

April-June
Spring 2024

whiterockcity.ca/register

Recreation GUIDE

Spring Program Registration opens
Wednesday, March 13 at 8:30am

Summer Camp Registration opens
Friday, April 19 at 8:30 am

Try a painting class this spring. See page 13.

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

**WHITE
ROCK** RECREATION
AND
CULTURE



**Connect
with your
community
and make a
difference.**

Volunteer Fair

April 21, 10am to 2pm
White Rock Community Centre
15154 Russell Avenue

Come to the annual Volunteer Fair to learn more about how you can contribute to your community, learn new skills, and meet new people.



Become a City Volunteer

Benefits:

- Community connection
- Make an impact
- Gain experience and develop new skills
- Make friends

Opportunities:

- Support City events like the White Rock Sea Festival, Canada Day by the Bay and Bright Walk in White Rock
- Help out at the Kent Street Activity Centre coffee shop
- Enjoy driving for senior's excursions and events



APPLY TO VOLUNTEER:
whiterockcity.ca/volunteer

WHITE ROCK
City by the Sea!

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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](http://whiterockcity.ca/register) at whiterockcity.ca/register and select "Create an Account".

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

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

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.

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, March 13 at 8:30am



By Phone

604-541-2199 Amex, MasterCard, Visa

Registration begins Wednesday, March 13 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, March 13 at 8:30am

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

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

Subscribe today at
whiterockcity.ca/connect

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



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
\$22,801	\$27,750	\$34,555	\$43,110	\$49,090	\$54,442

THE LEISURE ACCESS PROGRAM PROVIDES SUBSIDIZED RECREATION FOR LOW INCOME FAMILIES

WHAT ARE THE BENEFITS?

White Rock Residents:

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

South Surrey Residents:

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

HOW CAN I APPLY?

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

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

HOW DO I ACCESS MY BENEFITS?

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



DROP-IN ADMISSIONS AND PASSES

Purchase Passes at whiterockcity.ca/register

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

Pass	Age	Pass Price	Drop-in Activities included	Single Drop-in
Active 10	Adult (19 - 64) Senior (65+)	\$66 \$52	Fitness Centre Soccer Indoor Co-ed Group Fitness Classes Badminton	\$5.75 and \$7.25 \$6.00 \$5.75 and \$7.25 \$7.00
Active 20	Youth (16 - 18) Adult (19 - 64) Senior (65+)	\$92 \$116 \$92	Fitness Centre Soccer Indoor Co-ed Group Fitness Classes Badminton	\$5.75 and \$7.25 \$6.00 \$5.75 and \$7.25 \$7.00
Active 30 Day (month)	Youth (16 - 18) Adult (19 - 64) Senior (65+)	\$35 \$40 \$35	Fitness Centre Soccer Indoor Co-ed Group Fitness Classes	\$5.75 and \$7.25 \$6.00 \$5.75 and \$7.25
ZYP 10	Youth (16 - 18) Adult (19 - 64) Senior (65+)	\$113 \$113 \$113	Zumba STRONG Yoga Pilates	\$13.75 \$13.75 \$13.75 \$13.75
Circuit 10	Youth (16 - 18) Adult (19 - 64) Senior (65+)	\$88 \$88 \$88	Group Circuit Classes	\$9.50
Social 10	Adult/Seniors (19+)	\$30	Mah Jong Peninsula Sketchers	\$5.00 \$5.00

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

Spring has sprung at

WHITE ROCK RECREATION AND CULTURE

FACILITIES

CENTENNIAL PARK LEISURE CENTRE AND ARENA (CPLC)

14600 North Bluff Road

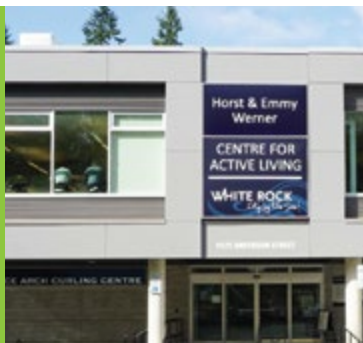


- Kids Camps galore
- Sport field, tennis & Pickleball courts
- All abilities playground and dog park

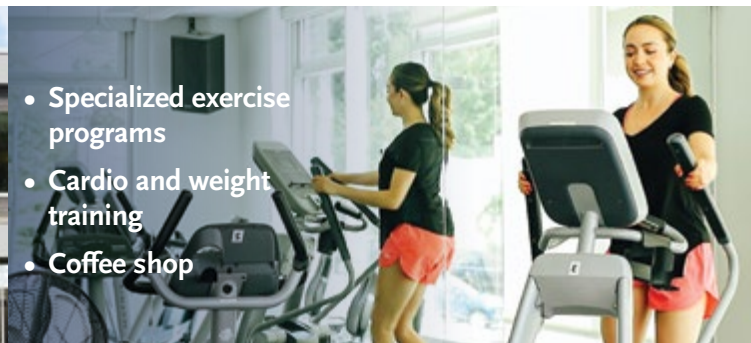


CENTRE FOR ACTIVE LIVING (CAL)

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
- Over 17 activity groups
- Coffee shop and frozen meal sales

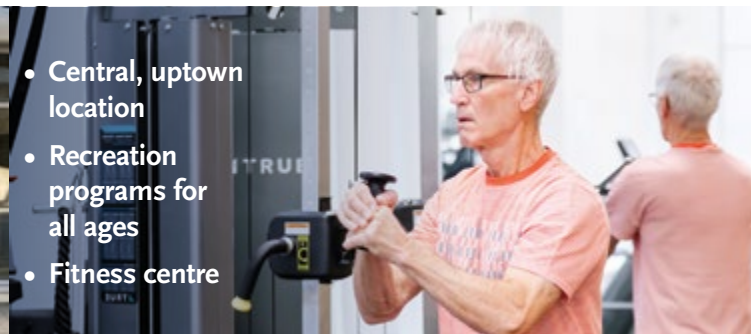


WHITE ROCK COMMUNITY CENTRE (WRCC)

15154 Russell Avenue



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



Early Years

Youth

Early Years + Youth



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/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.

\$249 DELUXE PACKAGE (10 guests)

\$299 PREMIUM PACKAGE (10 guests)

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

MORE PARTIES ON PAGE 10

➔ 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: Maya Mccobbina
Hall A - White Rock Community Centre 10 sessions
13007 Sa 9:15am-10:00am Apr 13 \$85

Preschool Ballet 3 - 5 years

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

Instructor: Maya Mccobbina
Hall A - White Rock Community Centre 10 sessions
Level 1

13008 Sa 10:00am-10:45am Apr 13 \$85

Level 2

13010 Sa 10:45am-11:30am Apr 13 \$85

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.

musictogetherpanorama.com
Instructor: Ashley McConnell
Hall - Centennial Park Leisure Centre 10 sessions
12984 W 9:30am-10:15am Apr 03 \$188
12986 W 10:30am-11:15am Apr 03 \$188

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 mock violins are provided.

Instructor: Rick Dorfer
Fitness Studio 1 - Centre for Active Living 8 sessions
13003 Th 4:30pm-5:15pm Apr 04 \$96

➔ 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 8 sessions
2 - 3 years (parent participation required)

13028 M 5:15pm-6:00pm Apr 08 \$106

3 - 5 years

13030 M 6:00pm-6:45pm Apr 08 \$106

➔ Arts

Drawsome Art - Drawing and Sketching Skills 6 - 12 years

NEW Explore a variety of drawing media such as pencils, charcoal and pastels. Build on your skills each class. Topics are led by class interest from landscape, figures, and more. Instruction by the Semiahmoo Arts Society. Supplies are included.

Gallery - White Rock Community Centre 6 sessions
13127 W 4:00pm-5:30pm Apr 10 \$126

➔ Dance and Music

Intro to Hip-Hop Dance 6 - 8 years

Your child will learn to move their body and have a blast dancing to their favourite Hip Hop, R&B and Pop hits. This style of dance is less structured than other styles and is commonly seen in music videos and at concerts of popular artists.

Instructor: Maya Mccobbina
Hall A - White Rock Community Centre 10 sessions
13020 Sa 12:30pm-1:15pm Apr 13 \$85

Intro to Jazz Dance 6 - 8 years

It's showtime! If you find your child wanting to get up on stage and dance to scenes from movies and musicals, this style of dance is for them. High energy, fun and exciting, jazz dance will have them wanting to be the next Broadway star.

Instructor: Maya Mccobbina
Hall A - White Rock Community Centre 10 sessions
13012 Sa 11:45am-12:30pm Apr 13 \$85

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 mock violins are provided.

Instructor: Susan Cosco
Hall - Centennial Park Leisure Centre 11 sessions
12982 Tu 3:45pm-4:30pm Apr 09 \$110

➔ Sports

Tennis Lessons 8 - 12 years

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

Instructor: Bruce Webster
White Rock Tennis Club 4 sessions
13040 M 5:00pm-6:30pm May 06 \$80
13041 M 5:00pm-6:30pm Jun 10 \$80

Tennis Court 1 - Centennial Park 4 sessions
13042 F 5:00pm-6:30pm May 10 \$80
13043 F 5:00pm-6:30pm Jun 07 \$80



Jumpstart

Giving kids a sporting chance.

