

July-August
Summer 2024

Recreation GUIDE

Summer Program Registration Opens
Wednesday, May 22 at 8:30am

whiterockcity.ca/register

Try a Stand Up Paddleboard class this summer. See page 14.

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

WHITE ROCK
City by the Sea

JULY 1

WHITE ROCK WEST BEACH

Cultural Performances and Live Music All Day
with Headliner The Hip Replacements,
a Tribute to The Tragically Hip

Family Fun Activities

Kid Zone

Vendors Marketplace

Fireworks Finale



WHITE ROCK'S
CANADA DAY
by the Bay



AUGUST 2, 3 & 4

**WHITE ROCK WATERFRONT
& SEMIAHMOO PARK**

Outdoor Movie Night

Torchlight Parade

Fireworks

Environmental Zone

Traditional Salmon BBQ

Live Performances and Music
with Headliner Fleetwood Magic,
a tribute to Fleetwood Mac
and More!

Learn more about upcoming
events in White Rock at
whiterockcity.ca/events

WHITE ROCK
City by the Sea

WHAT'S INSIDE

➔ General Information

- Summer Special Events 2
- Leisure Access Program 4
- Drop-in Admissions and Passes. 5
- Recreation and Culture Facilities 6
- Birthday Parties 8
- Cardio Gym 10
- Drop-in Schedule 13
- Parks and Trails 15
- Culture & Events 18

➔ Early Years UP TO 6 YEARS

- Sports 7

➔ Youth 5 - 17 YEARS

- Sports, Personal Development 7

➔ Adults 18+ YEARS

- Arts, Dance, General Interest 9
- Personal Training 9
- Group Fitness 10-11
- Specialized Exercise 11
- Yoga, Pilates, Barre 12
- Outdoor Recreation 14
- Sports 14
- Kent Street Activity Centre 16-17

3 EASY WAYS TO REGISTER



Go Online

whiterockcity.ca/register

Create or log in to your account using your email address. Call 604-541-2199 for assistance.

Registration begins Wednesday, May 22 at 8:30am



By Phone

604-541-2199 Amex, MasterCard, Visa

Registration begins Wednesday, May 22 at 8:30am



In Person

White Rock Community Centre

15154 Russell Avenue

Centennial Park Leisure Centre

14600 North Bluff Road

Kent Street Activity Centre

1475 Kent Street

Registration begins Wednesday, May 22 at 8:30am

Sign up for
*The Rec and Culture
Newsletter The BEAT.*

Get the latest news on
recreation programs, activities
and events emailed to you
bi-monthly.

Subscribe today at
whiterockcity.ca/connect

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

ONLINE REGISTRATION SYSTEM



HOW TO SEARCH & REGISTER

Our registration system allows you to search and filter programs by keyword, location, type of activity (service), instructor, date and age to find the programs that work best for you and your schedule.

GET READY FOR REGISTRATION

To register online with our system, you will need an account.

Make sure your account details are up-to-date. You can add family members, update your contact information and securely save a credit card to your file for a faster checkout.

HOW TO CREATE AN ACCOUNT

Visit the registration [login page](#) and select "signup". OR

1. Visit whiterockcity.ca/register and scroll down to "How to create an account" and select [whiterockreg](#)

Follow the prompts to create your account. A temporary account password will be emailed to you from communication@xplorecreation.com

Click on the link in the email to update your password. Your account is now verified and ready to use.

If you need assistance in setting up an account or are unsure if you have one, do not create a new account, please call 604-541-2199.



LEISURE ACCESS PROGRAM

The Leisure Access program provides low income residents with access to recreation programs and services.

The program ensures that residents are not restricted from access or participation in a reasonable variety of recreation activities due to financial hardship.

Residents are provided with a mechanism for accessing subsidies which incorporates confidentiality, dignity, privacy and easy access.

WHO IS ELIGIBLE?

All permanent White Rock and South Surrey residents who meet the annual family income limitations may apply.

Low income levels as recognized by Statistics Canada

Number in family:

1	2	3	4	5	6
\$24,196	\$29,448	\$36,670	\$45,748	\$52,094	\$57,775

THE LEISURE ACCESS PROGRAM PROVIDES SUBSIDIZED RECREATION FOR LOW INCOME FAMILIES

WHAT ARE THE BENEFITS?

White Rock Residents:

- **50% off eligible White Rock Recreation and Culture programs or memberships. Up to \$300 per year.**
Per individual; Some specialty programs are exempt.
- **Free public skating at Centennial Arena.**
A season pass for the ice-in season, October-March; helmet and skate rentals are included.
- **Grandview Heights Aquatic Centre and South Surrey Indoor Pool - Annual Pool Pass or 20 Session Pass available at 50% off.**

South Surrey Residents:

- **50% off eligible White Rock Recreation and Culture programs or memberships. Up to \$300 per year.**
Per individual; Some specialty programs are exempt.
- **South Surrey residents can apply to Surrey Parks, Recreation and Culture Leisure Access Program for access to Surrey's recreation facilities.**

HOW CAN I APPLY?

Applications are available at White Rock Recreation and Culture or visit whiterockcity.ca/lap to download the application form (pdf).

Complete one application per family and drop off the completed application form with proof of residency and proof of household income to one of our recreation facilities.

HOW DO I ACCESS MY BENEFITS?

Once you and your family have been approved for Leisure Access, we will contact you with information on how you can access your benefits.



DROP-IN ADMISSIONS AND PASSES

Purchase Passes at whiterockcity.ca/register

Our selection of admission and passes offer great value and access to a variety of drop-in activities available at all our recreation facilities.

