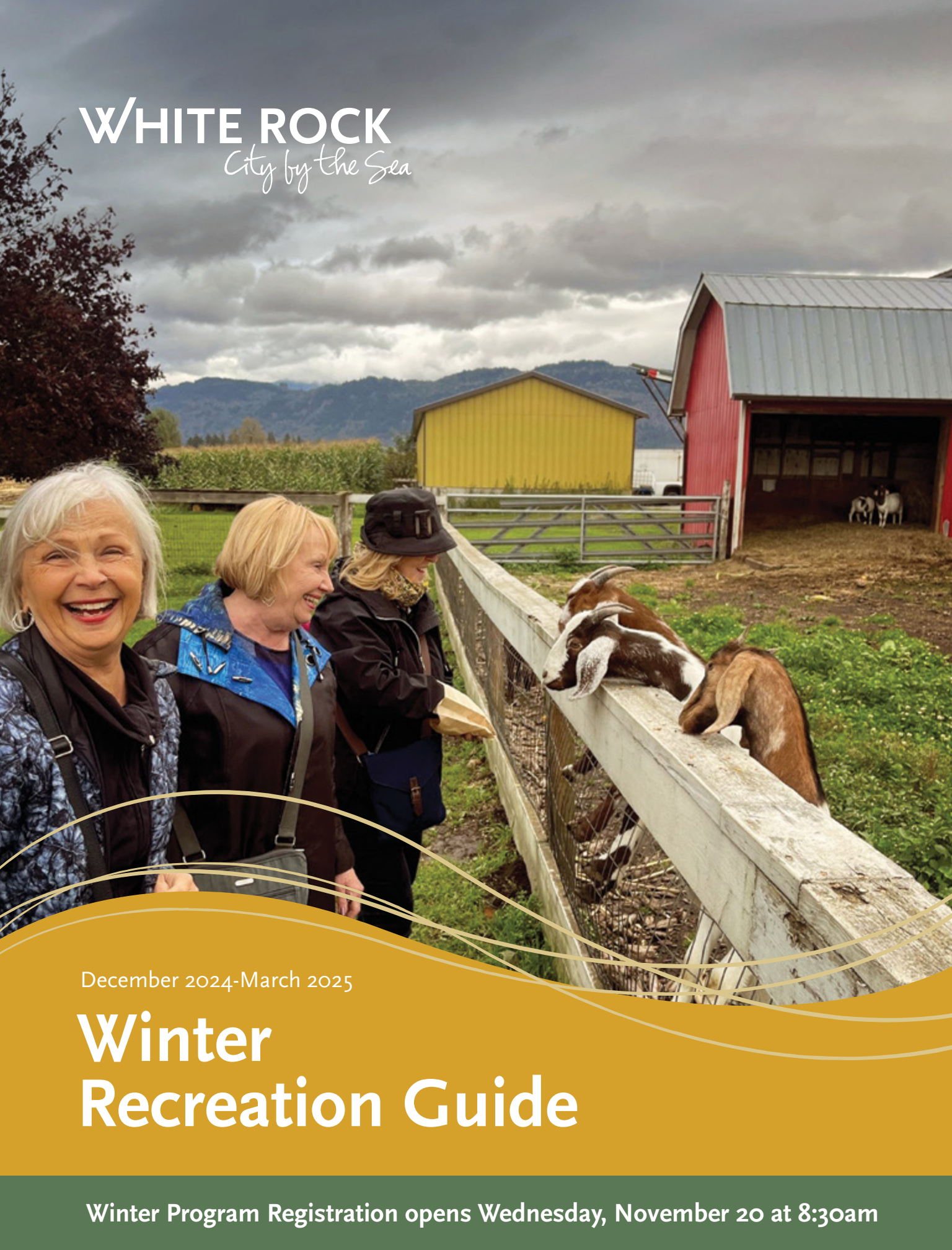


WHITE ROCK

City by the Sea



December 2024-March 2025

Winter Recreation Guide

Winter Program Registration opens Wednesday, November 20 at 8:30am

Special Events

Bright Walk in White Rock

Saturday, December 7, 4:00pm-8:00pm
Memorial Park

Come out and enjoy the winter season with light displays, family activities, live music and performances and a chance to meet Santa.

whiterockcity.ca/brightwalk



Christmas Craft Market

November 16 - December 22

Open Tuesday through Sunday,
10:30am-4:30pm

White Rock Museum & Archives
14970 Marine Drive

Featuring over 30 local artists and makers.
Find unique gifts for everyone on your list while
supporting this important fundraiser.

whiterockmuseum.ca

Landmark Pop-Uptown Gallery

15140 North Bluff Road

Visit the latest exhibition and engage with local
artists.

whiterockcity.ca/pop-up



Holiday Break Theme Skates

December 21 - January 5

Centennial Arena,
14600 North Bluff Road

Get in the spirit of the season
and strap on your skates.
See page 10 for details.

whiterockcity.ca/skate



WHITE ROCK
City by the Sea

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3 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,
NOVEMBER 20 AT 8:30AM



By Phone

604-541-2199 Amex, MasterCard, Visa

REGISTRATION BEGINS WEDNESDAY,
NOVEMBER 20 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,
NOVEMBER 20 AT 8:30AM



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.**

Swimming Lessons are Here



White Rock Recreation and Culture is excited to announce we will be offering Lifesaving Society affiliated **SWIMMING LESSONS** for preschool ages and beginner levels starting in winter 2025. Lessons will be hosted in a small, private indoor swimming pool. Students will be taught by certified swimming instructors trained and supervised by Lifesaving Society National Trainer Julie Kaufman.

More information will be launching soon. Keep up to date by signing up for the Recreation & Culture E-Newsletter at whiterockcity.ca/connect.



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

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@xplorrecreation.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.

NOTE: Chrome is the recommended browser for this registration system.

Drop-in Admissions and Passes

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

Purchase Passes at whiterockcity.ca/register

Pass	Age	Pass Price	Drop-in Activities included	Single Drop-in
Active 10	Youth (16 - 18)	\$53	Fitness Centre Soccer Indoor Co-ed Group Fitness Classes Badminton	\$5.75 and \$7.25
	Adult (19 - 64)	\$67		\$6.00
	Senior (65+)	\$53		\$5.75 and \$7.25 \$7.00
Active 20	Youth (16 - 18)	\$93	Fitness Centre Soccer Indoor Co-ed Group Fitness Classes Badminton	\$5.75 and \$7.25
	Adult (19 - 64)	\$117		\$6.00
	Senior (65+)	\$93		\$5.75 and \$7.25 \$7.00
Active 30 Day (month)	Youth (16 - 18)	\$36	Fitness Centre Soccer Indoor Co-ed Group Fitness Classes	\$5.75 and \$7.25
	Adult (19 - 64)	\$41		\$6.00
	Senior (65+)	\$36		\$5.75 and \$7.25
ZYP 10	Youth (16 - 18)	\$114	Zumba STRONG Yoga Pilates and Barre	\$14
	Adult (19 - 64)	\$114		\$14
	Senior (65+)	\$114		\$14 \$14
Circuit 10	Youth (16 - 18)	\$89	Group Circuit Classes	\$9.75
	Adult (19 - 64)	\$89		
	Senior (65+)	\$89		
Social 10	Adult/Senior (19+)	\$31	Mah Jong	\$5.00
			Peninsula Sketchers	\$5.00
Public Skating 10 Pass (Does not include rentals)	Child/Youth (0 - 18)	\$36	Public Skate, Adult Skate 18+ and Tiny Tot Skate	Child/Youth \$4.00
	Adult (19 - 64)	\$48		Adult \$6.00
	Senior (65+)	\$40		Senior \$5.00
Ice Pass 10	Adult/Senior (19+)	\$81	Hockey	\$9.00
			Stick N Puck/Figure Skating	\$9.00
Ice Pass 20	Adult/Senior (19+)	\$144	Hockey	\$9.00
			Stick N Puck/Figure Skating	\$9.00

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

Our Facilities

**CENTENNIAL PARK
LEISURE CENTRE AND
ARENA
(CPLC)**
14600 North Bluff Road



- Skating lessons
- Sport field, tennis and pickleball courts
- All abilities playground and dog park



**CENTRE FOR
ACTIVE LIVING
(CAL)**
1475 Anderson Street
(next to Centennial Arena)



- Specialized exercise programs
- Cardio and weight training
- Coffee shop



**KENT STREET
ACTIVITY CENTRE
(KSAC)**
1475 Kent Street



- A focus on 55+ programs and activities
- 17 Seniors activity groups
- Coffee shop and frozen meal sales



**WHITE ROCK
COMMUNITY
CENTRE
(WRCC)**
15154 Russell Avenue



- Central, uptown location
- Recreation programs for all ages
- Fitness centre



Early Years

DANCE & MUSIC

Dance with Me Ballet 18 - 36 months

Parents and toddlers will have a great time together in this fun and imaginative class. Parent participation is required.