What is Jumpstart?

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

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

Which White Rock Recreation and Culture programs are eligible?

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

How do I apply for Jumpstart funding?

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

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

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

➔ Sports cont.

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, stickhandling, and passing in fun, skill-focused games.

White Rock Elementary School 9 sessions
13035 Th 7:15pm-8:00pm Apr 11 \$120

Sportball Indoor Multisport 5 - 8 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 9 sessions
13036 Tu 6:00pm-6:45pm Apr 09 \$120

Sportball Basketball 5 - 13 years

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

White Rock Elementary School 9 sessions

5 - 7 years
13034 Th 5:00pm-5:45pm Apr 11 \$120

8 - 10 years
13032 Th 5:45pm-6:30pm Apr 11 \$120

11 - 13 years
13033 Th 6:30pm-7:15pm Apr 11 \$120

SPRING BREAK CAMPS

ALL DAY COMBO CAMPS

Bricks and Tennis Camp 7 - 12 years

Spend the morning in a Bricks Engineering Camp using LEGO® bricks. After a supervised lunch, perfect your tennis skills in the Tennis XL camp.

Hall - Centennial Park Leisure Centre 5 sessions
12436 M-F 9:00am-3:30pm Mar 18 \$330

Soccer & Bricks Camp 5 - 12 years

Fine tune your skills in the morning at the Brad Higgs Soccer Camp. After a supervised lunch, build with LEGO® bricks in the Bricks Engineering Camp.

Oval - Centennial Park 5 sessions
12430 M-F 9:30am-3:30pm Mar 18 \$275

12431 M-Th 9:30am-3:30pm Mar 25 \$220

SPORTS CAMPS

Soccer Camp - Brad Higgs 4 - 12 years

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

Oval - Centennial Park 5 sessions
12428 M-F 9:30am-12:00pm Mar 18 \$132

12429 M-Th 9:30am-12:00pm Mar 25 \$106

Tennis XL Camp 7 - 12 years

Lots of games and fun as we focus on rally skills, ground strokes, net skills, serves, and returns. Children are divided into appropriate age groups.

Tennis Court 1 - Centennial Park 5 sessions
12433 M-F 12:30pm-3:30pm Mar 18 \$165

12434 M-Th 9:00am-12:00pm Mar 25 \$132
12435 M-Th 12:30pm-3:30pm Mar 25 \$132

CREATIVE CAMPS

Bricks Engineering Camp 5 - 12 years

Build machines, buildings, vehicles and other structures out of LEGO® bricks. Content is multi-disciplinary 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.

Education Room - Centre for Active Living

Week 1 5 sessions
12440 M-F 9:00am-12:00pm Mar 18 \$165
12441 M-F 12:30pm-3:30pm Mar 18 \$165
12438 M-F 9:00am-3:30pm Mar 18 \$295

Week 2 4 sessions
12442 M-Th 9:00am-12:00pm Mar 25 \$132
12443 M-Th 12:30pm-3:30pm Mar 25 \$132
12439 M-Th 9:00am-3:30pm Mar 25 \$236

Art Blast Camp 4 - 11 years

Discover painting, printmaking, papier mache and clay. Use paint, glitter, wood, fabric and much more to create amazing artwork.

Instructor: Noelle Horrocks

Lounge - Centennial Park Leisure Centre 4 sessions
4 - 7 years

12426 M-Th 10:00am-12:00pm Mar 25 \$110

7 - 11 years
12427 M-Th 12:30pm-3:00pm Mar 25 \$126

Paint, Draw and Sculpt Camp 4 - 10 years

Combine painting, drawing and sculpture techniques with lots of cool art materials to make one-of-a-kind artwork. Individual creative expression is encouraged in this engaging art class.

Instructor: Noelle Horrocks

Lounge - Centennial Park Leisure Centre 5 sessions
4 - 7 years

12424 M-F 10:00am-12:00pm Mar 18 \$138

7 - 10 years
12425 M-F 12:30pm-3:00pm Mar 18 \$158

**AGES
6-12**

Land'N'Sea Camps

THE CITY OF WHITE ROCK'S SIGNATURE SUMMER CAMP!

Land 'N' Sea... it's the place to be! Summer fun for everyone. Expect a fantastic week with tons of fun and excitement with various themes by our qualified, enthusiastic staff. Activities will include beach trips, arts, crafts, games, sports, and much more, with one full day out-trip each week. Extended camp hours are available from 8:00-9:00am and 3:30-4:30pm for an extra \$37/week. To register for extended hours, select option at checkout.

Land'N'Sea Kids **6 - 8 years**
Hall - Centennial Park Leisure Centre 5 sessions
*(*4 sessions due to holiday where noted)*

Sea-Fair Fun					
13097	Tu-F	9:00am-3:30pm	Jul 02	\$180*	
Safari Adventure					
13098	M-F	9:00am-3:30pm	Jul 08	\$208	
Superheroes					
13099	M-F	9:00am-3:30pm	Jul 15	\$208	
Dino Expedition					
13100	M-F	9:00am-3:30pm	Jul 22	\$208	
Space Voyage					
13107	M-F	9:00am-3:30pm	Jul 29	\$208	
Pirates and Mermaids					
13109	Tu-F	9:00am-3:30pm	Aug 06	\$180*	
Hollywood Stars					
13111	M-F	9:00am-3:30pm	Aug 12	\$208	
Off To The Circus					
13113	M-F	9:00am-3:30pm	Aug 19	\$208	

Land'N'Sea Explorers **9 - 12 years**
Rec Room - Centennial Park Leisure Centre 5 sessions
*(*4 sessions due to holiday where noted)*

13102	Tu-F	9:00am-3:30pm	Jul 02	\$180*
13103	M-F	9:00am-3:30pm	Jul 08	\$208
13104	M-F	9:00am-3:30pm	Jul 15	\$208
13106	M-F	9:00am-3:30pm	Jul 22	\$208
13108	M-F	9:00am-3:30pm	Jul 29	\$208
13110	Tu-F	9:00am-3:30pm	Aug 06	\$180*
13112	M-F	9:00am-3:30pm	Aug 12	\$208
13114	M-F	9:00am-3:30pm	Aug 19	\$208

**Summer Camp
Registration opens
Friday, April 19
at 8:30am**





Plan your
BIRTHDAY PARTY
with White Rock
Recreation
and Culture

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.

\$165 FOR UP TO 12 PARTICIPANTS

Additional fees apply after 12 party guests.

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

MORE PARTIES ON
PAGE 7

SUMMER CAMPS

Summer Camp Registration opens Friday, April 19 at 8:30am

➔ All Day Combo Camps

Bricks and Soccer Camp 5 - 12 years

The morning will be spent with the Bricks Engineering Camp where you will use LEGO® bricks to work on S.T.E.M. skills. Spend your afternoon with the Brad Higgs Soccer Camp while you fine tune your soccer skills. Lunch time will be supervised.

<i>Oval - Centennial Park</i>		5 sessions	
13200	M-F	9:00am-3:00pm	Jul 08 \$275
13201	M-F	9:00am-3:00pm	Jul 15 \$275
13202	M-F	9:00am-3:00pm	Jul 29 \$275
13203	M-F	9:00am-3:00pm	Aug 12 \$275
13204	M-F	9:00am-3:00pm	Aug 26 \$275

Bricks and Tennis Camp 7 - 12 years

Spend your morning in a half-day Bricks Engineering camp using LEGO® bricks where you will work on S.T.E.M. skills. Lunch time will be supervised. Spend the afternoon perfecting your tennis skills in a Tennis XL camp.

<i>Education Room - Centre for Active Living</i>		5 sessions	
(*4 sessions due to holiday where noted)			
13128	Tu-F	9:00am-3:30pm	Jul 02 \$236*
13131	M-F	9:00am-3:30pm	Jul 08 \$295
13132	M-F	9:00am-3:30pm	Jul 15 \$295
13133	M-F	9:00am-3:30pm	Jul 22 \$295
13134	M-F	9:00am-3:30pm	Jul 29 \$295
13135	Tu-F	9:00am-3:30pm	Aug 06 \$236*
13136	M-F	9:00am-3:30pm	Aug 12 \$295
13137	M-F	9:00am-3:30pm	Aug 19 \$295
13138	M-F	9:00am-3:30pm	Aug 26 \$295

Pickleball and Creative Storytelling Camp 6 - 10 years

Get set for the ultimate pickleball and Playmobil® storytelling extravaganza. In the morning, learn the basic skills and fundamentals of pickleball with Tennis XL. Lunchtime will be supervised. In the afternoon, unleash your imagination and dive into incredible storytelling journeys using Playmobil® characters and accessories.

<i>Pickleball Courts 5 - 8 - Centennial Park</i>		5 sessions	
(*4 sessions due to holiday where noted)			
13155	Tu-F	9:00am-3:30pm	Jul 2 \$219*
13157	M-F	9:00am-3:30pm	Jul 22 \$274
13156	M-F	9:00am-3:30pm	Aug 26 \$274

Soccer and Bricks Camp 5 - 12 years

Spend your morning with the Brad Higgs Soccer Camp fine tuning your soccer skills. Lunch time will be supervised. The afternoon will be spent with the Bricks Engineering Camp where you will use LEGO® to work on S.T.E.M. skills.

