

January-March
Winter 2023

Recreation GUIDE

whiterockcity.ca/register

Registration
opens
Wednesday,
November 30th
at 8:30am

Winter skating programs! See pages 9 and 20.

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

**WHITE
ROCK** RECREATION
AND
CULTURE



WHITE ROCK RECREATION AND CULTURE

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

1. Visit the registration [login page](#) and select “**Create an Account**”.
2. Follow the prompts to create your account. A temporary account password will be emailed to you from communication@perfectmind.com
3. Click on the link in the email to update your password. Your account is now verified and ready to use.
4. If you are unsure if you have an account, forgot your password or need assistance in setting up an account, call 604-541-2199.

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

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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, November 30, 8:30am



By Phone

604-541-2199

Amex, MasterCard, Visa

Registration begins

Wednesday, November 30, 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 30, 8:30am

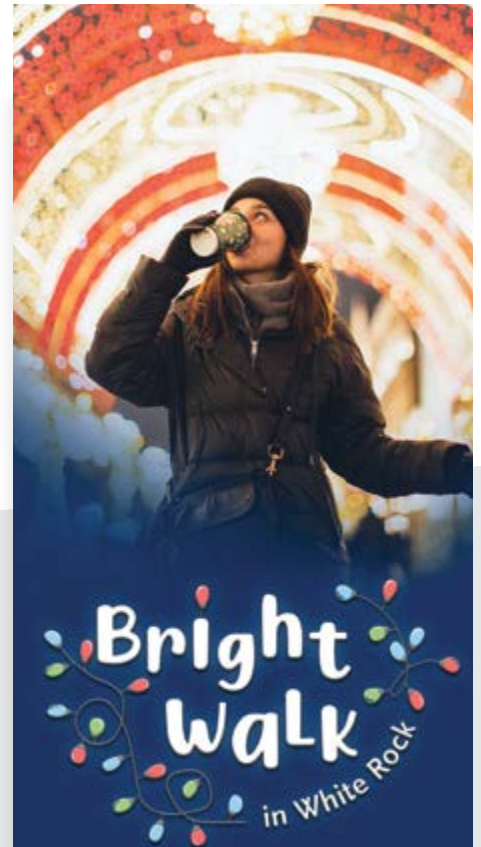
REFUND POLICY: If you are not completely satisfied with your program experience, please contact us to arrange for a refund or credit towards your next program or service. **Some limits may apply.**



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

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

Subscribe today at
whiterockcity.ca/newsletter



Bright Walk in White Rock lights up the waterfront from December 10 to January 8 with a magical light display in Memorial Park.

Join us at the free, light up event on Saturday, December 10 at 5 pm.

Activities include live music, cookie decorating, photo opportunities, and a special visit from Santa.

whiterockcity.ca/brightwalk

WHITE ROCK RECREATION AND CULTURE

FACILITIES

CENTENNIAL PARK LEISURE CENTRE AND ARENA (CPLC)

14600 North Bluff Road, White Rock



CENTRE FOR ACTIVE LIVING (CAL)

1475 Anderson Street, White Rock (next to Centennial Arena)



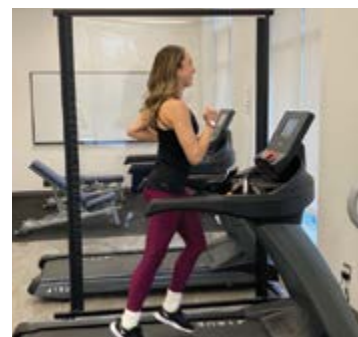
KENT STREET ACTIVITY CENTRE (KSAC)

1475 Kent Street, White Rock



WHITE ROCK COMMUNITY CENTRE (WRCC)

15154 Russell Avenue, White Rock



DROP-IN ADMISSIONS AND PASSES

Purchase Passes at
whiterockcity.ca/register

Our selection of admissions and passes offer great value and access to a variety of drop-in activities available at our recreation facilities including the arena, cardio gyms and fitness programs.

Pass	Age	Pass Price	Drop-in Activities included	Single Drop-in
Active 10	Youth (16 - 18)	\$52	Cardio Gym Hockey/Stick N Puck Figure Skating Soccer Indoor/Badminton Group Fitness Classes	\$5.75 and \$7.25
	Adult (19 - 64)	\$66		\$7.75
	Senior (65+)	\$52		\$7.75 \$6.00 \$5.75 and \$7.25
Active 20	Youth (16 - 18)	\$92	Cardio Gym Hockey/Stick N Puck Figure Skating Soccer Indoor Co-ed Group Fitness Classes	\$5.75 and \$7.25
	Adult (19 - 64)	\$116		\$7.75
	Senior (65+)	\$92		\$7.75 \$6.00 \$5.75 and \$7.25
Active 30 Day (month)	Youth (16 - 18)	\$35	Cardio Gym Hockey/Stick N Puck Figure Skating Soccer Indoor Co-ed Group Fitness Classes	\$5.75 and \$7.25
	Adult (19 - 64)	\$40		\$7.75
	Senior (65+)	\$35		\$7.75 \$6.00 \$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 Peninsula Sketchers	\$5.00 \$5.00
Public Skating 10 Pass (Does not include rentals)	Child/Youth (0 - 18)	\$36	Tiny Tot Skating Silver Blades Public Skate	\$4.00
	Adult (19 - 64)	\$45		\$4.00 and \$5.00
	Senior (65+)	\$36		\$4.00

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



Erin Dorfer
Preschool Violin

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

Early Years

Youth

➔ Dance and Music

Dance with Me Ballet 18-36 months

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

Instructor: Mackenzie Seaborn

Studio - White Rock Community Centre 10 sessions
9012 Sa 9:15am-10:00am Jan 07 \$82

Preschool Ballet 3-5 years

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

Instructor: Mackenzie Seaborn

Studio - White Rock Community Centre 10 sessions

Level 1
9013 Sa 10:15am-11:00am Jan 07 \$82

Level 2
9014 Sa 11:15am-12:00pm Jan 07 \$82

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 in a research and evidence play based children's music education program. CD and songbook included.

Visit musictogetherpanorama.com

Instructor: Ashley McConnell

Hall - Centennial Park Leisure Centre 10 sessions

8975 W 9:30am-10:15am Jan 04 \$187

8976 W 10:30am-11:15am Jan 04 \$187

Preschool Violin 3-5 years

The Suzuki prep class prepares children for success through developing rhythm, singing, and learning to hold their instruments. Parents attend the classes along with their children. Practise violins are provided.

Instructor: Erin Dorfer

Lounge - Centennial Park Leisure Centre 8 sessions

9094 Th 4:30pm-5:15pm Jan 12 \$90

➔ Sports

Sportball 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.

White Rock Elementary School 7 sessions

2-3 years (parent participation required)

8969 M 5:15pm-6:00pm Jan 16 \$93

3-5 years
8970 M 6:00pm-6:45pm Jan 16 \$93

➔ Dance and Music

Gymnastics Prep Program 4-12 years

This program will focus on flexibility, stretching, coordination, balance, posture, strength, self-confidence and all of the foundational training required for a gymnastics program.

Instructor: Bing Zhao

Hall A - White Rock Community Centre 9 sessions

4-6 years
9083 W 3:45pm-4:45pm Jan 11 \$185

7-12 years
9084 W 4:50pm-5:50pm Jan 11 \$185

Violin Beginner 6-8 years

This Suzuki prep class prepares children for success through developing rhythm, singing, and learning to hold their instruments. Parents attend the classes along with their children. Practise violins are provided.

Instructor: Susan Cosco

Hall - Centennial Park Leisure Centre 8 sessions

9015 Tu 3:45pm-4:30pm Jan 17 \$90

➔ Sports

Sportball Basketball 5-13 years

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

White Rock Elementary School 8 sessions

5-7 years
8967 Th 5:00pm-5:45pm Jan 19 \$106

8-10 years
8968 Th 5:45pm-6:30pm Jan 19 \$106

11-13 years
9079 Th 6:30pm-7:15pm Jan 19 \$106

Sportball Indoor Floor Hockey 6-9 years

Program will introduce fundamental concepts of gameplay and teach the basic skills. Coaches focus on skills such as shooting, stick-handling, and passing in fun, skill-focused games.

White Rock Elementary School 8 sessions

9085 Th 7:15pm-8:00pm Jan 19 \$106



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.