Instructor: Maya Mccobbina

Studio - White Rock Community Centre 9 sessions
15693 Sa 9:15am-10:00am Jan 11 \$79

Preschool Ballet 3 - 5 years

Your little one will develop skills and confidence in this fun introduction to ballet class.

Instructor: Maya Mccobbina

Studio - White Rock Community Centre 9 sessions

Level 1

15694 Sa 10:00am-10:45am Jan 11 \$79

Level 2 - completed Level 1

15695 Sa 10:45am-11:30am Jan 11 \$79

Level 3 - completed Level 2

15696 Sa 11:30am-12:15pm Jan 11 \$79

Music Together up to 5 years

Sing, dance, play and learn together with your child. Learn fun songs and playful movement games using a variety of instruments. CD and songbook included.

Visit musictogetherpanorama.com

Instructor: Ashley McConnell

Hall - Centennial Park Leisure Centre 10 sessions

15692 W 9:30am-10:15am Jan 08 \$190

15691 W 10:30am-11:15am Jan 08 \$190

Preschool Violin 3 - 5 years

The Suzuki prep class prepares children for success through developing rhythm, singing, and learning to hold their instruments. Parent participation is required. Practice foam violins are provided.

Instructor: Rick & Erin Dorfer

Fitness Studio 1 - Centre for Active Living 8 sessions

15663 Th 4:30pm-5:15pm Jan 23 \$110

SPORTS

Sportball Multisport 2 - 5 years

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

Gym - White Rock Elementary School 8 sessions

2-3 years (Parent participation required)

15709 M 5:15pm-6:00pm Jan 06 \$108

3-5 years

15710 M 6:00pm-6:45pm Jan 06 \$108

SPORTS

NEW Skate With Me - Parent & Tot Skating Lessons 3 - 5 years

Join your preschooler on the ice for a playful introduction to skating, where games and toys make the rink a magical place. A parent or guardian will be right there on the ice the whole time, ensuring smiles, and wobbles, are shared. Helmet, skates, and adult ice grips are included. Helmets are mandatory for all participants.

Centennial Arena 9 sessions

15811 Th 12:30pm-1:00pm Jan 09 \$88

Sportball Basketball 4 - 6 years

Children will be coached on offence, defence, teamwork and hustle. Please bring your own basketball.

Gym - Peace Arch Elementary School 9 sessions

15916 Th 6:00pm-6:45pm Jan 09 \$123

Winter Break Camps

Bricks Engineering Winter Camp 5 - 12 years

Build machines, buildings, vehicles and other structures out of LEGO® bricks. Content is multidisciplinary and designed by educators to introduce S.T.E.M. (science, technology, engineering and math) concepts. Through their work with LEGO® models, children will develop problem solving and critical thinking skills. Each child goes home with a custom mini figure.

Hall - Centennial Park Leisure Centre

Dec 30 - Jan 3 (No class January 1) 4 sessions

14819 M-F 9:00am-12:00pm Dec 30 \$128

14820 M-F 12:30pm-3:30pm Dec 30 \$128

Full-Day

14821 M-F 9:00am-3:30pm Dec 30 \$234

Art Extravaganza Camp 4 - 11 years

This wonderful winter art class is full of fabulous, festive, creative fun. Sparkly snowmen and Pop Art penguins are just some of the cool creations we will make using paint, paper mache and other exciting art materials.

Instructor: Noelle Horrocks

Lounge - Centennial Park Leisure Centre 4 sessions

4-7 years

15021 M-F 10:00am-12:00pm Dec 30 \$56

7-11 years

15020 M-F 12:30pm-3:00pm Dec 30 \$64

Plan your BIRTHDAY PARTY

with White Rock Recreation
and Culture

BRICKS ENGINEERING PARTY 5 - 12 years

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 that include:

- 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).
- E-mailed party invitations.

\$304 PREMIUM PACKAGE (for 10 guests)

\$254 DELUXE PACKAGE (for 10 guests)

SKATING PARTY

5 - 14 years

GET READY FOR SOME BIRTHDAY FUN AT CENTENNIAL ARENA

Birthday Parties include admission to a Public Skate, skate and helmet rentals and access to the party room.

Parties are held during Friday and Sunday Public Skate times.

\$165 FOR UP TO 20 PARTICIPANTS

Additional fees apply after 20 party guests.

DANCE PARTY

5 - 14 years

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.

\$168 FOR UP TO 12 PARTICIPANTS

Additional fees apply after 12 party guests.

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

Youth

ARTS

NEW Curtain Call Kids 6 - 12 years

Children have the opportunity to practise their creativity through performance games and exercises.

Instructor: Catherine Methven

Hall A - White Rock Community Centre

8 sessions

6-8 years

15821 M 4:15pm-5:15pm Jan 13 \$118

9-12 years

15822 M 5:30pm-6:30pm Jan 13 \$118

Mixed Media Artventure 4 - 7 years

Discover a variety of media, from drawing, crafting and water-colour painting. Supplies included.

Instruction provided by the Semiahmoo Arts Society

Hall B - White Rock Community Centre

8 sessions

15823 W 3:00pm-4:00pm Jan 15 \$118

Drawsome Art! Drawing and Sketching Skills 6 - 12 years

Create using pencils, charcoal and pastels. Supplies included.

Instruction provided by the Semiahmoo Arts Society

Hall C - White Rock Community Centre

8 sessions

15824 W 4:30pm-6:00pm Jan 15 \$177

GENERAL INTEREST

NEW Babysitter Training 11 - 16 years

This St. John Ambulance course will cover safety, responsible babysitting and coping with common emergencies. A certificate is issued upon successful completion. Manual included.

Hall B - White Rock Community Centre

1 session

15702 M 9:00am-4:00pm Mar 17 \$75

DANCE & MUSIC

Intro to Jazz Dance 6 - 8 years

It's showtime. Learn high energy, fun jazz dance routines.

Instructor: Maya Mccobbina

Studio - White Rock Community Centre

9 sessions

15698 Sa 12:30pm-1:15pm Jan 11 \$79

SPORTS

Sportball Multisport 5 - 8 years

A focus on basic sport skills like balance, coordination, stamina and timing in a fun and non-competitive setting.

Gym - White Rock Elementary School

9 sessions

15711 Tu 6:00pm-6:45pm Jan 07 \$123

Gym - Peace Arch Elementary School

9 sessions

15712 Th 5:00pm-5:45pm Jan 09 \$123

Sportball Basketball 8 - 12 years

Children will be taught offence, defence, teamwork and hustle.

Gym - Peace Arch Elementary School

9 sessions

15738 Th 7:00pm-7:45pm Jan 09 \$123

Spring Break Camps

ALL DAY COMBO CAMPS

Bricks and Tennis Camp **7 - 12 years**

Spend the morning in a Bricks Engineering Camp. In the afternoon perfect your tennis skills in the Tennis XL camp.

<i>Hall - Centennial Park Leisure Centre</i> 5 sessions					
15734	M-F	9:00am-3:30pm	Mar 17	\$337	
15735	M-F	9:00am-3:30pm	Mar 24	\$337	

Pickleball and Creative Storytelling Camp **6 - 10 years**

Learn the basic skills of pickleball in the morning. In the afternoon, explore incredible storytelling journeys using Playmobil® characters and accessories.

<i>Pickleball Courts - Centennial Park</i> 5 sessions					
15747	M-F	9:00am-3:30pm	Mar 24	\$280	

Soccer and Bricks Camp **5 - 12 years**

Spend the morning fine-tuning your soccer skills. The afternoon will be spent in the Bricks Engineering Camp.

<i>Oval - Centennial Park</i> 5 sessions					
15736	M-F	9:30am-3:30pm	Mar 17	\$280	
15737	M-F	9:30am-3:30pm	Mar 24	\$350	

NEW Table Tennis and Creative Storytelling Camp **6 - 10 years**

In the morning, learn the basic skills of table tennis. In the afternoon, explore incredible storytelling journeys using Playmobil® characters and accessories.

<i>Recreation Room - Centennial Park Leisure Centre</i> 5 sessions					
15748	M-F	9:00am-3:30pm	Mar 17	\$278	

CREATIVE CAMPS

Bricks Engineering Camp **5 - 12 years**

Students build machines, buildings, vehicles and other structures out of LEGO® bricks, using one-of-a-kind model plans.

