Fall Registration Saturday - Sept. 10, 10 am - 3 pm
Coupon valid only during registration at the Cottonwood Mall

FOR MORE INFO

Natalie Sache 604-794-3421
Director fnb_chwk@telus.net

WWW.FRIDAYNITEBASKETBALL.COM



Rosalie Roy Photography
www.rosalieroy.com

FREE BASKETBALL \$15 VALUE

Bring this coupon to the
Registration at the Cottonwood Mall
& receive a free basketball.

CHWIK02



CHILLIWACK

CHILDREN'S CHOIR

We're now accepting registrations for our fantastic FALL 2016 season of the newly formed Chilliwack Children's choir. Don't hesitate – your student will love their time in the Choir. We build musicality, confidence and friendships, and have fun in the process!

Paula DeWit's vision for the Chilliwack Children's Choir is to aspire young singers in Chilliwack by giving them the opportunity to grow and develop as musicians, performers and members of our community.

The Chilliwack Children's Choir gives students the opportunity to learn and develop as musicians. Students in this choir will learn the value of teamwork and will enjoy a profound sense of accomplishment at the progress that they will make throughout the year. The Choir will perform with the Chilliwack Symphony Orchestra & Chorus, and may be asked to sing at one or two other events over the course of the year.

Students in the Choir will be challenged with exciting and rewarding music, they will grow together as a team and they'll expand their musical horizons. They'll be introduced to music from around the world, to singing in foreign languages, to classic pieces of choral music and to exciting choral arrangements of some of today's most popular music.

Ages 7+ • Rehearsals Thursdays 3:30 pm – 4:30 pm • Tuition \$45/term



Paula is now accepting NEW students on the following instruments:

- Trumpet instruction
- Saxophone instruction
- French Horn instruction
- Clarinet instruction
- Vocal Coaching
- Beginner Piano

Sessions start at \$25 per half hour

604-795-0521 • www.pauladewit.com




Come Swim With Us!

2016/2017 Starter & Maroon programs begin September 12, 2016 @ the Cheam Leisure Centre
More advanced "Competitive" Swimmer Programs start Wednesday, September 7th @ the Landing Leisure Centre

Register On-Line
www.spartanswimclub.com
spartans@spartanswimclub.com
 604-858-SWIM (7946)

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Why not see what Chilliwack ElderCollege has to offer you?

Online Registration Begins on Tues., August 30th at 9AM
 Go to: www.chilliwackeldercollege.ca

You can also register by phone.
 Call us on August 30th at 604-702-2611

We have limited capacity for in person registration at the office. Please contact us for more information.

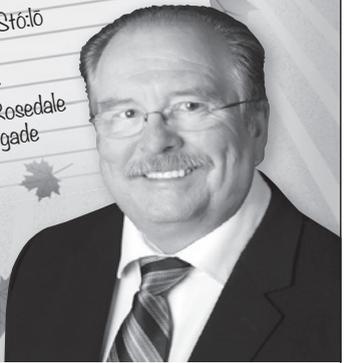


www.chilliwackeldercollege.ca
 Email: elder.college@ufv.ca • 604-702-2611

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Chilliwack's Checklist for Families FALL 2016

- ✓ Shop at a local Farmer's Market
- ✓ Take a hike in the Community Forest Project
- ✓ Ride bikes along the Vedder Rotary Trail
- ✓ Get a thrill white-water rafting
- ✓ Cheer on the Chiefs at a hockey game
- ✓ Get lost in the Chilliwack Corn Maze
- ✓ Experience a Stolo Cultural Tour
- ✓ Celebrate our heritage at Rosedale Harvest Brigade



#explorebc #sharechilliwack

p: 604-702-5214
 t: @JohnMartinMLA

w: johnmartinmla.ca
 e: john.martin.mla@leg.bc.ca



Chilliwack Central Karate Club

604.845.8845

WHY PARENTS LOVE OUR PROGRAM:

- Teaches Respect & Discipline
- Improves Listening Skills
- Develops Confidence
- Great Exercise!



WHY KIDS LOVE OUR PROGRAM:

- Classes are Fun and High-Energy
- They Learn Something New & Exciting
- They Make New Friends
- They Feel Stronger & Safer

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NEW STUDENTS ALWAYS WELCOME!

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 (near the train tracks)

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www.cckckarate.com • email: danthekarateman@hotmail.com

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ECODAIRY.CA




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- Seasonal camps and summer camp!
- No obligation to join the Regular Forces

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REGISTRATION STARTING NOW!

Call: 604-792-1123

Email: chwknnavyleague@gmail.com

3-16_SC025

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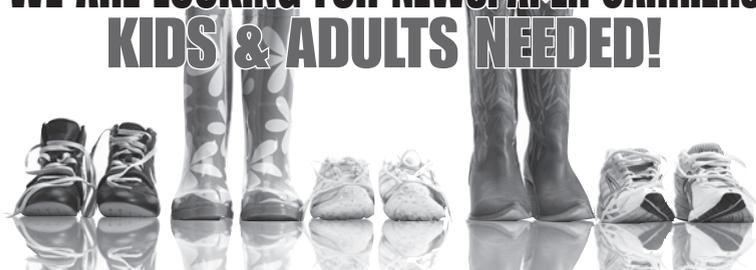
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csopastage
 the Chilliwack School of Performing Arts
 office@csopa.ca csopa.ca
604.792.9469



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www.chilliwackculturalcentre.ca

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MEDICAL • DENTAL • COMMUNITY SERVICES

SERVING THE

- Babies
- Children
- Youth
- Adults
&
- Elders

of Chilliwack with a full
range of programs
for a happy and
healthy life



STÓ:LŌ SERVICE AGENCY HEALTH offers many of its
services to anyone in the Chilliwack area.

You can also learn more about our services on
Facebook at facebook.com/stolonation or on Instagram @stoloserviceagency

Call (604) 824-3200 for more information,
drop by our centre at #7 - 7201 Vedder Road in Chilliwack
or visit our Website at www.stolonation.bc.ca



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Are you an adult student looking to graduate or upgrade your education?

Continuing Education offered at FVCES provides adults aged 17 years of age and older the opportunity to complete their graduation or upgrade courses.

EVENING COURSES STARTING **FALL 2016**

* classes must meet minimum enrollment to run

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TO REGISTER TODAY!!!!

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6-1616

Promontory Hummingbird Child Care Centre Inc.

Learning Through Play

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3-5 yrs

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0-3yrs

Unit 1&2 - 46170 Stoneview Dr., Promontory

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604-793-1222

45730 Airport Rd, Chilliwack

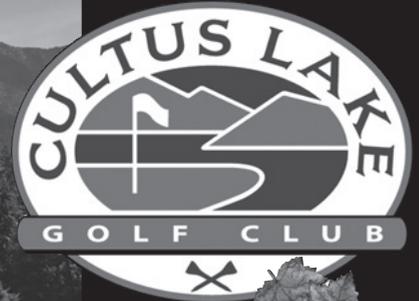
www.waylandsports.com

chilliwackinfo@waylandsports.com

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We Are Open YEAR ROUND!



