

September-December
Fall 2023

Recreation GUIDE

whiterockcity.ca/register

Fall Program
Registration opens
Wednesday, August 16
at 8:30am

Get walking with friends and enjoy Poetry in Motion along the way.
See Page 2.

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

**WHITE
ROCK** RECREATION
AND
CULTURE

Poetry in Motion

Put on your walking shoes...

Explore White Rock's **Maccaud Park**, **Dr. R. J. Allan Hogg Rotary Park** and the historic **Five Corners** and enjoy some poetry along the way.

Discover 9 signs with a unique poem that represents the diverse cultures within the White Rock community.

Poetry in Motion Guided Walking Tours

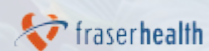
Register for a FREE guided walk and enjoy poetry in motion. Coffee stop at Laura's Café included.

Meet at the Kent Street Activity Centre.

Instructor: Patrick Mooney

no charge

11673	Monday	1:00pm-3:00pm	October 02
11674	Friday	10:30am-12:30pm	October 20
11675	Friday	1:00pm-3:00pm	November 03
11676	Thursday	10:30am-12:30pm	November 09



Funded by the BC Healthy Community Grant and supported by Fraser Health, Poetry in Motion combines culture and physical activity to create a new outdoor experience in White Rock.

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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](https://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, August 16 at 8:30am