<i>Hall - Centennial Park Leisure Centre</i>					
Week 1 5 sessions					
15718	M-F	9:00am-12:00pm	Mar 17	\$168	
15720	M-F	12:30pm-3:30pm	Mar 17	\$168	
15721	M-F	9:00am-3:30pm	Mar 17	\$300	

Week 2 5 sessions					
15723	M-F	9:00am-12:00pm	Mar 24	\$168	
15724	M-F	12:30pm-3:30pm	Mar 24	\$168	
15722	M-F	9:00am-3:30pm	Mar 24	\$300	

NEW Pottery Explorations Camp **6 - 12 years**

Kids will learn to pinch, slab, coil and sculpt with clay while creating functional and sculptural pieces.

<i>Instruction provided by the Semiahmoo Arts Society</i>					
<i>Classroom - Kent Street Activity Centre</i> 5 sessions					
15830	M-F	9:00am-12:00pm	Mar 17	\$220	
15831	M-F	9:00am-12:00pm	Mar 24	\$220	

Paint Draw and Sculpt Camp **4 - 11 years**

Combine painting, drawing and sculpture techniques with lots of cool art materials to make one-of-a-kind Spring themed artwork.

<i>Instructor: Noelle Horrocks</i>					
<i>Lounge - Centennial Park Leisure Centre</i> 5 sessions					

4 - 7 years					
15732	M-F	10:00am-12:00pm	Mar 17	\$141	

7 - 11 years					
15733	M-F	12:30pm-3:00pm	Mar 17	\$161	

Ultimate Art Camp **4 - 11 years**

Experience painting, printmaking, paper mache and clay works. Use glitter, wood, fabric, paint and more to create amazing artwork.

<i>Instructor: Noelle Horrocks</i>					
<i>Lounge - Centennial Park Leisure Centre</i> 5 sessions					

4 - 7 years					
15725	M-F	10:00am-12:00pm	Mar 24	\$141	

7 - 11 years					
15727	M-F	12:30pm-3:00pm	Mar 24	\$161	

SPORTS CAMPS

Soccer Camp - Brad Higgs **4 - 12 years**

Improve your soccer skills, team play and tactical understanding of the game. You will be grouped according to age and ability.

<i>Oval - Centennial Park</i> 5 sessions					
15743	M-F	9:30am-12:00pm	Mar 17	\$135	
15744	M-F	9:30am-12:00pm	Mar 24	\$135	

Tennis XL Camp **7 - 12 years**

This camp will focus on rally skills, ground strokes, net skills, serves, and returns. There will be lots of games and lots of fun.

<i>Tennis Court 1 - Centennial Park</i> 5 sessions					
15760	M-F	9:00am-12:00pm	Mar 17	\$168	
15761	M-F	12:30pm-3:30pm	Mar 17	\$168	
15762	M-F	9:00am-12:00pm	Mar 24	\$168	
15763	M-F	12:30pm-3:30pm	Mar 24	\$168	

Pro-D Day Camps

Bricks Engineering Pro-D Day Camp **5 - 12 years**

Our same great Bricks Engineering Camp is offered on a Pro-D day.

<i>Hall - Centennial Park Leisure Centre</i> 1 session					
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Half-Day					
15715	F	9:00am-12:00pm	Feb 21	\$36	
15716	F	12:30pm-3:30pm	Feb 21	\$36	

Full-Day					
15717	F	9:00am-3:30pm	Feb 21	\$71	

SPECIALTY SKATES

AT CENTENNIAL PARK LEISURE CENTRE AND ARENA

HOLIDAY BREAK THEME SKATES

December 21 - January 5

(closed December 25) *Family Skate rates apply*

Family Stick N Puck: 11:30am - 12:15pm

Family Skate: 12:30pm - 2:30pm

SKATE TO A NEW THEME EVERY DAY

DEC 21: REINDEER GAMES

Games will be provided on and off the ice.

DEC 22: SKATE WITH SANTA

Meet and greet with Santa.

DEC 23: HOLIDAY SWEATER SKATE

Come in your wackiest sweater.

DEC 24: TWAS THE NIGHT BEFORE SKATE

Wear your pj's for this Christmas Eve Skate.

DEC 26: HOLIDAY HO HO HOEDOWN

Skate to some festive country tunes.

DEC 27: FROZEN WINTER WONDERLAND

Meet your favourite Snowman from the hit film.

DEC 28: TROPICAL HOLIDAY SKATE

Be transported to a holiday in the sun.

DEC 29: HOCKEY JERSEY SKATE

Rock your favourite team jersey.

DEC 30: HOT CHOCOLATE SKATE

Hot Chocolate will be provided.

DEC 31: ALL THAT GLITTERS SKATE

Wear sparkly attire for a New Years Eve skate.

JAN 1: CANADIANA FLANNEL FUN SKATE

Wear your comfiest plaid to the party.

JAN 2: SKATE THROUGH THE ERAS

Make a friendship bracelet to exchange at the skate.

JAN 3: SUPERHERO SKATE

Dress as your favourite Superhero.

JAN 4: RETRO 80'S PARTY

Glide in neon attire and skate to classic 80's hits.

JAN 5: GLITZ & GLIDE HOLLYWOOD SKATE

Classic Hollywood Skate with a red carpet, popcorn and movie themed music.



PRO-D DAY SKATES

February 21

Family Skate rates apply

Family Stick N Puck: 10:45am - 11:30am

Family Skate: 11:45pm - 1:00pm

FAMILY DAY SKATE -

FREE

February 17

Admission/rentals FREE

Family Stick N Puck: 10:45am - 11:30am

Family Skate: 11:45am - 1:00pm

LEARN TO SKATE!

Fundamental skills taught in a fun format. Skate and helmet rentals are included. Please bring your own equipment if possible. CSA approved helmets are mandatory. If unsure what level your child is in, call 604-541-2199 or visit whiterockcity.ca/skate to view skills in each level.

**REGISTRATION OPENS
DECEMBER 11, 8:30AM**

Preschool Skating Lessons 3-5 Years

All skating lessons are held at Centennial Arena

LEVEL 1: MAGENTA

For skaters who have not been on the ice before. Skills taught in this level include: ice safety, how to stand up on your own and how to begin to walk on the ice. *8 sessions*

15764	F	3:00pm-3:25pm	Jan 10	\$78
15765	Sa	9:45am-10:10am	Jan 11	\$78
15766	Sa	10:15am-10:40am	Jan 11	\$78

LEVEL 2: SILVER

For skaters who have completed Magenta. Skills taught in this level include: how to walk across the ice on your own using 2 feet, balance on 1 foot, and begin the scrape/snowplow sequence. *8 sessions*

15767	F	3:00pm-3:25pm	Jan 10	\$78
15768	Sa	9:45am-10:10am	Jan 11	\$78
15769	Sa	10:15am-10:40am	Jan 11	\$78

LEVEL 3: TEAL

For skaters who have completed Silver. Skills taught in this level include: 2 foot glides around cones, 1 foot glides, 2 foot hops, backwards walking and half snowplow stops. *8 sessions*

15770	F	3:00pm-3:25pm	Jan 10	\$78
15771	Sa	9:45am-10:10am	Jan 11	\$78
15772	Sa	10:15am-10:40am	Jan 11	\$78

LEVEL 4: PURPLE

For skaters who have completed Teal. Skills taught in this level include: 2 foot glides around cones, 1 foot glides while turning, forwards and backwards sculling, and forwards pumping in a circle. *8 sessions*

15773	F	3:00pm-3:25pm	Jan 10	\$78
15774	Sa	9:45am-10:10am	Jan 11	\$78

School Age Skating Lessons 6-12 Years

All skating lessons are held at Centennial Arena

LEVEL 1: RED

For skaters who have not been on the ice before. Skills taught in this level include: ice safety, standing, balance drills, gliding and an introduction to stopping and skating backwards. *8 sessions*

15775	F	3:30pm-3:55pm	Jan 10	\$78
15776	Sa	10:45am-11:10am	Jan 11	\$78
15777	Sa	11:15am-11:40am	Jan 11	\$78

LEVEL 2: ORANGE

For skaters who have completed Red. Skills taught in this level include: 1-foot snowplow stops, backwards walking, and gliding on a circle. *8 sessions*

15778	F	3:30pm-3:55pm	Jan 10	\$78
15779	Sa	10:15am-10:40am	Jan 11	\$78
15780	Sa	10:45am-11:10am	Jan 11	\$78
15781	Sa	11:15am-11:40am	Jan 11	\$78

LEVEL 3: GOLD

For skaters who have completed Orange. Skills taught in this level include: sculling across width of ice, stationary 2-foot turns, and 1-foot glides on a circle. *8 sessions*