4000 Columbia Valley Hwy., Cultus Lake

604.858.9902

www.golfcultus.com

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ILLUSIONS Rhythmic Gymnastics

Website: www.illusionsgymnasticschilliwack.com

Phone: 604-858-0238 • Email: irgym@shaw.ca

Rhythmic Gymnastics is a beautiful and challenging sport that combines elements with many styles of dance set to music. It incorporates the use of hand held apparatus such as balls, hoops, ribbons and so much more.

Jelly Beans - (Ages 3 & 4)

LITTLE MOUNTAIN ELEMENTARY
Wednesday 5:00-5:30

SARDIS ELEMENTARY
Thursday 4:30-5:00

VEDDER ELEMENTARY
Tuesday 4:30-5:00

Beginners - (K + Grade 1)

VEDDER ELEMENTARY
Tuesday 5:00-6:00

LITTLE MOUNTAIN ELEMENTARY
Wednesday 5:30-6:30

NEW THIS YEAR

Junior Display (Grades 4-7)
Wednesday 5:30-6:30 (Acrobatics) &
Thursday 6:30-8:00

Intermediates

VEDDER ELEMENTARY
Grades 2 & 3
Tuesday 6:00-7:00

LITTLE MOUNTAIN ELEMENTARY
Grades 2-5
Wednesday 6:30-8:00

SARDIS ELEMENTARY
Grades 4-7
Thursday 5:00-6:30



PROVIDING PROGRAMS THAT MAKE A POSITIVE DIFFERENCE FOR FAMILIES IN OUR COMMUNITY

- Youth Services - Counselling and Groups, topics covered: Communication, Interpersonal Relationships, Abuse, Living with Mental Illness, Self-Esteem, Bullying, Trauma, Anger and Conflict Resolution
- Summer STAR program - work readiness & recreation
- Children Who Witness Abuse Program
- Children's Expressive Arts Therapy
- Parenting Programs - Parenting Time, and Connect Parenting Programs
- Children In Between - Designed to sensitize parents to the many ways in which their children can be caught in the middle of their parent's emotional strife, before, during and after a family breakup.
- Stopping the Violence Women's Counselling & Women's Groups
- Men's, Couples and Family Counselling
- Legal Advocacy - Understand your rights regarding legal protection against Family Violence and Abuse during separation. Information and support regarding Income Assistance problems, Residential Tenancy Act Disputes, Custody, Access and Divorce, Learning about Court
- Building Healthy Relationships - Built on well researched principles, these workshops are designed to help couples to communicate and manage conflict more effectively. With the assistance of trained professionals couples will learn and practice relationship skills in a safe and comfortable environment.
- Ann's Treasures & Thrift Shoppe, 46230 Yale Rd, Chilliwack, 604-402-0014, Open Tuesday - Friday 10am - 4pm



Ann Davis Transition Society

Transition House - Shelter for Women and Children Fleeing Violence - 604-792-3116
For more information or to register for programs, counselling or advocacy please call: 604-792-2760, email info@anndavis.org or stop by our office at 9046 Young Rd.

9046 Young St. Chilliwack • 604-792-2760 • anndavis.org



Central Community School

9435 Young Road
Chilliwack BC,
V2P 4S7

T: 604.792.8539

E: ccecsc@gmail.com

www.facebook.com/CCECSS

<http://central.sd33.bc.ca/ccecsc>

Chilliwack Central Elementary Community School Society



“Community & School As One”

Located in the heart of downtown Chilliwack, Central Elementary provides ongoing programs and services daily within the school's facilities. CCECSS provides social, recreational activities, and educational programs and services to children and their families.

Who We Are

Chilliwack Central Elementary Community School Society (CCECSS) exists to develop, promote, and support programs, services, events, and opportunities that empower the Downtown Neighborhood, to satisfy community needs, and provide life-long learning opportunities for all. CCECSS is a non-profit society governed by volunteer members of the Community.

Gateway for Families hosts Community Partner programming that respectfully engages inner core community members from all age, ethnic, and socio-economic realms in opportunities that promote health and independence in their lives.

Use of the facilities has been made possible due to the partnership between the School District #33 and the City of Chilliwack. CCECSS would like to gratefully acknowledge funding received from the City of Chilliwack and the Ministry of Children and Family Development.

Programs and Services

Daytime Programing:

Gateway for Families

- Families First
- Family Literacy Adult Upgrading
- Chilliwack Learning
- UFV Education and Career Planning
- Chilliwack Child & Youth Success by 6
- FV CDC Next Step
- Families In Motion
- Big Brothers Big Sisters Fraser Valley

Preschool

- Infant/Toddler Daycare (for program participants)
- Central Gateway Preschool

Afternoon/Evening Programing:

Preschool

- Soccer
- Dance
- Mini Chefs
- Exploring Music

School Age

- Soccer
- Lego Robotics
- Baking Buddies
- Card Making
- Exploring Your Inner Musician
- Clay Creations
- Karate
- Dance
- Snag Golf
- Video Game Design
- Art Exploration
- Positively Girls
- Piano Lessons
- Zumba Kids
- Intro to Improv
- Red Cross Babysitter's Training
- Before/After School Care

- Home Alone Plus
- People Savers First Aid
- Drop In Tween Club (Grades 4-6)

Adult

- Zumba
- Yoga for Beginners
- Drop In Volleyball and Soccer
- Chilliwack Metis Association Meetings
- Piano Lessons

Community Access Centre Hours

This is a free service to meet your computer and internet needs.
Monday-Thursday
1:00pm- 4:00pm

Facility Available For Rent

Consider Chilliwack Central Elementary for your next birthday party, meeting, conference or reunion.
Available rentals:

Classroom

Multi-Purpose Room
Gymnasium/Kitchen
Community Kitchen

Contact Details

To book our facility, or for rate information and program inquiries, please contact our coordinator, Shannon Carmichael, at 604-792-8539 or 604-819-6687.

Fall/Winter Office Hours

Monday to Thursday
9:00-11:30am and 2:30-4:30pm
(Call to book additional times)

Cultus Lake Community School Association



Cultus Lake Community School Association

71 Sunnyside Boulevard (CLCSA)

Cultus Lake, B.C., V2R 5B5

Phone: (604) 858-7192 Fax: (604) 858-2793

Email: clcsa@clcsa.ca • Website: www.clcsa.ca

Like us on Facebook: Cultus Lake Community School Programs

Cultus Lake Community School Association

Office Hours

September – June

Mon 5pm-8pm

Wed – Fri 8am-12pm

Cultus Lake Community School is looking forward to another great year! Everyone is welcome to attend and register for our programs.