By Phone

604-541-2199 Amex, MasterCard, Visa

Registration begins Wednesday, August 16 at 8:30am



In Person

White Rock Community Centre

15154 Russell Avenue

Centennial Park Leisure Centre

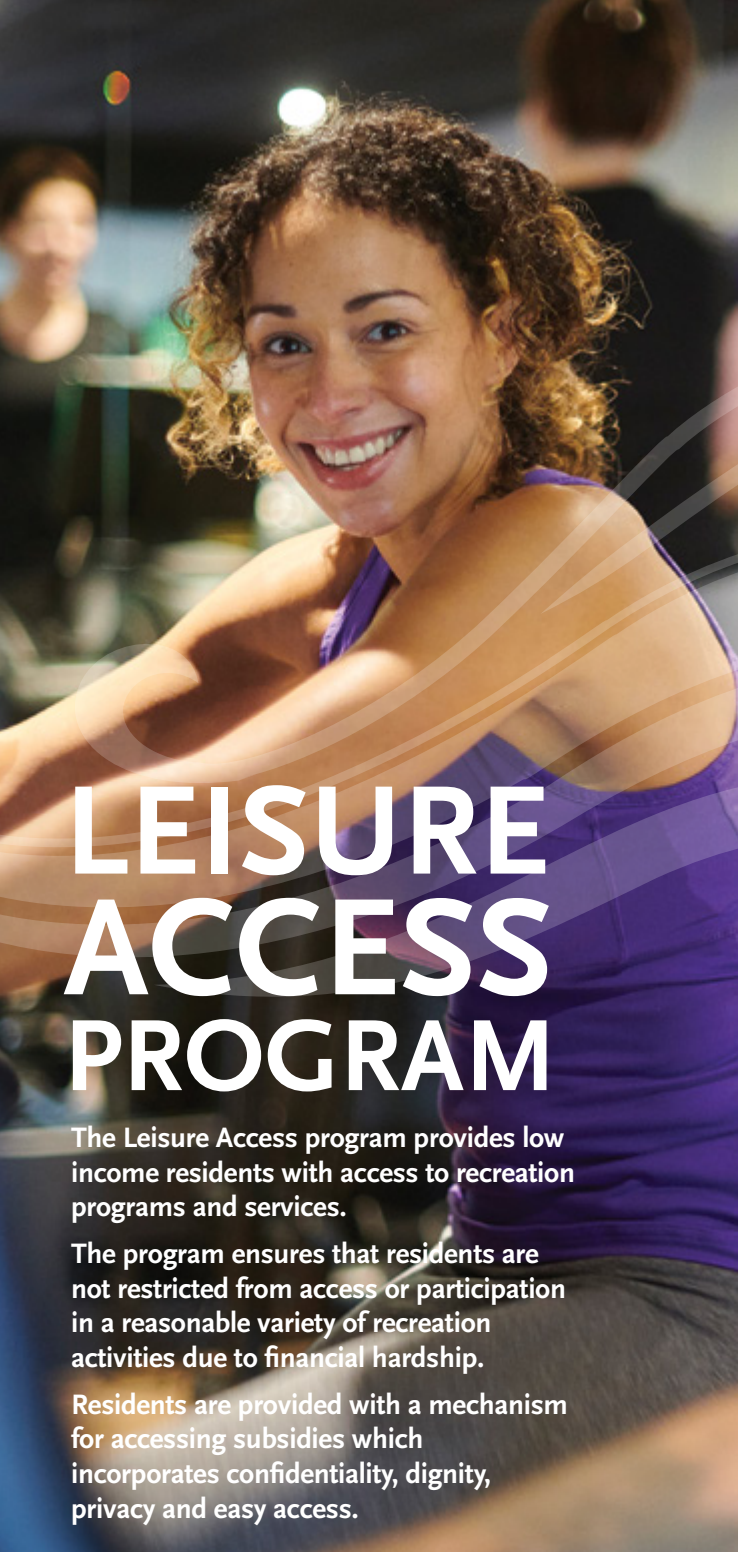
14600 North Bluff Road

Kent Street Activity Centre

1475 Kent Street

Registration begins Wednesday, August 16 at 8:30am

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



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	Youth (16 - 18)	\$52	Fitness Centre Hockey Stick N Puck/Figure Skating Soccer Indoor Co-ed Group Fitness Classes Badminton	\$5.75 and \$7.25
	Adult (19 - 64)	\$66		\$9.00
	Senior (65+)	\$52		\$8.25
				\$6.00
Active 20	Youth (16 - 18)	\$92	Fitness Centre Hockey Stick N Puck/Figure Skating Soccer Indoor Co-ed Group Fitness Classes Badminton	\$5.75 and \$7.25
	Adult (19 - 64)	\$116		\$9.00
	Senior (65+)	\$92		\$8.25
				\$6.00
Active 30 Day (month)	Youth (16 - 18)	\$35	Fitness Centre Hockey Stick N Puck/Figure Skating Soccer Indoor Co-ed Group Fitness Classes	\$5.75 and \$7.25
	Adult (19 - 64)	\$40		\$9.00
	Senior (65+)	\$35		\$8.25
				\$6.00
ZYP 10	Youth (16 - 18)	\$113	Zumba STRONG Yoga Pilates	\$13.75
	Adult (19 - 64)	\$113		\$13.75
	Senior (65+)	\$113		\$13.75
				\$13.75
Circuit 10	Youth (16 - 18)	\$88	Group Circuit Classes	\$9.50
	Adult (19 - 64)	\$88		
	Senior (65+)	\$88		
Social 10	Adult/Seniors (19+)	\$30	Mah Jong	\$5.00
			Peninsula Sketchers	\$5.00
Public Skating 10 Pass (Does not include rentals)	Adult (19 - 64)	\$48	Public Skate Adult Skate Tiny Tot Skating	Adult \$6.00
	Child/Youth (0 - 18)	\$36		Child/Youth \$4.00
	Senior (65+)	\$40		Senior \$5.00

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

Have fun this fall at

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



Early Years

➔ Dance and Music

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
10767 W 9:30am-10:15am Sep 27 \$102
10768 W 10:30am-11:15am Sep 27 \$102

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 foam violins are provided.

Instructor: Erin Dorfer

Fitness Studio 1 - Centre for Active Living 8 sessions
10893 Th 4:30pm-5:15pm Sep 21 \$96

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

Studio - White Rock Community Centre 11 sessions
10764 Sa 9:00am-9:45am Sep 16 \$92

Preschool Ballet 3 - 5 years

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

Instructor: Maya Mccobbina

Studio - White Rock Community Centre 11 sessions
Level 1
10765 Sa 9:45am-10:30am Sep 16 \$92

Level 2

10766 Sa 10:30am-11:15am Sep 16 \$92

➔ 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 6 sessions

2 - 3 years (parent participation required)

11375 M 5:15pm-6:00pm Sep 11 \$80
11377 M 5:15pm-6:00pm Nov 06 \$80

3 - 5 years

11376 M 6:00pm-6:45pm Sep 11 \$80
11378 M 6:00pm-6:45pm Nov 06 \$80

Youth

➔ Dance and Music

Intro to Jazz Dance 6 - 8 years

NEW 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

Studio - White Rock Community Centre 11 sessions
11564 Sa 11:30am-12:15pm Sep 16 \$92

Intro to Hip-Hop Dance 8 - 11 years

NEW 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

Studio - White Rock Community Centre 11 sessions
11565 Sa 12:15pm-1:00pm Sep 16 \$92

Sing Out Loud 6 - 16 years

NEW A class for children who love to sing. Learn the fundamentals of healthy singing like breathing, posture and developing self-confidence while belting out your favourite songs from musicals, movies and more.

Instructor: Vanessa Mood

Education Room - Centre for Active Living 10 sessions
6 - 8 years

11400 W 5:30pm-6:15pm Sep 20 \$180

9 - 12 years

11401 W 6:15pm-7:00pm Sep 20 \$180

13 - 16 years

11402 W 7:00pm-7:45pm Sep 20 \$180

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 foam violins are provided.

Instructor: Susan Cosco

Hall - Centennial Park Leisure Centre 10 sessions
11405 Tu 3:45pm-4:30pm Sep 19 \$112



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.



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 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.

➔ Sports

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.

<i>White Rock Elementary School</i>		7 sessions
11379	Tu 6:00pm-6:45pm	Sep 12 \$93
11384	Tu 6:00pm-6:45pm	Nov 07 \$93

Sportball Basketball 5 - 13 years

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

White Rock Elementary School

5 - 7 years		8 sessions
11380	Th 5:00pm-5:45pm	Sep 14 \$107

		7 sessions
11386	Th 5:00pm-5:45pm	Nov 09 \$93

8 - 10 years		8 sessions
11381	Th 5:45pm-6:30pm	Sep 14 \$107

		7 sessions
11387	Th 5:45pm-6:30pm	Nov 09 \$93

11 - 13 years		8 sessions
11382	Th 6:30pm-7:15pm	Sep 14 \$107

		7 sessions
11388	Th 6:30pm-7:15pm	Nov 09 \$93

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

		8 sessions
11383	Th 7:15pm-8:00pm	Sep 14 \$107

		7 sessions
11389	Th 7:15pm-8:00pm	Nov 09 \$93

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

<i>Tennis Court 1 - Centennial Park</i>		4 sessions
11395	F 5:00pm-6:30pm	Sep 08 \$78

<i>White Rock Tennis Club</i>		3 sessions
11396	M 5:00pm-6:30pm	Sep 11 \$59

Plan your BIRTHDAY PARTY with White Rock Recreation and Culture

Bricks Engineering Party 5-12 years

Centennial Park Leisure Centre

Sundays from 11:00am - 1:00pm or 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

GET READY FOR SOME BIRTHDAY FUN AT CENTENNIAL ARENA

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

Parties are held during Friday and Sunday public skate times.

\$165 FOR UP TO 20 PARTICIPANTS.

Additional fees apply after 20 party guests.

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



Harman Sidhu
Bricks Camps

Harman's advanced Science degree and parenting of three young children are invaluable in her work with the phenomenal after school Lego program, "Bricks 4 Kidz." Working with preschool to 13 year olds, this successful approach builds social, mechanical and problem-solving skills while creating motorized models.

“It allows kids to work in their own way in a fun and supportive atmosphere and allows me to do the work I love.”

FALL AND WINTER BREAK CAMPS!

CREATIVE CAMPS

Bricks Engineering Camp 5 - 12 years

In the Bricks Engineering 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 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. Students are offered the choice of which model to build, depending on their age, experience and skill level. Through their work with LEGO® models, students will develop problem solving and critical thinking skills. Each student goes home with a custom mini figure.