15782	F	4:00pm-4:25pm	Jan 10	\$78
15783	Sa	10:45am-11:10am	Jan 11	\$78
15784	Sa	11:15am-11:40am	Jan 11	\$78

LEVEL 4: YELLOW

For skaters who have completed Gold. Skills taught in this level include: backwards "C" cuts, backwards stopping, T-pushes on outside edge, and 2 foot turns while skating. *8 sessions*

15786	F	4:00pm-4:25pm	Jan 10	\$78
15787	Sa	10:45am-11:10am	Jan 11	\$78
15788	Sa	11:15am-11:40am	Jan 11	\$78

LEVEL 5: GREEN

For skaters who have completed Yellow. Skills taught in this level include: 2-foot side stops, backwards 1 foot glides, 1-foot backwards stops, and 2-foot turns on a circle. *8 sessions*

15789	F	4:00pm-4:25pm	Jan 10	\$78
15790	Sa	11:15am-11:40am	Jan 11	\$78

LEVEL 6: BLUE

For skaters who have completed Green. Skills taught in this level include: backwards pumping, backwards crossovers, forward to backwards 3 turns, and combo sequences of 3 skills in a row. *8 sessions*

15791	F	4:00pm-4:25pm	Jan 10	\$78
15792	Sa	10:15am-10:40am	Jan 11	\$78

PARENT & TOT SKATING LESSONS, SEE PAGE 7

Centennial Park Leisure Centre and Arena

WINTER 2025 SKATING SCHEDULE IN EFFECT UNTIL MARCH 14

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:45am - 9:15am			Drop-in Hockey 55+*		Drop-in Hockey 55+*		
9:15am - 10:30am		Drop-in Figure Skating 18+					
9:30am-10:30am					Tiny Tot & Parent Skate/ Hockey (5 and under)		
10:45am - 11:45am			Adult Skate 18+		Adult Skate 18+		
12:00pm - 1:15pm					Drop-in Hockey 18+*		
1:30pm - 2:45pm	Drop-in Hockey 18+*	Stick N Puck 18+**	Stick N Puck 18+**	Stick N Puck 18+**			
2:45pm - 4:00pm							Family Skate
6:30pm - 7:45pm			Public Skate				
7:15pm - 8:45pm					Public Skate		

*Helmets and full gear are mandatory for Drop-in Hockey. Pre-register to guarantee your spot.

Two goalies play for free. Pre-registered participants have first priority if session is full.

**Helmets are mandatory, bring your own puck. No scrimmages allowed.

ADMISSION RATES:

Drop-in Hockey	\$9.00
Drop-in Stick N Puck and Figure Skating	\$9.00
Public Skate: Child (0-18)	\$4.00
Adult (19-64)	\$6.00
Senior (65+)	\$5.00
Family Skate	\$4.00 or \$26.00 including rentals (up to 5)

RENTAL RATES:	
Skates	\$4.00
Helmets	\$1.50
Sharpening	\$7.00

SKATING PASSES:

	Price
Public Skating Pass - <i>Includes Public Skate, Adult Skate 18+, Tiny Tot Skating</i>	Child/Youth (0-18) \$36 Adult (19-64) \$48 Senior (65+) \$40
Ice Pass 10 - Includes Figure Skating, Stick N Puck/Hockey	Adult/Senior (19+) \$81
Ice Pass 20 - Includes Figure Skating, Stick N Puck/Hockey	Adult/Senior (19+) \$144

Memberships expire 2 years from the date of purchase.

Adults

ARTS

Therapeutic Art

Therapeutic art making has been shown to be restorative and a great tool for keeping the mind young.

Instruction by the Semiahmoo Arts Society with funding provided by the Peace Arch Hospital Foundation Healthy Community Grant Program.

Drawing Explorations

Draw, doodle and sketch. Take part in the meditative art of drawing and explore various drawing mediums and techniques. All supplies included.

Classroom - Kent Street Activity Centre 4 sessions
15866 W 10:00am-12:00pm Jan 15 \$36

Creative Expression

Come play and tap into your creativity exploring a new art medium each week. All supplies included.

Classroom - Kent Street Activity Centre 4 sessions
15867 F 10:00am-12:00pm Feb 14 \$36

Holiday Pull Crackers

Pull crackers have been enjoyed for more than 100 years to celebrate special occasions. In this fun and interactive workshop you will learn about the tradition and skill of making pull crackers while creating your own special crackers. All supplies are included.

Instructor: Brenda Jones

Classroom - Kent Street Activity Centre 1 session
15018 M 1:00pm-3:00pm Dec 02 \$16

Gallery - White Rock Community Centre 1 session
15019 M 7:00pm-9:00pm Dec 02 \$16

Drawing People, Faces and Figure Essentials

Learn the techniques fundamental to being able to draw this very popular subject with university instructor, Tony O'Regan. Operated by the Semiahmoo Arts Society. A supply list will be provided.

Instruction by the Semiahmoo Arts Society

Lounge - Centennial Park Leisure Centre 6 sessions
15825 Th 6:30pm-8:30pm Jan 16 \$164

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 available: \$31 for 10 sessions or \$5 drop-in.

Hall A - White Rock Community Centre ongoing
15793 F 1:00pm-3:00pm

Art With Grandkids

Bring your grandkids and create together in this fun one day class. Great for kids of all ages. Cost is for up to two grandparents and two grandkids. All supplies included.

Instruction by the Semiahmoo Arts Society.

Classroom - Kent Street Activity Centre 1 session

Holiday Ornaments - Create a selection of ornaments for yourself or to share with your family.

15017 Sa 10:00am-12:00pm Nov 30 \$40

Keepsake Boxes - Learn mixed media and decoupage techniques to decorate up to two boxes and share memories and ideas about what you will keep inside.

15865 Sa 10:00am-12:00pm Feb 15 \$41

Grass Seed Pets

Roll up your sleeves for spring and create your very own grass seed pet. Take it home and water it to watch it grow. Cost is for one grandparent and one grandkid.

16009 Sa 10:00am-11:30am Mar 15 \$25

Watercolours for Absolute Beginners

Learn watercolour basics in a fun and interactive way with activities and exercises designed to reinforce and build upon skills taught in previous weeks. Demonstrations, hands-on painting, individual feedback and an encouraging environment will support you in your skill development. This class is for those with little or no watercolour experience. Supplies not included.

Instructor: Ian de Hoog

Hall C - White Rock Community Centre 6 sessions
15826 M 6:00pm-9:00pm Jan 13 \$159

Mixed Media Art for Well-being

Discover therapeutic use of making mix-media art from cultures around the world. Explore yourself and heal your life with the personalized colour chart of emotions, neurographics, intuitive painting. Learn mix-media art techniques such as decoupage, gold leaf gilding, image transfer, pouring, patination, distressing, imprints, masking. No prior experience required. All supplies included.

Instructor: Laina Grace

Classroom - Kent Street Activity Centre 4 sessions
15836 Sa 2:00pm-4:00pm Mar 08 \$99

Adults

GENERAL INTEREST

Computers

Tips and Tricks

Tips on updates, word processing with Notes, iCloud, keyboard and mouse options, organizing photos and files.

Instructor: Dennis Anderson

For iPads/iPhones

Classroom - Kent Street Activity Centre		2 sessions
15856	Th 1:00pm-3:30pm	Jan 30 \$36
15857	Th 1:00pm-3:30pm	Feb 13 \$36

NEW For MAC

Classroom - Kent Street Activity Centre		2 sessions
16007	M 1:00pm-3:30pm	Mar 10 \$36

How to Get the Most from Google

Learn all about Google and what it can do for you including learning about the internet, maps, calendar, YouTube and Gmail.

Instructor: Wayne Albertson

Classroom - Kent Street Activity Centre		1 session
15863	M 1:00pm-3:30pm	Feb 10 \$19
15864	M 1:00pm-3:30pm	Mar 03 \$19

Using Microsoft Office

Learn how to be creative and productive using Microsoft Office on your computer. Increase your confidence in using Outlook, Excel and Word in your everyday life.

Instructor: Wayne Albertson

Classroom - Kent Street Activity Centre		4 sessions
15858	M/F 9:30am-12:00pm	Jan 27 \$43



Birth By Bloom - Prenatal Classes

Join Bloom for a comprehensive prenatal education experience. Topics include pregnancy tips, labour, birth, postpartum care, and breastfeeding. Get the knowledge and support you need to feel empowered and confident plus meet other new parents in your area and prepare for this special time together.

Instructor: Morag Hastings

Hall B - White Rock Community Centre		6 sessions
15671	W 6:30pm-8:30pm	Jan 29 \$350 (for 2 participants)

Introduction to Photography

Whether you take pictures with a phone, or with a DSLR or mirrorless camera, if you want to “make” images as opposed to just “taking” them then this is the program for you. Learn about the exposure triangle of aperture, shutter speed and ISO and how they interact to open creative effects. Principles of composition will be explored each class along with how different types of photography – landscape, portrait, sports and wildlife – demand different techniques and gear.