Pass	Age	Pass Price	Drop-in Activities included	Single Drop-in
Active 10	Adult (19 - 64)	\$66	Fitness Centre Soccer Co-ed Group Fitness Classes	\$5.75 and \$7.25
	Senior (65+)	\$52		\$6.00 \$5.75 and \$7.25
Active 20	Youth (16 - 18)	\$92	Fitness Centre Soccer Co-ed Group Fitness Classes	\$5.75 and \$7.25
	Adult (19 - 64)	\$116		\$6.00
	Senior (65+)	\$92		\$5.75 and \$7.25
Active 30 Day (month)	Youth (16 - 18)	\$35	Fitness Centre Soccer Co-ed Group Fitness Classes	\$5.75 and \$7.25
	Adult (19 - 64)	\$40		\$6.00
	Senior (65+)	\$35		\$5.75 and \$7.25
ZYP 10	Youth (16 - 18)	\$113	Zumba STRONG Yoga Pilates	\$13.75
	Adult (19 - 64)	\$113		\$13.75
	Senior (65+)	\$113		\$13.75 \$13.75
Circuit 10	Youth (16 - 18)	\$88	Group Circuit Classes	\$9.50
	Adult (19 - 64)	\$88		
	Senior (65+)	\$88		
Social 10	Adult/Seniors (19+)	\$30	Mah Jong	\$5.00
			Peninsula Sketchers	\$5.00

All 10 and 20 visit cards expire in 2 years from date of purchase. Prices are subject to change and include tax.

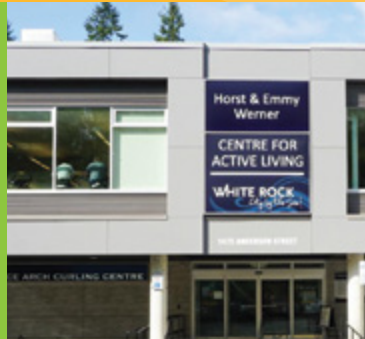
All memberships are non-refundable.

Say hello to summer at

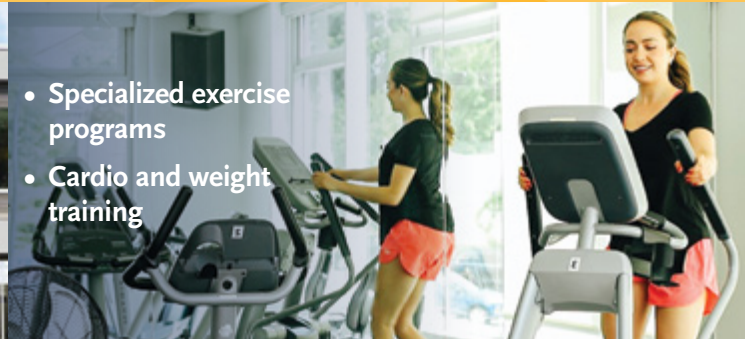
WHITE ROCK RECREATION AND CULTURE FACILITIES

CENTRE FOR ACTIVE LIVING (CAL)

1475 Anderson Street
(next to Centennial Arena)



- Specialized exercise programs
- Cardio and weight training



CENTENNIAL PARK LEISURE CENTRE AND ARENA (CPLC)

14600 North Bluff Road



- Sport field, tennis & Pickleball courts
- All abilities playground and dog park



KENT STREET ACTIVITY CENTRE (KSAC)

1475 Kent Street



- A focus on 55+ programs and activities
- Over 25 summer excursions

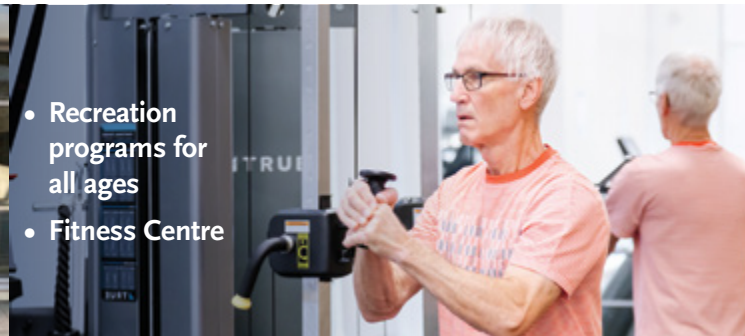


WHITE ROCK COMMUNITY CENTRE (WRCC)

15154 Russell Avenue



- Recreation programs for all ages
- Fitness Centre



Youth

Early Years

➔ Sports

Sportball Outdoor Multisport 2 - 5 years

Refine, rehearse, repeat. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive and non-competitive setting.

Field - Peace Arch Elementary

2 - 3 years Parent & Tot (parent participation required) 6 sessions
13698 M 5:15pm-6:00pm Jul 08 \$82

3.5 - 5 years 6 sessions
13702 M 6:00pm-6:45pm Jul 08 \$82

7 sessions
13701 Tu 6:00pm-6:45pm Jul 09 \$95

Sportball Outdoor Parent and Tot T-Ball

A great early start to the fundamental skills of T-Ball using a fun, play-based curriculum.

Field - Peace Arch Elementary

2 - 3 years Parent & Tot (parent participation required) 7 sessions

13703 Tu 5:15pm-6:00pm Jul 09 \$95

13700 Th 5:15pm-6:00pm Jul 11 \$95

Sportball Outdoor T-Ball

4 - 6 years 7 sessions
13699 Th 6:00pm-6:45pm Jul 11 \$95

➔ Sports

Sportball Outdoor Multisport 5 - 7 years

Refine, rehearse, repeat. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive and non-competitive setting.

Field - Peace Arch Elementary 6 sessions
13696 M 6:45pm-7:30pm Jul 08 \$82

7 sessions
13695 Tu 6:45pm-7:30pm Jul 09 \$95

Sportball Outdoor Soccer 6 - 9 years

Children work on the fundamental concepts of gameplay and skills in a supportive, non-competitive setting. Coaches zero in on skills such as throw-ins, dribbling, trapping, and passing in fun, exciting and skill-focused games. Classes take place rain or shine.