Instructor: Bricks 4 Kidz
Hall - Centennial Park Leisure Centre

BOXING WEEK CAMP

December 27 - 29		3 sessions
11657	W-F 9:00am-12:00pm	Dec 27 \$96
11658	W-F 12:30pm-3:30pm	Dec 27 \$96

Full-Day	11656	W-F 9:00am-3:30pm	Dec 27	\$175
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WINTER BREAK CAMP

January 2 - 5		4 sessions
11654	Tu-F 9:00am-12:00pm	Jan 02 \$127
11655	Tu-F 12:30pm-3:30pm	Jan 02 \$127

Full-Day	11653	Tu-F 9:00am-3:30pm	Jan 02	\$233
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Bricks Engineering Pro-D Day Camps

5 - 12 years



Our same great Bricks Engineering camp is now running on Pro-D Days. September 25, October 20, November 10.

Instructor: Bricks 4 Kidz
Hall - Centennial Park Leisure Centre

Morning				1 session
11660	M	9:00am-12:00pm	Sep 25	\$35
11663	F	9:00am-12:00pm	Oct 20	\$35
11666	F	9:00am-12:00pm	Nov 10	\$35

Afternoon				1 session
11661	M	12:30pm-3:30pm	Sep 25	\$35
11664	F	12:30pm-3:30pm	Oct 20	\$35
11667	F	12:30pm-3:30pm	Nov 10	\$35

Full-Day				1 session
11659	M	9:00am-3:30pm	Sep 25	\$70
11662	F	9:00am-3:30pm	Oct 20	\$70
11665	F	9:00am-3:30pm	Nov 10	\$70

ART CAMPS

Winter Break Holiday Art Extravaganza Camp

4 - 10 years

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

Instructor: Noelle Horrocks
Lounge - Centennial Park Leisure Centre

4 - 7 years				4 sessions
11668	Tu-F	10:00am-12:00pm	Jan 02	\$111

7 - 10 years				4 sessions
11669	Tu-F	12:30pm-3:00pm	Jan 02	\$127



**GET
INTO
CURLING!!**

**Learn-to-Curl Clinics,
all ages**

**Junior
Program**
Ages 10 to 17

**Fun
Leagues**

**Competitive
Leagues**



**Peace
Arch
Curling
Centre**

1475 Anderson St.
White Rock
604-531-0244

peacearchcurling.com

Learn to skate

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

Preschool Skating Lessons

3 - 5
years

Centennial Arena

Level 1: Magenta For skaters who have not been on the ice before. Skills taught in this level include ice safety, how to stand up on your own and how to begin to walk on the ice.

7 sessions				
10689	F	3:00pm-3:25pm	Sep 15	\$65
11634	F	3:00pm-3:25pm	Nov 03	\$65
10685	Sa	9:45am-10:10am	Sep 16	\$65
10687	Sa	10:15am-10:40am	Sep 16	\$65
11635	Sa	9:45am-10:10am	Nov 04	\$65
11638	Sa	10:15am-10:40am	Nov 04	\$65

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/snowplow sequence.

7 sessions				
10692	F	3:00pm-3:25pm	Sep 15	\$65
11639	F	3:00pm-3:25pm	Nov 03	\$65
10690	Sa	9:45am-10:10am	Sep 16	\$65
10691	Sa	10:15am-10:40am	Sep 16	\$65
11640	Sa	9:45am-10:10am	Nov 04	\$65
11641	Sa	10:15am-10:40am	Nov 04	\$65

Level 3: Teal For skaters who have completed Silver. Skills taught in this level include: 2 foot glides around cones, 1 foot glides, 2 foot hops, backwards walking and half snowplow stops.

7 sessions				
10696	F	3:00pm-3:25pm	Sep 15	\$65
11642	F	3:00pm-3:25pm	Nov 03	\$65
10693	Sa	9:45am-10:10am	Sep 16	\$65
10694	Sa	10:15am-10:40am	Sep 16	\$65
10695	Sa	11:15am-11:40am	Sep 16	\$65
11643	Sa	9:45am-10:10am	Nov 04	\$65
11644	Sa	10:15am-10:40am	Nov 04	\$65
11645	Sa	11:15am-11:40am	Nov 04	\$65

Level 4: Purple For skaters who have completed Teal. Skills taught in this level include: 2 foot glides around cones, 1 foot glides while turning, forwards and backwards sculling, and forwards pumping in a circle.

7 sessions				
10698	F	3:00pm-3:25pm	Sep 15	\$65
11646	F	3:00pm-3:25pm	Nov 03	\$65
10697	Sa	9:45am-10:10am	Sep 16	\$65
11647	Sa	9:45am-10:10am	Nov 04	\$65



**NOVEMBER
SKATING LESSONS**
Registration opens
October 18, 8:30am

**Book a Birthday
Skating Party**
(see page 8)

this fall!

**NOVEMBER
SKATING LESSONS**
Registration opens
October 18, 8:30am

See page 13 for
Holiday Break Skates
and Pro-D Day Skates
at Centennial Arena

School Age Skating Lessons

6 - 12
years

Centennial Arena

Level 1: Red For skaters who have not been on the ice before. Skills taught in this level include; ice safety, standing, balance drills, gliding and an introduction to stopping and skating backwards.

			7 sessions
10713	F	3:30pm-3:55pm	Sep 15 \$65
10966	F	3:30pm-3:55pm	Nov 03 \$65

			6 sessions
10709	Sa	10:45am-11:10am	Sep 16 \$56
10712	Sa	11:15am-11:40am	Sep 16 \$56
11615	Sa	10:45am-11:10am	Nov 04 \$56
11620	Sa	11:15am-11:40am	Nov 04 \$56

Level 2: Orange For skaters who have completed Red. Skills taught in this level include: 1-foot snow-pow stops, backwards walking, and gliding on a circle.

			7 sessions
10716	F	3:30pm-3:55pm	Sep 15 \$65
11621	F	3:30pm-3:55pm	Nov 03 \$65

			6 sessions
10714	Sa	10:45am-11:10am	Sep 16 \$56
10715	Sa	11:15am-11:40am	Sep 16 \$56
11622	Sa	10:45am-11:10am	Nov 04 \$56
11623	Sa	11:15am-11:40am	Nov 04 \$56

Level 3: Gold For skaters who have completed Orange. Skills taught in this level include: sculling across width of ice, stationary 2-foot turns, and 1-foot glides on a circle.