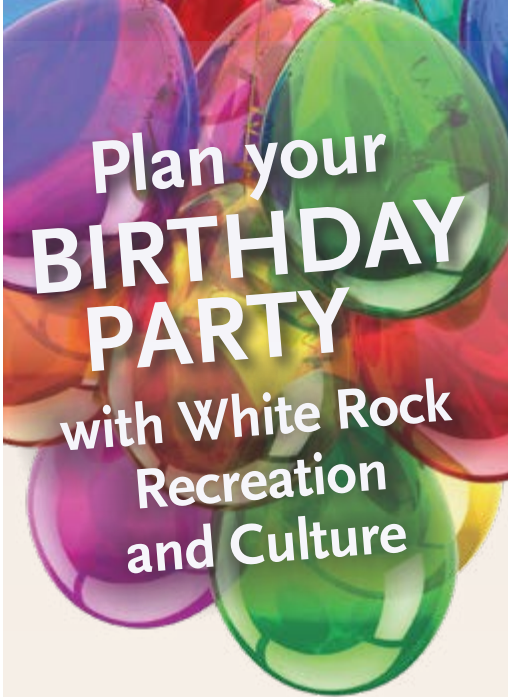
How do I apply for Jumpstart funding?

Please visit the [Jumpstart website](#) 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 2023, 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.

[Click here](#) to go directly to the Child Grant page.



Plan your
BIRTHDAY PARTY
with White Rock
Recreation
and Culture

Bricks 4 Kidz® Party 5-12 years
Centennial Park Leisure Centre
Sundays from 11:00am - 1:00pm
or 2:00pm - 4:00pm.

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.
- Extra guests (\$10/Child deluxe package, \$15/Child premium package).
- E-mailed party invitations.

\$299 PREMIUM PACKAGE (for 10 guests)

\$249 DELUXE PACKAGE (for 10 guests)

Skating Party 5-14 years
Centennial Arena
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.

\$160 FOR UP TO 20 PARTICIPANTS.
Additional fees apply after 20 party guests.

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

WINTER BREAK CAMPS

Winter Break Paint, Draw and Sculpt Camp 4-12 years

Join this fun, creative art camp where you will explore the cornerstones of art with unique and exciting themes. Use lots of cool art materials from paint to paper mache. Create wild sculptures, PopArt cartoons, amazing collages and more. Incorporate your own art ideas and individual styles for one-of-a-kind art fun.

Instructor: Noelle Horrocks
Lounge - Centennial Park Leisure Centre 5 sessions

4-6 years
9170 M-F 10:00am-12:00pm Dec 19 \$135

7-12 years
9171 M-F 12:30pm-3:00pm Dec 19 \$155

Bricks 4 Kidz Winter Camp 5 - 12 years

In the Bricks 4 Kidz® hands-on camp, students build machines, buildings, vehicles and other structures out of LEGO® bricks, using one-of-a-kind model plans. Instructional content is multidisciplinary and designed by educators to increase student's general knowledge and introduce S.T.E.M.* skills related to the day's model. Through their work with LEGO® models, students will develop problem solving and critical thinking skills. Each camper goes home with a custom mini figure.

Instructor: Harmandeep Sidhu
Hall - Centennial Park Leisure Centre 5 sessions

8313 M-F 12:30pm-3:30pm Dec 19 \$155
8311 M-F 9:00am-3:30pm Dec 19 \$285
8312 M-F 9:00am-12:00pm Dec 19 \$155

*S.T.E.M. (science, technology, engineering, math)



Spring Break Camps

Lego and Tennis Camp 7-12 years

Spend your morning in a half-day Bricks 4 Kids® camp where you will work on S.T.E.M.* skills. Lunch time will be supervised, then spend the afternoon perfecting your tennis skills with our Tennis XL camp.

Instructor: Nash Vuletic

Hall - Centennial Park Leisure Centre 5 sessions

9025 M-F 9:00am-3:30pm Mar 13 \$286

9035 M-F 9:00am-3:30pm Mar 20 \$286

Soccer & Lego Camp 5-12 years

Spend your morning with the Brad Higgs soccer camp while you fine tune your soccer skills. Lunch time will be supervised. The afternoon will be spent with the Bricks 4 Kidz® Camp where you will work on S.T.E.M.* skills.

Instructor: Harmandeep Sidhu

Oval - Centennial Park 5 sessions

9028 M-F 9:30am-3:30pm Mar 13 \$270

9036 M-F 9:30am-3:30pm Mar 20 \$270

Tennis XL Camp 7-12 years

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

Instructor: Nash Vuletic

Tennis Court 1 - Centennial Park 5 sessions

9029 M-F 9:00am-12:00pm Mar 13 \$148

9030 M-F 12:30pm-3:30pm Mar 13 \$148

9040 M-F 9:00am-12:00pm Mar 20 \$148

9044 M-F 12:30pm-3:30pm Mar 20 \$148

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, benefitting both beginner and experienced players. The coaching staff features professional players and experienced, qualified coaches.

Bring your own ball.

Instructor: Brad Higgs

Oval - Centennial Park 5 sessions

9031 M-F 9:30am-12:00pm Mar 13 \$128

9049 M-F 9:30am-12:00pm Mar 20 \$128

Spring Break Paint, Draw and Sculpt Camp 4-12 years

Join this fun, creative art camp where you will explore the cornerstones of art with unique and exciting themes. Use lots of cool art materials from paint to paper mache. Create wild sculptures, PopArt cartoons, amazing collages and more. Incorporate your own art ideas and individual styles for one-of-a-kind art fun.

Instructor: Noelle Horrocks

Lounge - Centennial Park Leisure Centre 5 sessions

4-6 years

9033 M-F 10:00am-12:00pm Mar 13 \$138

7-12 years

9034 M-F 12:30pm-3:00pm Mar 13 \$158

Bricks 4 Kidz Spring Break Camp 5-12 years

In the Bricks 4 kidz® hands-on camp, students build machines, buildings, vehicles, and other structures out of LEGO® bricks, using one-of-a-kind model plans. Instructional content is designed by educators to increase student's general knowledge and introduce S.T.E.M.* concepts related to the day's model. Through their work with LEGO® models, students will develop problem solving and critical thinking skills. Each camper goes home with a custom mini figure.

Instructor: Harmandeep Sidhu

Hall - Centennial Park Leisure Centre 5 sessions

9020 M-F 9:00am-12:00pm Mar 13 \$158

9023 M-F 9:00am-3:30pm Mar 13 \$291

9024 M-F 12:30pm-3:30pm Mar 13 \$158

9038 M-F 9:00am-12:00pm Mar 20 \$158

9037 M-F 9:00am-3:30pm Mar 20 \$291

9039 M-F 12:30pm-3:30pm Mar 20 \$158

*S.T.E.M. (science, technology, engineering, math)



Learn to skate this winter!

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.

Preschool Skating Lessons

3 - 5
years

Lead Instructor: Romni Carrigan
Centennial Arena 7 sessions

Level 1: Magenta For skaters who have not been on the ice before. Participants will learn ice safety, how to stand up on their own and how to begin to walk on the ice.

8906	F	3:00pm-3:25pm	Jan 13	\$63
8936	Sa	9:45am-10:10am	Jan 14	\$63
8942	Sa	10:15am-10:40am	Jan 14	\$63

Level 2: Silver For skaters who have completed Magenta. Skills taught in this level include: how to walk across the ice on their own using 2 feet, balance on 1 foot, and begin the scrape/snow plow sequence.

8927	F	3:00pm-3:25pm	Jan 13	\$63
8938	Sa	9:45am-10:10am	Jan 14	\$63
8939	Sa	10:15am-10:40am	Jan 14	\$63

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, backward walking and half snow plow stops.

8921	F	3:00pm-3:25pm	Jan 13	\$63
8937	Sa	9:45am-10:10am	Jan 14	\$63
8941	Sa	10:15am-10:40am	Jan 14	\$63
8951	Sa	11:15am-11:40am	Jan 14	\$63

Level 4: Purple For skaters who have completed Teal. Skills in this level include: 1 foot glides while turning, forward and backward sculling, and forward pumping in a circle.