Field - Peace Arch Elementary 7 sessions
13697 Th 6:45pm-7:30pm Jul 11 \$95

Tennis Lessons 8 - 12 years

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

Instructor: Bruce Webster

Tennis Court 1 - Centennial Park 4 sessions
13709 F 5:00pm-6:30pm Jul 05 \$80

13713 F 5:00pm-6:30pm Aug 02 \$80

White Rock Tennis Club 4 sessions
13714 M 5:00pm-6:30pm Jul 15 \$80

3 sessions
13715 M 5:00pm-6:30pm Aug 12 \$60

➔ Personal Development

Leaders in Training 14 - 17 years

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

Education Room - Centre for Active Living 3 sessions
13096 Tu-Th 10:00am-2:00pm Jun 25 \$59



Jumpstart

Giving kids a sporting chance.

What is Jumpstart?

Jumpstart Charities help families overcome financial and accessibility barriers to sport and recreation in an effort to provide inclusive play for kids of all abilities.

Kids 4-18 years can receive funding to help with program registration fees.

Which White Rock Recreation and Culture programs are eligible?

Programs should be a minimum of five weeks in duration and include at least one session per week. Sports camps must last at least five consecutive days for consideration.

How do I apply for Jumpstart funding?

Please visit whiterockcity.ca/lap for more information and to access the Jumpstart granting system.

The City of White Rock is no longer able to apply on behalf of our community members.

If you have not yet applied for funding in 2024, please click on the 'Register' button and enter in your family information. Once the registration process is complete you will have the ability to apply for funding.





Plan your
**BIRTHDAY
PARTY**

with White Rock
Recreation and Culture

5-12
years

BRICKS ENGINEERING PARTY

CENTENNIAL PARK LEISURE CENTRE • Sundays from 11:00am - 1:00pm or 3:00pm - 5:00pm.

AN AFTERNOON OF LEGO® FUN

CHOOSE FROM 2 DIFFERENT PACKAGES:

- E-mailed party invitations.
- Hall rental for 2 hours (decorations, food/snacks not included).
- 1 hour of LEGO® activities including a motorized model build (1.25 hours for premium package).
- LEGO® based games and challenges, and LEGO® zip line build (**premium package only**).
- Mini figure for all children to create and take home (**premium package only**).
- Extra guests (\$10/child deluxe package, \$15/child premium package).

\$249 DELUXE PACKAGE (for 10 guests) • **\$299 PREMIUM PACKAGE** (for 10 guests)

5-14
years

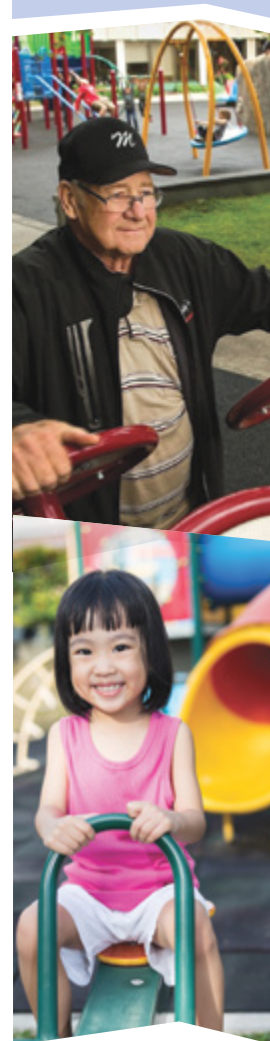
DANCE PARTY

CENTENNIAL PARK LEISURE CENTRE • Sundays 2:00pm - 4:00pm

A fun activity for kids who want to hit the dance floor. The birthday child can choose from a variety of styles including Hip Hop, Jazz or Ballet. The party will include a group warmup, dance games and learning a short routine, all planned by our dance instructor.

\$165 PACKAGE for up to 12 participants (additional fees apply after 12 party guests)

CALL 604-541-2199 FOR MORE DETAILS AND TO BOOK A PARTY



GENERATIONS PLAYGROUND in Centennial Park

14600 North Bluff Road

Generations Playground offers safety, dignity and independence for all ages and abilities. All activities are intuitive and easy to understand, providing uninhibited access and flexibility in use. This playground is not just for children, but for ALL people who want to improve their health, wellness and enjoyment by getting out of the house and being active.



Check out our amazing
SUMMER EXCURSIONS
in the Kent Street Activity Centre
Excursion and Activity Guide
Adults

➔ **Arts**

Peninsula Sketchers Drop-in

Do you like to draw? Just bring pencil and paper and enjoy two hours of sketching with this informal group every Friday afternoon. All levels are welcome. Social 10 Pass is available, \$30 for 10 sessions or \$5 drop-in.

Hall A - White Rock Community Centre ongoing
F 1:00pm-3:00pm

➔ **Dance**

Line Dance

Come share an hour of fun dancing to a wide variety of music from Latin grooves to Funky pop, and Country Western.

Instructor: *Susana Leung*

Hall A - White Rock Community Centre 7 sessions

Level 1 - For newcomers and those wanting easier routines while still learning.

13818 W 11:00am-12:00pm Jul 17 \$47

Level 2 - For dancers who are comfortable with many of the basic techniques and ready for the next level of choreographed dances.

13819 W 12:15pm-1:15pm Jul 17 \$47

➔ **General Interest**

Mah Jong Drop-in

Players should be able to count their hand prior to joining the drop-in. Social 10 Pass is available, \$30 for 10 sessions, or \$5 drop-in.

Lobby - White Rock Community Centre ongoing
M 1:00pm-3:30pm

➔ **Personal Training**

Basic Gym Routine

You will be given a basic fitness routine (cardio and weight training) that you can do at the gym. This is a group training class of 2 to 4 people. A Par-Q readiness questionnaire must be returned to the instructor. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age and have not been very active, check with your doctor before registering.

Instructor: *Cari Plotnikoff*

Cardio Gym 2 - Centre for Active Living 4 sessions
13865 Tu 2:00pm-3:00pm Jul 09 \$43

Fitness Guidance

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

Consult (30 minute)

Call 604-541-2199 to book an appointment.
13885 \$65

Total Fitness Testing

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

Assessment (2 hours)

Call 604-541-2199 to book an appointment.
13886 \$165



Cari Plotnikoff
Fitness classes

From a mother's health issues came a daughter's lifelong devotion to personal wellbeing and helping others. An athlete and team-sport player in high school, by 16, Cari was teaching professional fitness classes. Committed to her vision of holistic wellness, she completed a Psychology degree and for nearly three decades has been supporting and inspiring women to invest in their health and fitness; nurturing themselves, body, mind and spirit.