Instructor: Chris Leach

Classroom - Kent Street Activity Centre		6 sessions
15844	W 7:00pm-9:00pm	Feb 05 \$115

Mah Jong Lessons

Mah Jong is good for the mind. Chinese Mah Jong has become a widely popular social activity. Learn how to play the game and then join Mah Jong drop-in at the White Rock Community Centre.

Instructor: Joan Morinville

Classroom - Kent Street Activity Centre		6 sessions
15838	Tu 10:00am-12:00pm	Feb 04 \$68

Mah Jong Drop-in

Players should be able to count their hand prior to joining the drop in. Social 10 Pass is available. \$31 for 10 sessions, or \$5 drop-in.

Hall A - White Rock Community Centre		ongoing
M	1:00pm-4:00pm	

Senior Driving

What are you doing to reduce your risk and improve your driving? Assess your driving skills and habits. Update your knowledge of vehicle safety features and road regulations. Co-sponsored with White Rock Community Policing, the RCMP and the Semiahmoo Community Safety Society. Pre-registration required.

Hall C - White Rock Community Centre		1 session
15832	Tu 10:00am-12:00pm	Feb 18 no charge

Adults

GENERAL INTEREST

Fraud Awareness

This interactive seminar will provide you with information on how to protect yourself from the most current scams as well as focus on generic examples of different types of fraud and specific things you can do to reduce the chance of becoming a victim. Co-sponsored with White Rock Community Policing, the RCMP and the Semiahmoo Community Safety Society. Pre-registration required.

Hall C - White Rock Community Centre 1 session
15829 Tu 10:00am-12:00pm Mar 25 no charge

Piano Playing Therapy for Mind and Body

Hands-on activities on a keyboard that will help keep your brain active and your body stronger. Boost your memory, strengthen your hand muscles and coordination. Receive an additional benefit of learning to play the piano and sight reading music. For beginners with some basic understanding of musical notation. Keyboard recommended but not required.

Instructor: Laina Grace
Classroom - Kent Street Activity Centre 5 sessions
15835 Th 2:00pm-3:00pm Feb 27 \$99

Spanish

Instructor: Carlos Rabago

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

Classroom - Kent Street Activity Centre 6 sessions
15820 Th 11:00am-12:00pm Jan 30 \$43

Hall B - White Rock Community Centre 6 sessions
15817 M 7:00pm-8:00pm Feb 03 \$43

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

Hall B - White Rock Community Centre 6 sessions
15819 M 8:00pm-9:00pm Feb 03 \$43

Frida Kahlo - Her Life Was Her Art

It is almost impossible to understand the images Frida painted unless you know about her life. For years she was better known as the beautiful and flamboyant wife of the famous muralist Diego Rivera. After a terrible accident, her health became her subject, symbolically showing her physical and psychological pain yet she lived with great joy until her early death at 47.

Instructor: Linda Quigley
Hall C - White Rock Community Centre 1 session
15803 Th 1:30pm-3:00pm Feb 27 \$19

Travel Lighter = Travel Easier

Are you tired of waiting at baggage carousels, or paying extra fees for luggage? Did the airline lose your bag and you arrive to a destination without it? Have fun learning tips and tricks on how to travel with a carry-on bag or backpack, for any length of trip, with all that you need. Learn various packing methods, wardrobe suggestions and how to manage your liquids and gels. Discuss how to survive airports or train stations, technology and safety.

Instructor: Rhonda Dillons
Classroom - Kent Street Activity Centre 1 session
15837 Sa 10:30am-12:30pm Feb 01 \$38

DANCE & MUSIC

Groove & Move: Women's Dance Workout

Let loose and have a blast while getting fit with our upbeat dance class. Groove to lively rhythms and experience the pure joy of movement as you break a sweat. No dance experience needed – just bring your energy and a smile.

Instructor: Olivia Hornstein
Hall - Centennial Park Leisure Centre 10 sessions
15814 Tu 8:45am-9:45am Jan 07 \$110

Latin Blast

Dive into the vibrant world of Latin dance, where you will learn the fun-damentals of exciting styles like salsa, merengue, and bachata. Bring your passion for rhythm.

Instructor: Olivia Hornstein
Auditorium - Kent Street Activity Centre 12 sessions
Level 1 - No dance experience necessary
15812 Th 7:15pm-8:15pm Jan 09 \$132
Level 2 - Dance experience strongly encouraged
15813 Tu 7:00pm-8:00pm Jan 07 \$132

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 12 sessions
Level 1 - For newcomers and those wanting easier routines while still learning.
15672 W 11:00am-12:00pm Jan 08 \$83
Level 2 - For dancers who are now comfortable with many of the basic techniques and ready for the next level of choreographed dances.
15673 W 12:15pm-1:15pm Jan 08 \$83

Chinese Folk Dance

Immerse yourself in the art of Chinese folk dance while building coordination, strength, and confidence. No prior dance experience is needed.

Instructor: Sia Wu
Hall - Centennial Park Leisure Centre 8 sessions
16042 F 10:00am-11:00am Jan 10 \$80

Adults

DANCE & MUSIC

Guitar

If you are a new registrant to the Play Guitar program, please register in Level 1 and instructor will promote student when appropriate.

Play Guitar Level 1

A foundational course for beginner guitarists. With regular practise, you will soon be playing for your own and others' enjoyment. Please bring your own guitar. Lesson book (\$12) is payable at the time of registration.

Instructor: Greg DeLaRonde

<i>Hall A - White Rock Community Centre</i>		10 sessions	
15794	Tu	6:30pm-7:30pm	Jan 14 \$87
15795	W	2:00pm-3:00pm	Jan 15 \$87

Play Guitar Level 2

For beginners with some previous experience playing guitar.

Instructor: Greg DeLaRonde

<i>Hall A - White Rock Community Centre</i>		10 sessions	
15796	W	3:15pm-4:15pm	Jan 15 \$87
<i>Hall C - White Rock Community Centre</i>		10 sessions	
15797	W	6:30pm-7:30pm	Jan 15 \$87

Play Guitar Level 3

For people with some previous experience playing guitar.

Instructor: Greg DeLaRonde

<i>Hall A - White Rock Community Centre</i>		10 sessions	
15798	Tu	11:30am-12:30pm	Jan 14 \$87
15799	Tu	12:45pm-1:45pm	Jan 14 \$87
15800	Tu	5:00pm-6:00pm	Jan 14 \$87
<i>Hall C - White Rock Community Centre</i>		10 sessions	
15801	W	7:45pm-8:45pm	Jan 15 \$87

SPECIALIZED EXERCISE

FAME Fitness and Mobility Exercise Program

Did you know that stroke is the leading cause of disability in Canada? 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. Improve overall mobility, build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced Certified Clinical Exercise Specialist.

Instructor: Fred Kikhosrowkian

<i>Cardio Gym 2 - Centre for Active Living</i>		14 sessions	
15805	Tu/Th	4:30pm-5:30pm	Jan 07 \$182

SPECIALIZED EXERCISE

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: Cari Plotnikoff

<i>Fitness Studio 2 - Centre for Active Living</i>		24 sessions	
15595	W/F	12:30pm-1:30pm	Jan 08 \$180

Instructor: Olga Chekoy

<i>Hall C - White Rock Community Centre</i>		10 sessions	
15575	Th	9:30am-10:30am	Jan 09 \$75
15574	Th	10:45am-11:45am	Jan 09 \$75

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

<i>Fitness Studio 2 - Centre for Active Living</i>		24 sessions	
15592	W/F	2:00pm-3:00pm	Jan 08 \$166

Minds in Motion

Minds in Motion is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Light refreshments are provided. Care partners must attend.

<i>Auditorium - Kent Street Activity Centre</i>		11 sessions	
15848	Tu	1:00pm-3:00pm	Jan 07 \$130

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 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 - Suitable for those new to Osteofit.

Instructor: Cari Plotnikoff

<i>Fitness Studio 1 - Centre for Active Living</i>		24 sessions	
15584	Tu/Th	2:00pm-3:00pm	Jan 07 \$180

Level 2 - Suitable for those who have completed Level 1.