			7 sessions
10719	F	4:00pm-4:25pm	Sep 15 \$65
11624	F	4:00pm-4:25pm	Nov 03 \$65

			6 sessions
10717	Sa	10:45am-11:10am	Sep 16 \$56
10718	Sa	11:15am-11:40am	Sep 16 \$56
11625	Sa	10:45am-11:10am	Nov 04 \$56
11626	Sa	11:15am-11:40am	Nov 04 \$56

Level 4: Yellow For skaters who have completed Gold. Skills taught in this level include: backwards "C" cuts, backwards stopping, T-pushes on outside edge, and 2 foot turns while skating.

			7 sessions
10743	F	4:00pm-4:25pm	Sep 15 \$65
11627	F	4:00pm-4:25pm	Nov 03 \$65

			6 sessions
10741	Sa	10:45am-11:10am	Sep 16 \$56
10742	Sa	11:15am-11:40am	Sep 16 \$56
11628	Sa	10:45am-11:10am	Nov 04 \$56
11629	Sa	11:15am-11:40am	Nov 04 \$56

Level 5: Green For skaters who have completed Yellow. Skills taught in this level include: 2-foot side stops, backwards 1 foot glides, 1-foot backwards stops, and 2-foot turns on a circle.

			7 sessions
10745	F	4:00pm-4:25pm	Sep 15 \$65
11630	F	4:00pm-4:25pm	Nov 03 \$65

			6 sessions
10744	Sa	10:45am-11:10am	Sep 16 \$56
11631	Sa	10:45am-11:10am	Nov 04 \$56

Level 6: Blue For skaters who have completed Green. Skills taught in this level include: backwards pumping, backwards crossovers, forward to backwards 3 turns, and combo sequences of 3 skills in a row.

			7 sessions
10747	F	4:00pm-4:25pm	Sep 15 \$65
11632	F	4:00pm-4:25pm	Nov 03 \$65

			6 sessions
10746	Sa	10:45am-11:10am	Sep 16 \$56
11633	Sa	10:45am-11:10am	Nov 04 \$56

**Adult
Skating Programs**
(see page 22)

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/connect



CENTENNIAL PARK LEISURE CENTRE AND ARENA

FALL-WINTER 2023/24 SKATING SCHEDULE

OCTOBER 4 - MARCH 15



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

Drop-in Hockey, Stick N Puck and Figure Skating start September 5

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

*Helmets and full gear are mandatory for Drop-in Hockey. Pre-register to guarantee your spot. Two goalies play for free. Pre-registered participants have first priority if session is full.
**Helmets are mandatory, bring your own puck. No scrimmages allowed.

ADMISSION RATES:		SKATING PASSES:		Price
Drop-in Hockey	\$9.00	Public Skating Pass - Includes Public Skate, Adult Skate 18+, Tiny Tot Skating	Child/Youth (0-18)	\$36
Drop-in Stick N Puck and Figure Skating	\$8.25	Active 10 - Includes Figure Skating, Stick N Puck/Hockey	Adult (19-64)	\$48
Public Skate: Child (0-18)	\$4.00	Active 20 - Includes Figure Skating, Stick N Puck/Hockey	Senior (65+)	\$40
Adult (19-64)	\$6.00	Active 30 Day - Includes Figure Skating, Stick N Puck/Hockey	Child/Youth (0-18)	\$35
Senior (65+)	\$5.00		Adult (19-64)	\$40
Family Skate	\$4.00 or \$26.00 including rentals (up to 5)		Senior (65+)	\$35
RENTAL RATES:	Skates \$4.00 Helmets \$1.50 Sharpening \$7.00			

Memberships expire 2 years from the date of purchase.



**Book a Birthday
Skating Party**
(see page 8)

Skating Lessons
3-12 years (see pages 10,11)

Lessons include skate and
helmet rentals.

**Adult
Skating Programs**
(see page 22)

CENTENNIAL PARK LEISURE CENTRE AND ARENA

HOLIDAY BREAK SKATES

December 23 - January 7
(closed December 25)

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

Family Skate rates apply

PRO-D DAY SKATES

October 20 • November 10

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

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

Family Skate rates apply

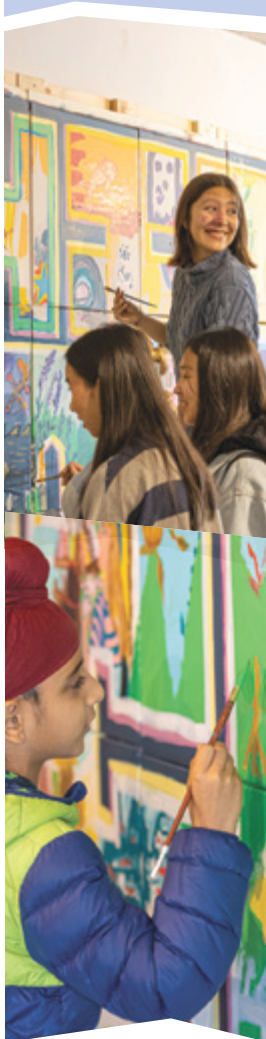
HALLOWEEN SKATE

Wear your costumes, enjoy some candy,
and skate to spooky festive tunes.

Sunday, October 29

2:45pm - 4:00pm

Family Skate rates apply



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. Supplies not included.

Instructor: Ian de Hoog
Hall C - White Rock Community Centre 6 sessions
11532 Sa 9:45am-12:45pm Sep 23 \$156

Peninsula Sketchers Drop-in

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

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

Watercolours 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 you in 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
11600 M 6:00pm-9:00pm Sep 18 \$156

Watercolours Continuing

Picking up where Watercolours 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
11531 Tu 6:00pm-9:00pm Sep 19 \$156

Modern Abstract Watercolours Workshop

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 such as using glazes, object imprints, salt and other materials to create textural layers. This course is suitable for absolute beginners to more experienced artists. Art supplies included.

Instructor: Danny Chen
Gallery - White Rock Community Centre 1 session
11513 F 9:30am-2:30pm Oct 06 \$100

Mix-media Art Therapy Around the World

Practise different art therapy methods from cultures around the world. Explore yourself with the personalized colour chart of emotions, neurographics and meditation cards. Learn how finding and freeing your inner artist can heal your life. Receive an additional benefit of learning mix-media art techniques. Art supplies included.