➔ Group Fitness

Body Works 55+

Body Works is a fun workout designed to improve your muscular endurance, functional strength and flexibility. This full body workout will keep you fit and ready for your active lifestyle.

Instructor: Frances Morris

Hall A - White Rock Community Centre 9 sessions
13893 Th 10:45am-11:45am Jul 04 \$45

Instructor: Shannon Dagneau

Auditorium - Kent Street Activity Centre 7 sessions
13842 M 8:45am-9:45am Jul 08 \$35

Hall A - White Rock Community Centre 8 sessions
13844 Tu 9:45am-10:45am Jul 09 \$40

Cardio & Strength Training Circuit for 55+

Strengthen, tone and burn calories on a dynamic cardio equipment circuit in the Centre for Active Living gym. Participants are encouraged to go at their own pace.

Instructor: Frances Morris

Cardio Gym 2 - Centre for Active Living 9 sessions
13891 W 9:30am-10:30am Jul 03 \$81

Instructor: Cari Plotnikoff

13861 M 10:15am-11:15am Jul 08 \$54

13863 Tu 11:15am-12:15pm Jul 09 \$63

Instructor: Shannon Dagneau 8 sessions
13845 F 9:45am-10:45am Jul 12 \$72

Fit Camp

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

Instructor: Frances Morris

Hall A - White Rock Community Centre 9 sessions
13892 Th 9:30am-10:30am Jul 04 \$45

Instructor: Shannon Dagneau

Auditorium - Kent Street Activity Centre 7 sessions
13843 M 10:00am-11:00am Jul 08 \$35

Get Stronger with Bands

Use resistance bands in this fun and effective class. Whole body workouts will tone every muscle group, improve balance and flexibility.

Instructor: Olga Chekoy

Hall C - White Rock Community Centre 9 sessions
13823 Th 12:00pm-1:00pm Jun 20 \$45

Movement for Fitness

Want to increase your physical activity level? This gentle exercise program includes some cardio and strength training, and no floor work. Exercises can also be done seated.

Instructor: Cari Plotnikoff

Fitness Studio 1 - Centre for Active Living 7 sessions
13864 Tu 12:15pm-1:15pm Jul 09 \$35

Summer schedule
in effect starting
July 2

WHITE ROCK COMMUNITY CENTRE FITNESS CENTRE

- FRIENDLY ATMOSPHERE
- SENSE OF COMMUNITY

HOURS:

MONDAY to FRIDAY:
8:30am - 4:30pm

SATURDAY:
9:00am - 2:00pm

GYM EQUIPMENT AVAILABLE:

- 2 Treadmills
- 2 Ellipticals
- Upright Bicycle
- Recumbent Bicycle
- Rowing Machine
- Recumbent Elliptical
- 2 Adjustable Benches
- Dumbbells up to 60 pounds
- Functional Trainer

DROP-IN ADMISSIONS AND PASSES

	ADULTS	SENIORS 65+/ YOUTH 16+*
Single Drop-in	\$7.25	\$5.75
Active 10	\$66	\$52
Active 20	\$116	\$92
Active 30 Day (month)	\$40	\$35

Passes can be renewed at whiterockcity.ca/register
* Post-secondary proof of ID required

For more information on drop-in admissions, see page 5.

➔ **Group Fitness cont.**

Stability Body Sculpt

Enjoy a full body, but gentle workout using the stability ball and one's own body weight as resistance. Each class ends with a long stretching session to reduce soreness and stiffness and promote feelings of well-being.

Instructor: Cari Plotnikoff

Fitness Studio 1 - Centre for Active Living 7 sessions
13868 F 11:15am-12:15pm Jul 12 \$39

Tai Chi - Intermediate

This class is designed for participants that have experience in the Yang style classical form 108.

Instructor: Johann MacDonald

Hall A - White Rock Community Centre 9 sessions
13894 W 9:30am-10:30am Jul 03 \$50

➔ **Specialized Exercise**

Exercise to Prevent & Manage Chronic Disease and Diabetes

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

Cardio Gym 2 - Centre for Active Living 34 sessions
13882 M/W/F 4:30pm-5:30pm Jul 03 \$395

ZOOM 24 sessions
13883 Tu/Th 3:15pm-4:15pm Jul 09 \$280

Exercise to Prevent Chronic Disease and Diabetes

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

Hall C - White Rock Community Centre 34 sessions
13881 M/W/F 3:15pm-4:15pm Jul 03 \$296

FAME Fitness and Mobility Exercise Program

Did you know that stroke is the leading cause of disability in Canada? Improve overall mobility, build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of experienced Certified Clinical Exercise Specialist Fred Kikhosrowkiany. FAME (Fitness & Mobility Exercise Program) is a community-based exercise program developed by researchers at UBC for post-stroke individuals that still maintain standing and walking ability.

Cardio Gym 2 - Centre for Active Living 14 sessions
13884 Tu/Th 4:30pm-5:30pm Jul 09 \$240

Balance Class 65+

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

Instructor: Olga Chekoy

Gallery - White Rock Community Centre 9 sessions
13821 Th 9:30am-10:30am Jun 20 \$65
13822 Th 10:45am-11:45am Jun 20 \$65

Instructor: Teddy Szell

Studio - White Rock Community Centre 7 sessions
13908 M 11:30am-12:30pm Jul 08 \$52

8 sessions
14050 Tu 11:30am-12:30pm Jul 09 \$59

Instructor: Cari Plotnikoff

Fitness Studio 1 - Centre for Active Living 15 sessions
13866 W/F 12:30pm-1:30pm Jul 10 \$111

Get Up and Go 65+

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

Instructor: Cari Plotnikoff

Fitness Studio 1 - Centre for Active Living 15 sessions
13867 W/F 2:00pm-3:00pm Jul 10 \$102

Osteofit for Life

Osteofit is a safe and effective strength, balance and coordination program specifically designed for those with osteoporosis and osteopenia, and those at risk of falling. Exercise can help to reduce the rate of bone loss, strengthen muscles, and improve balance. Education and information about osteoporosis prevention and treatment is provided within the program.