Instructor: Cari Plotnikoff

<i>Fitness Studio 2 - Centre for Active Living</i>		23 sessions	
15590	M/W	11:15am-12:15pm	Jan 06 \$173

Adults

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 Kikhosrowkian. 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
15807 M/W/F 4:30pm-5:30pm Jan 06 \$395

Cardio Gym 2 - Centre for Active Living 24 sessions
15808 Tu/Th 3:15pm-4:15pm Jan 07 \$280

ZOOM *Hall C - White Rock Community Centre* 34 sessions
15806 M/W/F 3:15pm-4:15pm Jan 06 \$296

GROUP FITNESS

STRONG

STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In each class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

Instructor: Nathalie Plamondon-Thomas
Auditorium - Kent Street Activity Centre 11 sessions
15598 M 6:00pm-7:00pm Jan 06 \$89

Hall - Centennial Park Leisure Centre 12 sessions
15599 W 6:00pm-7:00pm Jan 08 \$97

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: Cari Plotnikoff
Cardio Gym 2 - Centre for Active Living 11 sessions
15594 M 10:15am-11:15am Jan 06 \$100

Cardio Gym 2 - Centre for Active Living 12 sessions
15593 Tu 11:15am-12:15pm Jan 07 \$109

Instructor: Frances Morris
Cardio Gym 2 - Centre for Active Living 12 sessions
15617 W 9:30am-10:30am Jan 08 \$109

Instructor: Shannon Dagneau
Cardio Gym 2 - Centre for Active Living 12 sessions
15630 F 9:45am-10:45am Jan 10 \$109

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: Shannon Dagneau
Auditorium - Kent Street Activity Centre 11 sessions
15631 M 8:45am-9:45am Jan 06 \$62

Hall A - White Rock Community Centre 12 sessions
15632 Tu 9:45am-10:45am Jan 07 \$67

Instructor: Frances Morris
Hall A - White Rock Community Centre 12 sessions
15619 Th 10:45am-11:45am Jan 09 \$67

Dance Fitness 55+

An exciting fitness program based on international dance rhythms. It is best suited for active older adults, beginner participants, and people looking for a low-impact workout. The choreography focuses on balance, range of motion, and coordination.

Instructor: Olga Skrinnikoff
Hall A - White Rock Community Centre 12 sessions
15701 W 5:30pm-6:30pm Jan 08 \$133

Fit Camp 55+

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

Instructor: Shannon Dagneau
Auditorium - Kent Street Activity Centre 11 sessions
15629 M 10:00am-11:00am Jan 06 \$62

Instructor: Frances Morris
Hall A - White Rock Community Centre 12 sessions
15618 Th 9:30am-10:30am Jan 09 \$67

NEW Gentle Fitness 55+

Gentle Fitness is a low-impact fitness class designed for those looking to improve flexibility, strength, cardio, and coordination. This class uses body weight, light weights, and chairs for balance. The instructor will modify movements as needed.

Instructor: Shirley Abi-Ad
Studio - White Rock Community Centre 12 sessions
15921 Tu 3:00pm-4:00pm Jan 07 \$67

Studio - White Rock Community Centre 12 sessions
15922 Th 3:00pm-4:00pm Jan 09 \$67

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 10 sessions
15572 Th 12:00pm-1:00pm Jan 09 \$51

Adults

GROUP FITNESS

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

Cardio Gym 2 - Centre for Active Living 12 sessions
15591 Tu 12:15pm-1:15pm Jan 07 \$61

NEW POUND

A 45-minute full-body jam session that combines cardio, conditioning and core work with the excitement and euphoria of drumming. Designed for all fitness levels, POUND provides the perfect atmosphere to let loose, get energized, tone up and rock out. Chair-based workout option provided.

Instructor: Shirley Abi-Ad

Hall A - White Rock Community Centre 12 sessions
15923 W 2:00pm-2:45pm Jan 08 \$109

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 12 sessions
15589 F 11:15am-12:15pm Jan 10 \$67

Tai Chi - All Levels

This is a Yang style 42 of Tai Chi. The program incorporates Xigong exercise to help strengthen the immune system.

Instructor: Cornox Tang

Hall A - White Rock Community Centre 12 sessions
15680 W 6:45pm-7:45pm Jan 08 \$85
15928 Th 6:45pm-7:45pm Jan 09 \$85

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 12 sessions
15679 W 9:30am-10:30am Jan 08 \$85

NEW Chen Tai Chi - Intermediate

This is a Chen style 56 of Tai Chi. The program incorporates Xigong exercise to help strengthen the immune system by regulating blood pressure, heartbeat, and more. Chen-style is characterized by silk reeling, alternating fast and slow motions, and bursts of power (fa jin). No drop-in available.

Instructor: Cornox Tang

Hall A - White Rock Community Centre 12 sessions
15879 W 7:45pm-8:45pm Jan 08 \$108
15930 Th 7:45pm-8:45pm Jan 09 \$108

NEW Tone & Sculpt 55+

Come have some fun at this step to music style class. This full body workout is designed to tone muscles with light weights and strengthen your cardio endurance while we move to the beat of the music.

Instructor: Shannon Dagneau

Hall A - White Rock Community Centre 12 sessions
15878 Tu 8:40am-9:40am Jan 07 \$67

Zumba

Unique Latin-inspired music and dance steps create a dynamic and exciting fitness workout. Get hooked on this amazing way to PARTY your body into shape.

Instructor: Nathalie Plamondon-Thomas

Auditorium - Kent Street Activity Centre 11 sessions
15601 M 4:45pm-5:45pm Jan 06 \$100

Auditorium - Kent Street Activity Centre 12 sessions
15600 Th 6:00pm-7:00pm Jan 09 \$109

Zumba Gold

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

Instructor: Mary Lou Rust

Auditorium - Kent Street Activity Centre 12 sessions
15564 W 8:45am-9:45am Jan 08 \$154
15565 F 8:45am-9:45am Jan 10 \$154

Personal Training

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 Kikhosrowkiany who will advise you on appropriate specialized programs and a course of action.

Consult (30 minute) \$65

Call 604-541-2199 to book an appointment.

Total Fitness Testing

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

Assessment (2 hours) \$165

Call 604-541-2199 to book an appointment.

Drop-in Schedule

Most programs begin the week of January 6.
Classes and times are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP FITNESS					
Body Works 55+ 8:45am-9:45am KSAC	Tone & Sculpt 55+ 8:40am-9:40am WRCC	Tai Chi-Intermediate 9:30am-10:30am WRCC	Fit Camp 55+ 9:30am-10:30am WRCC		
Fit Camp 55+ 10:00am-11:00am KSAC	Body Works 55+ 9:45am-10:45am WRCC	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	
	Movement for Fitness 12:15pm-1:15pm CAL	Line Dance Level 2 12:15pm-1:15pm WRCC	Get Stronger with Bands 12:00pm-1:00pm WRCC		
	Gentle Fitness 55+ 3:00pm-4:00pm WRCC	Tai Chi-All levels 6:45pm-7:45pm WRCC	Gentle Fitness 55+ 3:00pm-4:00pm WRCC		
		Dance Fitness 55+ 5:30pm-6:30pm WRCC	Tai Chi-Intermediate 6:45pm-7:45pm WRCC		
CIRCUIT CLASSES					
Cardio & ST Circuit 55+ 10:15am-11:15am CAL	Cardio & ST Circuit 55+ 11:15am-12:15pm CAL	Cardio & ST Circuit 55+ 9:30am-10:30am CAL			Cardio & ST Circuit 55+ 9:45am-10:45am CAL
ZUMBA/STRONG/POUND					
Zumba 4:45pm-5:45pm KSAC		Zumba Gold 8:45am-9:45am KSAC	Zumba 6:00pm-7:00pm KSAC		Zumba Gold 8:45am-9:45am KSAC
STRONG 6:00pm-7:00pm KSAC		POUND 2:00pm-2:45pm WRCC			
		STRONG 6:00pm-7:00pm CPLC			
YOGA/PILATES/BARRE					
Bodyful Movement Yoga 10:00am-11:00am WRCC	Full Body Pilates with Ball 9:00am-10:00am WRCC	Pilates 9:00am-10:00am WRCC	Yoga for Seniors 10:30am-11:45am KSAC	Pilates 8:40am-9:40am WRCC	
Yoga for Men 11:00am-12:00pm WRCC	Restorative Yoga 11:00am-12:15pm WRCC	Barre Conditioning 10:15am-11:00am WRCC	Chair Yoga Level 1 10:45am-11:45am WRCC	Hatha Yoga 9:50am-10:50am WRCC	
Chair Yoga Level 1 1:00pm-2:00pm KSAC	Chair Yoga Level 2 1:00pm-2:00pm WRCC	Chair Yoga Level 1 11:15am-12:15pm WRCC	Chair Yoga Level 2 12:00pm-1:00pm WRCC	Yoga for Men 11:00am-12:00pm WRCC	
Yoga for Seniors 1:30pm-2:45pm WRCC	Hatha Yoga 6:30pm-7:30pm WRCC	Yoga for Well Being 1:30pm-2:45pm WRCC	Yoga 55+ 1:30pm-2:30pm WRCC		
Gentle Therapeutic Yoga 3:15pm-4:30pm WRCC					
Barre Conditioning 5:30pm-6:30pm WRCC					
Pilates 6:45pm-7:45pm WRCC					

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

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



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	\$67	\$53
ACTIVE 20	\$117	\$93
ACTIVE 30 DAY (MONTH)	\$41	\$36

CIRCUIT 10 PASS

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

SINGLE DROP-IN	\$9.75
CIRCUIT 10	\$89

'ZYP' 10 PASS

Valid for Zumba/Pilates/Barre/Yoga STRONG/POUND

SINGLE DROP-IN	\$14
ZYP 10	\$114

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

Adults

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: Olga Skrinnikoff

Studio - White Rock Community Centre 11 sessions
15697 M 5:30pm-6:30pm Jan 06 \$122

Instructor: Svetlana Lysenko

Studio - White Rock Community Centre 12 sessions
15854 W 10:15am-11:00am Jan 08 \$133

Full Body Pilates with the Ball

Take your Pilates practice up a notch by using the stability ball, Bender Ball and light weights. Designed to cultivate mind body movement through a series of Pilates core strengthening exercises that work the core, arms and legs. Pilates improves body awareness and posture.