Instructor: Laina Grace
Classroom - Kent Street Activity Centre 5 sessions
11577 Sa 2:00pm-4:00pm Oct 28 \$139

➔ General Interest

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 arrived to a destination without it? Discover 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. Learn about surviving airports or train stations, technology and safety.

Instructor: Rhonda Dillon
Classroom - Kent Street Activity Centre 1 session
11474 Sa 10:00am-12:00pm Sep 23 \$36

100 Travel Hacks

NEW 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, or automobile travel.

Instructor: Rhonda Dillon
Classroom - Kent Street Activity Centre 1 session
11590 Sa 10:00am-12:00pm Oct 21 \$36

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
11586 Tu 10:00am-12:00pm Oct 10 \$66

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

Personal Safety Workshop

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
11587 Tu 11:00am-12:00pm Oct 10 no charge

White Rock Arts Festival Culture Crawl October 14 & 15

Celebrate local White Rock talent and explore the rich history of White Rock's artistic and cultural heritage. Discover artists, vendors, and cultural history. Learn more about your community culture and embrace your creative side.

Connect with community and celebrate!

whiterockcity.ca/events

➔ **General Interest cont.**

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
11589 Tu 10:00am-12:00pm Nov 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
11588 Tu 10:00am-12:00pm Sep 26 no charge

Piano Playing Therapy for Mind and Body

Hands-on activities on a keyboard that will help keep your brain active and your body stronger. Boost your memory 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: Laina Grace
Classroom - Kent Street Activity Centre 5 sessions
11579 Th 2:00pm-3:00pm Oct 26 \$74

ART LECTURES

The Group of Seven - A National Vision for Canada

A group of men challenged the art establishment about how Canadian landscape should be made. They hiked and canoed into the rugged landscape of Northern Ontario to paint directly from Nature.

Instructor: Linda Quigley
Gallery - White Rock Community Centre 1 session
11580 Th 1:30pm-3:00pm Oct 12 \$17

The Yellow House - Gauguin & Van Gogh

They spent 9 stormy months living and working together in Arles. Opposites in personality, and disagreeing on how and what to paint, their time ended abruptly and explosively. Each man went on to make important innovations to art but at great personal cost.

Instructor: Linda Quigley
Gallery - White Rock Community Centre 1 session
11581 Th 1:30pm-3:00pm Nov 09 \$17

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
11583 W/F 9:30am-12:00pm Oct 11 \$42
11584 W/F 9:30am-12:00pm Nov 08 \$42

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
11591 Th 1:00pm-3:30pm Oct 12 \$35
11592 M 1:00pm-3:30pm Oct 30 \$35

Spanish

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

Instructor: Carlos Rabago
Gallery - White Rock Community Centre 6 sessions
11417 M 7:00pm-8:00pm Sep 25 \$41

Classroom - Kent Street Activity Centre 6 sessions
11419 Th 11:00am-12:00pm Sep 28 \$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
11418 M 8:00pm-9:00pm Sep 25 \$41

➔ **Dance & Music**

Dance Fit

Release your inhibitions and get in shape dancing to fun Latin rhythms. This dance fitness 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
11527 Tu 9:30am-10:30am Sep 12 \$128

Latin Moves

Latin Moves brings to you the Fundamentals of Latin dances. No dance experience is required. Women only.

Instructor: Magali Cardoso
Level 1
Auditorium - Kent Street Activity Centre 12 sessions
11529 Tu 7:00pm-8:00pm Sep 12 \$128

Level 2 - Completion of level 1 required
Hall - Centennial Park Leisure Centre 12 sessions
11528 Tu 10:45am-11:45am Sep 12 \$128



Dennis Anderson
Computers

Dennis' fascination with computers and their potential to improve seniors' lives was sparked while creating protective structures in many large electronic communication centres. He took that spark into several years of exploration and learning which he generously shares with seniors in his Windows and iPad courses.

Adults

18+ YEARS



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.

Auditorium - Kent Street Activity Centre

Tuesdays from
4:00pm-5:00pm or
5:00pm-6:00pm

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.

➔ Dance & Music cont.

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

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

11530 Tu 8:10pm-9:10pm Sep 12 \$64

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

11601 Tu 8:10pm-9:10pm Oct 24 \$64

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. You will 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, taught at a pace that works for you. This is a great class for beginners and those who have some experience and want to start dancing again.

Instructor: Susana Leung

Hall A - White Rock Community Centre 13 sessions

Level 1

11467 W 11:00am-12:00pm Sep 27 \$88

Level 2

11468 W 12:15pm-1:15pm Sep 27 \$88

Play Guitar Level 1

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

Instructor: Greg DeLaRonde

Gallery - White Rock Community Centre 11 sessions

11553 Tu 6:30pm-7:30pm Sep 19 \$93

11556 W 11:30am-12:30pm Sep 20 \$93

Play Guitar Level 2

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

Instructor: Greg DeLaRonde

Gallery - White Rock Community Centre 11 sessions

11602 W 12:45pm-1:45pm Sep 20 \$93

11554 W 6:30pm-7:30pm Sep 20 \$93

Play Guitar Level 3

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

Instructor: Greg DeLaRonde

Gallery - White Rock Community Centre 11 sessions

11550 Tu 11:30am-12:30pm Sep 19 \$93

11551 Tu 12:45pm-1:45pm Sep 19 \$93

11552 Tu 5:00pm-6:00pm Sep 19 \$93

11555 W 7:45pm-8:45pm Sep 20 \$93

➔ Specialized Exercise

Balance Class 65+

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

Instructor: Olga Chekoy

Gallery - White Rock Community Centre 15 sessions

11514 Th 9:00am-10:00am Sep 07 \$113

11515 Th 10:05am-11:05am Sep 07 \$113

Instructor: Cari Plotnikoff

Fitness Studio 1 - Centre for Active Living 29 sessions

11454 W/F 12:30pm-1:30pm Sep 06 \$212

Instructor: Teddy Szell

Hall B - White Rock Community Centre 12 sessions

11525 Sa 11:45am-12:45pm Sep 09 \$90

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, email fredkiany@shaw.ca or call 604-541-2199.