Mission Statement

“Our aim is to improve the quality of life for our community by focusing on the social, educational and recreational needs of families within this community”.

Kidzone Daycare

Ages 36m - 10 years

Daycare, Preschool,

and Afterschool Care

Please call Charlotte Hall at

604-791-8859 for further details

Children's & Youth Programs

Preschool Karate

Energy Busters

Junior & Senior Dance Classes

Gymnastics

Art

Karate

Yoga for Kids

Cooking Classes

Adult Programs

Drop In Video Fitness

Mondays 5-6pm

Seniors Yoga

Thursdays 9:30-10:30am

Cooking Classes



Family Movie Nights

Join us on select Friday nights in the gymnasium to check out the latest movies. Free show admission with concession purchase. Everyone welcome! Check out our website and like us on Facebook for dates and movie details.

Facility Rental Information

Have you thought of renting a room, gymnasium or portable for an event? Check out the lake for meetings, reunions, birthdays, seminars, sleepovers, and other events! We have reasonable rates with hassle free bookings.

Do you have a passion or talent?

CLCSA is currently accepting program proposals. If you have a skill or passion and the desire to teach others, please email Christy at: clcsa@clcsa.ca

Sponsors and Partners

The CLCSA is thankful for the continued support of the following sponsors and partners:

- S.D. #33
- Knight Road Legacy Association
- DASHbc
- Cultus Lake Community Association
- Cultus Lake Community School PAC



Greendale Elementary Community School
6621 Sumas Prairie Road, Chilliwack B.C., V2R 4K1
T: 604-823-7281 F: 604-823-4582
E: coordinator.gecs@gmail.com

www.gecss.com

The Greendale Elementary Community School Society

Your **Greendale Elementary Community School Society (GECSS)** is a nonprofit organization formed to provide *social, educational and recreational* activities for ALL in our community & beyond! Use of the Greendale Elementary Community School's facilities has been made possible due to the partnership between the Chilliwack School District #33 and the City of Chilliwack. GECSS gratefully acknowledges funding that is received by the City of Chilliwack.

GECSS is all about "**Community**". We hold Community Events such as Potlucks or Games Nights a few times a year to bring together all those who live in this great area!

Fall & Winter Programming

With the start of the school year, we are excited to see all the children getting back into their routines, reuniting with school mates & teachers and settling in! Our Fall Programming is a good way for young & old to try something new or possibly "hone their skills" on something once tried!

Greendale Community Block Party

Friday, September 9th from 4-9pm at Greendale School! **WHO:** Everyone in Greendale! **WHY:** Community gathering for ALL to reconnect after a great summer! **WHAT TO BRING:** Potluck casserole/crockpot meal and a salad and/or dessert to share! Also lawn chairs/picnic blankets and FRIENDS & FAMILY! 4-6pm will be FUN GAMES for ALL AGES! 6pm Dinner will be served!

Little Kickers Soccer Program

Thursdays year-round! All the info & registration can be found at www.littlekickers.ca



Chilliwack Chitoryu Karate

Mondays & Wednesdays from 6-7pm. Fall session starts on Monday, September 12th. For more info & to register, email chilliwackchitoryu@gmail.com

Acting Outright Drama Program

Mondays from 2-3:30pm. The Fall Session starts on Sept. 12th for 10 weeks (not Oct. 10th) with a performance on Tuesday, Nov. 29th. Open to all in elementary & middle school. Cost is \$105/registrant.

Chilliwack Rhythm Reelers

is offering their "Beginners Square Dance Class" at Greendale! Starting Thursday, Sept. 22 from 7-9pm. **FIRST NIGHT IS FREE!** 10 week commitment is \$50/person or drop-in rate at \$6/person. For more info call Marv or Iris Woolley at 604-823-7383.

Saturday Dance Class with Chloe

Saturday mornings from 9-11am for 8 weeks! September 24th – Nov. 19th (not Oct. 8th). Jazz / Hip Hop / Lyrical / Ballet / etc. What a great way to introduce some dance into your child's life! 9-9:45am for 5-7yr olds / \$70 per child. 10-11am for 8-10yr olds / \$80 per child.

Food Safe Course

Saturday, October 15th from 9-5pm. Cost \$85/registrant which includes a workbook and certification for 5 years!



Family Games Night

Friday, November 18th from 7-9pm. Bring a favorite board/card game that can be enjoyed by all! Snacks will be provided.

Red Cross Babysitting Course

Saturday, January 14th, 2017 from 9am-5pm. Do you have a child 11yrs or older who is wanting to start earning some money doing child care? Then this is the course for them! Cost \$50/registrant.

Please check our website

www.gecss.com for updates on all the programming that is run through GECSS. We hope to offer *Fitness Classes / Crafts / Music / Sports / Cooking* programs throughout the year. If there is a course or program that you would like us to put out there, we would love to hear about it!

We offer space for **RENTALS** too – *Birthday Parties, Family Gatherings, Company Meetings / AGM's, Club Meetings....* just give us a call and we would be happy to facilitate your event!

If you have any questions or would like to register for a program, please **contact the GECSS Office at 604-823-7281 or email us at coordinator.gecs@gmail.com** .

Promontory Community School



Promontory Heights Elementary Community School Assn.

46200 Stoneview Drive
Chilliwack, BC
V2R 5W8

T: 604.858.2999
F: 604.824.5925
E: phecsa@phecsa.ca

www.phecsa.ca

Promontory Heights Elementary Community School Assn.



The Promontory Heights Elementary Community School Association (PHECSA) is a non-profit organization formed to identify community needs and to provide for the participation of all community residents in social, educational and recreational activities. PHECSA would like to gratefully acknowledge the support of the Chilliwack School Board and funding received from the City of Chilliwack, and the Province of B.C.

Office Hours

Monday through Thursday
7:45 – 9:00 am; 1:00 – 8:00 pm
Friday 9:00 am – 5:00 pm
Saturday 11:00am – 3:00 pm

Check out our website
www.phecsa.ca
for all our latest information
and programs.

You can register on-line anytime.
(Paypal payment option available on-line)

Kids' Corner

(0-5 years)

Busy Bees Crafts and Coffee
Discover Dance: Twinkle Toes
Yoga for Kids
Tiny Chefs

Youth Zone

Promontory Tween Night (grades 5 – 7)
Babysitting Training
Video Game design

Adults

Yoga & Meditation
Pilates
Primetimers' Social – Drop In
Pickleball – Drop In

Kids Club (6-12 years)

Robotics
Video Game Design
Discover Dance: Happy Feet
Babysitter Training course
At Home Alone
Yoga for Kids
Multi Sports
Delicious Cupcake Creations
Baking up a Storm
What's Cook'n Kids

Special Events for Fall 2016

Promontory Community Picnic -
September
Halloween Howl

Birthday Parties

Birthday Party rentals include 2 hours
use of the Gym, Kitchen and Party
Room for \$75.