Instructor: Fay Kubacki

Studio - White Rock Community Centre 11 sessions
15641 Tu 9:00am-10:00am Jan 14 \$122

Pilates

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

Instructor: Olga Skrinnikoff

Studio - White Rock Community Centre 11 sessions
15700 M 6:45pm-7:45pm Jan 06 \$122

Instructor: Svetlana Lysenko

Studio - White Rock Community Centre 12 sessions
15853 W 9:00am-10:00am Jan 08 \$133
15850 F 8:40am-9:40am Jan 10 \$133

Bodyful Movement Yoga

A fusion of yoga and Pilates using the Pilates Bender Ball. Designed to cultivate mind body movement through a series of poses that will restore movement in your joints and improve flexibility and strength in your muscles.

Instructor: Fay Kubacki

Studio - White Rock Community Centre 10 sessions
15640 M 10:00am-11:00am Jan 13 \$111

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 11 sessions
15613 M 1:00pm-2:00pm Jan 06 \$122

Studio - White Rock Community Centre 12 sessions
15612 W 11:15am-12:15pm Jan 08 \$133
15611 Th 10:45am-11:45am Jan 09 \$133

Chair Yoga - Level 2 (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 12 sessions
15609 Tu 1:00pm-2:00pm Jan 07 \$133
15610 Th 12:00pm-1:00pm Jan 09 \$133

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 11 sessions
15687 M 3:15pm-4:30pm Jan 06 \$132

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. Experience the benefits of a regular yoga practice - the connection between body, mind and breath.

Instructor: Jeri Cox

Studio - White Rock Community Centre 12 sessions
15561 Tu 6:30pm-7:30pm Jan 07 \$133

Instructor: Svetlana Lysenko

Studio - White Rock Community Centre 12 sessions
15852 F 9:50am-10:50am Jan 10 \$133

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 12 sessions
15688 Tu 11:00am-12:15pm Jan 07 \$144

Yoga 55+

This 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 12 sessions
15608 Th 1:30pm-2:30pm Jan 09 \$135

NEW Healthy Lifestyle Series

Join Cathy, Registered Holistic Nutritionist and Fitness Expert for a variety of interactive workshops to learn strategies that you can implement today for a more healthy lifestyle.

Instructor: Cathy Donn Herrera 8 sessions
Classroom - Kent Street Activity Centre
16043 M 1:30pm-2:30pm Jan 13 \$130

Adults

YOGA / PILATES / BARRE

Yoga for Men

Specifically tailored for men, this yoga class focuses on improving flexibility for the neck, shoulders, hips and legs. Improve your balance, gain strength, endurance and range of motion. For all ability levels.

Instructor: Fay Kubacki

Studio - White Rock Community Centre 10 sessions
15643 M 11:00am-12:00pm Jan 13 \$111

Studio - White Rock Community Centre 11 sessions
15642 F 11:00am-12:00pm Jan 17 \$122

Yoga for Seniors

Gentle stretching, proper breathing techniques and deep relaxation allow the body and mind to come alive with renewed energy.

Instructor: Melanie Henderson

Studio - White Rock Community Centre 11 sessions
15686 M 1:30pm-2:45pm Jan 06 \$132

Auditorium - Kent Street Activity Centre 12 sessions
15690 Th 10:30am-11:45am Jan 09 \$144

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 12 sessions
15689 W 1:30pm-2:45pm Jan 08 \$144



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.

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.**

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

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 family 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.

Adults

SPORTS

Badminton Co-Ed

Enjoy an evening of adult co-ed recreational badminton. Meet new friends, get some exercise, and have fun. No experience necessary. \$7 drop-in.

Instructor: Alex Self

Gym - White Rock Elementary School 10 sessions
15752 Th 6:30pm-8:00pm Jan 09 \$66

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 recommended. \$6 drop-in.

Instructor: Bernie Besler

Gym - White Rock Elementary School 10 sessions
15620 Tu 7:00pm-8:30pm Jan 07 \$53

Volleyball Co-Ed

Each night, games and teams will be arranged by the coordinator. Referees are the responsibility of the participating players. Informal games and some skill development. No drop-in.

Instructor: Kelly MacGregor

Recreational: No experience necessary

Gym - White Rock Elementary School 10 sessions
15757 W 7:15pm-8:45pm Jan 08 \$93

Intermediate: Must have basic volleyball skills

Gym - White Rock Elementary School 9 sessions
15756 M 7:15pm-8:45pm Jan 06 \$84

Cycling 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.

15486 Su 10:00am start Jan 05 \$26

OUTDOOR RECREATION

Walk and Talk 55+

Connect with others on a weekly walk and talk. Meet at Kent Street Activity Centre, hop on the mini-bus and spend the afternoon exploring parks and trails. Led by an experienced and first aid certified outdoor leader Patrick Mooney.

15855 W 1:00pm-4:00pm Feb 05 \$68
8 sessions

What To Know Before You Go Snowshoeing

Snowshoeing in the winter is a great way to enjoy the natural beauty of the outdoors and nature, and to keep active and fit. Not sure what to wear, what to bring, what to expect? Learn about safe hiking practices, and great trails. Outdoor leader Patrick Mooney presents this FREE session. Pre-registration required.

Hall A - White Rock Community Centre 1 session
15753 Th 2:30pm-4:00pm Jan 09 no charge
15754 Th 6:30pm-8:00pm Jan 09 no charge

Snowshoe Hike

Our experienced leader will guide you on a snowshoe walk in beautiful Manning Park. Average 4 hours of actual hiking at a moderate pace. Elevation gain will generally be less than 300m. Snowshoe rentals \$10/per day. Participants are required to pay their own trail fees (if required). Transportation is included.

Instructor: Patrick Mooney

15644 Sa 8:00am-6:00pm Jan 11 \$55
15645 M 8:00am-6:00pm Jan 13 \$55
15646 M 8:00am-6:00pm Jan 20 \$55
15647 Sa 8:00am-6:00pm Jan 25 \$55
15648 M 8:00am-6:00pm Jan 27 \$55
15649 M 8:00am-6:00pm Feb 03 \$55
15650 M 8:00am-6:00pm Feb 10 \$55
15651 Tu 8:00am-6:00pm Feb 18 \$55
15652 M 8:00am-6:00pm Feb 24 \$55
15653 M 8:00am-6:00pm Mar 03 \$55
15654 Sa 8:00am-6:00pm Mar 08 \$55
15655 M 8:00am-6:00pm Mar 10 \$55
15656 M 8:00am-6:00pm Mar 17 \$55

Skating

Adult Skating Lessons

All skating levels welcome. Learn to skate or improve your basic skating skills while you get in shape and improve your balance and strength. Skate and helmet rentals included. Helmets mandatory.

Instructor: Christina Deeter

Centennial Arena 9 sessions
15804 Th 12:15pm-1:15pm Jan 09 \$138

Conditioning on Ice for Women

Incorporate the fun of skating into your fitness regimen with this dynamic on-ice workout. Improve your cardiovascular fitness, muscular endurance, core stability and balance. Skate and helmet rentals included. Helmets mandatory.

Instructor: Juli Christy

Centennial Arena 9 sessions
15802 Sa 8:45am-9:30am Jan 04 \$109

Adults

OUTDOOR RECREATION

SPECIALITY LIGHT HIKES

Hikes are led by experienced, and first aid certified outdoor leader Patrick Mooney. Cost of meals not included.