Level 1 - This class is suitable for those new to Osteofit.

Instructor: Teddy Szell

Studio - White Rock Community Centre 9 sessions
13904 Tu 9:00am-10:00am Jul 02 \$67

Studio - White Rock Community Centre 7 sessions
13906 M 9:00am-10:00am Jul 08 \$52

Level 2 - Must complete level 1.

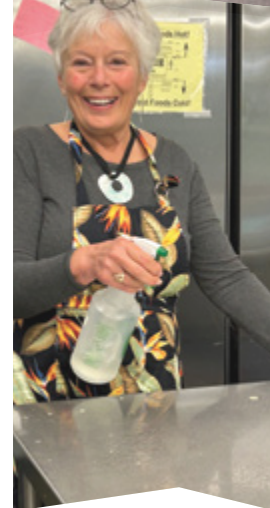
Instructor: Teddy Szell

Studio - White Rock Community Centre 9 sessions
13905 Tu 10:15am-11:15am Jul 02 \$67

Studio - White Rock Community Centre 7 sessions
13907 M 10:15am-11:15am Jul 08 \$52

Instructor: Cari Plotnikoff

Fitness Studio 1 - Centre for Active Living 15 sessions
13862 M/W 11:30am-12:30pm Jul 08 \$111



Connect with community!

VOLUNTEER

BENEFITS

- Make an impact
- Gain experience
- Share your experience
- Make friends
- Develop new skills

OPPORTUNITIES

- Support city events
- Help out at the Kent Street Activity Centre coffee shop
- Be a driver for senior excursions

whiterockcity.ca/volunteer



Melanie Henderson

Yoga Classes

Melanie tried everything under the sun to ease her severe lower back pain from long hours working at the computer. From her first yoga course many years ago, she knew she had not only begun her own healing journey, but would help countless others on their path back to wellness.

“I support people to take this practice away from the class and into their daily lives.”

➔ **Yoga / Pilates / Barre**

Barre Conditioning

A blend of Ballet-Barre, dancers Floor-Barre and Pilates exercises. Barre Conditioning focuses on toning and strengthening the feet, legs, abdominals, back and arms.

Instructor: Svetlana Lysenko

Studio - White Rock Community Centre 9 sessions
13888 W 10:15am-11:00am Jul 10 \$99

Pilates

Increase strength and flexibility with this mind and body workout. Core strengthening exercises and stretches help improve body awareness and posture.

Instructor: Svetlana Lysenko

Studio - White Rock Community Centre 9 sessions
13887 W 9:00am-10:00am Jul 03 \$101
13889 F 9:00am-9:50am Jul 05 \$97

Pilates at the Beach

This fun and invigorating Pilates at the Beach series offers challenging, yet low-impact core strengthening exercises and stretches that will improve your balance, body awareness, flexibility and core strength. Some Pilates experience recommended. No drop-in available.

Instructor: Fay Kubacki

East Beach 7 sessions
13846 Tu/Th 9:00am-10:00am Jul 09 \$77

Chair Yoga - Level 1

This yoga incorporates chair and standing postures, breathing techniques and guided meditation. Designed for older adults who have mobility or other physical challenges.

Instructor: Lynne Edel

Auditorium - Kent Street Activity Centre 6 sessions
13876 M 1:00pm-2:00pm Jul 08 \$66

Studio - White Rock Community Centre 6 sessions
13871 W 11:15am-12:15pm Jul 10 \$66
13872 Th 10:45am-11:45am Jul 11 \$66

Chair Yoga - Level 2 for Balance and Strength

This yoga incorporates more standing and balancing postures than Level 1 and uses the chair as a prop. It also includes meditation and breathing techniques and is designed for those who have more stability of the body.

Instructor: Lynne Edel

Studio - White Rock Community Centre 6 sessions
13869 Tu 1:00pm-2:00pm Jul 09 \$66
13873 Th 12:00pm-1:00pm Jul 11 \$66

Gentle Hatha Yoga

Hatha yoga focuses on increasing flexibility, muscular strength, and breathing techniques that help to centre and calm the mind.

Instructor: Lynne Edel

Auditorium - Kent Street Activity Centre 6 sessions
13870 Tu 5:00pm-6:00pm Jul 09 \$66

Gentle Therapeutic Yoga

A calming practice using body awareness, gentle movement and breathing to reduce pain, improve mobility, balance and strength.

Instructor: Melanie Henderson

Studio - White Rock Community Centre 4 sessions
13877 M 3:00pm-4:15pm Jul 08 \$48

Hatha Yoga

Hatha yoga focuses on increasing flexibility and muscular strength, in conjunction with breathing techniques to help center and calm the mind. These classes are designed to cultivate heat in the body and a strong focus on the power of breath awareness.

Instructor: Svetlana Lysenko

Hall C - White Rock Community Centre 9 sessions
13890 F 10:00am-11:00am Jul 05 \$99

Restorative Yoga

Use gentle yoga practices to increase your sense of well-being. Develop greater body awareness to reduce pain and increase strength, balance and flexibility.

Instructor: Melanie Henderson

Studio - White Rock Community Centre 5 sessions
13878 Tu 11:00am-12:15pm Jul 02 \$60

Yoga 55+

This holistic yoga class incorporates postures to stretch and strengthen the body along with breathing and meditation techniques to calm the mind.

Instructor: Lynne Edel

Studio - White Rock Community Centre 6 sessions
13874 Th 1:30pm-2:30pm Jul 11 \$66

Yoga for Seniors

A gentle practice which improves balance, strength and mobility allowing the body and mind to come alive with renewed energy.

Instructor: Melanie Henderson

Auditorium - Kent Street Activity Centre 5 sessions
13880 Th 10:30am-11:45am Jul 04 \$60

Yoga for Well Being

A calming gentle practice focusing on posture, balance, strength and mindfulness to increase your feeling of well-being.