<i>Oval - Centennial Park</i>		5 sessions	
13195	M-F	9:30am-3:30pm	Jul 08 \$275
13196	M-F	9:30am-3:30pm	Jul 15 \$275
13197	M-F	9:30am-3:30pm	Jul 29 \$275
13198	M-F	9:30am-3:30pm	Aug 12 \$275
13199	M-F	9:30am-3:30pm	Aug 26 \$275

➔ Creative Camps

Art Camp

If you love art then this is the camp for you. Develop art skills and confidence in this fun and creative class. Explore sculpture and printmaking, drawing and painting, collage, fabric art and much more in this dynamic art exploration. Explore a different theme every week.

Instructor: Noelle Horrocks

(*4 sessions due to holiday where noted)

4-7 years

Lounge - Centennial Park Leisure Centre 5 sessions

Outer Space Art Camp

13243 M-F 10:00am-12:00pm Jul 08 \$140

Summer Ultimate Art Camp

13245 M-F 10:00am-12:00pm Jul 15 \$140

Mermaids and Magical Creations

13247 M-F 10:00am-12:00pm Jul 29 \$140

Dinomania

13255 Tu-F 10:00am-12:00pm Aug 06 \$112*

Summer Paint/Draw and Sculpt

13256 M-F 10:00am-12:00pm Aug 12 \$140

Classroom - Kent Street Activity Centre 5 sessions

Jewels, Gems and Groovy Crafts

13258 M-F 10:00am-12:00pm Aug 19 \$140

7-10 years

Lounge - Centennial Park Leisure Centre 5 sessions

Arts and Crafts Summer Blast

13244 M-F 12:30pm-3:00pm Jul 08 \$160

Summer Paint Draw and Sculpt Camp

13246 M-F 12:30pm-3:00pm Jul 15 \$160

7-11 years

Summer Ultimate Art Camp

13249 M-F 12:30pm-3:00pm Jul 29 \$160

Arts and Crafts Summer Blast

13250 Tu-F 12:30pm-3:00pm Aug 06 \$128*

Jewels, Gems and Groovy Crafts

13257 M-F 12:30pm-3:00pm Aug 12 \$160

Classroom - Kent Street Activity Centre 5 sessions

Summer Paint Draw and Sculpt Camp

13259 M-F 12:30pm-3:00pm Aug 19 \$160

Exploring with Wood 7 - 12 years

Have fun exploring with wood, art and building projects...we even snuck in some math. There will be a different project each day, including, string art on wood, birdhouses, picture frames and more.

Most of these projects will require the use of hammers and nails, so safety first. Supplies and safety equipment provided.

Instructor: Jessica Kiselbach

Gallery - White Rock Community Centre 5 sessions

13272 M-F 12:30pm-2:30pm Jul 08 \$140

➔ Creative Camps cont.

Theatre Sports Camp 9 - 11 years

Have you ever wanted to be on the show "Whose Line is it Anyway?" Learn a variety of improv skills and games using teamwork, props, and your imagination.

Instructor: Laine and Lynda MacNeil

Classroom - Kent Street Activity Centre 5 sessions
13275 M-F 11:30am-2:00pm Jul 08 \$175

Create a Play 6 - 8 years

Create a play no one has ever seen before. Have fun learning introductory acting techniques, vocal awareness, and improv skills. You will build your very own character using costumes, props, and your imagination.

Instructor: Laine and Lynda MacNeil

Classroom - Kent Street Activity Centre 5 sessions
13274 M-F 9:00am-11:00am Jul 08 \$150

Young Entrepreneurs 6 - 12 years

Designed by a Business School Professor and an Elementary School Teacher, each session explores a different industry theme, allowing children to understand foundational business concepts in diverse contexts. Participants will gain hands-on experience in spotting opportunities, market research, product design and manufacturing, pricing, marketing, sales, negotiations, and accounting. This immersive experience is designed to instill critical thinking, working in teams, and diverse problem-solving approaches. Best of all, children will acquire these skills while having loads of fun, a sense of empowerment, and creating unforgettable memories. For participants registered in both morning and afternoon sessions, lunch supervision can be provided for additional \$5.00 per day, making it a full day experience.

Instructor: The First Dot Education Services

Hall C - White Rock Community Centre 5 sessions

MORNING

Technology and AI

13260 M-F 9:00am-11:45am Jul 08 \$179

Food and Beverage Industry

13262 M-F 9:00am-11:45am Jul 15 \$179

Luxury Industry

13263 M-F 9:00am-11:45am Jul 22 \$179

Sustainability

13264 M-F 9:00am-11:45am Jul 29 \$179

Music and Entertainment

13265 M-F 9:00am-11:45am Aug 12 \$179

AFTERNOON

Automobiles

13267 M-F 12:15pm-3:00pm Jul 08 \$179

Sustainability

13268 M-F 12:15pm-3:00pm Jul 15 \$179

Music and Entertainment

13269 M-F 12:15pm-3:00pm Jul 22 \$179

Luxury Industry

13270 M-F 12:15pm-3:00pm Jul 29 \$179

Technology and AI

13271 M-F 12:15pm-3:00pm Aug 12 \$179

Bricks Engineering Camp 5 - 12 years

In the Bricks Engineering hands-on camp, children build machines, buildings, vehicles and other structures out of LEGO® bricks, using one-of-a-kind model plans. Instructional content is multi-disciplinary and designed by educators to increase student's general knowledge and introduce S.T.E.M. (science, technology, engineering and math) concepts related to the day's model. There is a different theme each week and different theme for morning and afternoon camps. Each child goes home with a custom mini figure.

Fitness Studio 2 - Centre for Active Living 5 sessions
(*4 sessions due to holiday where noted)

Morning

13186	Tu-F	9:00am-12:00pm	Jul 02	\$123*
13187	M-F	9:00am-12:00pm	Jul 08	\$154
13188	M-F	9:00am-12:00pm	Jul 15	\$154
13189	M-F	9:00am-12:00pm	Jul 22	\$154
13190	M-F	9:00am-12:00pm	Jul 29	\$154
13191	Tu-F	9:00am-12:00pm	Aug 06	\$123*
13192	M-F	9:00am-12:00pm	Aug 12	\$154
13193	M-F	9:00am-12:00pm	Aug 19	\$154
13194	M-F	9:00am-12:00pm	Aug 26	\$154

Afternoon

13174	Tu-F	12:30pm-3:30pm	Jul 02	\$123*
13175	M-F	12:30pm-3:30pm	Jul 08	\$154
13178	M-F	12:30pm-3:30pm	Jul 15	\$154
13179	M-F	12:30pm-3:30pm	Jul 22	\$154
13180	M-F	12:30pm-3:30pm	Jul 29	\$154
13181	Tu-F	12:30pm-3:30pm	Aug 06	\$123*
13182	M-F	12:30pm-3:30pm	Aug 12	\$154
13183	M-F	12:30pm-3:30pm	Aug 19	\$154
13184	M-F	12:30pm-3:30pm	Aug 26	\$154

Full-day

13163	Tu-F	9:00am-3:30pm	Jul 02	\$236*
13166	M-F	9:00am-3:30pm	Jul 08	\$295
13165	M-F	9:00am-3:30pm	Jul 15	\$295
13167	M-F	9:00am-3:30pm	Jul 22	\$295
13168	M-F	9:00am-3:30pm	Jul 29	\$295
13169	Tu-F	9:00am-3:30pm	Aug 06	\$236*
13170	M-F	9:00am-3:30pm	Aug 12	\$295
13171	M-F	9:00am-3:30pm	Aug 19	\$295
13172	M-F	9:00am-3:30pm	Aug 26	\$295

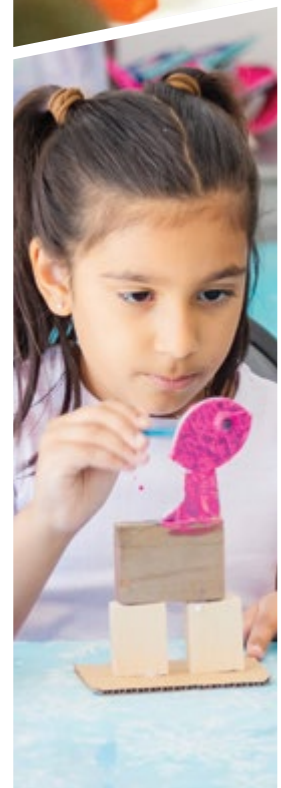
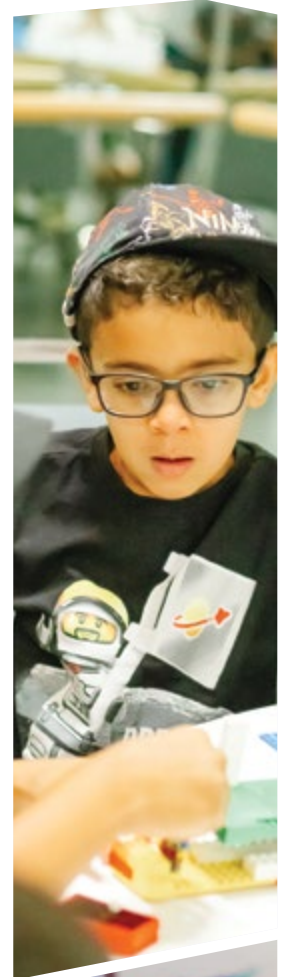
➔ Adaptive Camps