Cardio Gym 2 - Centre for Active Living 24 sessions

11560 Tu/Th 3:15pm-4:15pm Sep 26 \$276

Cardio Gym 2 - Centre for Active Living 31 sessions

11558 M/W/F 4:30pm-5:30pm Oct 11 \$353

ZOOM

11557 M/W/F 3:15pm-4:15pm Oct 11 \$263

FAME Fitness & Mobility Exercise Program

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

Cardio Gym 2 - Centre for Active Living 16 sessions

11559 Tu/Th 4:30pm-5:30pm Sep 26 \$115

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 29 sessions

11455 W/F 2:00pm-3:00pm Sep 06 \$194

➔ Specialized Exercise cont.

Minds in Motion

NEW 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.

Instructor: Olga Chekov
Auditorium - Kent Street Activity Centre 14 sessions
11603 Tu 1:00pm-3:00pm Sep 12 \$140

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 in the class.

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

Instructor: Teddy Szell
Hall A - White Rock Community Centre 12 sessions
11522 Sa 9:15am-10:15am Sep 09 \$90

Level 2 - For those who have completed level 1, or have instructor approval.

Instructor: Cari Plotnikoff
Fitness Studio 1 - Centre for Active Living 26 sessions
11453 M/W 11:30am-12:30pm Sep 06 \$190

Instructor: Teddy Szell
Hall A - White Rock Community Centre 12 sessions
11524 Sa 10:30am-11:30am Sep 09 \$90

➔ Group Fitness

Body Works 55+

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

Instructor: Frances Morris
Hall A - White Rock Community Centre 15 sessions
11445 Th 10:45am-11:45am Sep 14 \$103

Instructor: TBD
Auditorium - Kent Street Activity Centre 12 sessions
11766 M 8:45am-9:45am Sep 11 \$82

Hall A - White Rock Community Centre 15 sessions
11519 Tu 8:45am-9:45am Sep 12 \$103

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 Chekov
Gallery - White Rock Community Centre 14 sessions
11516 Th 11:15am-12:15pm Sep 14 \$89

Fit Camp 55+

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

Instructor: TBD
Auditorium - Kent Street Activity Centre 12 sessions
11520 M 10:00am-11:00am Sep 11 \$82

Instructor: Frances Morris
Hall A - White Rock Community Centre 15 sessions
11443 Th 9:30am-10:30am Sep 14 \$103

Cardio & Strength Training Circuit for 55+

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

Instructor: Cari Plotnikoff
Cardio Gym 2 - Centre for Active Living 15 sessions
11448 Tu 11:15am-12:15pm Sep 05 \$130

Cardio Gym 2 - Centre for Active Living 11 sessions
11447 M 10:15am-11:15am Sep 11 \$97

Instructor: Frances Morris
Cardio Gym 2 - Centre for Active Living 16 sessions
11441 W 9:30am-10:30am Sep 06 \$138
11442 W 10:45am-11:45am Sep 06 \$138

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 15 sessions
11449 Tu 12:30pm-1:30pm Sep 05 \$100

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 14 sessions
11456 F 11:15am-12:15pm Sep 08 \$93

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 8 sessions
11533 M 4:45pm-5:45pm Sep 18 \$71

Auditorium - Kent Street Activity Centre 11 sessions
11535 Th 6:00pm-7:00pm Sep 21 \$86

Instructor: Olga Skrinnikoff
Studio - White Rock Community Centre 15 sessions
11460 W 5:30pm-6:30pm Sep 13 \$120



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.

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 - 1:00pm

GYM EQUIPMENT AVAILABLE:

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

Fall schedule
in effect
starting
September 5

Pre-registration no
longer required

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

➔ Group Fitness cont.

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 14 sessions

11537 W 8:45am-9:45am Sep 20 \$133

11538 F 8:45am-9:45am Sep 22 \$133

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 8 sessions

11534 M 6:00pm-7:00pm Sep 18 \$63

Hall - Centennial Park Leisure Centre 11 sessions

11536 W 6:00pm-7:00pm Sep 20 \$86

NEW

FREE Try-it Classes

Try one of these amazing classes.
Pre-registration is required.

Program descriptions - page 17

Zumba

Instructor: Olga Skrinnikoff

Studio - White Rock Community Centre 1 session

11605 W 5:30pm-6:30pm Sep 06

Body Works 55+

Instructor: Frances Morris

Hall A - White Rock Community Centre 1 session

11446 Th 10:45am-11:45am Sep 07

Fit Camp 55+

Instructor: Frances Morris

Hall A - White Rock Community Centre 1 session

11444 Th 9:30am-10:30am Sep 07

Get Stronger with Bands

Instructor: Olga Chekoy

Gallery - White Rock Community Centre 1 session

11604 Th 11:15am-12:15pm Sep 07

Tai Chi Level - All Levels

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 16 sessions

11512 W 9:30am-10:30am Sep 06 \$112

➔ 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

11451 Tu 2:00pm-3:00pm Oct 03 \$42

11452 Tu 2:00pm-3:00pm Oct 31 \$42

Fitness Guidance

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

Consult (30 minute) \$60.

Call 604-541-2199 to book an appointment.

Total Fitness Testing

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

Assessment (2 hours) \$160.

Call 604-541-2199 to book an appointment.

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

11517 W 11:30am-1:30pm Oct 11 \$38

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
September 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP FITNESS					
Body Works 55+ 8:45am-9:45am KSAC	Body Works 55+ 8:45am-9:45am WRCC	Tai Chi 9:30am-10:30am WRCC	Fit Camp 55+ 9:30am-10:30am WRCC		
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+ 10:45am-11:45am WRCC	Stability Body Sculpt 11:15am-12:15pm CAL	
		Line Dance Level 2 12:15pm-1:15pm WRCC	Get Stronger with Bands 11:15am-12:15pm WRCC		
CIRCUIT CLASSES					
Cardio & ST Circuit 55+ 10:15am-11:15am CAL		Cardio & ST Circuit 55+ 9:30am-10:30am 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		Zumba 5:30pm-6:30pm WRCC			
		STRONG 6:00pm-7:00pm CPLC			
YOGA/PILATES/BARRE					
Bodyful Movement Yoga 10:00am-11:00am WRCC	Full Body Pilates with Ball 9:00am-10:00am WRCC	Pilates 9:00am-10:00am WRCC	Foundations Pilates Mat 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 for Seniors 10:30am-11:45am KSAC	Yin Yoga 9:15am-10:15am WRCC	
Yoga for Seniors 1:30pm-2:45pm WRCC		Chair Yoga 11:15am-12:15pm WRCC	Chair Yoga 1 10:45am-11:45am WRCC	Hatha Yoga 10:00am-11:00am WRCC	
Gentle Therapeutic Yoga 3:15pm-4:30pm WRCC		Yoga for Well Being 1:30pm-2:45pm WRCC	Chair Yoga 2 12:00pm-1:00pm WRCC	Yoga for Men 10:30am-11:30am WRCC	
Barre Conditioning 5:30pm-6:30pm WRCC	Gentle Hatha Yoga 5:45pm-6:45pm WRCC		Yoga 55+ 1:30pm-2:30pm		
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, Fitness Centre and more (see page 5)