8926	F	3:00pm-3:25pm	Jan 13	\$63
8940	Sa	9:45am-10:10am	Jan 14	\$63

School Age Skating Lessons

6 - 12
years

Lead Instructor: Romni Carrigan
Centennial Arena 7 sessions

Level 1: Red Fundamental skills taught in a fun format. This level is for children who have never been on the ice before. Skills taught in this level include: ice safety, standing, balance drills, gliding and an introduction to stopping and backward walking.

8930	F	3:30pm-3:55pm	Jan 13	\$63
8944	Sa	10:45am-11:10am	Jan 14	\$63
8920	Sa	11:15am-11:40am	Jan 14	\$63

Level 2: Orange For children who are able to complete all skills in Red. Skills taught in this level include: 1-foot snow plow stops, backward walking, and gliding on a circle.

8929	F	3:30pm-3:55pm	Jan 13	\$63
8949	Sa	10:45am-11:10am	Jan 14	\$63
8952	Sa	11:15am-11:40am	Jan 14	\$63

Level 3: Gold For children who are able to complete all skills in Orange. Skills taught in this level include: sculling across width of ice, stationary 2-foot turns, and 1-foot glides on a circle.

8933	F	4:00pm-4:25pm	Jan 13	\$63
8947	Sa	10:45am-11:10am	Jan 14	\$63
8954	Sa	11:15am-11:40am	Jan 14	\$63

Level 4: Yellow For children who are able to complete all skills in Gold. Skills taught in this level include: backward "C" cuts, backward stopping, T-pushes on outside edge, and 2 foot turns while skating.

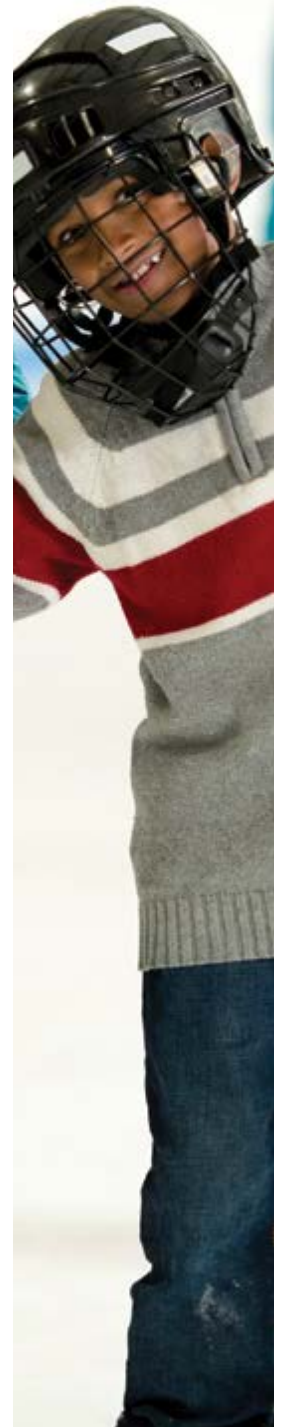
8931	F	4:00pm-4:25pm	Jan 13	\$63
8943	Sa	10:45am-11:10am	Jan 14	\$63
8953	Sa	11:15am-11:40am	Jan 14	\$63

Level 5: Green For children who are able to complete all skills in Yellow. Skills taught in this level include: 2-foot side stops, backward 1 foot glides, 1-foot backward stops, and 2-foot turns on a circle.

8934	F	4:00pm-4:25pm	Jan 13	\$63
8948	Sa	10:45am-11:10am	Jan 14	\$63

Level 6: Blue For children who are able to complete all skills in Green. Skills taught in this level include: backward pumping, backward crossovers, forward to backward 3 turns, and combo sequences of 3 skills in a row.

8935	F	4:00pm-4:25pm	Jan 13	\$63
8950	Sa	10:45am-11:10am	Jan 14	\$63



CENTENNIAL PARK LEISURE CENTRE AND ARENA

WINTER 2023 SKATING SCHEDULE

JANUARY 3 - MARCH 10

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:45am - 9:00am			Drop-in Hockey 55+*		Drop-in Hockey 55+*		
9:15am - 10:30am		Drop-in Figure Skating 18+			Tiny Tot & Parent Skate/Hockey (5 and under)		
10:45am - 12:00pm			Silver Blades 50+ Skate		Silver Blades 50+ Skate		
11:45am - 1:00pm	Stick N Puck 18+**						
1:30pm - 2:45pm	Drop-in Hockey 40+*	Stick N Puck 18+**		Stick N Puck 18+**	Drop-in Hockey 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.

For more information on drop-in admissions and passes and what they include, see page 5

ADMISSION RATES:

Drop-in Hockey/Stick N Puck/Figure Skating . . .	\$7.75
Public Skate: Child (0-18)	\$4.00
Adult (19-64)	\$5.00
Senior (65+)	\$4.00
Family Skate	\$4.00
or \$23.00 including rentals (up to 5)	

RENTAL RATES:

Skates	\$4.00
Helmets	\$1.50
Sharpening	\$7.00

SKATING PASSES:

	Price
Public Skating Pass - Includes Public Skate, Silver Blades, Tiny Tot Skating	
Child/Youth (0-18)	\$.36
Adult (19-64)	\$.45
Senior (65+)	\$.36
Active 10 - Includes Figure Skating, Stick N Puck/Hockey	
Adult (19-64)	\$.66
Senior (65+)	\$.52
Active 20 - Includes Figure Skating, Stick N Puck/Hockey	
Adult (19-64)	\$.116
Senior (65+)	\$.92
Active 30 Day - Includes Figure Skating, Stick N Puck/Hockey	
Child/Youth (0-18)	\$.35
Adult (19-64)	\$.40
Senior (65+)	\$.35

Memberships expire 2 years from the date of purchase.

**Book a Birthday
Skating Party**
(see page 7)

Skating Lessons
3-12 years (see page 9)
Lessons include skate and
helmet rentals.

**Adult
Skating Programs**
(see page 20)

CENTENNIAL PARK LEISURE CENTRE AND ARENA

HOLIDAY BREAK SKATES

SKATE TO A NEW THEME EVERY DAY
DURING THE HOLIDAY BREAK.

Family Stick N Puck: 11:30am - 12:15pm
Family Skate: 12:30pm - 2:30pm

December 19 – Ice Princess Skate
December 20 – Winter Wonderland Skate
December 21 – Tropical Holiday Skate
December 22 – Holiday Sweater Skate
December 23 – Skate With Santa
December 24-26 – CLOSED
December 27 – Holiday Pajama Skate
December 28 – Santa's Ho Ho Hoedown
December 29 – Candy Cane Skate
December 30 – New Years Glam Gatsby Skate

FREE FAMILY DAY SKATE

FREE admission and rentals.
Monday, February 20
10:00am - 1:00pm

WHITE ROCK COMMUNITY CENTRE CARDIO GYM

REGISTERED DROP-INS = NO DISAPPOINTMENT

HOURS:

MONDAY to THURSDAY:

8:30am - 8:30pm

FRIDAY:

8:30am - 4:30pm

SATURDAY:

9:00am - 1:00pm

GYM EQUIPMENT AVAILABLE:

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

NO CROWDS

FRIENDLY ATMOSPHERE

SENSE OF COMMUNITY

LESS INTIMIDATING

Winter schedule
in effect starting
January 3

To book a one-hour time
slot visit

whiterockcity.ca/register

or call 604-541-2199

Free cancellation with
24-hour notice

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

Adults

➔ Arts

Drawing for Absolute Beginners

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

Instructor: Ian de Hoog

Hall C - White Rock Community Centre 6 sessions
9140 M 6:00pm-9:00pm Feb 13 \$156

Modern Abstract Watercolour Painting

Learn how to use the magic of colour to create a visual impact in your abstract painting. By playing with colour, tone and composition, explore exciting, creative approaches to abstract watercolour painting. Learn techniques and methods that you can use in your work such as using glazes, object imprints, salt and other materials to create textural layers. Suitable for absolute beginners to more experienced artists.

Instructor: Danny Chen

Hall C - White Rock Community Centre 1 session
9143 W 10:15am-3:15pm Feb 22 \$85
9144 Th 9:30am-2:30pm Mar 30 \$85

Watercolour Basics

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 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
9141 Tu 6:00pm-9:00pm Jan 17 \$156

Watercolour Continuing

Picking up where Watercolour Basics left off, further develop your skills through a variety of painting projects that will make use of fundamental techniques and expand on them with more advanced techniques and concepts. Supplies not included.