Summer Daze Adaptive Camp 8 - 16 years

Enjoy a day camp experience in this Adaptive Camp in partnership with UNITI. There will be a wide variety of engaging opportunities for youth to experience. Staff are committed, caring and well prepared to help youth develop skills and interests, in addition to providing opportunities to develop self-confidence as they make new friendships. This program emphasizes the development of social skills and life skills through activities, hands-on engagement and discussions. Staffing Ratio: 3:1

Education Room - Centre for Active Living 5 sessions

13300	M-F	8:30am-3:30pm	Jul 22	\$350
13301	M-F	8:30am-3:30pm	Aug 19	\$350



SUMMER CAMPS

Summer Camp Registration opens Friday, April 19 at 8:30am

➔ Sport Camps

Soccer Camp - Brad Higgs 4.5 - 12 years

Improve your soccer skills, team play and tactical understanding of the game. You will be grouped according to age and ability. The coaching staff features professional players and experienced, qualified coaches. Please bring your own ball.

Oval - Centennial Park 5 sessions
(*4 sessions due to holiday where noted)

Morning

13205	Tu-F	9:30am-12:00pm	Jul 02	\$107*
13207	M-F	9:30am-12:00pm	Jul 08	\$134
13208	M-F	9:30am-12:00pm	Jul 15	\$134
13209	M-F	9:30am-12:00pm	Jul 22	\$134
13210	M-F	9:30am-12:00pm	Jul 29	\$134
13211	Tu-F	9:30am-12:00pm	Aug 06	\$107*
13212	M-F	9:30am-12:00pm	Aug 12	\$134
13213	M-F	9:30am-12:00pm	Aug 19	\$134
13214	M-F	9:30am-12:00pm	Aug 26	\$134

Afternoon

13216	Tu-F	12:30pm-3:00pm	Jul 02	\$107*
13217	M-F	12:30pm-3:00pm	Jul 08	\$134
13218	M-F	12:30pm-3:00pm	Jul 15	\$134
13219	M-F	12:30pm-3:00pm	Jul 22	\$134
13220	M-F	12:30pm-3:00pm	Jul 29	\$134
13221	Tu-F	12:30pm-3:00pm	Aug 06	\$107*
13222	M-F	12:30pm-3:00pm	Aug 12	\$134
13223	M-F	12:30pm-3:00pm	Aug 19	\$134
13224	M-F	12:30pm-3:00pm	Aug 26	\$134

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. Children are divided into appropriate age groups.

Tennis Court 1 - Centennial Park 5 sessions
(*4 sessions due to holiday where noted)

Morning

13129	Tu-F	9:00am-12:00pm	Jul 02	\$123*
13139	M-F	9:00am-12:00pm	Jul 08	\$154
13141	M-F	9:00am-12:00pm	Jul 15	\$154
13142	M-F	9:00am-12:00pm	Jul 22	\$154
13143	M-F	9:00am-12:00pm	Jul 29	\$154
13144	Tu-F	9:00am-12:00pm	Aug 06	\$123*
13145	M-F	9:00am-12:00pm	Aug 12	\$154
13146	M-F	9:00am-12:00pm	Aug 19	\$154
13147	M-F	9:00am-12:00pm	Aug 26	\$154

Afternoon

13130	Tu-F	12:30pm-3:30pm	Jul 02	\$123*
13140	M-F	12:30pm-3:30pm	Jul 08	\$154
13148	M-F	12:30pm-3:30pm	Jul 15	\$154
13149	M-F	12:30pm-3:30pm	Jul 22	\$154
13150	M-F	12:30pm-3:30pm	Jul 29	\$154
13151	Tu-F	12:30pm-3:30pm	Aug 06	\$123*
13152	M-F	12:30pm-3:30pm	Aug 12	\$154
13153	M-F	12:30pm-3:30pm	Aug 19	\$154
13154	M-F	12:30pm-3:30pm	Aug 26	\$154

Kayotics Skimboarding Camp 7 - 13 years

Join some of the best skimboarders who will share their years of experience and skills with participants. Lessons include everything from board maintenance to injury prevention. Obstacles such as pipes, ramps and rails will be incorporated for those willing to push themselves to the max while others perfect the art of flatland freestyle skimboarding. All participants will receive a promotional package compliments of Kayotics Skimboards. Purchase a Kayotics skimboard for \$80 if needed.

East Beach 5 sessions
(*4 sessions due to holiday where noted)

13225	M-F	1:00pm-4:00pm	Jul 08	\$214
13226	M-F	12:00pm-3:00pm	Jul 22	\$214
13227	Tu-F	12:00pm-3:00pm	Aug 06	\$172*
13228	M-F	12:00pm-3:00pm	Aug 19	\$214

Outdoor Sportball Multi-Sport Camp 5 - 12 years

Children participate in the skills and games of a variety of different ball sports all outdoors. Join the Sportball team for a summer camp experience that your child will never forget.

Instructor: Sportball Vancouver

Oval - Centennial Park 5 sessions
(*4 sessions due to holiday where noted)

5-8 years

13234	Tu-F	9:00am-12:00pm	Aug 06	\$117*
13235	M-F	9:00am-12:00pm	Aug 12	\$146

9-12 years

13241	Tu-F	12:30pm-3:30pm	Aug 06	\$117*
13242	M-F	12:30pm-3:30pm	Aug 12	\$146

Indoor Sportball Multi-Sport Camp 5 - 12 years

Children participate in the skills and games of a variety of different ball sports. Join the Sportball team for a summer camp experience that your child will never forget.

Dryfloor - Centennial Park Leisure Centre 5 sessions
(*4 sessions due to holiday where noted)

5-8 years

13229	Tu-F	9:00am-12:00pm	Jul 02	\$117*
13230	M-F	9:00am-12:00pm	Jul 08	\$146
13231	M-F	9:00am-12:00pm	Jul 15	\$146
13232	M-F	9:00am-12:00pm	Jul 22	\$146
13233	M-F	9:00am-12:00pm	Jul 29	\$146

9-12 years

13236	Tu-F	12:30pm-3:30pm	Jul 02	\$117*
13237	M-F	12:30pm-3:30pm	Jul 08	\$146
13238	M-F	12:30pm-3:30pm	Jul 15	\$146
13239	M-F	12:30pm-3:30pm	Jul 22	\$146
13240	M-F	12:30pm-3:30pm	Jul 29	\$146



→ Arts

Art with Grandkids-Paint and Collage

NEW Bring your grandkids and create together in this fun one day class. Great for younger kids, older kids, and kids at heart. Create together on one big canvas or create separate smaller works. All supplies included. Cost is for up to 2 grandparents and 2 grandkids (or any combination of these). Instruction by the Semiahmoo Arts Society.

Classroom - Kent Street Activity Centre 1 session
13343 Sa 10:00am-12:00pm Jun 08 \$35

Creative Expression

NEW Come play and tap into your creativity exploring a new art medium each week. Therapeutic art making has been shown to be restorative and a great tool for keeping the mind young. All supplies included. Instruction by the Semiahmoo Arts Society with funding provided by the Peace Arch Hospital Foundation Healthy Community Grant Program.

Classroom - Kent Street Activity Centre 4 sessions
13344 M 10:00am-12:00pm May 27 \$25

Mix-media Art Therapy Around the World

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. Experiment with different types of surfaces and art materials. Learn mix-media art techniques such as decoupage, gold leaf gilding, image transfer, pouring, patination, distressing, imprints, masking. No prior experience or art skills required. Art supplies provided.

Instructor: Laina Grace

Classroom - Kent Street Activity Centre 4 sessions
13279 Sa 2:00pm-4:00pm Apr 20 \$112

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

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

→ Fine Arts

Adventures with Acrylics

In this course you will have a choice of a wide range of reference subjects suitable for beginners up to intermediate painters. You will be taught to sketch the reference onto a canvas and then complete an acrylic painting. Many of the techniques used in acrylics can be used in watercolours and oils. Supplies included.

Instructor: Jim Davidson

Hall C - White Rock Community Centre 4 sessions
13037 Th 6:00pm-8:00pm Apr 11 \$185
13038 Th 6:00pm-8:00pm May 16 \$185

Drawing: People, Faces and Figure Essentials

NEW Learn the techniques fundamental to being able to draw this very popular subject with university instructor, Tony O'Regan. Some supplies included. A supply list will be provided, and supplies will be discussed in the first class. Instruction by the Semiahmoo Arts Society.

Lounge - Centennial Park Leisure Centre 6 sessions
13126 Th 6:30pm-8:30pm Apr 11 \$162

Introduction to Oil Painting

NEW Explore colour mixing, brush techniques, perspective and composition. Learn the basics or build on your skills, discovering tips and tricks of working with oils. Some supplies are included, a supply list will be provided. Instruction by the Semiahmoo Arts Society.