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

CIRCUIT 10 PASS

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

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

'ZYP' 10 PASS

Valid for Zumba/
Pilates/Barre/Yoga
STRONG

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

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

Adults

18+ YEARS



Bright Walk in White Rock

December 2

Bright Walk in White Rock lights up Memorial Park at the Waterfront with holiday lights, winter displays, and a 20-foot Christmas tree.

Connect with community and celebrate!

whiterockcity.ca/events

➔ Barre / Yoga / Pilates

BARRE

Barre Conditioning

A blend of ballet-barre, dancers floor-barre and Pilates exercises. Barre conditioning focuses on toning and strengthening the feet, legs, abdominals, back and arms.

Instructor: Svetlana Lysenko

Studio - White Rock Community Centre 11 sessions
11540 W 10:15am-11:00am Sep 13 \$110

Instructor: Olga Skrinnikoff

Studio - White Rock Community Centre 11 sessions
11548 M 5:30pm-6:30pm Sep 18 \$110

YOGA

Bodyful Movement Yoga

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 12 sessions
11471 M 10:00am-11:00am Sep 11 \$132

Chair and Breath Yoga

NEW Experience the calming fusion of breathwork and gentle chair-based yoga postures in this class. Designed for all ability levels to foster relaxation, flexibility and inner harmony. No drop-in.

Instructor: Cindy Veltri

Hall B - White Rock Community Centre 12 sessions
11545 M 10:15am-11:15am Sep 11 \$116

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

Studio - White Rock Community Centre 14 sessions
11547 W 11:15am-12:15pm Sep 13 \$147
11546 Th 10:45am-11:45am Sep 14 \$147

Chair Yoga Level 2

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

Instructor: Lynne Edel

Studio - White Rock Community Centre 14 sessions
11563 Th 12:00pm-1:00pm Sep 14 \$147

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 14 sessions
11548 Tu 5:45pm-6:45pm Sep 12 \$154

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 10 sessions
11466 M 3:15pm-4:30pm Sep 18 \$120

Hatha Yoga

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

Instructor: Jeri Cox

Studio - White Rock Community Centre 15 sessions
11461 Tu 7:00pm-8:00pm Sep 12 \$167

Instructor: Svetlana Lysenko

Hall C - White Rock Community Centre 9 sessions
11542 F 10:00am-11:00am Sep 15 \$100

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 13 sessions
11462 Tu 11:00am-12:15pm Sep 19 \$157

Yin Yoga

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 even joints of the hips, pelvis and lower spine rather than focusing on the muscles. Suitable for most ability levels.

Instructor: Cindy Veltri

Hall B - White Rock Community Centre 14 sessions
11544 F 9:15am-10:15am Sep 15 \$156

➔ **Barrre / Yoga / Pilates cont.**

Yoga 55+

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

Instructor: Lynne Edel

Studio - White Rock Community Centre 14 sessions
11549 Th 1:30pm-2:30pm Sep 14 \$155

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 10 sessions
11465 M 1:30pm-2:45pm Sep 18 \$120

Auditorium - Kent Street Activity Centre 13 sessions
11464 Th 10:30am-11:45am Sep 21 \$157

Yoga for Men

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

Instructor: Cindy Veltri

Hall B - White Rock Community Centre 14 sessions
11543 F 10:30am-11:30am Sep 08 \$156

Instructor: Fay Kubacki

Studio - White Rock Community Centre 12 sessions
11472 M 11:00am-12:00pm Sep 11 \$132

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 13 sessions
11463 W 1:30pm-2:45pm Sep 20 \$157

PILATES

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.

Instructor: Fay Kubacki

Studio - White Rock Community Centre 15 sessions
11470 Tu 9:00am-10:00am Sep 12 \$165

Pilates

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

Instructor: Svetlana Lysenko

Studio - White Rock Community Centre 11 sessions
11539 W 9:00am-10:00am Sep 13 \$123

9 sessions
11541 F 8:40am-9:30am Sep 15 \$100

Instructor: Olga Skrinnikoff

Studio - White Rock Community Centre 11 sessions
11518 M 6:45pm-7:45pm Sep 18 \$123

Foundations Pilates Mat

NEW This fun and invigorating class offers challenging, yet low-impact core strengthening exercises and stretches that will improve your balance, body awareness, flexibility and core strength.

Instructor: Fay Kubacki

Studio - White Rock Community Centre 14 sessions
11473 Th 9:00am-10:00am Sep 14 \$143

NEW

FREE Try-it Classes

Try one of these amazing classes.
Pre-registration is required.

Program descriptions - pages 20, 21

Foundations Pilates Mat

Instructor: Fay Kubacki

Studio - White Rock Community Centre 1 session
11609 Th 9:00am-10:00am Sep 07

Chair Yoga Level 1

Instructor: Lynne Edel

Studio - White Rock Community Centre 1 session
11606 Th 10:45am-11:45am Sep 07

Chair Yoga Level 2

Instructor: Lynne Edel

Studio - White Rock Community Centre 1 session
11607 Th 12:00pm-1:00pm Sep 07

Yoga 55+

Instructor: Lynne Edel

Studio - White Rock Community Centre 1 session
11608 Th 1:30pm-2:30pm Sep 07

Yin Yoga

Instructor: Cindy Veltri

Hall B - White Rock Community Centre 1 session
11610 F 9:15am-10:15am Sep 08



Melanie Henderson

Yoga

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.”