Instructor: Ian de Hoog

Gallery - White Rock Community Centre 6 sessions
9142 Sa 9:45am-12:45pm Jan 21 \$156

The Other Renaissance

Northern Europe created an artistic Renaissance very different from Italy's. In this art lecture, discover the unique history and traditions that shaped the images of 5 artists who illustrate the best of Northern art during the Renaissance.

Week 1 - Jan Van Eyck and Matias Grunewald

Week 2 - Hieronymus Bosch, Pieter Bruegel, and Albrecht Durer

Instructor: Linda Quigley

Gallery - White Rock Community Centre 2 sessions
9095 Th 1:30pm-3:00pm Feb 23/Mar 02 \$33

➔ General Interest

Aging Mindfully - An Introduction

While aging inevitably involves losses, it also presents personal growth and development opportunities to become all you can be. Aging Mindfully generates an open-hearted, engaged, and life-affirming way of being that generates more ease, calm, well-being, and resilience during your later years. Learn more about mindfulness and introductory meditations.

Instructor: Dr. Gordon Wallace

Classroom - Kent Street Activity Centre 1 session
8989 W 10:00am-12:00pm Mar 08 \$6

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 and concentration, reduce anxiety, strengthen your hand muscles, wrist flexibility and reduce arthritis pain. Receive an additional benefit of learning to play the piano and sight reading music. No piano experience needed. Keyboard recommended but not required.

Instructor: Lana Grace

Classroom - Kent Street Activity Centre 6 sessions
8997 Sa 2:00pm-3:00pm Feb 11 \$89



Danny Chen

*Modern Abstract
Watercolour Painting*

For over 43 years, renowned artist Danny Chen has made the world a more beautiful place with his drawings, paintings and sculptures. Along with his fulltime arts career and busy Richmond studio and gallery, he teaches beginners-level technique, composition, and colour mixing in several mediums. He also develops arts-related supplies and materials, including his innovative Chinese Watercolour kit marketed worldwide.

Adults

18+ YEARS



Rhonda Dillon

Travel Lighter = Travel Easier

When it comes to travel packing, Rhonda makes Less-Is-More easier than ever. With training in costume design and travel-related hospitality and marketing, this airline career globe-trotter brings 25 years of experience in travelling light. She believes the most important thing to always pack is a positive and flexible attitude, and guarantees you can travel for weeks and look fabulous with her tips and tricks and just a carry-on roller and large handbag.

➔ General Interest cont.

Mah Jong Drop-in

Players should be able to count their hand prior to joining drop-in.

Social 10 Pass is available. \$30 for 10 sessions, or \$5 drop-in.

Pre-register up to 7 days before each session.

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

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
9021 Tu 10:00am-12:00pm Feb 07 \$66

Spanish

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

Instructor: Carlos Rabago

Gallery - White Rock Community Centre 6 sessions
8986 M 7:00pm-8:00pm Jan 23 \$41

Classroom - Kent Street Activity Centre 6 sessions
8988 Th 11:00am-12:00pm Jan 26 \$41

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

Instructor: Carlos Rabago

Gallery - White Rock Community Centre 6 sessions
8987 M 8:00pm-9:00pm Jan 23 \$41

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.

Gallery - White Rock Community Centre 1 session
9009 Th 10:00am-12:00pm Feb 23 no charge

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 frauds 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.

Gallery - White Rock Community Centre 1 session
9010 Th 10:00am-12:00pm Mar 30 no charge

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 in 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. Discussion on surviving airports or train stations, technology and safety.

Instructor: Rhonda Dillon

Classroom - Kent Street Activity Centre 1 session
9092 Sa 10:00am-12:00pm Feb 18 \$36

Alexander Technique Workshop

Headaches? Neck tension? Back pain?

Aches and pains in the body are often related to how we use our bodies and how we move. Learn to consciously work with your thinking and your body to change habitual posture and movement with the Alexander Technique. Discover ways to increase your body awareness, release tension in your neck, shoulders and back and move with more ease and balance.

Instructor: Alena Minova

Gallery - White Rock Community Centre 1 session
9246 F 11:00am-1:00pm Feb 24 \$38

COMPUTERS

Windows 10/11 - Basics

Learn tips on how to personalize your computer, customize settings, access the internet, set up and use e-mail.

Instructor: Wayne Albertson

Classroom - Kent Street Activity Centre 4 sessions
9026 W/F 9:30am-12:00pm Feb 01 \$41
9032 M/Th 1:00pm-3:30pm Mar 13 \$41

Tips and Tricks for iPads

Tips on updates, word processing with Notes, iCloud, keyboard and mouse options, printers and setting up Zoom meetings.

Instructor: Dennis Anderson

Classroom - Kent Street Activity Centre 2 sessions
9006 Th 1:00pm-3:30pm Feb 02 \$35
9007 Th 1:00pm-3:30pm Mar 02 \$35

➔ Dance/Music

Dance Fit

No dance experience is required. Release your inhibitions and get in shape dancing to fun Latin rhythms. Women only.

Instructor: Magali Cardoso

Hall - Centennial Park Leisure Centre 9 sessions
9117 Tu 9:30am-10:30am Jan 10 \$96

Latin Moves

Learn the Fun-damentals of Latin dances such as Rumba, Cha Cha, Salsa, Merengue, Samba, Bachata and Tango. No dance experience is required. Women only.

Instructor: Magali Cardoso

Hall - Centennial Park Leisure Centre 9 sessions
Level 2

9118 Tu 10:30am-11:30am Jan 10 \$96

All Levels

9119 Tu 7:00pm-8:00pm Jan 10 \$96

Line Dancing with Darlene

Get your dancing shoes on and join us for an afternoon of fun. Line Dancing is a great way to meet new friends and improve your overall wellness and happiness. No drop-in available.

Instructor: Darlene Marion

Auditorium - Kent Street Activity Centre 10 sessions
Beginner

9097 M 1:00pm-2:00pm Jan 30 \$62

Intermediate

9099 M 2:15pm-3:15pm Jan 30 \$62

Line Dance

Learn a blend of Latin and Ballroom styles similar to dances like Foxtrot, Waltz, Merengue, Samba, Mambo, Cha Cha, Salsa, Rock, Bachata, Tango, Rumba, and Pop. Learn dance routines, and move to a wide variety of music from Latin, to the classics and country western. Routines are fun and easy to learn.

Instructor: Susana Leung

Hall A - White Rock Community Centre 12 sessions

Beginners - no experience

9121 W 11:00am-12:00pm Jan 11 \$80

Level 2 - previous line dance experience

9122 W 12:30pm-1:30pm Jan 11 \$80

Social Dance Lessons

Learn the most popular dances to have fun, make friends and dance anywhere you go. All levels of dancers are welcome. Please register with a partner.

Instructor: Magali Cardoso

Hall - Centennial Park Leisure Centre 6 sessions

Ballroom

9120 Tu 8:00pm-9:00pm Jan 10 \$63

Latin Dance

6 sessions

9123 Tu 8:00pm-9:00pm Feb 21 \$63

Play Guitar Level 1

A good foundational course for beginner guitarists. With regular practise, you will 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

Gallery - White Rock Community Centre 10 sessions

9136 W 11:30am-12:30pm Jan 18 \$84

Play Guitar Level 2/3

For beginners with some previous experience playing guitar. Are you a new registrant to the Play Guitar program? Please register in Level 1 beginner course and instructor will promote students when appropriate.

Instructor: Greg DeLaRonde

Gallery - White Rock Community Centre 10 sessions

Level 2

9134 Tu 11:00am-12:00pm Jan 17 \$84

9138 W 6:45pm-7:45pm Jan 18 \$84

Level 3

9135 Tu 12:15pm-1:15pm Jan 17 \$84

9139 Tu 5:00pm-6:00pm Jan 17 \$84

9137 W 8:00pm-9:00pm Jan 18 \$84



Magali Cardoso

Dance Fit, Latin Moves, Ballroom and Social Dance Lessons

This Brazilian-born

whirlwind was born

dancing and has

never stopped.

Immersed in South

American festivals

and celebrations,

she went on to attain

professional dance

and instructor training

to explore her lifelong

love of Latin dances.

Magali shares her

passionate belief

that dancing is a

joyful experience that

connects us, mind,

body and soul.