Hall C - White Rock Community Centre 6 sessions
13125 W 6:00pm-8:30pm Apr 10 \$210

Modern Abstract Watercolour Painting Workshop

Come and learn how to use the magic of colour to create a visual impact in your abstract painting. By playing with colour, tone and composition, you will 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. This course is suitable for all levels of learners.

Instructor: Danny Chen

Hall - Centennial Park Leisure Centre 1 session
13088 F 9:30am-2:30pm May 10 \$105

Watercolour for Absolute Beginners

Learn watercolour basics in a fun and interactive way with activities 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. Designed for those with little or no watercolour experience. Supplies not included.

Instructor: Ian de Hoog

Hall C - White Rock Community Centre 6 sessions
13060 Tu 6:00pm-9:00pm Apr 09 \$156

Watercolour Continuing

Pick up where Watercolour Beginners 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

Hall C - White Rock Community Centre 6 sessions
13092 Tu 6:00pm-9:00pm May 21 \$156



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.



Rhonda Dillons
Travel Lighter = Travel Easier, 100 Travel Hacks

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

Sharing Life Memories

NEW Would you like to write down some of your life memories to share with your loved ones? In this fun, interactive class, we will brainstorm ways to remember and capture key moments from your life. Discover how to shape some of your life memories into a story that your family and friends will treasure.

Instructor: Julianne Harvey
Classroom - Kent Street Activity Centre 1 session
13341 Th 1:00pm-3:00pm May 2 \$40

Conversation Cafe

NEW Are you looking to connect with others through interesting and lively conversation? Come grab a coffee and join us for a conversation café. In small groups, we will draw and answer questions about topics like favourite books and movies, self-care, vacations, childhood memories, and more.

Instructor: Julianne Harvey
Library - Kent Street Activity Centre 1 session
13340 Tu 1:00pm-3:00pm Jun 11 \$40

100 Travel Hacks

Join us for a fun and interactive class where you can learn lots of travel tips and tricks known as hacks. Many of these clever hacks for planning, booking, airports and security can help you have a more enjoyable travel experience. Focus will be on airline travel, but many suggestions are transferrable to trains, buses and automobile travel.

Instructor: Rhonda Dillons
Classroom - Kent Street Activity Centre 1 session
13314 Sa 10:00am-12:00pm May 04 \$37

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
12272 Sa 10:00am-12:00pm Mar 16 \$37
13313 Sa 10:00am-12:00pm Jun 01 \$37

Georgia Totto O'Keeffe - the Mother of American Modernism

She is a painter who is known for her independent spirit as much as for her dramatic and innovative works of art. O'Keefe gained international recognition for her meticulous paintings of natural forms, particularly of huge flowers and desert-inspired landscapes.

Instructor: Linda Quigley
Gallery - White Rock Community Centre 1 session
12312 Th 1:30pm-3:00pm Mar 21 \$18

Mah Jong Drop-in

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

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

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
13311 Tu 10:00am-12:00pm Apr 23 \$67

Introduction to Photography

Have you been taking pictures with that big DSLR or mirrorless camera set on automatic and wonder why you don't just use your phone? There is a reason why camera companies make those big cameras and lenses and it's about image quality and creative control. Learn about the exposure triangle of aperture, shutter speed and ISO. Principles of composition will be explored each session 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
13312 W 7:00pm-9:00pm May 01 \$112

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
13320 Th 1:00pm-3:00pm Apr 25 no charge



Private Dance Lessons with Magali

Be prepared to have some fun dancing. Practise for an upcoming cruise, wedding, first dance choreography or any other social event.

Sign up for a one hour lesson of the dance style of your choice and at your own pace. This lesson can be for one person, a couple, two couples or any group up to four people.

Fitness Studio 1 - Centre for Active Living

Thursdays
8:00pm-9:00pm

60 min lesson \$70

CALL 604-541-2199 FOR MORE DETAILS AND TO BOOK PRIVATE LESSONS.

ABOUT MAGALI

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.

➔ **General Interest cont.**

Personal Safety

This interactive seminar will provide you with information on how to protect yourself. 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
13321 Tu 2:00pm-3:00pm May 14 no charge

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
12270 F 10:00am-12:00pm Mar 15 no charge
13329 Th 1:00pm-3:00pm Jun 06 no charge

Spanish

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

Instructor: Carlos Rabago

Gallery - White Rock Community Centre 6 sessions
13277 M 7:00pm-8:00pm Apr 22 \$42

Classroom - Kent Street Activity Centre 6 sessions
13278 Th 11:00am-12:00pm Apr 25 \$42

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
01590 M 8:00pm-9:00pm Apr 22 \$42

➔ **Music**

Play Guitar

A 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 11 sessions
Level 1

12968 Tu 6:30pm-7:30pm Apr 30 \$94
12970 W 11:30am-12:30pm May 01 \$94

Level 2 - For beginners with some previous experience playing guitar.

12973 W 12:45pm-1:45pm May 01 \$94
12975 W 6:30pm-7:30pm May 01 \$94

Level 3 - For those with previous experience playing guitar.

12964 Tu 11:30am-12:30pm Apr 30 \$94
12965 Tu 12:45pm-1:45pm Apr 30 \$94
12966 Tu 5:00pm-6:00pm Apr 30 \$94
12977 W 7:45pm-8:45pm May 01 \$94

➔ **Dance**

Dance Fit

Release your inhibitions and get in shape dancing to fun Latin rhythms. This dance class combines the joy of dance with a heart pumping workout. No dance experience is required. Women only.

Instructor: Magali Cardoso

Hall - Centennial Park Leisure Centre 12 sessions
12954 Tu 9:30am-10:30am Apr 02 \$129
12958 Th 9:30am-10:30am Apr 04 \$129

Latin Moves

Latin Moves brings to you the Fun-damentals of Latin dances. No dance experience is required. Women only. No drop-in.

Instructor: Magali Cardoso

Auditorium - Kent Street Activity Centre 12 sessions
Level 1

12956 Tu 7:00pm-8:00pm Apr 02 \$129

Hall - Centennial Park Leisure Centre

Level 2 - Completion of Level 1 required.

12955 Tu 10:45am-11:45am Apr 02 \$129

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.

12989 W 11:00am-12:00pm Apr 10 \$81

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

12993 W 12:15pm-1:15pm Apr 10 \$81

COMPUTERS

Windows 10/11 - Basics

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

Instructor: Wayne Albertson

Classroom - Kent Street Activity Centre 4 sessions
13317 M/W 9:30am-12:00pm May 06 \$43
13318 W/F 9:30am-12:00pm Jun 05 \$43

Tips and Tricks for iPads

Tips on updates, word processing with Notes, iCloud, keyboard and mouse options, printers and more.

Instructor: Dennis Anderson

Classroom - Kent Street Activity Centre 2 sessions
13315 Th 1:00pm-3:30pm Apr 18 \$36
13316 Th 1:00pm-3:30pm May 09 \$36

Adults

18+ YEARS

WHITE ROCK COMMUNITY CENTRE FITNESS CENTRE

15154 Russell Ave.
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

Spring schedule
in effect
starting April 2

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

➔ Dance cont.

Simply Dance

Learn the basic steps of all social dance styles. No partner required. Everyone welcome.

Instructor: Magali Cardoso

Hall - Centennial Park Leisure Centre 6 sessions

Level 1

12959 Th 10:45am-11:45am Apr 04 \$65

Fitness Studio 1 - Centre for Active Living

12962 Th 7:00pm-8:00pm Apr 04 \$65

Level 2 - Completion of Level 1 required.

12960 Th 10:45am-11:45am May 16 \$65

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

Auditorium - Kent Street Activity Centre 6 sessions

Ballroom - Ballroom - Country 2 Step, Night Club, Fox Trot, Waltz, East Coast and West Coast Swing.

12957 Tu 8:10pm-9:10pm Apr 02 \$65

Latin Dance - Salsa, Bachata, Tango, Rumba, Merengue, Cha-Cha.

12963 Tu 8:10pm-9:10pm May 14 \$65

➔ 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

12947 Tu 2:00pm-3:00pm Apr 09 \$43

12948 Tu 2:00pm-3:00pm May 07 \$43

12949 Tu 2:00pm-3:00pm Jun 04 \$43

Fitness Guidance

Have you been advised by your physician to begin an exercise regimen? Book a 30-minute consult with Certified Clinical Exercise/Rehab 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/Rehab 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.

➔ 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

12928 M 8:45am-9:45am Apr 08 \$61

Hall A - White Rock Community Centre 12 sessions

12930 Tu 9:45am-10:45am Apr 09 \$66

Instructor: Frances Morris

Hall A - White Rock Community Centre 12 sessions

13046 Th 10:45am-11:45am Apr 11 \$66

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

12938 M 10:15am-11:15am Apr 08 \$99

Cardio Gym 2 - Centre for Active Living 12 sessions

12945 Tu 11:15am-12:15pm Apr 09 \$108

Instructor: Frances Morris

Cardio Gym 2 - Centre for Active Living 12 sessions

13029 W 9:30am-10:30am Apr 10 \$108

13044 W 10:45am-11:45am Apr 10 \$108

Instructor: Shannon Dagneau

Cardio Gym 2 - Centre for Active Living 12 sessions

12931 F 9:45am-10:45am Apr 12 \$108

Dance Fitness

NEW 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

13000 W 5:30pm-6:30pm Apr 10 \$132

Fit Camp

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

12929 M 10:00am-11:00am Apr 08 \$61

Instructor: Frances Morris

Hall A - White Rock Community Centre 12 sessions

13045 Th 9:30am-10:30am Apr 11 \$66

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 4 sessions

12927 Th 12:00pm-1:00pm Apr 04 \$22

➔ **Group Fitness** cont.