Instructor: Melanie Henderson

Studio - White Rock Community Centre 4 sessions
13879 W 1:30pm-2:45pm Jul 03 \$48



Most programs begin the week of July 2

PRE-REGISTERED DROP-IN SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

GROUP FITNESS

Body Works 55+ 8:45am-9:45am KSAC	Body Works 55+ 9:45am-10:45am WRCC	Tai Chi-Intermediate 9:30am-10:30am WRCC	Fit Camp 9:30am-10:30am WRCC	
Fit Camp 10:00am-11:00am KSAC	Movement for Fitness 12:15pm-1:15pm CAL	Line Dance Level 1 11:00am-12:00pm WRCC	Body Works 55+ 10:45am-11:45am WRCC	Stability Body Sculpt 11:15am-12:15pm CAL
		Line Dance Level 2 12:15pm-1:15pm WRCC	Get Stronger with Bands 12:00pm-1:00pm WRCC (Starts June 20)	

CIRCUIT CLASSES

Cardio & ST Circuit 55+ 10:15am-11:15am CAL		Cardio & ST Circuit 55+ 9:30am-10:30am CAL		Cardio & ST Circuit 55+ 9:45am-10:45am CAL
	Cardio & ST Circuit 55+ 11:15am-12:15pm CAL			

YOGA/PILATES/BARRE

Chair Yoga Level 1 1:00pm-2:00pm KSAC	Restorative Yoga 11:00am-12:15pm WRCC	Pilates 9:00am-10:00am WRCC	Yoga for Seniors 10:30am-11:45am KSAC	Pilates 9:00am-9:50am WRCC
Gentle Therapeutic Yoga 3:00pm-4:15pm WRCC	Chair Yoga Level 2 1:00pm-2:00pm WRCC	Barre Conditioning 10:15am-11:00am WRCC	Chair Yoga Level 1 10:45am-11:45am WRCC	Hatha Yoga 10:00am-11:00am WRCC
	Gentle Hatha Yoga 5:00pm-6:00pm KSAC	Chair Yoga Level 1 11:15am-12:15pm WRCC	Chair Yoga Level 2 12:00pm-1:00pm WRCC	
		Yoga for Well Being 1:30pm-2:45pm WRCC	Yoga 55+ 1:30pm-2:30pm WRCC	

Classes and times are subject to change.

24 Hour Cancellation Policy: Participants must cancel their drop-in at least 24 hours in advance to receive a credit.

LOCATIONS:

CAL: Centre for Active Living,
1475 Anderson Street

CPLC: Centennial Park Leisure
Centre, 14600 North Bluff Road

KSAC: Kent Street Activity Centre,
1475 Kent Street

WRCC: White Rock Community
Centre, 15154 Russell Avenue

ACTIVE PASS

Valid for Group Fitness, Fitness Centre and more (see page 5)

VALID AT ALL LOCATIONS	ADULT (19-64)	SENIOR (65+)
SINGLE DROP-IN	\$7.25	\$5.75
ACTIVE 10	\$66	\$52
ACTIVE 20	\$116	\$92
ACTIVE 30 DAY (MONTH)	\$40	\$35

CIRCUIT 10 PASS

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

SINGLE DROP-IN	\$9.50
CIRCUIT 10	\$88

'ZYP' 10 PASS

Valid for Zumba/Pilates/Barre/Yoga STRONG

SINGLE DROP-IN	\$13.75
ZYP 10	\$113

Purchase passes at whiterockcity.ca/register. Passes expire 2 years from date of purchase. Prices include tax.

Adults

18+ YEARS



Patrick Mooney

Outdoor Hiking Leader

Patrick's lifelong love of the outdoors and commitment of service to his community came together a number of years ago. He believes that experiencing the natural world is a gift of healing and growth for people of all ages and abilities and devotes himself to helping that happen. From groups of special needs youth to young-minded retirees, Patrick reveals a more peaceful way of being in the world.

➔ Outdoor Recreation

Day Hikes

Hike on a different trail every week. Hikes go rain or shine, and the destination is subject to the trail and weather conditions. Hikes are led by an experienced and first aid certified outdoor leader.

Transportation is included.

Instructor: Patrick Mooney 1 session

PACE 1 - Average 4 hours of hiking, elevation gain will generally be less than 400m.

Lightning Lakes, Manning Park
13824 Tu 8:00am-5:00pm Jul 02 \$58

Lighthouse Park, West Vancouver
13825 M 8:00am-5:00pm Jul 08 \$58

Alice Lake, Squamish
13826 M 8:00am-5:00pm Jul 22 \$58

Whyte Lake, West Vancouver
13827 M 8:00am-5:00pm Jul 29 \$58

Killarney Lake, Bowen
13829 M 8:00am-5:00pm Aug 12 \$58

Belcarra Park, Belcarra
13828 Sa 8:00am-5:00pm Aug 17 \$58

UBC Pacific Spirit Park, Vancouver
13830 M 8:00am-5:00pm Aug 19 \$58

PACE 2 - 4 to 5 hours hiking at a faster pace; up to 20km, elevation gain up to 800m.

Heather Trail, Manning Park
13831 M 8:00am-5:00pm Jul 15 \$58

Dragon Back Trail, Hope
13832 Sa 8:00am-5:00pm Jul 20 \$58

Garibaldi Lake, Squamish
13833 Tu 8:00am-5:00pm Aug 06 \$58

Snowcamp Trail, Manning Park
13834 M 8:00am-5:00pm Aug 26 \$58

Introduction to Kayaking

Introduces the novice paddler to the basics of paddle strokes and assisted recoveries in a single kayak.

Instructor by West Beach Paddle

West Beach Boat Launch 1 session

13909 Sa 8:00am-4:00pm Jul 06 \$174

13912 Sa 8:00am-4:00pm Aug 03 \$174

Introduction to Stand Up Paddle Boarding

This introductory class will help with tips and tricks to get up and balance and the basic strokes to get you moving on the water.