ABOUT OUR ZOOM SESSIONS

Once you are registered for the program, you will be emailed a meeting link before the program starts.

To join in on the program you will need:

- A reliable internet connection (wired or Wi-Fi)
- A tablet, laptop or desktop computer (smartphones may also be used, but it may be difficult to follow some programs on a small screen)
- Speakers, a microphone and optional webcam (built into most devices/computers)

PLEASE TEST ZOOM BEFORE YOUR PROGRAM BEGINS.

The instructor will be unable to pause the session if you are having technical difficulties.

➔ Specialized Exercise

ZOOM Exercise to Prevent & Manage 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 Rehab Specialist, Fred Kikhosrowkiany. For a first time participant assessment and a referral to this program call 604-541-2199. *35 sessions*
9086 M/W/F 3:15pm-4:15pm Jan 04 \$280
See sidebar for ZOOM instructions.

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 Rehab Specialist, Fred Kikhosrowkiany. For a first time participant assessment and a referral to this program, call 604-541-2199.
Cardio Gym 2 - Centre for Active Living 24 sessions
9088 Tu/Th 3:15pm-4:15pm Jan 03 \$275
Cardio Gym 2 - Centre for Active Living 35 sessions
9089 M/W/F 4:30pm-5:30pm Jan 04 \$396

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 Chekov
Studio - White Rock Community Centre 11 sessions
9082 Th 9:00am-10:00am Jan 12 \$83

Instructor: Teddy Szell
Hall C - White Rock Community Centre 10 sessions
9077 Sa 11:45am-12:45pm Jan 14 \$75
Instructor: Cari Plotnikoff
Fitness Studio 1 - Centre for Active Living 14 sessions
9080 W/F 12:30pm-1:30pm Feb 15 \$95

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 an experienced personal trainer. 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.
Instructor: Fred Kikhosrowkiany
Cardio Gym 2 - Centre for Active Living 16 sessions
9106 Tu/Th 4:30pm-5:30pm Jan 03 \$114

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
Hall A - White Rock Community Centre 10 sessions
9074 Sa 9:15am-10:15am Jan 14 \$75

Level 2 - This class is suitable for those who have completed Osteofit 1.

Instructor: Teddy Szell
Hall A - White Rock Community Centre 10 sessions
9076 Sa 10:30am-11:30am Jan 14 \$75

Instructor: Cari Plotnikoff
Fitness Studio 1 - Centre for Active Living 13 sessions
9078 M/W 11:30am-12:30pm Feb 15 \$95

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 14 sessions
9081 W/F 2:00pm-3:00pm Feb 15 \$94

➔ 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
9132 Tu 2:00pm-3:00pm Feb 14 \$42
9133 Tu 2:00pm-3:00pm Mar 14 \$42

Instructor: Teddy Szell
Fitness Studio 1 - Centre for Active Living 4 sessions
9130 Sa 1:15pm-2:15pm Jan 14 \$42
9131 Sa 1:15pm-2:15pm Feb 11 \$42

➔ Personal Training cont.

Fitness Guidance

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

Consult (30 minute) \$39

Call 604-541-2199 to book an appointment.

Total Fitness Testing

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

Assessment (2 hours) \$144

Call 604-541-2199 to book an appointment.

➔ Group Fitness

Basic Aerobics 55+

Beginner aerobics class designed for adults who are just starting their fitness journey.

Instructor: Debbie Newton

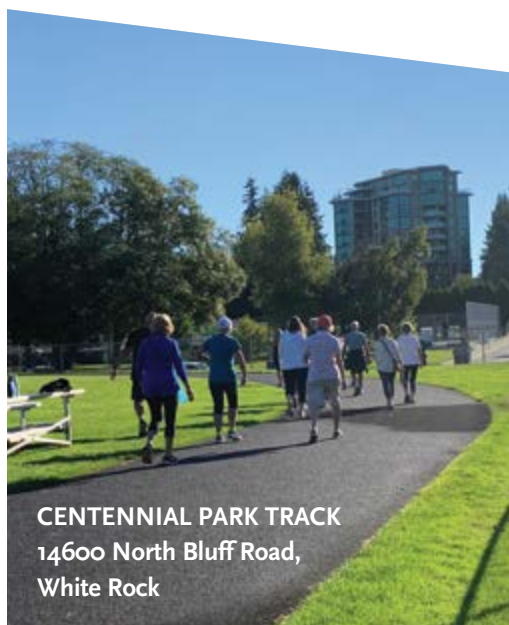
Auditorium - Kent Street Activity Centre 11 sessions
9265 Sa 9:45am-10:45am Jan 14 \$72

Chair Strength

Enjoy a full body workout in the seated position. This class is designed to provide a full body workout for those who have mobility restrictions.

Instructor: Debbie Newton

Auditorium - Kent Street Activity Centre 11 sessions
9264 Sa 8:30am-9:30am Jan 14 \$72



CENTENNIAL PARK TRACK
14600 North Bluff Road,
White Rock

Body Works

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: Valerie Slaunwhite

Auditorium - Kent Street Activity Centre 11 sessions
8980 M 8:45am-9:45am Jan 09 \$73

Hall A - White Rock Community Centre 12 sessions
8985 Tu 8:45am-9:45am Jan 10 \$80
9063 Th 10:00am-11:00am Jan 12 \$80

Cardio & Strength Training Circuit

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: Valerie Slaunwhite

Cardio Gym 2 - Centre for Active Living 11 sessions
8984 M 11:30am-12:30pm Jan 09 \$95

Cardio Gym 2 - Centre for Active Living 12 sessions
8990 Tu 10:10am-11:10am Jan 10 \$104
9058 W 8:45am-9:45am Jan 11 \$104
9059 W 10:00am-11:00am Jan 11 \$104

Instructor: Cari Plotnikoff

Cardio Gym 2 - Centre for Active Living 6 sessions
8983 M 10:15am-11:15am Feb 13 \$53

Cardio Gym 2 - Centre for Active Living 8 sessions
9056 Tu 11:15am-12:15pm Feb 14 \$61

Fit Camp 55+

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

Instructor: Valerie Slaunwhite

Auditorium - Kent Street Activity Centre 11 sessions
8982 M 10:00am-11:00am Jan 09 \$73

Hall A - White Rock Community Centre 12 sessions
9062 Th 8:45am-9:45am Jan 12 \$80

FitKizomba

Kizomba means "party" and is a style of dance and musical genre originating in Angola. Improve your core, strengthen your lower back, and unleash your confident self. Steps are presented in a non-intimidating easy to follow format.

Instructor: Olga Skrinnikoff

Studio - White Rock Community Centre

FREE Trial Class - Pre-register

9266 W 5:30pm-6:30pm Jan 04 no charge

12 sessions
9073 W 5:30pm-6:30pm Jan 11 \$85

**ONLINE
VIDEO**



Balance Class 65+ with Cari Plotnikoff

Feel more confident in leading a physically active life by gaining the strength you need to move through daily routines.

Begin with supported exercises and progress through strength training and balance movements.

A sturdy chair is the only equipment required.

Video length:

30 minutes

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



Bodyworks
50+
with Val
Slaunwhite

Enjoy a fun, full body workout to improve your muscular endurance, functional strength and flexibility.

A set of hand weights (or a weight- alternative) recommended.

Video length:
30 minutes

[whiterockcity.ca/
online-recreation](http://whiterockcity.ca/online-recreation)

➔ **Group Fitness cont.**

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 A - White Rock Community Centre 11 sessions
9068 Th 11:15am-12:15pm Jan 12 \$73

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 7 sessions
9057 Tu 12:30pm-1:30pm Feb 14 \$47

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: Olga Chekoy

Studio - White Rock Community Centre 11 sessions
9245 Th 10:05am - 11:05am Jan 12 \$83

Instructor: Cari Plotnikoff

Fitness Studio 1 - Centre for Active Living 7 sessions
9065 F 11:15am-12:15pm Feb 17 \$47

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 6 sessions
9072 M 6:00pm-7:00pm Jan 09 \$46

Hall - Centennial Park Leisure Centre 7 sessions
9061 W 6:00pm-7:00pm Jan 11 \$54

Tai Chi - All Levels

This class is designed for participants that have experience in the Yang style classical 108 form. No drop-in available.