Movement for Fitness

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

Instructor: Cari Plotnikoff

Fitness Studio 1 - Centre for Active Living 12 sessions
12946 Tu 12:15pm-1:15pm Apr 09 \$66

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
12952 F 11:15am-12:15pm Apr 12 \$66

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
12995 M 6:00pm-7:00pm Apr 08 \$88

Hall - Centennial Park Leisure Centre 12 sessions
12996 W 6:00pm-7:00pm Apr 10 \$96

Tai Chi Level - 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
13047 W 9:30am-10:30am Apr 10 \$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 11 sessions
12994 M 4:45pm-5:45pm Apr 08 \$99

Auditorium - Kent Street Activity Centre 12 sessions
12997 Th 6:00pm-7:00pm Apr 11 \$108

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
13021 W 8:45am-9:45am Apr 10 \$120
13022 F 8:45am-9:45am Apr 12 \$120

➔ **Specialized Exercise**

Balance Class

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

Gallery - White Rock Community Centre 4 sessions
12925 Th 9:30am-10:30am Apr 04 \$29
12926 Th 10:45am-11:45am Apr 04 \$29

Instructor: Cari Plotnikoff

Fitness Studio 1 - Centre for Active Living 24 sessions
12950 W/F 12:30pm-1:30pm Apr 10 \$177

Instructor: Teddy Szell

Studio - White Rock Community Centre 12 sessions
13051 Sa 11:45am-12:45pm Apr 13 \$90

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 Clinical Exercise/Rehab Specialist. 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 Kikhosrowkian

Cardio Gym 2 - Centre for Active Living 16 sessions
12990 Tu/Th 4:30pm-5:30pm Mar 14 \$138
13427 Tu/Th 4:30pm-5:30pm May 09 \$138

Get Up and Go

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. Contact Fraser Health Fall and Injury Prevention at 604-587-7866, or fallsprevention@fraserhealth.ca to see if this program is appropriate for you.

Instructor: Cari Plotnikoff

Fitness Studio 1 - Centre for Active Living 24 sessions
12951 W/F 2:00pm-3:00pm Apr 10 \$162



Nathalie Plamondon-Thomas

Zumba Instructor, Author

Since her days as a dance instructor in Europe, then 25 years of multi-faceted fitness classes and healthfood manufacturing, Nathalie has embodied her commitment to “Don’t just be, be your best.” She brings together her passion for movement and wellness in her popular Zumba dance-exercise classes spiced with a latin flair.

“It’s such a high. You won’t just feel great physically, you’ll feel great about yourself.”



Cari Plotnikoff
Fitness classes

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

➔ Specialized Exercise cont.

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/Rehab Specialist Fred Kikhosrowki. For a first time participant assessment and a referral to this program, email fredkiany@shaw.ca or call 604-541-2199.

Instructor: Fred Kikhosrowki

Cardio Gym 2 - Centre for Active Living 35 sessions
12987 M/W/F 4:30pm-5:30pm Apr 08 \$407

Cardio Gym 2 - Centre for Active Living 24 sessions
12988 Tu/Th 3:15pm-4:15pm Apr 11 \$280

ZOOM 35 sessions
12985 M/W/F 3:15pm-4:15pm Apr 08 \$305

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. Information about osteoporosis prevention and treatment is provided within the program.

Level 1 - Suitable for those new to Osteofit.

Instructor: Teddy Szell

Studio - White Rock Community Centre 12 sessions
13049 Sa 9:15am-10:15am Apr 13 \$90

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

Instructor: Cari Plotnikoff

Fitness Studio 1 - Centre for Active Living 23 sessions
12944 M/W 11:30am-12:30pm Apr 08 \$170

Instructor: Teddy Szell

Studio - White Rock Community Centre 12 sessions
13050 Sa 10:30am-11:30am Apr 13 \$90

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.

Auditorium - Kent Street Activity Centre 12 sessions
13319 Tu 1:00pm-3:00pm Apr 09 \$122

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

Classroom - Kent Street Activity Centre 6 sessions
13294 M 2:00pm-3:30pm Apr 08 \$140
13299 Th 2:00pm-3:30pm May 23 \$140

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 - to move with more ease and balance.

Instructor: Alena Minova

Education Room - Centre for Active Living 1 session
13052 W 10:30am-12:30pm May 22 \$38

➔ Yoga / Pilates / Barre

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 10 sessions
12935 Tu 9:00am-10:00am Apr 09 \$110

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
12998 M 6:45pm-7:45pm Apr 08 \$121

Instructor: Svetlana Lysenko

Studio - White Rock Community Centre 12 sessions
13024 W 9:00am-10:00am Apr 10 \$135
13025 F 8:40am-9:30am Apr 12 \$130

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
12999 M 5:30pm-6:30pm Apr 08 \$121

Instructor: Svetlana Lysenko

Studio - White Rock Community Centre 12 sessions
13026 W 10:15am-11:00am Apr 10 \$132

Slow Flow Yoga

A slower paced class mindfully linking breath to movement. Explore postures while building strength, stamina and flexibility, plus release tension and improve mobility.

Instructor: Maria van Roode

Studio - White Rock Community Centre 11 sessions
12932 M 8:45am-9:45am Apr 08 \$121

Most programs begin the week of April 8

PRE-REGISTERED DROP-IN SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

GROUP FITNESS

Body Works 55+ 8:45am-9:45am KSAC	Body Works 55+ 9:45am-10:45am WRCC	Tai Chi 9:30am-10:30am WRCC	Fit Camp 9:30am-10:30am WRCC	
Fit Camp 10:00am-11:00am KSAC	Movement for Fitness 12:15pm-1:15pm CAL	Line Dance Level 1 11:00am-12:00pm WRCC	Body Works 55+ 10:45am-11:45am WRCC	Stability Body Sculpt 11:15am-12:15pm CAL
		Line Dance Level 2 12:15pm-1:15pm WRCC	Get Stronger with Bands 12:00pm-1:00pm WRCC (ends April 25)	

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

CIRCUIT CLASSES

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

Slow Flow Yoga 8:45am-9:45am WRCC	Full Body Pilates with Ball 9:00am-10:00am WRCC	Restorative Yoga 8:45am-9:45am WRCC	Yoga for Seniors 10:30am-11:45am KSAC	Pilates 8:40am-9:30am WRCC
Bodyful Movement Yoga 10:00am-11:00am WRCC	Restorative Yoga 11:00am-12:15pm WRCC	Pilates 9:00am-10:00am WRCC	Chair Yoga Level 1 10:45am-11:45am WRCC	Hatha Yoga 10:00am-11:00am WRCC
Yoga for Men 11:00am-12:00pm WRCC	Chair Yoga Level 2 1:00pm-2:00pm WRCC	Barre Conditioning 10:15am-11:00am WRCC	Chair Yoga Level 2 12:00pm-1:00pm WRCC	Yoga for Men 11:00am-12:00pm WRCC
Chair Yoga Level 1 1:00pm-2:00pm KSAC	Gentle Hatha Yoga 5:45pm-6:45pm WRCC	Chair Yoga Level 1 11:15am-12:15pm WRCC	Yoga 55+ 1:30pm-2:30pm WRCC	
Yoga for Seniors 1:30pm-2:45pm WRCC	Hatha Yoga 7:00pm-8:00pm WRCC	Yoga for Well Being 1:30pm-2:45pm WRCC		
Gentle Therapeutic Yoga 3:15pm-4:30pm WRCC		Yoga with a Stability Ball 1:45pm-2:45pm CAL	Classes and times are subject to change.	
Barre Conditioning 5:30pm-6:30pm WRCC		Dance Fitness 5:30pm-6:30pm WRCC	24 Hour Cancellation Policy: Participants must cancel their drop-in at least 24 hours in advance to receive a credit.	
Pilates 6:45pm-7:45pm WRCC		Yoga for Men 5:45pm-6:45pm WRCC		

ACTIVE PASS

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

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

CIRCUIT 10 PASS

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

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

'ZYP' 10 PASS

Valid for Zumba/Pilates/Barre/Yoga STRONG

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

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



Melanie Henderson

Yoga Classes

Melanie tried everything under the sun to ease her severe lower back pain from long hours working at the computer. From her first yoga course 16 years ago, she knew she had not only begun her own healing journey, but would help countless others on their path back to wellness.

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

➔ **Yoga / Pilates / Barre cont.**

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, improve flexibility and strengthen your muscles.