Rentals

We have facilities to rent for meetings,
seminars, workshops, etc. Please call
us about booking your next event in our
multipurpose rooms, gym or classroom.

Garden Gate Preschool

(Sept – June) For information about our
preschool, please call Leslie at 604-
823-4896

Panther Pen

Panther Pen is our quality licensed
before-school & after-school care
program at the school. Regular hours
are 7:00am – 8:10am (before-school
care) & 2:15pm – 6:00pm (after-school
care). We accept both full-time, part-
time, and drop-in children as space is
available. Call the PHECSA office for
information at 604-858-2999.



**Yarrow Elementary
Community School**

Yarrow Community School
4595 Wilson Rd. Yarrow BC V2R 5C4
Coordinator's Office
T: 604.823-0257
F: 604.823-2243

<http://yarrow.sd33.bc.ca>

Yarrow Community School

Yarrow Community School is very grateful for the support from the City of Chilliwack, the Province of BC and SD #33. Through these partnerships we are able to offer a variety of recreational and social programs in our community. We are always striving to provide new affordable, quality programs for everyone in our community and are interested to hear from anyone who may have a proposal or suggestion. Please call coordinator Sally Lum at 823-0257 for information on the following programs or to inquire about our facility rentals. Our website has photos, registration forms and upcoming events. <http://yarrow.sd33.bc.ca>

Facility Rentals

Our spaces are available for rent afterschool, evenings and weekends year round for community use. (some daytime space available)

Licensed Childcare Programs

Puddle Jumpers Daycare-Licensed Group Daycare for children 30 months to 5 years.

Jelly Beans Preschool – Licensed 3 and 4 yr. old programs. Play centred, qualified, experienced and FUN teachers.

Before And After School Care-Licensed Out of School Care for school age children. Full and Part time rates available.

Some of the Ongoing Weekly Fun...

Family Place, Pickle Ball, Zumba, Pilates, Floor Hockey. Please call the office to find out more details. 604-823-0257.



Pickleball

is the fastest growing sport and Yarrow is not getting left behind. We have a very enthusiastic group that plays Monday evenings 6:30-9pm. Drop-in for a toonie, all ages are welcome and encouraged to come join the fun. For more info please check out www.pickleballchilliwack.com

Tykes Fall Soccer League

Girls and Boys 4-6 yrs. (as of Dec. 2016). We play at the school Sat. mornings 10-11am. \$40 for 8 weeks. Lots of Fun!

Soccer Development Program

Coach Krystle Frederickson has her 'B Coaching License' and has coached soccer for 14 years and was a player for more than that! Saturday mornings in the gym. 10:15-11:15am. Jan. 21-Feb. 25, 2017. Only \$25/player.

Ankle Biters

3-4 yrs. old. Kids and Their Grown Up! – The COACH will demonstrate for the parent and then the parent will guide their child in performing the activity. Each session will include activities with and without the ball.

Knee Knockers

5-6 yrs. old. This age group will enjoy the ABC's (agility, balance and coordination) training for the skill and game they love! Each session will include activities with and without the ball.

Ball Hockey League

Saturday mornings, 9-10am. January 14th- March 4th \$40/player. For kids 6-10 yrs old.(as of Dec. 2016) We divide the gym in half and play the 6-8's on one side and the 8-10's on the other side. Space is limited so don't delay in getting registered.

Wrestling

Girls and Boys ages 6-12. COACH – Travis Drew is highly qualified and experienced. Tuesdays 5:30-6:30pm. in the gym. Sept. – Dec. Please watch our website for more detailed registration information or call Sally at 823-0257.

Babysitters Course

Friday, Feb. 24th 9am-5pm. (Pro D Day) \$45/participant. There are limited spaces for this popular course for boys and girls age 11 and up. The budding entrepreneur might want to get some certification before handing out their business cards!

Rosedale Traditional Community School



Rosedale Traditional Community School Society

50850 Yale Road
Rosedale BC
V0X 1X2

T: 604.378.0300
T: 604.794.7873
F: 604.794.7872
E: rtcss@rtcss.ca

www.rtcss.ca

Rosedale Traditional Community School Society (RTCSS)

Office Hours

- Monday-Thursday
8:00am-8:00pm
- Friday & Saturday
10:00-4:00pm

Mission Statement

“To provide broad inclusive programming for all ages in a safe and welcoming environment, providing lifelong learning opportunities for all ages.”



Who We Are

The Rosedale Traditional Community School Society, housed at the Rosedale Traditional Community School, is a non-profit Society governed by volunteer members of the Community. This venture has been made possible due to a partnership between School District #33 and the City of Chilliwack. RTCSS would like to gratefully acknowledge funding received by the City of Chilliwack, and Service Canada.

Facility Rentals

At the Rosedale Traditional Community School we have space that meets your needs. Meeting rooms, gyms, classrooms, computer lab, kitchens, art rooms, etc... Call to make an appointment to tour the facility and see what we can offer you. Company retreats, weddings, reunions, baby showers, retirement parties, birthday parties...

Programs

CHILDCARE CENTRE

- Infant Toddler Program
- Preschool Age Program
- School Age Program

- Intro to Sewing
- Lego Robotics
- Video Game Design
- Who Did It?
- Friday Fun Zone
- Babysitters Training

KIDS PROGRAMS 3-7YRS

- Indoor Soccer
- Kinder Karate
- Rhythmic Gymnastics
- Sports Bag
- Energy Busters
- Little Einstein
- Tiny Cooks
- Little Artist
- Little Princess

TEEN PROGRAMS 13-18YRS

- Babysitters Training
- Bannock and Legends
- Youth Nite

MUSIC PROGRAMS

- Piano Lessons-Private
- Guitar-Private
- Drums-Private
- Ukulele-Group

ADULT PROGRAMS

- Zumba
- Yoga
- Total Body Fit
- Strength and Conditioning (morning class)
- Babyfit (morning class)
- Bannock and Legends-FREE
- California Rolls
- Bath and Body Products DIY
- Water Colour Painting
- Quilting for Beginners

YOUTH PROGRAMS 5-12YRS

- Gymnastics
- Floor Hockey
- Indoor Soccer
- Karate
- Tennis
- Fashion Forward
- Chef's In Training
- At Home Alone
- Mad Scientists
- In the Studio

DROP IN PROGRAMS

- Volleyball
- Pickleball
- Badminton
- Friday Fun Zone Grades 4-6
- Youth Night Grades 7-9



Chilliwack Curling Club

9291 Corbould Street,
Chilliwack, BC
V2P 4A6

T: 604.792.1572
F: 604.792.1967
E: brenwick@curlchilliwack.org

www.curlchilliwack.org

Chilliwack Curling Club

Discover Curling!