Instructor by West Beach Paddle

West Beach Boat Launch 1 session

13477 Sa 8:00am-10:00am Jun 29 \$90

13917 Sa 8:00am-10:00am Jul 27 \$90

13918 Su 4:00pm-6:00pm Aug 04 \$90

13919 Su 8:00am-10:00am Aug 11 \$90

Kayak Evening Sunset Tour

Join others for a guided scenic sunset kayak tour.

Instruction by West Beach Paddle 1 session

Nicomekl River

13914 Sa 6:00pm-9:00pm Jul 06 \$105

13915 Sa 6:00pm-9:00pm Aug 03 \$105

White Rock Beach

13916 Su 6:00pm-9:00pm Sep 08 \$105

➔ Sports

Tennis Lessons

Players develop basic ball control skills and learn the fundamentals of ground strokes, volleys and serves. Rules and scoring are also covered.

Bring your own racquet. Balls will be provided.

Instructor: Bruce Webster

Adult Beginner

White Rock Tennis Club 4 sessions

13920 M 6:30pm-8:00pm Jul 08 \$80

13923 M 6:30pm-8:00pm Aug 12 \$80

Adult Intermediate

Tennis Court 1 - Centennial Park 4 sessions

13921 F 6:30pm-8:00pm Jul 05 \$80

13922 F 6:30pm-8:00pm Aug 02 \$80

Soccer Indoor Co-Ed

Enjoy an evening of adult co-ed recreational soccer. Meet new friends, get some exercise, and have fun. No experience necessary. Shin guards and runners recommended. \$6 drop-in.

Oval - Centennial Park 8 sessions

13875 Tu 7:00pm-8:30pm Jul 02 \$40

Pickleball Lessons

Pickleball instructional classes for beginners. Includes basic fundamentals, on-court etiquette, rules of the game as well as in-game strategies. Lessons taught by a certified BC Pickleball instructor. Bring your own pickleball paddle.

Instructor: Bert Coates/ Peggy Hof

Pickleball Courts 5 - 8 - Centennial Park 4 sessions

Level 1

13924 Tu/Th 1:00pm-3:00pm Jul 02 \$60

13925 Tu/Th 1:00pm-3:00pm Jul 30 \$60

13927 Tu/Th 1:00pm-3:00pm Aug 27 \$60

Level 2

13928 Tu/Th 1:00pm-3:00pm Jul 16 \$60

13926 Tu/Th 1:00pm-3:00pm Aug 13 \$60

Level 3

13929 W 1:00pm-3:00pm Jul 03 \$75

13930 W 1:00pm-3:00pm Jul 31 \$75

Cycling White Rock O-5-o Club

A non-competitive and recreational White Rock O-5-o cycling club. Meet up with other cyclists for weekly 3-4 hour rides and special out-trips. Call 604-541-2199 to register and for ride information.

12373 Su 10:00am start \$25

Visit our Parks and Trails this summer

Did you know that the City of White Rock has 15 parks and all are open from dawn to dusk?

White Rock parks come in all shapes and sizes and include sports fields, a running track, off-leash dog park, a stream, trails and more. Get out this summer and explore these unique green spaces.

1. **Barge Park** - 13689 Malabar Avenue
2. **Bayview Park** - 14586 Marine Drive
3. **Bryant Park** - 15150 Russell Avenue
4. **Centennial/Ruth Johnson Park** - 14600 North Bluff Road
5. **Coldicutt Park** - 14064 Marine Drive
6. **Davey Park** - 1131 Finlay Street
7. **Dr. R.J. Allan Hogg Rotary Park** - 15479 Buena Vista Avenue
8. **Emerson Park** - 15707/15725 Columbia Avenue
9. **Gage Park** - 15100 Columbia Avenue
10. **Goggs Park** - 15497 Goggs Avenue
11. **Hodgson Park** - 15050 North Bluff Road
12. **Maccaud Park** - 1475 Kent Street
13. **Memorial Park** - 15300 Block Marine Drive
14. **Stager Park** - 15200 Columbia Avenue
15. **Grand Chief Bernard Robert Charles Plaza** - 15400 Block Marine Drive





KENT STREET ACTIVITY CENTRE

1475 KENT STREET, WHITE ROCK • 604-541-2231

2024 KENT STREET ACTIVITY CENTRE MEMBERSHIP

\$42⁰⁰ Valid until December 31, 2024

Why choose Membership?

- The opportunity to participate in 17 different activity groups
- Member pricing for all Kent Street Activity Centre special events
- \$5 off any 55+ excursion
- Volunteer leadership opportunities in many activity groups

3 easy ways to purchase your membership



Go Online

whiterockcity.ca/register

Create or log in to your account using your email address. Call 604-541-2199 for assistance.



By Phone

604-541-2199

Amex, MasterCard, Visa



In Person

Kent Street Activity Centre

1475 Kent Street

White Rock Community Centre

15154 Russell Avenue

Centennial Park Leisure Centre

14600 North Bluff Road

ACTIVITY GROUPS

Each activity group collects an additional participation fee.

For more information on ALL the membership activities, check out [membership activities at a glance](#)

Dance, Drama & Music

Kent Street Players Theatre Group

Friday 2:30pm-4:30pm
Kent Street Auditorium

Kent Street Choristers

Tuesday 9:30am-11:00am
Kent Street Auditorium

Sing Along

Tuesday 2:00pm-3:30pm
Kent Street Classroom

Kent Street Centre Dances

Wednesday 7:00pm-9:30pm
Kent Street Auditorium
\$9/Members \$7

Arts & Crafts

Peninsula Woodcarvers

Tuesday 6:00pm-9:00pm
Semiahmoo Secondary Woodshop

Stitch & Chat

Friday 2:00pm-4:00pm
Kent Street Classroom

Card Games

Contract Bridge

Tuesday 1:00pm-3:30pm
Friday 1:00pm-4:00pm
White Rock Community Centre
Sunday 1:00pm-4:00pm
Kent Street Classroom