Instructor: Fay Kubacki
 Studio - White Rock Community Centre 9 sessions
 12933 M 10:00am-11:00am Apr 08 \$99

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
 13115 M 1:00pm-2:00pm Apr 8 \$121

Studio - White Rock Community Centre 12 sessions
 12971 W 11:15am-12:15pm Apr 10 \$132
 12972 Th 10:45am-11:45am Apr 11 \$132

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.

Instructor: Lynne Edel
 Studio - White Rock Community Centre 12 sessions
 12967 Tu 1:00pm-2:00pm Apr 09 \$132
 12974 Th 12:00pm-1:00pm Apr 11 \$132

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
 12969 Tu 5:45pm-6:45pm Apr 09 \$132

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
 12979 M 3:15pm-4:30pm Apr 08 \$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
 12980 Tu 11:00am-12:15pm Apr 09 \$145

Instructor: Cindy Veltri
 Hall B - White Rock Community Centre 12 sessions
 12953 W 8:45am-9:45am Apr 10 \$132

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
 12976 Th 1:30pm-2:30pm Apr 11 \$132

Hatha Yoga

Focus on increasing flexibility and muscular strength, in conjunction with breathing techniques to help center and calm the mind.

Instructor: Jeri Cox
 Studio - White Rock Community Centre 12 sessions
 12894 Tu 7:00pm-8:00pm Apr 09 \$132

Instructor: Svetlana Lysenko
 Hall C - White Rock Community Centre 12 sessions
 13027 F 10:00am-11:00am Apr 12 \$132

Yoga for Men

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

Instructor: Fay Kubacki
 Studio - White Rock Community Centre 9 sessions
 12934 M 11:00am-12:00pm Apr 08 \$99

Studio - White Rock Community Centre 10 sessions
 12936 W 5:45pm-6:45pm Apr 10 \$110
 12937 F 11:00am-12:00pm Apr 12 \$110

Yoga for Seniors

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

Instructor: Melanie Henderson
 Studio - White Rock Community Centre 11 sessions
 12978 M 1:30pm-2:45pm Apr 08 \$133

Auditorium - Kent Street Activity Centre 12 sessions
 12983 Th 10:30am-11:45am Apr 11 \$145

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
 12981 W 1:30pm-2:45pm Apr 10 \$145

Yoga with a Stability Ball

Traditional yoga poses are enhanced with the use of a stability ball, promoting increased stretching and adding a fitness element to your practice for a holistic mind-body workout. Engage your muscles in new ways with this innovative approach.

Instructor: Carol Ann Shannon
 Fitness Studio 2 - Centre for Active Living 12 sessions
 13486 W 1:45pm-2:45pm Apr 10 \$132

➔ Outdoor Recreation

Day Hike

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

Transportation is included.

Instructor: Patrick Mooney 1 session

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

13068	M	8:00am-5:00pm	Apr 08	\$58
13069	M	8:00am-5:00pm	Apr 15	\$58
13325	Sa	8:00am-5:00pm	Apr 27	\$58
13070	M	8:00am-5:00pm	Apr 29	\$58
13071	M	8:00am-5:00pm	May 06	\$58
13072	M	8:00am-5:00pm	May 27	\$58
13073	M	8:00am-5:00pm	Jun 03	\$58
13074	M	8:00am-5:00pm	Jun 17	\$58
13075	M	8:00am-5:00pm	Jun 24	\$58

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

13076	M	8:00am-5:00pm	Apr 22	\$58
13077	M	8:00am-5:00pm	May 13	\$58
13078	M	8:00am-5:00pm	Jun 10	\$58

KAYAK OR PADDLEBOARD

Introduction to Kayaking (Paddle Canada Basic Kayak Certification)

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

Instructor: David Dreves

West Beach Boat Launch 1 session

13481	Su	8:00am-4:00pm	Apr 28	\$174
13482	Su	8:00am-4:00pm	May 12	\$174

Introduction to Stand Up Paddle Boarding (SUP)

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

Instructor: David Dreves

West Beach Boat Launch 1 session

13476	Su	8:00am-10:00am	Jun 09	\$90
13477	Sa	8:00am-10:00am	Jun 29	\$90

Kayak Evening Sunset Tour

Join others for a guided scenic sunset kayak tour.

Instructor: David Dreves

White Rock Beach

13483	F	6:00pm-9:00pm	May 24	\$105
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Nicomelk River

13484	Su	6:00pm-9:00pm	Jun 02	\$105
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Specialty Hikes

Transportation is included. Ferry fare and food/refreshments not included.

Instructor: Patrick Mooney

Galiano Island Bluffs Nature Hike

Hike the Bluffs Nature Protection area, named for the magnificent 300ft shoreline 'bluffs' located above Active Pass, which comprises approximately 342 acres of green space (forest, cliff, and meadow ecosystems). Enjoy a packed lunch overlooking Active Pass.

13342	Tu	8:30am-7:30pm	Apr 23	\$58
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Bowen Island

Hike through Crippen Regional Park and then around Killarney Lake. The scenic hiking trail that wraps around Killarney Lake offers the perfect reason to make a day trip to this peaceful community. Stop at Snug Cove for an ice cream treat.

13326	Tu	8:30am-6:30pm	May 14	\$58
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Sunshine Coast

Travel to Langdale on the Sunshine Coast. We will climb up to Soames Hill and enjoy lunch overlooking the ocean. After a short drive, we will hike to scenic waterfalls followed by dinner at Tapworks.

13327	Tu	8:30am-8:00pm	Jun 25	\$58
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High Ground Hike Event

Join us and Prepared BC for a "High Ground Hike" during Tsunami Preparedness Week. Learn about earthquake and tsunami preparedness, types of tsunami alerts, and what to do in case of an emergency. After our preparedness talk, join us on a local hike starting and finishing at Ruth Johnson Park. Pre-registration required.

Instructor: Patrick Mooney

Centre for Active Living 1 session

13090	Tu	12:00pm-5:00pm	Apr 16	no charge
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Light Hikes

Connect with nature and like-minded individuals on a weekly walk on urban and forest/park trails. Spend 3 to 4 hours of the day walking at a moderate pace. Led by an experienced and first aid certified outdoor leader. Transportation is included.

Instructor: Patrick Mooney 3 sessions

13083	Th	10:00am-3:00pm	Apr 11	\$105
13084	Th	10:00am-3:00pm	May 02	\$105
13085	Th	10:00am-3:00pm	May 23	\$105
13086	Th	10:00am-3:00pm	Jun 13	\$105

Try-it Light Hikes

Try out one of our walks on an urban and forest/park trail. Spend 3 to 4 hours of the day walking at a moderate pace. Led by an experienced and first aid certified outdoor leader. Transportation is included.

Instructor: Patrick Mooney

13087	Th	10:00am-3:00pm	Apr 04	\$20
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David Dreves
Kayaking, Paddle Boarding

After a twenty-year love affair with the great outdoors, David put down his mechanic's tools and started his own business running outdoor programs in 2000. David runs multiple paddle sport programs out of White Rock Beach and can't get enough of exploring our breathtaking natural settings on the West Coast. David has a multitude of Paddle Canada certifications, an Outdoor Leadership Diploma, as well as 25 years of professional outdoor leadership experience in kayaking, stand up paddleboarding, canoeing, hiking, backpacking, cross country skiing and snowshoeing.



Patrick Mooney
Outdoor Hiking Leader

Patrick's lifelong love of the outdoors and commitment of service to his community came together 25 years ago. He believes that experiencing the natural world is a gift of healing and growth for people of all ages and abilities and devotes himself to helping that happen. From groups of special needs youth to young-minded retirees, Patrick reveals a more peaceful way of being in the world.

➔ **Sports**

Recreational Badminton

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

Instructor: Alex Self
Gym - Peace Arch Elementary 10 sessions
13048 Th 7:00pm-9:00pm Apr 11 \$65

Pickleball Lessons

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

Instructor: Bert Coates, Peggy Hof
Pickleball Courts - Centennial Park 4 sessions

Level 1

13061 Tu/Th 1:00pm-3:00pm May 07 \$45
13063 Tu/Th 1:00pm-3:00pm Jun 04 \$45

Level 2

13062 Tu/Th 1:00pm-3:00pm May 21 \$45
13064 Tu/Th 1:00pm-3:00pm Jun 18 \$45

Tennis Lessons

Players develop basic ball control skills and learn the fundamentals of ground strokes, volleys and serves. Rules and scoring are also covered. Bring your own racquet. Balls will be provided.

Instructor: Bruce Webster
White Rock Tennis Club 4 sessions

Beginner

13056 M 6:30pm-8:00pm Apr 29 \$80
13058 M 6:30pm-8:00pm Jun 03 \$80

Tennis Courts - Centennial Park 4 sessions

Intermediate

13057 F 6:30pm-8:00pm May 10 \$80
13059 F 6:30pm-8:00pm Jun 07 \$80

Soccer Indoor Co-Ed

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

Instructor: Bernie Besler
White Rock Elementary School 10 sessions
13006 Tu 7:00pm-8:30pm Apr 09 \$52

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.