Curling is a fun, affordable and social sport that is suitable for all ages and abilities. New curlers are made very welcome.

A wide variety of daytime and evening leagues are available throughout the week. Please visit our website or contact us for more information.

Open House

- Saturday, September 10 & Sunday, September 11, 1:00 - 4:00 pm
- Free admission! Everyone Welcome! Come give curling a try.
- Wear warm, loose fitting clothing and clean, flat-soled shoes.

Novice Adult Curling Clinic

- September 13, 14 & 15, 6:30 - 8:30 pm
- 3 nights of instruction for only \$20.
- Learn the basics of the game - delivery of a rock, sweeping, rules, etiquette, and strategy.

Ice Rental

Ice rental is available for groups of all sizes. From a small group of friends to a large event, we would love to host you. Perfect for a corporate outing! We can supply from 1-6 sheets of ice, with or without bar service. Curling experience is not necessary!



School Field Trips available – teachers can contact the club for details!

Seniors

55+ Curling Lessons

- September 12-16, 10:30 – Noon. Five lessons for \$35. Everything you need to know to get started in curling.
- Lessons available through the Elder College at UFV beginning in October.

Juniors

Junior Clinic

- September 26 & 27, 3:00 – 4:15 pm.

Leagues

- Little Rockers (8-11 year olds) – Mondays, 3:15 - 4:15 pm. \$50 for the season.
- Juniors (12-21 year olds) – Tuesdays, 3:45 - 5:45 pm. \$75 for the season.



Facility Rental

The Chilliwack Curling Club has banquet facilities which are perfect for weddings, Christmas parties or any kind of celebration. The bar, which overlooks the rink, is fully stocked and can accommodate up to 168 people. Catering can be arranged for full food service.

Follow us on Facebook and Twitter: [Facebook.com/ChilliwackCurling](https://www.facebook.com/ChilliwackCurling) • [@CurlChilliwack](https://twitter.com/CurlChilliwack) on Twitter

Chilliwack Heritage Park



**CHILLIWACK
HERITAGE PARK**
Events Happen Here

Chilliwack Heritage Park

44140 Luckakuck Way
Chilliwack, BC V2R 4A7
H: Mon - Friday: 8am to 4pm

T: 604-824-9927

F: 604-824-9957

E: info@chilliwackheritagepark.com

www.chilliwackheritagepark.com



Heritage Park

Chilliwack Heritage Park is a 65 acre park that boasts a 150,000 square foot building which can accommodate a number of events. Trade Shows, Conventions, Concerts, Dog Shows, Horse Shows, Arena Cross Events, ABA BMX Bike Grand Nationals and local club events just to name a few.

There is a seven acre field for outdoor concerts and festivals as well as plenty of space for camping with your event. There is also a rodeo arena as well as two outdoor sand arenas for your many different equestrian and agricultural events. All arenas are equipped with outdoor lighting for those evening rentals.

Heritage Park, which has been operational since July 2001, is ideally and conveniently located just off the Trans Canada Highway at Exit 116. This allows for easy access by those within Chilliwack as well as people living in the Lower mainland. The striking presence of this 150,000 square foot red building and 65 acre grounds also

attracts travellers from all over the Canada, as well as many visitors from the United States.

Heritage Park is a versatile facility. Features include a flexible public address system, box office and show office. The building is comprised of four floors; two are concrete floors that measure approximately 35,000 square feet each. There is also a 48,000 square foot dirt floor and a 30,000 square foot dirt floor. We have 150 portable box stalls for your equestrian event that can be put up on either the concrete or dirt floors, depending on your requirements. The building houses a portable stage, as well as tables and chairs. Our washroom facilities include showers and are handicapped accessible.

Heritage Park is not only a fine multi-use facility, but it also offers you a management and staff who are committed to your satisfaction. We would be pleased to work with you to help make your event a success.



Proudly Operated By:


**TOURISM
CHILLIWACK**
The Great Outside



**CHILLIWACK
HERITAGE PARK**
Events Happen Here

Chilliwack Heritage Park

44140 Luckakuck Way
Chilliwack, BC V2R 4A7
H: Mon - Friday: 8am to 4pm

T: 604-824-9927

F: 604-824-9957

E: info@chilliwackheritagepark.com

www.chilliwackheritagepark.com



September 2016

- 2-5 Canadian Barrel Racing
- 10 Lil Rascals Kid's Market
- 10-11 Light 'Em Up Slot Barrel Race
- 16-18 Lower Mainland Dog Fanciers Show
- 22 Friesian Horse Judging
- 23-25 Mt. Cheam Canine Dog
- 26 Australian Cattle Dog Show

October 2016

- 7-9 ABA-BMX
- 7-10 Fraser Valley Dog Fanciers
- 12 Ritchie Bros. Park & Ride
- 15-16 Mt. Cheam Lions Train & Hobby Show
- 20-23 The "Mane Event"
- 28-29 The Vintage Barn Market
- 29-30 Fraser Valley Poultry Show

November 2016

- 5-6 Overgeared R/C Racing
- 4-7 Elsie Murray Canine Association Dog Show
- 18-20 Chilliwack Christmas Craft Market
- 25-26 Future West Arenacross

December 2016

- 2-3 Future West Arenacross
- 10-11 All About Christmas Expo
- 14 Ritchie Bros. Park & Ride

January 2017

- 7 Pacific All Star Cheerleading Competition
- 27-29 Chilliwack Home & Leisure Show

February 2017

- 18-19 All About Kids Expo
- 24-26 Mt. Cheam Dog Show

Dates & Events subject to change. Please go to www.chilliwackheritagepark.com for updates.

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Community Directory

Youth Organizations

Air Wolf Air Cadets	604-792-0315
Army Cadets - 1725	604-858-8748
Royal Canadian Air Force Assoc 879 Wing	604-792-3637
Big Brothers & Big Sisters	604-858-0828
Chilliwack Royal Canadian Sea Cadets	604-792-1123
Chilliwack Safety Village	www3.telus.net/safetyvillage
Girl Guides of Canada	1-800-565-8111
Navy League 125 Columbia	604-854-4389
Mt. Cheam Pony Club	604-858-2931
Promontory Heights Community School –Youth Services	604-858-2999
Sea Cadets 169 Columbia	604-854-4389

Youth Sports

Athletes In Action - Friday Nite Basketball	fnb_chwk@telus.net 604-794-3421
Cheam Skate Club	604-824-9544
Chilliwack Gymnastics Club	604-795-6009
Chilliwack Minor Baseball	cmb.goalline.ca
Chilliwack Minor Football	wayne.bjorge@gmail.com 604-791-1863
Chilliwack Minor Hockey Assoc.	604-858-6031
Chilliwack Christian Jr. Hockey League	www.ccjhl.net or 604-793-3626
Chilliwack Minor Lacrosse Assoc.	www.chilliwacklacrosse.com
Chilliwack Minor Fastpitch Assoc.	www.chilliwackminorfastpitch.com
Chilliwack Crusaders Rugby	www.chilliwackrugby.com
Chilliwack Stingrays Swim Club	www.chilliwackstingrays.com