Deas Island Regional Park & River House Restaurant
 15657 Th 9:30am-3:30pm Feb 20 \$59

Cheam Wetlands and the Wildcat Grill in Rosedale
 15658 Th 9:30am-3:30pm Feb 27 \$59

West Van Walk and Cindy's Cafe
 15659 Th 9:30am-3:30pm Mar 06 \$59

Fraser River Heritage Park Mission and Blackberry Kitchen
 15660 Th 9:30am-3:30pm Mar 13 \$59



NEW Sunshine Coast Overnight Trip

Experience a two-day trip to the Sunshine Coast. Meals and hotel not included in course fee.

Light Hike
 15933 W-Th 9:30am-8:00pm Apr 09 \$128

PACE 1 Hike
 15934 M-Tu 9:30am-8:00pm May 26 \$128



TRY. LEARN. PLAY.
GET INTO CURLING



LEARN-TO-CURL CLINICS
(8 WEEKS) ALL AGES

JANUARY 6, 8:45PM-10:15PM
 JANUARY 19, 9:00AM-11:00AM

BEGINNER LEAGUES

COMPETITIVE LEAGUES

IN-HOUSE LICENSED LOUNGE

Call 604-531-0244 or visit
www.peacearchcurling.com

1475 Anderson Street
 White Rock BC V4B 0A8



WHITE ROCK COMMUNITY CENTRE FITNESS CENTRE

15154 RUSSELL AVENUE WHITE ROCK

HOURS:

MON - THU: 8:30am - 8:30pm
 FRI: 8:30am - 4:30pm
 SAT: 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
- Function Trainer

Winter schedule in effect starting January 6

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

Adults 55+

Kent Street Activity Centre

1475 Kent Street, White Rock • 604-541-2199

2025 Kent Street
Activity Centre
Membership

\$43⁰⁰

Valid until
December 31, 2025

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

Activity Groups

For more information on membership activities, check out whiterockcity.ca/guide

Each activity group collects an additional participation fee.

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.

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

General Interest

Computer Club

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

Dance, Drama & Music

Kent Street Players Theatre Group

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

Kent Street Choristers

Tuesday 9:30am-11:30am
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

Active Living

Carpet Bowling

Wednesday & 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 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

January 17, 31

February 7, 21

March 7, 21

Kent Street Auditorium
Cost: \$10 per person

3 easy ways to purchase your membership:

1. Go Online

whiterockcity.ca/register

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

2. By Phone

604-541-2199

Amex, Visa, MasterCard

3. In Person

White Rock Community Centre

15154 Russell Avenue

Centennial Park Leisure Centre

14600 North Bluff Road

Kent Street Activity Centre

1475 Kent Street



VOLUNTEER WITH US!

Volunteers are a vital and essential part of our service delivery and supports the growth and development of our vibrant recreation centre.

Whether you can assist with organizing fundraising events, driving our 23 passenger mini bus, teaching a recreation class, or preparing meals in our coffee shop, your support can have a significant impact.

Help us create a warm and welcoming environment for our Kent Street Activity Centre members.

Call 604-541-2231 for more information.



Winter Events

- **Open House**
November 25-29
- **Annual General Meeting**
November 25
- **Mistletoe Christmas Lunch**
December 19
- **Kent Street Players Performances**
November 30, December 7
- **Kent Street Choristers Performance**
December 1
- **Book and Bake Sale Fundraiser**
February 22



The BEST KEPT SECRET in White Rock

Kent Street Coffee Shop

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

RE-OPENS JANUARY 6

- Fresh baked goodies
- Sandwiches and soups

**TAKE OUT FROZEN MEALS
RETURN JANUARY 13**



Adults 55+ EXCURSIONS

EASY: Walking approximately 1 km or less - little to no elevation

MEDIUM: Walking approximately 1-2 km - minor elevation

Sign up early for a variety of experiences and destinations. Travel in our comfortable 23 passenger mini-bus. Trips are open to both members and non-members. **Kent Street Activity Centre members receive a \$5 DISCOUNT on each excursion at time of registration.**

Vancouver Tea Tour

Join us for a delightful excursion to explore some of the city's most charming tea shops. Enjoy High Tea in Kerrisdale featuring a variety of tea flavours and delicious treats.

Includes High Tea lunch.

15868 M 8:30am-5:30pm Jan 13 \$119

Tea & Trumpets - I've Got Rhythm

Embark on a musical journey of orchestral showstoppers. This foot-tapping program by the Vancouver Symphony Orchestra will feature the music of Copland, John Williams and Richard Hayman.

Includes admission.

15869 Th 11:30am-5:00pm Jan 23 \$84

Historic Chinatown

Start the day exploring the vibrant history of Vancouver's Chinatown through interactive exhibits filled with stories from the people who lived, worked and played there. Next, visit Dr. Sun Yat-Sen Classical Chinese Garden for Chinese New Year celebrations.

Includes admissions, not lunch.

15870 M 8:30am-3:00pm Jan 20 \$58

Bill Reid Gallery of Northwest Coast Art

The Bill Reid Gallery is Canada's only public gallery dedicated to contemporary Indigenous Art of the Northwest Coast. Enjoy a tour of the gallery followed by lunch in Vancouver.

Includes admission, guided tour, not lunch.

15872 Th 8:30am - 3:00pm Jan 30 \$43

◆◆ U.S. TRIPS:

Please bring citizenship ID. Out of province medical insurance recommended.

Participants can choose from three convenient pick-up points:

- **Centennial Arena**, 14600 North Bluff Road
- **White Rock Community Centre**, 15154 Russell Avenue
- **Kent Street Activity Centre**, 1475 Kent Street

Please note: All-day parking for day trip passengers is available at Centennial Arena ONLY (No all-day parking at Kent Street Activity Centre or White Rock Community Centre).

Invictus Games Opening Ceremonies

Kick off the start of the Vancouver Invictus Games at BC Place. Enjoy musical performances, spectacular entertainment and celebrate more than 500 athletes from over 20 countries. This first ever winter Invictus Games supports and celebrates the recovery and rehabilitation of international wounded, injured and sick service personnel and veterans through the power of sport. Includes admission, not lunch.

15871 Sa 10:30am-5:00pm Feb 08 \$144

UBC Museum Tour

Explore the wonders of our dynamic earth at the Pacific Museum of Earth, one of BC's hidden gems. After lunch, visit the Beaty Biodiversity Museum, Vancouver's only natural history museum with over 500 fascinating exhibits.

Includes admissions, guided tours, not lunch.

15872 Tu 7:50am-3:00pm Feb 25 \$68

Tea & Trumpets - J' Adore Paris

From the nostalgia of La vie en rose to Debussy's Prélude à l'après-midi d'un faune, escape to the City of Lights with the Vancouver Symphony Orchestra.

Includes admission.

15873 Th 11:30am-5:00pm Mar 06 \$84

Bellingham Bound ◆◆

Join us on an exciting bus trip to Washington State. Start the day with shopping at Bellis Fair and Target followed by a delicious lunch in quaint Fairhaven. A trip to Bellingham wouldn't be complete without a stop at Trader Joe's to discover some tasty and unique products.

Includes transportation, not lunch.

15874 M 8:30am-5:30pm Mar 24 \$30

Ring of Fire at Shadbolt Centre

Let the iconic songs of Johnny Cash guide you on a journey of trials, triumphs, love and redemption. This inspired theatrical concert will dive into the heart of Cash's music.

Includes admission.

15875 Su 12:00pm-5:00pm Mar 30 \$98

ARTS, CULTURE & HERITAGE

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

HOPE MEETS ACTION

The BC Black History Awareness Society in partnership with the Royal BC Museum presents Hope Meets Action: Echoes Through the Black Continuum, the story of Afro-diasporic British Columbia history.

January 14 - April 26, 2025

whiterockmuseum.ca



LISTEN to music and ENGAGE 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
on new opportunities.

[whiterockcity.ca/
culture](http://whiterockcity.ca/culture)

DISCOVER ART

Discover White Rock's unique, eye catching and fascinating public art. Plan your journey around the city.

whiterockcity.ca/publicart



Explore, Engage & Discover
whiterockcity.ca/culture

WHITE ROCK
City by the Sea



Live life to the fullest at Oceana PARC!

We've built a community beyond compare. Oceana PARC beckons with open airy spaces and premium amenities. Enjoy the best of independent living with flexible dining options, fitness classes, cozy fireside lounges and a landscaped walking loop.

All homes come packaged with our exclusive PARC Active Living™ program, including a state-of-the-art seniors gym, fitness classes, art and cultural programs, an onsite Wellness Nurse, complimentary transportation and much more.

Call us to book your personal tour!

Contact Bette at 236.335.8645 or Tina at 604.314.5498.



parcliving.ca/oceana