Intermediate - must have basic skills
White Rock Elementary School 9 sessions
13004 M 7:15pm-8:45pm Apr 08 \$83

Recreational - no experience necessary

White Rock Elementary School 10 sessions
13005 W 7:15pm-8:45pm Apr 10 \$92

Cycling White Rock O-5-o Club

A non-competitive and recreational White Rock O-5-o cycling club. Meet up with other cyclists for weekly 3-4 hour rides and special out-trips. Call 604-541-2199 to register and for ride information.
12373 Su 10:00am start \$25



Pickleball

CITY OF WHITE ROCK RENTAL VENUES

HOSTING a family reunion? PLANNING a wedding?
CELEBRATING an achievement? ORGANIZING a meeting?



1



2



3



4

Book your next gathering with White Rock Recreation and Culture.
We offer a variety of unique venues and amenities to suit your needs.

- Centrally located in the Lower Mainland • Competitive rates
- Quick and easy access to downtown Vancouver, airports and the U.S. border.

1. WHITE ROCK COMMUNITY CENTRE

This multi-use contemporary facility includes spacious airy rooms, a beautifully appointed lounge and a full-service catering kitchen perfect for your next gathering.

2. BAYVIEW PARK

A beautiful outdoor plaza for your venue. A perfect ocean front location for your wedding day ceremony.

3. KENT STREET ACTIVITY CENTRE

A charming venue that is home to seniors programs. A spacious wood floor auditorium with a raised stage and a large, bright classroom are perfect spaces for you to host your next event.

4. CENTENNIAL PARK LEISURE CENTRE AND ARENA

Set in a forested park, this lively centre features meeting spaces, a 2000 sq. ft hall and a full sized hockey rink that transforms into a dry floor in the warmer months for community rentals.

For rental information, call 604 541-2199 or visit whiterockcity.ca/facilities



KENT STREET ACTIVITY CENTRE

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

2024 KENT STREET ACTIVITY CENTRE MEMBERSHIP

\$42⁰⁰

Valid until December 31, 2024

Why choose Membership?

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

3 easy ways to purchase your membership



Go Online

whiterockcity.ca/register

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



By Phone

604-541-2199

Amex, Visa, MasterCard



In Person

White Rock Community Centre

15154 Russell Avenue

Centennial Park Leisure Centre

14600 North Bluff Road

Kent Street Activity Centre

1475 Kent Street

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.

ACTIVITY GROUPS

Each activity group collects an additional participation fee.

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

Dance, Drama & Music

Kent Street Players Theatre Group

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

Kent Street Choristers

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

Sing Along

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

Kent Street Centre Dances

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

Arts & Crafts

Peninsula Woodcarvers

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

Stitch & Chat

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

Card Games

Contract Bridge

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

Partners Contract Bridge

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

Duplicate Bridge

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

Fun Bridge

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

Thursday Afternoon Cards

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



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 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. 201. 12:30-2:30pm

March 8, 22

April 5, 19

May 3, 17

June 7, 21

Kent Street Auditorium
Cost: \$10 per person

UPCOMING SPECIAL EVENTS

SPRING INDOOR GARAGE SALE FUNDRAISER

Saturday, April 27

KENT STREET CHORISTERS PERFORMANCE

Saturday, May 25

KENT STREET PLAYERS THEATRE PERFORMANCES

Friday, May 31

Sunday, June 2

Saturday, June 8

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 and volunteers to help at special events. Call 604-541-2231 for more information.

SAVVY SENIORS

Monday May 6,
10:00am -2:00pm

Kent Street Activity Centre

NO CHARGE

Includes coffee and bag lunch

Pre-registration required.

Course #15351

Participate in a series of interactive workshops designed to empower older adults to stay informed, healthy and safe.

Topics include:

- Fraud Awareness • Senior Driving
- Personal Safety • Fire Prevention
- Insurance and Emergency Preparedness

Presented by White Rock RCMP, White Rock Community Policing/ Victim Services with funding from the Semiahmoo Community Safety Society.



The BEST Kept Secret in White Rock
Kent Street Coffee Shop
Open 9:30am-1:30pm Monday-Friday
Fresh baked goodies • Sandwiches and soups

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



55+

SPRING EXCURSIONS

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

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

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:

- **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).

Tea & Trumpets - Under the Palm Trees

Enjoy a performance by the Vancouver Symphony Orchestra with music from Eric Coates, Canada's Robert Fardon, and Ernest Tomlinson. Travel back in time where one could enjoy a slower pace of life, taking in light orchestras at spas and seaside towns.

Includes admission.

13345 Th 11:30am-5:00pm Apr 18 \$81

Butchart Gardens in the Spring with Joy Brown**

Visit Butchart Gardens where spring welcomes tulips, magnolias, flowering cherries, blooming in brilliant colour at this world famous 120 year old garden. Lunch and dessert are served at a pretty restaurant and cidery in Saanich.

Includes admission, lunch, dessert, and ferry.

13346 M 7:30am-7:30pm Apr 22 \$195

Abbotsford Tulip Festival

Start with lunch in Abbotsford followed by a colourful, fun filled afternoon exploring 27 acres of stunning tulip fields with over 70 tulip varieties.

Includes admission, not lunch.

13347 Tu 10:00am-4:00pm Apr 30 \$40

Wine Tour of the Fraser Valley

Spend the afternoon travelling the Fraser Valley sipping wine. This region produces a diverse range of superbly handcrafted wines not to be missed.

Includes wine tastings, not lunch.

13348 Th 12:00pm-5:30pm May 16 \$85

Tea & Trumpets - Back to Baroque

If it's not Baroque, don't fix it! Enjoy the timeless classic music of Bach, Couperin, Rameau, Telemann, and others in an afternoon of music and delightful storytelling at the Orpheum, performed by the Vancouver Symphony Orchestra.

Includes admission.

13349 Th 11:30am-5:00pm May 23 \$81

Galiano, a Gem of an Island with Joy Brown**

Explore Galiano one of the most beautiful islands in the Salish Sea. Walk at Bluff and Montague parks and experience the stunning views. Visit the Galiano Inn and a local artist. Lunch and dessert are served at the elegant Woodstone Manor.

Includes guided tour, lunch, dessert, and ferry.

13350 Tu 8:40am-7:30pm May 28 \$185

West Coast Express to Westminster Abbey with Joy Brown

Enjoy a scenic ride on the West Coast Express train from Vancouver to Mission along the Burrard Inlet and the Fraser River. Join the Benedictine Monks for their evening prayers in beautiful Westminster Abbey. Dinner and dessert are served in Mission.

Includes guided tour, train, dinner, and dessert.

13352 Tu 1:50pm-8:30pm Jun 18 \$170

Guys and Dolls at the Stanley Theatre

Watch this timeless musical at the Stanley Theatre full of laughs, romance, and beloved tunes. The story is set in 1950s New York City, following the intersecting lives of gangsters, gamblers, showgirls, and Evangelist Sergeant Sarah Brown.

Includes admission, not lunch.

13351 Sa 10:30am-5:00pm Jun 22 \$115

Thunderbird Show Park/Krause Berry Farms

View world-class show jumping horses while exploring one of North America's premier equestrian facilities. Next head to Krause Berry Farms for a slice of their famous berry pie.

Includes admission and dessert, not lunch.

13353 F 9:30am-4:00pm Jun 28 \$60

CULTURE & EVENTS

BE INSPIRED at the Landmark Pop Up-Town 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

February to May:
**SHENANIGANS: Celebrating
80 years of the White Rock
Players Club**

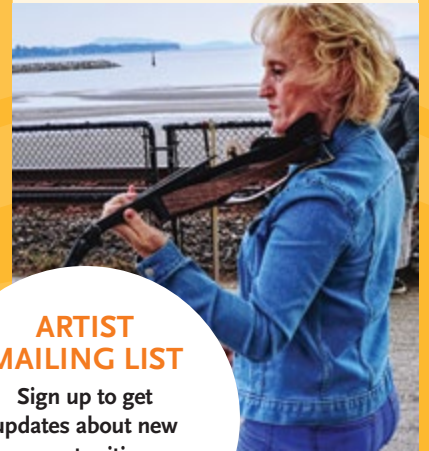
Visit the new exhibition at the White Rock Museum & Archives celebrating the history of the White Rock's Player's Club, one of Canada's oldest amateur theatre groups. Don't miss the chance to see costumes, props, set pieces and even the original Shenanigans, the Pantomime Giraffe!

whiterockmuseum.ca

LISTEN to Music and Talk with Local Artists

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

whiterockcity.ca/culture



ARTIST MAILING LIST

Sign up to get updates about new opportunities.

whiterockcity.ca/culture

VOLUNTEER FAIR

April 21, 10am to 2pm

White Rock Community Centre

Come to the annual Volunteer Fair to learn more about how you can contribute to your community, learn new skills, and meet new people.

whiterockcity.ca/volunteerfair



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

WHITE ROCK
City by the Sea!



Celebrating a 10ft putt like it's the Masters.

Being a senior has its moments. Life at PARC embraces this, whether those moments are funny, over the top or just relatable. Best of all, you get to share them with like-minded people at the same stage of life. You also get to choose from a variety of activities, accommodation options and meals. Live your best years in the best company.

parc
retirement
living

Oceana PARC: 236.335.8645
1575 George Street, White Rock

parcliving.ca/moments