Chilliwack Track & Field Club

..... chilliwacktrackandfield.teampages.com

Chilliwack Vaulting Club..... www.vaultcanada.org

Chilliwack FC - Youth Soccer www.chilliwackfc.com chilliwackfcinfo@gmail.com | 604-792-0090 |

Fraser Valley Rhythmic Gymnastics www.fvrhythmics.com |

Fusion Athletics Cheer Club www.fusionathletics.ca |

Green Light Inline Hockey League
..... www.glihl.com or 604-997-4546 |

Karate (Shotokan style) 604-799-2807 |

Pacific Riding for Developing Abilities 604-858-2149 |

Prospera Centre - 3 on 3 Hockey League
..... www.prosperacentre.com | 604-702-0062 |

Prospera Centre - Learn to Skate
..... www.prosperacentre.com | 604-702-0062 |

Sardis Fliers Speed Skating Club
..... sardisspeedskating@gmail.com |

Simpson Skating School Assoc...... 604-795-9948 |

Spartan Swim Club..... 604-858-Swim |

Ball Groups - Adults

Chilliwack Slo-Pitch
..... chilliwackslopitch@gmail.com | www.chilliwackslopitch.ca |

Chilliwack Ladies Slo-Pitch..... 604-819-4036 |

Chilliwack Men's Slo-Pitch 604-795-5885 |

Chilliwack Seniors Slo-Pitch..... 604-824-0593 |

Chilliwack Wed. Night Two-Pitch 604-997-9847 |

Jolly Miller Slo-Pitch League 604-798-5248 |

Wildlife Slow-Pitch 604-798-4873 |

66 FALL 2016/WINTER 2017 CHILLIWACK LEISURE GUIDE

Hockey - Adults

Chilliwack Ball Hockey League	info@chilliwackbhl.com
Oldtimers Hockey League	Jake Kouwenhoven - 604-793-6811
Prospera Centre Adult Hockey League	adulthockeychilliwack@prosperacentre.com
Prospera Centre Women's Hockey	adulthockeychilliwack@prosperacentre.com
Upper Fraser Valley Hockey	Jake Kouwenhoven - 604-793-6811

Soccer - Adult

Chilliwack Rapids Soccer Club	therehdner4@shaw.ca or mumms20@hotmail.com
Chilliwack Men's Soccer League	604-824-0122
Chilliwack Div. 4 Metro Women's Soccer	mbrown29@telus.net
Chilliwack Oldtimers Soccer	604-858-2140
Seniors Indoor Soccer (over 60)	604-858-3934

Golf

Cheam Golf Course	604-858-7991
Chilliwack Golf & CC	604-823-4544
Cultus Lake Golf Club	604-858-9902
Kinkora Golf Course	604-858-8717
Bridal Falls Golf Course	604-794-7788
Royalwood Golf Club	604-823-4653
The Falls Golf & CC	604-745-4653

Other Sports

Chilliwack Central Karate Club	604-845-8845
Chilliwack Chito-Ryu Karate Club	604-402-4049
Chilliwack Curling Club	604-792-1572
Chilliwack Tennis Society	604-794-7515
Chilliwack Youth Triathlon Club	www.chilliwackyouthtri.com
Chilliwack Ultimate League	604-792-9591
Eastern District Cricket Club	www.freeteams.net/stags 778-988-3260
Fraser Valley Dragon Boat Society	info@fvdbc.com
Freedom Acrobatics	www.freedomacrobatix.com 604-316-5013

Mt. Cheam Cycling Club	604-795-BIKE
Revolution Martial Arts	revolutionmartialarts@hotmail.com 604-795-2972
Sho Bu Kai Karate Club	604-819-7255
Special Olympics	604-858-3390
Sun Hang Do	604-846-1888
Taoist Tai Chi Society of Canada	604-795-4040
Tesshinkan Ryukyu Bunka Kai Kan	604-858-3744
Woodside Riding School	604-858-7338

Bowling

Chillibowl Lanes Ltd.	604-795-2637
Chilliwack Lawn Bowling Club	250-735-7178
Evergreen Senior Carpet Bowlers	604-793-9979

Painting & Drawing

Chilliwack Visual Arts Association	604-792-2069
Golden Palette Club	604-769-2787
Solace Art Group	604-795-6166



Community Directory

Dance

Ball Room and Latin Dancing	604-316-0294
Ball Room and Latin Dance	604-701-0173
European Ballet Academy	604-701-0173
Capella Dance Academy	604-793-2221
Chilliwack Dance Schoolchilliwackdancesch.wix.com/chilliwackdance	604-795-6009
Chilliwack World Dance Group	604-796-3382
Creative Outlet Performing Art Studio	604-391-0909
Evolutionz Dance Studio	604-792-5528
Fleita Tutte School of Dance	604-794-7430
Happy Tappers (Tap Dance)	604-792-6696
Illusions Rhythmic Gymnastic Society	604-858-0238
Images Dance Studio	604-795-9890
Project Dance Dance	604-846-3262
Rhythm Reelers Square Dance Club	604-823-7383
Salsa Latin Style Dance	604-858-3144

Special Interest

Atchelitz Women's Association	604-858-5577
BC Wooden Toy Makers	604-799-2969
Camera Club of Chilliwack	604-796-3674
Canadian Cancer Society	604-792-3984
Central F.V. Woodcarverswww.centralfraservalleywoodcarvers.ca	
CFB Chilliwack Historical Society	604-701-6775
Chilliwack Animal Safe Haven ..info@thesafehaven.ca www.thesafehaven.ca	604-794-7233
Chilliwack Amateur Radio Club604-793-0078 www.chwkarc.ca	
Chilliwack Bereavementwww.members.shaw.ca/chilliwackbereavement	
Chilliwack Community Arts Council	604-796-2787
Chilliwack Elks Lodge #48	604-392-4414
Chilliwack Field Naturalists	604-792-8062
Chilliwack Floral Club	604-792-9297
Chilliwack Garden Clubwww.chilliwackgardenclub.org	604-795-7576
Chilliwack Lions Club (Kinsmen)www.lionwap.org	1-778-837-9850