Instructor: Johann MacDonald

Hall A - White Rock Community Centre 12 sessions
8979 W 9:30am-10:30am Jan 11 \$84

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 6 sessions
9071 M 4:45pm-5:45pm Jan 09 \$46

9064 Th 6:00pm-7:00pm Jan 12 \$54

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
9067 W 8:45am-9:45am Jan 11 \$115

9069 F 8:45am-9:45am Jan 13 \$115

➔ **Pilates / Barre / Yoga**

PILATES

Full Body Pilates with the Ball

Increase strength and flexibility with this mind and body workout. Core strengthening exercises and stretches using exercise and bender balls.

Instructor: Fay Kubacki

Studio - White Rock Community Centre 9 sessions
9124 Tu 9:00am-10:00am Jan 31 \$101

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
9127 M 6:45pm-7:45pm Jan 09 \$123

Instructor: Svetlana Lysenko

Studio - White Rock Community Centre 12 sessions
9125 W 9:00am-10:00am Jan 11 \$134

9126 F 8:40am-9:40am Jan 13 \$134

➔ Pilates / Barre / Yoga cont.

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 12 sessions
9128 W 10:15am-11:00am Jan 11 \$120

Instructor: Olga Skrinnikoff

Studio - White Rock Community Centre

FREE Trial Class - Pre-register

9267 M 5:30pm-6:30pm Jan 09 no charge

11 sessions

9129 M 5:30pm-6:30pm Jan 23 \$90

YOGA

Chair Yoga

This yoga incorporates chair and standing postures, breathing techniques and guided meditation. Designed for older adults who have mobility or other physical challenges. No drop-in available.

Instructor: Lynne Edel

Studio - White Rock Community Centre 12 sessions

9101 W 11:15am-12:15pm Jan 11 \$116

9105 Th 11:15am-12:15pm Jan 12 \$116

Auditorium - Kent Street Activity Centre 11 sessions

9103 Th 9:15am-10:15am Jan 12 \$106

Hatha Yoga

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

Instructor: Jeri Cox

Studio - White Rock Community Centre 12 sessions

9100 Tu 7:00pm-8:00pm Jan 10 \$134

Instructor: Svetlana Lysenko

Hall C - White Rock Community Centre 12 sessions

9110 F 10:00am-11:00am Jan 13 \$134

Gentle Hatha Yoga

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

Instructor: Lynne Edel

Studio - White Rock Community Centre 12 sessions

9098 Tu 5:45pm-6:45pm Jan 10 \$134

Gentle Therapeutic Hatha Yoga

A relaxing practice using yoga postures, mindfulness and breathing to calm the body and mind. This practice focuses on mindful movement to improve flexibility, strength and reduce pain.

Instructor: Melanie Henderson

Studio - White Rock Community Centre 11 sessions

9116 M 3:15pm-4:30pm Jan 09 \$134

Bodyful Movement Yoga

NEW A fusion of Yoga and Pilates, this energizing class offers a dynamic, full body, age reversing workout 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 8 sessions

8981 M 10:00am-11:00am Jan 30 \$88

Yoga Flow

NEW A fun mix of movements, working with breath, strength and balance. Focusing on strengthening your body through yoga poses, energizing movements and yoga sequences. Perfect for all levels.

Instructor: Monica Dickson

Halls B/C - White Rock Community Centre 10 sessions

9249 Tu 11:00am-12:00pm Jan 10 \$120

Deep Stretch

NEW Focusing on stretching and releasing tight muscles and tendons. Moving from one stretch into another continuously through the hour to stretch muscles through the entire body and taking the strain off the skeletal system. Perfect for all levels.

Instructor: Monica Dickson

Studio - White Rock Community Centre 10 sessions

9250 Tu 12:15pm-1:15pm Jan 10 \$120

Restorative Yoga

Use gentle yoga techniques to restore optimal breathing. Learn body awareness and re-pattern movement.

Instructor: Melanie Henderson

Studio - White Rock Community Centre 12 sessions

9112 Tu 11:00am-12:15pm Jan 10 \$146

Instructor: Carol Ann Shannon

Hall C - White Rock Community Centre 12 sessions

9102 W 6:00pm-7:00pm Jan 11 \$134

ONLINE
VIDEO



Zumba Gold with Mary Lou Rust

A dynamic and exciting fitness workout to music. Easy to follow choreography focuses on balance, range of motion and coordination.

Video length:

30 minutes

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



Lynne Edel
Yoga

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

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

➔ **Yoga / Pilates / Barre cont.**

Yoga for a Healthy Immune System

This hatha yoga class includes physical postures, breathing techniques, yoga nidra and meditation to keep the immune system strong and healthy. No drop-in available.

Instructor: Lynne Edel
Studio - White Rock Community Centre 12 sessions
9107 Th 1:15pm-2:15pm Jan 12 \$134

Yoga for Men

Class focus is on improving flexibility for the neck, shoulders, hips and legs, and gaining strength, improving balance, endurance, and range of motion.

Instructor: Carol Ann Shannon
Studio - White Rock Community Centre 12 sessions
9111 F 11:00am-12:00pm Jan 13 \$134

Instructor: Fay Kubacki
Studio - White Rock Community Centre 8 sessions
9093 M 11:00am-12:00pm Jan 30 \$88

Yoga 55+

A combination of breath work, postures and meditation to rejuvenate and bring body and mind into a state of well-being.

Instructor: Carol Ann Shannon
Studio - White Rock Community Centre 12 sessions
9109 F 9:50am-10:50am Jan 13 \$134

Yoga for Seniors

Gentle stretching, proper breathing techniques and deep relaxation allow the body and mind to come alive with renewed energy. No drop-in available.

Instructor: Melanie Henderson
Studio - White Rock Community Centre 11 sessions
9115 M 1:30pm-2:45pm Jan 09 \$134

Auditorium - Kent Street Activity Centre 12 sessions
9114 Th 10:30am-11:45am Jan 12 \$146

Yoga for Well Being

A calming gentle practice focusing on posture, balance, strength and mental focus to increase your feeling of well-being. No drop-in available.

Instructor: Melanie Henderson
Studio - White Rock Community Centre 12 sessions
9113 W 1:30pm-2:45pm Jan 11 \$146

Yoga Yin

Yin Yoga is a slower paced more meditative version of the popular physical spiritual yoga. Poses are held for longer periods of time targeting the connective tissues such as ligaments, bones and joints of the hips, pelvis and lower spine rather than focusing on the muscles. Suitable for all abilities.

Instructor: Carol Ann Shannon
Auditorium - Kent Street Activity Centre 12 sessions
9104 M 11:30am-12:30pm Jan 09 \$123

➔ **Sports**

Volleyball Co-Ed

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

Instructor: Dave Rigg
Recreational
White Rock Elementary School 9 sessions
8973 W 7:15pm-8:45pm Jan 11 \$83

Intermediate - Must have basic Volleyball skills
White Rock Elementary School 8 sessions
8974 M 7:15pm-8:45pm Jan 09 \$74

Badminton Co-Ed Recreational

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

Instructor: Alex Self
Gym - Peace Arch Elementary School 9 sessions
8977 Th 7:00pm-8:30pm Jan 12 \$46

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.

White Rock Elementary School 9 sessions
8962 Tu 7:00pm-8:30pm Jan 10 \$46

Cycling White Rock O-50 Club

A non-competitive and recreational White Rock O-50 cycling club. Meet up with other cyclists for weekly Sunday rides and special out-trips. Call 604-541-2199 to register and for ride information.

9011 Su 10:00am-12:00pm \$21

ADULT SKATING PROGRAMS

Conditioning on Ice for Women

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

Instructor: Juli Christy
Centennial Arena 7 sessions
8959 Sa 8:45am-9:30am Jan 14 \$77

Balance on Ice: The Edge Class

Learn to skate or improve your basic skating skills while you get in shape. Slow and easy figures and footwork will recruit core muscles to improve your balance and strength. All skating levels welcome. Skate and helmet rentals included. Helmets mandatory.

Instructor: Romni Carrigan
Centennial Arena 7 sessions
8961 M 10:30am-11:15am Jan 09 \$77

PRE-REGISTERED DROP-IN SCHEDULE

Classes and times are subject to change.