Partners Contract Bridge

Friday 7:00pm-9:30pm
Kent Street Classroom

Duplicate Bridge

Wednesday 1:00pm-4:00pm
Centennial Park Leisure Centre

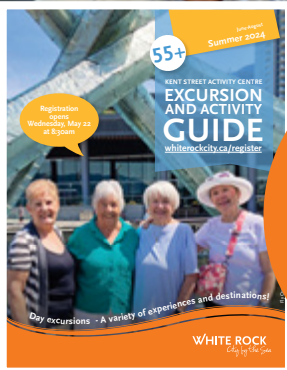
Fun Bridge

Wednesday 1:00pm-3:30pm
Kent Street Classroom

Thursday Afternoon Cards

Cribbage, Canasta and Rummy
Thursday 1:00pm-3:15pm
Kent Street Auditorium

Don't forget you can visit any Activity Group three times as a guest before taking out a membership. Ask for your guest pass on your first visit.



Check out our amazing **SUMMER EXCURSIONS** in the Excursion and Activity Guide

General Interest

Computer Club

Wednesday 12:30pm-2:30pm
Kent Street Auditorium

Active Living

Carpet Bowling

Wednesday and Friday
10:00am-12:00pm
Kent Street Auditorium

Snooker

The Kent Street Snooker Room is open during operating hours.

Table Tennis

Monday 7:15pm-9:15pm
Wednesday 2:45pm-4:15pm
Saturday 11:00am-2:00pm
Kent Street Auditorium

Fresh & Lively Luncheons

Co-sponsored with Brella Community Services Society. Pre-registration is required. No drop-ins. Please call 604-531-9400 ext. 207. 12:30-2:30pm
June 7, 21
Cost \$10 per person
Kent Street Auditorium

KEEP ACTIVE IN THE SUMMER MONTHS!

These activity groups continue though July and August. The other groups will take a break and return in September.

Contract Bridge

Tuesday 1:00pm-3:30pm
Friday 1:00pm-4:00pm
White Rock Community Centre
Sunday 1:00pm-4:00pm
Kent Street Classroom

Partners Contract Bridge

Friday 7:00pm-9:30pm
Kent Street Classroom

Duplicate Bridge

Wednesday 1:00pm-4:00pm
Centennial Park Leisure Centre

Fun Bridge

Wednesday 1:00pm-3:30pm
Kent Street Classroom

Thursday Afternoon Cards

Cribbage, Canasta and Rummy
Thursday 1:00pm-3:15pm
Kent Street Auditorium

Sing Along

Tuesday 2:00pm-3:30pm
Kent Street Auditorium

Carpet Bowling

Wednesday and Friday
10:00am-12:00pm
Kent Street Auditorium

Snooker

The Kent Street Snooker Room is open during regular operating hours.

Table Tennis

Monday 7:15pm-9:15pm
Wednesday 1:00pm-4:00pm
Saturday 11:00am-2:00pm
Kent Street Auditorium

Stitch & Chat

Friday 2:00pm-4:00pm
Kent Street Classroom

Kent Street Players present: **LUCKY LADIES**

Two short comedies directed by Rita Humphreys

May 31, June 2, June 8 at 2:00pm
Kent Street Activity Centre
Tickets: \$10

Kent Street Choristers spring concert: **WE ARE ONE**

Saturday, May 25, 3:00pm
Peninsula United Church
Tickets: \$10
12 and under \$5

Ticket information for both events:
Call 604-541-2199

Delicious homemade cuisine



Kent Street Coffee Shop

Open 9:30am-1:30pm Monday-Friday

- Fresh baked goodies
- Sandwiches and soups
- Take out frozen meals

CLOSES FOR THE SUMMER ON JUNE 25

CULTURE & EVENTS

BE INSPIRED at the Landmark Pop-Uptown Gallery

Visit the Landmark Pop-Uptown Gallery and explore the work of local artists who are onsite to exhibit their art and engage with visitors.

15140 North Bluff Rd.

whiterockcity.ca/culture



ENGAGE with White Rock's History at the White Rock Museum and Archives

SHENANIGANS: Celebrating 80 years of the White Rock Players' Club

Visit the exhibition at the White Rock Museum & Archives celebrating the history of the White Rock Players' Club, one of Canada's oldest amateur theatre groups. Don't miss the chance to see costumes, props, set pieces and even the original Shenanigans, the Pantomime Giraffe!

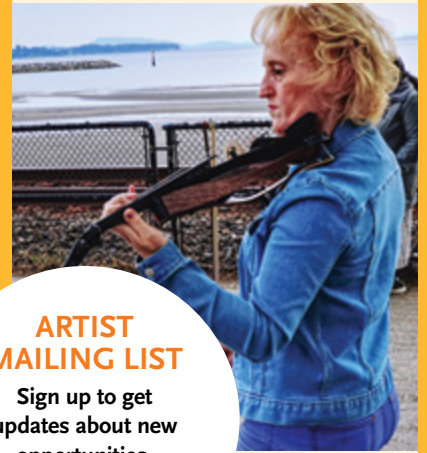
whiterockmuseum.ca



LISTEN to Music and Talk with Local Artists

White Rock is home to an array of talent. Stroll the art walk on the promenade and stop to listen and watch entertainers both at the beach and uptown.

whiterockcity.ca/culture



ARTIST MAILING LIST

Sign up to get updates about new opportunities.

whiterockcity.ca/culture



Engage, Experience & Explore
White Rock Arts, Culture, Heritage and Events!
Keep an eye on whiterockcity.ca/calendar

WHITE ROCK
City by the Sea



Try a Taste of the Good Life with PARC Experience Stays

When we say PARC life is your best life, we don't expect you to take our word for it. Instead, we want you to try it for yourself!

Your experience stay comes with all of our exclusive PARC Active Living™ programming including a state-of-the-art seniors' gym, fitness classes, art and cultural programs, social events, delicious food, complimentary transportation and more. The PARC Experience is immersive, lasting up to two weeks at no cost or commitment.

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parcliving.ca/oceana