Chilliwack Metis Association	604-703-9701
Chilliwack Museum & Archiveswww.chilliwackmuseum.ca	604-795-5210
Chilliwack Players Guild	604-792-2069
Chilliwack Riding Club	604-823-0220
Chilliwack Toastmasters-3486toastmasters.bc.ca	604-702-9850
Dogwood Monarch Lions Club	pudatca@shaw.ca
East Chilliwack Women's Institute	604-858-8046
Fraser Valley Mahjongg Club	604-855-6157
Fraser Valley R/C Flyers	rsamuels@telus.net
Gwynne Vaughan Park Society604-703-1168 www.gwynnevaughanpark.ca	
Heritage Chilliwack Society	heritagechilliwack@gmail.com
Kiwanis Club of Chilliwack	604-792-4371
Knights of Columbus	604-858-1711
La Leche League	604-824-1732
Mt. Cheam Canine Association	604-823-4925
Mount Cheam Lions Clubmtcheamlionsclub@gmail.com	604-792-3810
The Optimist Club of ChilliwackOptimistClubofChilliwack@gmail.com	604-792-4187
Paparazzi Photography	604-392-9598
Prostate Health Information/Awareness Group	604-824-5506
Royal Canadian Legion Br. #4	604-792-2337
Royal Canadian Legion Br. #280	604-858-3600
Ryder Lake Women's Institute	604-858-8751
Sons of Scotland	604-792-6696
Soroptomist International of Chilliwack	604-847-2233
SPCA	604-823-6612
Stellars Jays Lions Club	Karrie Sawkiw - 604-858-0367
TOPS Club	604-462-7479
Twin and Triplett Club	604-795-2545
United Empire Loyalists (Chilliwack Br.)	604-858-6748
Valley Women's Network	604-858-4747
Volkswagon Decades Car Club	604-795-2869
Westcoast Chuckwagon & Chariot	604-794-0130
Women's Breakaway	www.centraljourney.org

Music

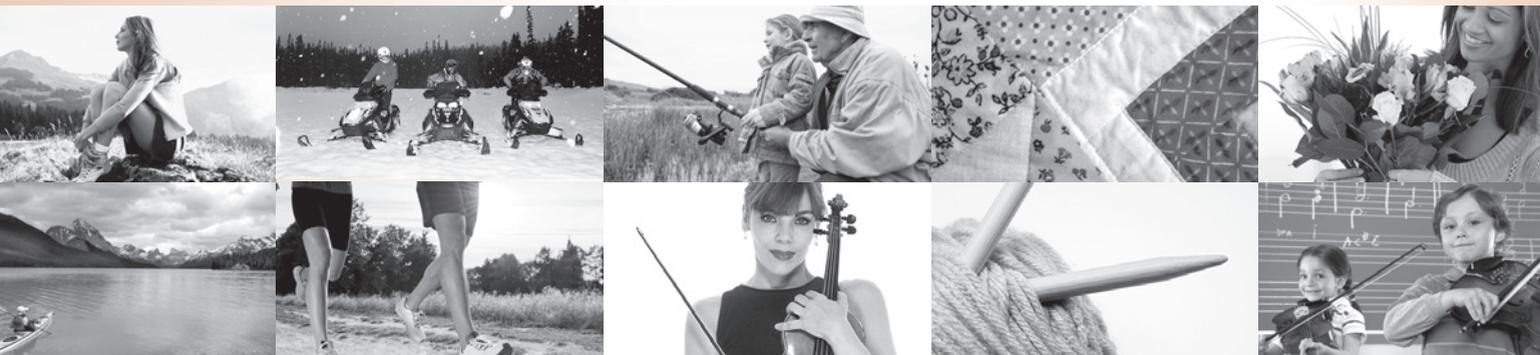
B.C. Registered Music Teachers	604-845-1343
Chilliwack Academy of Music	604-792-0790
Chilliwack & District Pipe Band	604-795-7325
Chilliwack Community Band ..	604-792-6532 or 778-875-4998
Chilliwack Country Jammers Association - Ron Biggar rnbgggr@shaw.ca..... chilliwackcountryjammers@gmail.com	
Chilliwack Happy Times Jazz Society	604-795-3600
Chilliwack Harmony Chorus	604-316-5220
Chilliwack Metropolitan Orchestra	604-703-1329
Chilliwack School of Performing Arts www.csopa.ca office@csopa.ca 604-792-9469	
Chilliwack Symphony Orchestra & Chorus	604-795-0521
Chilliwack Youth Orchestra	604-795-6435
info@chilliwackyouthorchestra.com www.chilliwackyouthorchestra.com	
Fraser Cheam Pipe Band	604-795-9302
Fraser Valley Youth Pipe Band	604-823-6608
Green Heart Sweet Adelines	604-795-6333
Heritage Singers	604-794-0055
Mini-Musik Studios	604-793-4327
Mt. Cheam Chamber Orchestra	604-792-2354
Music for Young Children	604-858-9666
Symphony Sundays	604-793-9394
Tiny Tinkles tinytinkles@hotmail.com 604-791-7749	
Vancouver Opera	604-858-5720

Outdoors

Can. Power & Sailing Squadron	604-824-8616 or 604-792-9373
Chilliwack Center of Excellence Kayak	604-858-0877
Chilliwack Hiking Club	www.HikeChilliwack.com
Chilliwack Outdoor Club	604-858-4928
Chilliwack River Rafting	604-824-0334
Coquihalla Summit Snowmobile Club www.coqsnow.com or 604-316-1600	
Cultus Lake Sailing Club	604-858-8678
Ducks Unlimited	604-794-7700
Fish and Game Club of Chilliwack	604-847-0277
Fish and Wildlife Branch	604-795-8422
Fraser Valley Dragon Boat Club	604-858-8464
Fraser Valley Rowing Club	604-858-3449
Fraser Valley Salmon Society 604-823-4637 or 604-858-7344	
Paddle Performance Kayak School	604-793-3501
Valley Power & Sail Squadron	604-824-1983
Vedder Running Club www.vedderunningclub.ca vedderunningclub@gmail.com 604-819-0824	

Crafts

Chilliwack Bobbin Lace Club	604-824-4705
Chilliwack Floral Club	604-792-9297
Chilliwack Spinners & Weavers Guild	604-794-7805
Chilliwack Quilters Guild	604-858-3720
HomeTown Hobbies & Toys	604-824-7529
Chilliwack Piece Makers Quilting Guild	604-858-6070
U.F.V. Knitting Club	604-792-3364



Community Directory

Agriculture

Agricultural Society	604-824-8191
Antique Farm Machinery Assoc.	604-856-4571
Atchelitz Threshermens Assoc.	604-819-2373
Chilliwack Beekeepers Community	604-819-9278
Chilliwack Exhibition	604-824-8191
Chilliwack Heritage Park	604-824-9927
4-H Clubs (Chilliwack & District)	604-796-9603
Farmers' Institute (Atchelitz)	604-824-0355
Farmers' Institute (East Chilliwack)	604-794-7060
Farmers' Institute (Ryder Lake)	604-824-7450
Ploughing Society of Chilliwack	604-796-3333