Registration opens
7 days before each
class. Limited spots
available

Most classes
begin the week of
January 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP FITNESS					
Body Works 55+ 8:45am-9:45am KSAC	Body Works 55+ 8:45am-9:45am WRCC		Fit Camp 55+ 8:45am-9:45am WRCC		Chair Strength 8:30am-9:30am KSAC
Fit Camp 55+ 10:00am-11:00am KSAC	Movement for Fitness 12:30pm-1:30pm CAL	Line Dance Beginners 11:00am-12:00pm WRCC	Body Works 55+ 10:00am-11:00am WRCC	Stability Body Sculpt 11:15am-12:15pm CAL	Basic Aerobics 9:45am-10:45am KSAC
		Line Dance Level 2 12:30pm-1:30pm WRCC	Stability Body Sculpt 10:05am-11:05am WRCC		
			Stronger with Bands 11:15am-12:15pm WRCC		
CIRCUIT CLASSES					
Cardio & ST Circuit 55+ 10:15am-11:15am CAL	Cardio & ST Circuit 55+ 10:10am-11:10am CAL	Cardio & ST Circuit 55+ 8:45am-9:45am CAL			
Cardio & ST Circuit 55+ 11:30am-12:30pm CAL	Cardio & ST Circuit 55+ 11:15am-12:15pm CAL	Cardio & ST Circuit 55+ 10:00am-11:00am CAL			
ZUMBA/STRONG					
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		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		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		Yoga 55+ 9:50am-10:50am WRCC	
Yoga Yin 11:30am-12:30pm KSAC	Yoga Flow 11:00am-12:00pm WRCC	FitKizomba 5:30pm-6:30pm WRCC		Hatha Yoga 10:00am-11:00am WRCC	
Gentle Therapeutic Yoga 3:15pm-4:30pm WRCC	Deep Stretch 12:15pm-1:15pm WRCC	Restorative Yoga 6:00pm-7:00pm WRCC		Yoga for Men 11:00am-12:00pm WRCC	
Barre Conditioning 5:30pm-6:30pm WRCC	Gentle Hatha Yoga 5:45pm-6:45pm WRCC				
Pilates 6:45pm-7:45pm WRCC	Hatha Yoga 7:00pm-8:00pm WRCC				

LOCATIONS:

KSAC: Kent Street Activity Centre,
1475 Kent Street

WRCC: White Rock Community
Centre,
15154 Russell Avenue

CAL: Centre for Active Living,
1475 Anderson Street

CPLC: Centennial Park Leisure
Centre, 14600 North Bluff Road

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, Cardio Gym 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



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.

➔ Outdoor Recreation

Walk and Talk 55+

Connect with others outside 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 while enjoying the company of others as you walk at a leisurely pace. Led by an experienced and first aid certified outdoor leader. Walks go rain or shine.

Instructor: Patrick Mooney 12 sessions
9022 W 1:00pm-4:00pm Jan 25 \$97

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, or what to expect? Learn about safe hiking practices and great trails.

Outdoor leader Patrick Mooney presents this FREE session geared to Adults 50+.

Pre-registration required.

Gallery - White Rock Community Centre 1 session
9091 Th 2:30pm-3:30pm Jan 12 no charge
9090 Th 6:30pm-7:30pm Jan 12 no charge

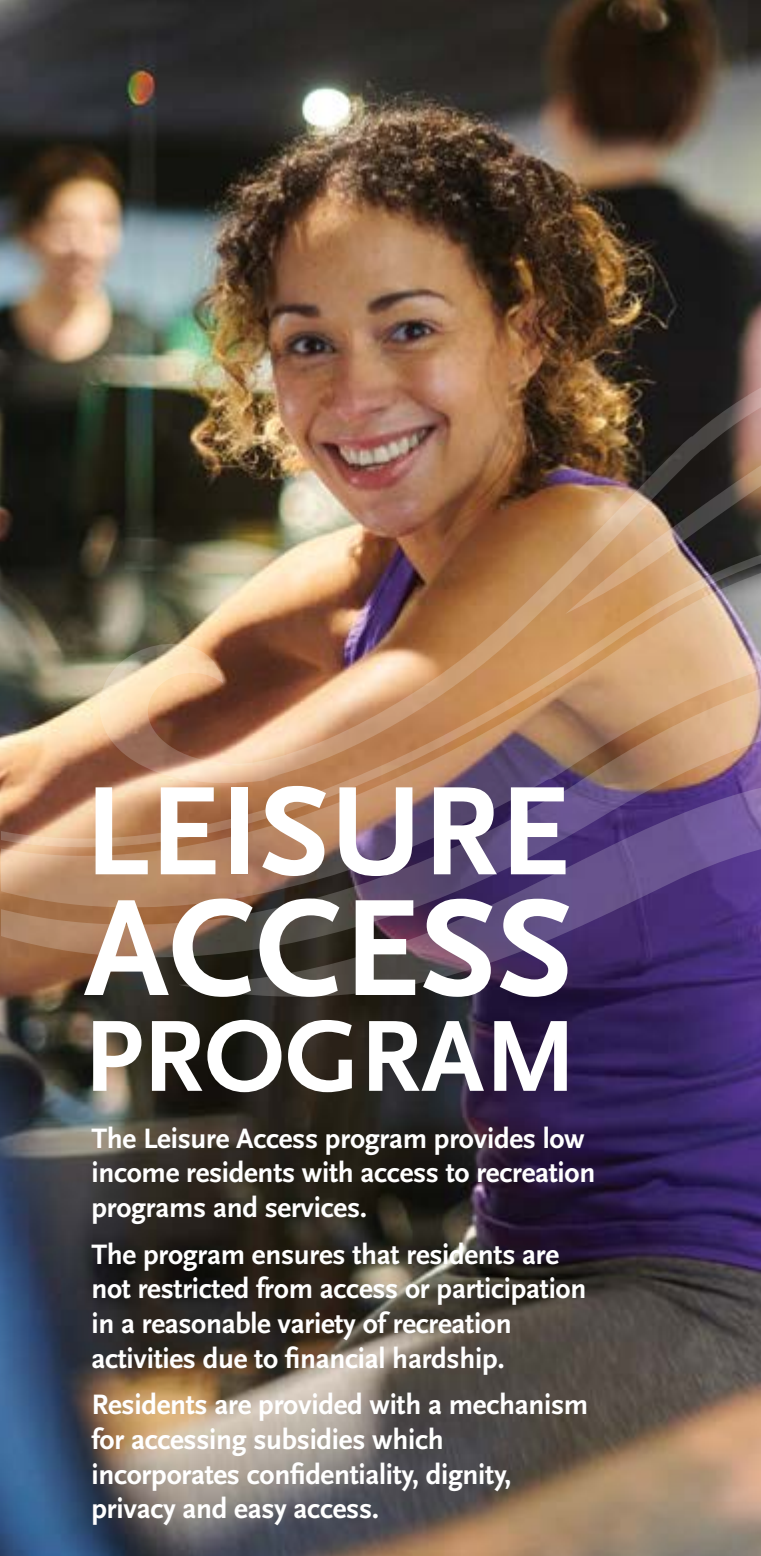
Snowshoe Hike

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. Rent snowshoes for an additional \$10 per day. Participants are required to pay their own trail fees (if required) at the destination. Transportation is provided.

Instructor: Patrick Mooney

9041	M	8:00am-6:00pm	Jan 16	\$53
9042	M	8:00am-6:00pm	Jan 23	\$53
9043	M	8:00am-6:00pm	Jan 30	\$53
9045	Sa	8:00am-6:00pm	Feb 04	\$53
9046	M	8:00am-6:00pm	Feb 06	\$53
9047	M	8:00am-6:00pm	Feb 13	\$53
9048	Sa	8:00am-6:00pm	Feb 18	\$53
9050	Tu	8:00am-6:00pm	Feb 21	\$53
9051	M	8:00am-6:00pm	Feb 27	\$53
9052	Sa	8:00am-6:00pm	Mar 04	\$53
9053	M	8:00am-6:00pm	Mar 06	\$53
9054	M	8:00am-6:00pm	Mar 13	\$53
9055	M	8:00am-6:00pm	Mar 20	\$53





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
\$23,233	\$28,276	\$35,210	\$43,928	\$50,019	\$55,473

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 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.