Seniors

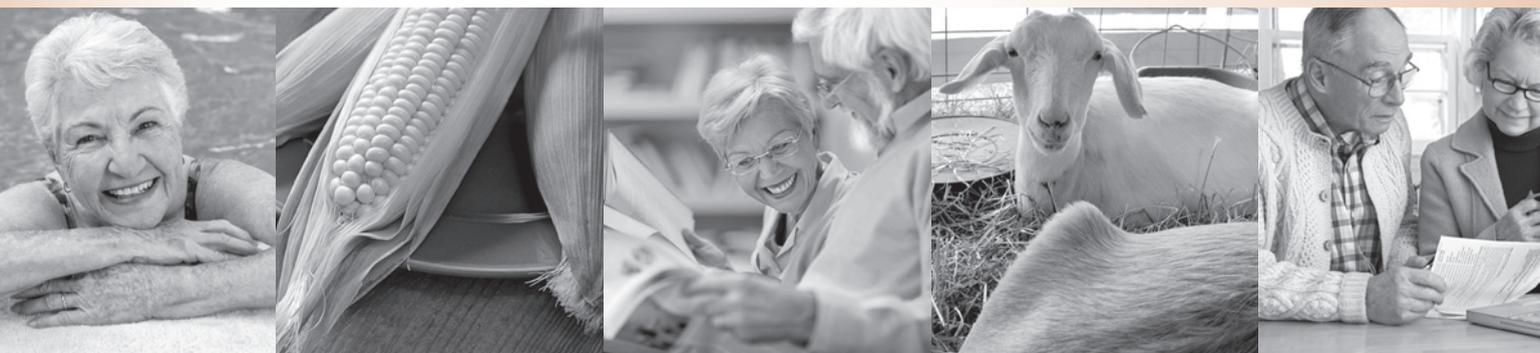
Anavets	604-792-6370
BCOAPO - Sardis	604-858-3910
BC Seniors Games	604-824-7963
Chilliwack & District Senior Resources Society	604-793-9979
Chilliwack Resource Centre	604-702-9595
Chilliwack Seniors Peer Counselling	604-793-7204
Chilliwack Seniors Rec Centre	604-792-4549
Chilliwack Seniors Social Society	604-792-6696
Chilliwack Seniors Veteran's Society	604-792-5850
Columbia Valley Regional Seniors	604-858-9774
Cooke's Presbyterian Church Seniors' Fellowship	604-792-2079 or 604-792-2154
Cultus Lake OAOP #164	604-858-6770
Elder College	604-702-2611

Evergreen Seniors Carpet Bowlers	604-795-9883
Fifties Plus, First Baptist Seniors	604-858-0606
Kiwanis Golden K	604-793-0459
Mt. Cheam Seniors Citizen Br. 91	604-794-7367
Probus Club of Chilliwack	604-792-2833
Probus Club of Mount Cheam	604-858-7370
Salvation Army Rainbow Country Seniors	604-792-0311
Senior Indoor Soccer	604-824-1720
Seniors Unlimited	604-858-4237
Yarrow Seniors Citizens Society	604-823-4325

Community Halls

Camp River Community Hall	604-794-7947
Columbia Valley Community Centre	604-858-9774
Evergreen Hall & Landing Sports Centre	604-793-2904
Cheam Leisure Centre	604-824-0231
Masonic Hall	604-792-1015
Mount Cheam Lions Hall (Riding Club Hall)	mtcheamlionsbc.lionwap.org 604-792-3810
OAP #173 Sardis	604-858-4066
Princess Armories	604-792-0315 or 604-316-4459
Riding Club Hall	604-792-3810
Ryder Lake Farmer's & Women's Institute Hall	604-824-7450 or 604-858-4162
Scout Hall (Kinsmen)	fairfieldscouthallrentals@gmail.com 604-807-1097
Tzeachten Community Hall	604-858-3888
Yarrow Community Hall	www.yarrowcommunity.com/rentals/ 604-823-4550
School District #33	604-792-1321

Please contact the City of Chilliwack Recreation and Culture Department at 604-793-2904 to update your club or organizations information.



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Leisure Access Pass

Residents living within the City of Chilliwack, who have limited financial resources, are encouraged to apply for a Leisure Access Pass. This pass will allow the holder a price-reduced entry into the Chilliwack Landing Leisure Centre, Cheam Leisure Centre or any City run public program offered at Prospera Centre or Twin Rinks.

Applications are available at the Recreation and Culture Department at City Hall, The Chilliwack Landing Leisure Centre, Cheam Leisure Centre, or online at www.chilliwack.com. For eligibility in the Leisure Access Program contact lap@recreationexcellence.com or visit and register at myselfserve.gov.bc.ca

Grade 5 Get Active Facility Pass

With the primary purpose of increasing participation and fitness levels of Grade five students, the Chilliwack Active Communities Committee is pleased to provide the Grade 5 Get Active Facility Pass program. In Partnership with the City of Chilliwack Recreation & Culture, Recreation Excellence, the Chilliwack Family YMCA and the Chilliwack School District this pass is made available to all grade five public, home or private schooled students in Chilliwack. The facility pass provides free admission to public swims, skates and selected drop-in sports from September 1st of the current year and expires August 31st of the following year. Get you pass, GET ACTIVE! For more information on receiving your free photo ID contact the Chilliwack Recreation & Culture Department at 604-793-2904.

Jumpstart

Canadian Tire Jumpstart® is a community-based charitable program that helps kids aged 4-18 participate in organized sports and recreation such as hockey, dance, soccer and swimming, so they can develop important life skills, self-esteem and confidence. Hundreds of children are helped locally through the Jumpstart program. For more information contact the Chilliwack Family YMCA or download and application at www.chilliwack.com.



KidSport™

Kidsport™ provides support to children to remove financial obstacles that prevent them from playing organized sport. The mission statement of Kidsport™ Canada states "We believe that no kids should be left on the sidelines and all should be given the opportunity to experience the positive benefits of organized sports". Applications for Kidsport™ can be obtained online at www.chilliwack.com or at www.kidsport.ca/bc.



2017 Chilliwack Community Sport Hero Awards

Seeking Nominations Now!!!

The Chilliwack Sport Hero Awards honours longstanding volunteers that have contributed countless hours to the development and delivery of sport to our community. If you know of anyone who makes a voluntary contribution either through coaching, officiating, administration, special events or programming, etc. and have done so for several years, now is your chance to have them recognized for their dedication.



The 2016 Chilliwack Community Sport Heroes were (left to right) Stephanie Toop, Larry Hine, Christine Peterson, Al Fedorkew, Shawn Pritchard, Daryl Rose and Aaron Zimmer.

Deadline for 2017 nominations is February 6, 2017

For nomination forms contact **604-793-2904** or visit www.chilliwackactiveforlife.ca

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