KENT STREET ACTIVITY CENTRE

1475 KENT STREET, WHITE ROCK

2023 KENT STREET ACTIVITY CENTRE MEMBERSHIP

\$41⁰⁰ Valid until December 31, 2023

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

White Rock Community Centre

15154 Russell Avenue

Centennial Park Leisure Centre

14600 North Bluff Road

Kent Street Activity Centre

1475 Kent Street

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 3:00pm-5:00pm
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
\$8/Ⓜ\$6

Arts & Crafts

Peninsula Woodcarvers

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

Stitch & Chat

Friday 1:00pm-3:00pm
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
Centennial Park Leisure Centre

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, Bid Whist & Canasta
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.



For more information on opportunities, resources, and services for seniors to stay active, informed, and engaged in our community check out whiterockcity.ca/seniors

General Interest

Computer Club

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

Active Living

Carpet Bowling

Wednesday & 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. 201. 12:30-2:30pm
January 20
February 3, 17
March 3, 17
Kent Street Auditorium

Volunteer Opportunities

Volunteers are a vital link to the success of Kent Street Activity Centre's programs and events. Get involved and be active in your centre. Opportunities include coffee shop volunteers, computer instructors, mini-bus drivers, fundraisers and special event helpers. Call 604-541-2231 for more information.

Senior Connector

A trained Brella Community Services Society volunteer connects seniors and their friends and families to information about programs and services available to them in our community.

Information provided on housing options, medical support, government assistance, and abuse awareness for seniors, their families and caregivers.

They will also be available to help seniors with application forms such as OAS, GIS and SAFER.

Call 604-531-9400 ext. 204 for more information.

Special Events

New Members Social/ Open House

Friday, March 24

Discover all the amazing things the centre has to offer:

- Try out free programs and activities
- Meet the staff, activity group leaders and volunteers
- Free goodies, door prizes

Mark your calendar for these Kent Street Seniors Society fundraiser events

Book and Bake Sale

Saturday, February 11

Spring Plant Sale

Saturday, May 6

More information coming soon



Kent Street Coffee Shop

Open 9:30am-1:30pm Monday-Friday
RE-OPENS JANUARY 9

- Fresh baked goodies
- Sandwiches and soups

- Take out frozen meals (Sold Monday-Thursday 10am-1pm)

Delicious homemade cuisine

WINTER EXCURSIONS

Sign up early for a variety of experiences and destinations.
Travel in our comfortable 23 passenger mini-bus.

IMPORTANT INFORMATION ABOUT OUR TRIPS:

Trips are open to both members and non-members.

** FERRY TRIPS:

Please bring BC ID, BC Driver's Licence or BC Services Card; under 65 or non BC resident will be required to pay passenger ferry fare.

Participants can choose from three convenient pick-up points:

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

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

Kent Street Activity Centre members receive a \$5 DISCOUNT on each excursion at time of registration

Pickling Up a Storm

Visit with A Rocha staff at Brooksdale Environmental Centre and learn about quick pickling – a simple, safe food preservation strategy that can be done with a range of veggies in a matter of minutes. Take home your own jar of handmade goodness and a bundle of veggies to use for your next cooking project.

Includes instruction, snack and tour.
9148 F 9:20am-12:30pm Jan 13 \$39

Celebrate Chinese New Year

Celebrate Chinese New Year with a visit to Dr. Sun Yat-Sen Classical Chinese Garden, an oasis of tranquility and reflection amid the bustle of urban life. Enjoy a stop for shopping and lunch at the Chinese New Year Flower and Gift Fair in the Aberdeen Centre in Richmond.

Includes admission, guided tour, not lunch.
9147 W 9:00am-4:00pm Jan 18 \$38

Tea & Trumpets - An Afternoon With Andrew

Former Associate Conductor and fan-favourite Andrew Crust returns to the VSO for an afternoon of musical celebration.

Includes admission.
9145 Th 11:30am-5:00pm Jan 26 \$77

Explore Vanier Park

Explore the wonders of space with a guided tour of the H.R. Macmillan Space Centre and Planetarium. Following lunch visit the Museum of Vancouver - a unique gathering space that fosters connection, learning, and new experiences of Vancouver's diverse communities and histories.

Includes admissions, two guided tours, not lunch.
9149 Tu 8:10am-5:00pm Jan 31 \$62

Forgiveness - Stanley Theatre

This play is based on the acclaimed memoir by Mark Sakamoto. Forgiveness is the powerful story of Sakamoto's family's harrowing experiences during World War II. In the face of tremendous adversity and transgressions, the family chose not to live a life of anger but instead to embrace forgiveness.

Includes admission.
9146 W 11:30am-5:00pm Feb 08 \$94

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 a delicious dinner at the Salmon and Bannock restaurant, Vancouver's only indigenous owned and operated restaurant.

Includes admission and lunch.
9169 Th 11:10am-6:00pm Feb 16 \$141

Twilight Snowshoe Tour

Enjoy a magical evening experience on Mount Seymour you will not forget. Explore the beautiful mountain trails on snowshoes with a knowledgeable guide.

Includes guided tour, snowshoe rentals, hot chocolate.
9150 Th 2:50pm-9:00pm Feb 23 \$60

Grouse Mountain

Enjoy breathtaking views from the Skyride as you journey up to the Peak of Vancouver. Experience the enchanting Light Walk, lace up your skates for a spin in the fresh mountain air, learn about mountain culture at the Theatre in the Sky or seek out that perfect scenic photo.

Includes Skyride and mountain admission ticket, not dinner.
9157 M 3:00pm-9:00pm Feb 27 \$93

Richmond Olympic Oval

Start the day watching float planes land as you enjoy lunch at the Flying Beaver Pub. Next enjoy a guided tour of the magnificent Richmond Oval followed by a visit to the Olympic Experience Museum.

Includes guided tour, not lunch.
9174 Th 10:00am-4:00pm Mar 09 \$47

Tea & Trumpets - Scheherazade

One of the most popular works in the classical repertoire, Rimsky-Korsakov's Scheherazade is inspired by the Arabian tale of 1001 Nights and will take you on a journey of love and adventure.

Includes admission.
9164 Th 11:30am-5:00pm Mar 16 \$77

Pender Island with Joy Brown **

Visit the beautiful islands of North and South Pender. Enjoy historic Port Washington, Hope Bay and Mortimer Spit. Lunch is served overlooking the sea. Dessert is served at the Driftwood centre with time to enjoy the variety of shops and island way of life.

Includes guided tour and lunch.
9165 Tu 8:20am-7:30pm Mar 28 \$183

Discover Dance & Sylvia Hotel

The Scotia Bank Dance Theatre presents Dancers of Damelahamid, an Indigenous dance company with a rich history of masked dance which inspires compelling performances. Lunch will follow at the historic Sylvia Hotel.

Includes admission and lunch.
9167 Th 10:10am-4:30pm Mar 30 \$99

SPECIAL EVENTS IN WHITE ROCK

1

Morosan: The Man Who Painted White Rock

January 17 – April 30, 2023

Vojislav (Voja) Morosan was born in Belgrade and immigrated to Ontario in 1968 before choosing to live in White Rock in 1996. Morosan was a familiar sight in White Rock, painting plein air (outdoors) with his easel, folding chair, ubiquitous straw hat, and his faithful Yorkie, Pebble. This retrospective exhibit features works from the 1970s until Morosan's death in 2008.



2

Connect with local artists, learn about art and culture and be inspired!

Visit the Landmark Pop-Uptown Art Gallery. See the full schedule of rotating artists at whiterockcity.ca/pop-up

3

There is no better time to take a self-guided tour around the city to take in and explore the stories behind the captivating public art displays throughout the city.

Take in the twenty art attractions varying from murals to sculptures of various shapes and sizes as you move throughout the city.

Make sure to bring along the Public Art Story Map on the City's website to read the story behind each piece while you admire it up close at whiterockcity.ca/publicart



WHITE ROCK
MUSEUM & ARCHIVES



Events! Events! Events! Big plans are coming for 2023 fun, festivities and celebrations.

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!

Come and gaze at our beautiful views, taste our flavour-packed, chef-made cuisine and experience the freedom of having your every need taken care of. You'll feel at home from the moment you walk through our doors.

Your trial stay comes packaged with our exclusive PARC Active Living™ programs including a state-of-the-art seniors gym, classes, art and cultural programs, onsite Wellness Nurse, complimentary transportation and more. With no cost or commitment, the PARC Experience is immersive, lasting up to two weeks.

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parcliving.ca/oceana