Adults

18+ YEARS



Sports

Volleyball - Co-Ed

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

Instructor: Dave Rigg

Recreational: No experience necessary

White Rock Elementary School 15 sessions
10777 W 7:15pm-8:45pm Sep 13 \$138

Intermediate: Must have basic volleyball skills

White Rock Elementary School 12 sessions
10776 M 7:15pm-8:45pm Sep 11 \$111

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

Beginner

White Rock Tennis Club 3 sessions
11398 M 6:30pm-8:00pm Sep 11 \$59

Intermediate

Tennis Court 1 - Centennial Park 4 sessions
11397 F 6:30pm-8:00pm Sep 08 \$78

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 13 sessions
11023 Tu 7:00pm-8:30pm Sep 19 \$67

Badminton: Recreational 18+

Whether you're a beginner or a seasoned player, enjoy badminton in a relaxed and friendly environment. Practise your skills and meet new people. \$7.00 drop-in.

Instructor: Alex Self

Gym - Peace Arch Elementary 14 sessions
10828 Th 7:00pm-9:00pm Sep 14 \$92

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. Pickleball paddles are available to borrow for the lesson, or bring your own.

Level 1

Pickleball Courts 5 / 8 - Centennial Park 6 sessions
11748 M/W/F 1:00pm-2:30pm Sep 18 \$50

Level 2

Pickleball Courts 5 / 8 - Centennial Park 6 sessions
11593 M/Tu/W/F* 1:00pm-2:30pm Sep 05 \$50
11749 Tu/W/F 1:00pm-2:30pm Oct 03 \$50

*class runs on a Tuesday when holiday falls on a Monday

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.

9:00am start - summer \$21
10:00am start - late fall/winter

ADULT SKATING

Adult Skating Lessons

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

Centennial Arena 6 sessions
10676 M 10:30am-11:30am Sep 11 \$91
10677 M 10:30am-11:30am Nov 06 \$91

7 sessions
10680 Th 12:15pm-1:15pm Sep 14 \$106

8 sessions
10681 Th 12:15pm-1:15pm Nov 02 \$120

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
10683 Sa 8:45am-9:30am Sep 16 \$79
10684 Sa 8:45am-9:30am Nov 04 \$79

Connect with community!

VOLUNTEER

BENEFITS

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

OPPORTUNITIES

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

whiterockcity.ca/volunteer



Walk and Talk 55+

➔ 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 13 sessions
11477 W 1:00pm-4:00pm Sep 13 \$107

Day Hikes

Hike on a different unique “hidden gem” trail somewhere in the lower mainland 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.

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

Instructor: Patrick Mooney 1 session
11426 M 8:00am-5:00pm Sep 11 \$57
11427 Tu 8:00am-5:00pm Oct 10 \$57
11428 M 8:00am-5:00pm Oct 23 \$57
11429 M 8:00am-5:00pm Nov 06 \$57
11430 M 8:00am-5:00pm Nov 20 \$57

PACE 2: Four to five hours hiking at a faster pace; up to 20km, elevation gain up to 800m.

Instructor: Patrick Mooney 1 session
11431 M 8:00am-5:00pm Sep 18 \$57
11432 M 8:00am-5:00pm Oct 16 \$57
11433 M 8:00am-5:00pm Oct 30 \$57
11434 Tu 8:00am-5:00pm Nov 14 \$57

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. Meet at Centennial Park Leisure Centre.

Instructor: Patrick Mooney 2 sessions
11508 Th 10:00am-3:00pm Sep 14 \$68

3 sessions
11509 Th 10:00am-3:00pm Oct 05 \$102
11510 Th 10:00am-3:00pm Oct 26 \$102
11511 Th 10:00am-3:00pm Nov 16 \$102

Specialty Hike PACE 2 - Mount Gardner

Take BC Ferries to scenic Bowen Island leaving the hectic city life behind. The viewpoint with two large platforms is your reward for the hard work you have done. Stop at Snug Cove for an ice cream treat. Ferry fare and refreshments not included.

Instructor: Patrick Mooney 1 session
11437 Sa 7:00am-6:30pm Oct 21 \$57

Specialty Light Hike - Sasamat Lake

Enjoy a leisurely, light hike around beautiful Sasamat Lake located in Belcara Regional Park. Bring along your towel and swimsuit or just dip your feet in this lovely lake. Includes stop for a treat at Casa Dolce Gelato & Chocolate.

Instructor: Patrick Mooney 1 session
11435 Tu 9:30am-3:30pm Sep 12 \$57

Specialty Light Hike - Reifel Bird Sanctuary

The bird sanctuary consists of a mix of 300 hectares of ponds, treed pathways, intertidal marshes, and channels. Bring your binoculars and a sense of adventure and wonderment. Lunch at Sharkey's Seafood Bar & Grille.

Includes admission, not lunch.
Instructor: Patrick Mooney 1 session
11436 Tu 8:30am-3:30pm Oct 03 \$64



David Dreves
West Beach Paddle

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.

PADDLE SPORTS

Introduction to Sea Kayaking

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

Instruction provided by West Beach Paddle West Beach Boat Launch 1 session
10090 Sa 8:00am-3:00pm Sep 02 \$165

Introduction to Stand Up Paddle Boarding (SUP)

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

Instruction provided by West Beach Paddle West Beach Boat Launch 1 session
11670 Su 8:00am-10:00am Sep 03 \$85
11671 Su 10:00am-12:00pm Sep 03 \$85
11424 Sa 9:00am-11:00am Sep 23 \$85
11425 Su 9:00am-11:00am Sep 24 \$85

Paddling equipment provided for all paddle sport programs



Stay active and engaged at the

KENT STREET ACTIVITY CENTRE

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

2023 KENT STREET ACTIVITY CENTRE MEMBERSHIP

\$20⁵⁰

September - December 31, 2023

2024 Annual Membership goes on sale November 1st, 2023 for only \$42 (valid until Dec. 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

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/Ⓜ\$7

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 and 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 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

- September 8, 22
- October 6, 20
- November 3, 17
- December 8

Kent Street Auditorium
Cost: \$10 per person

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 fundraisers. Call 604-541-2231 for more information.

Fall Events

OPEN HOUSE

Date TBD

KENT STREET PLAYERS performance

November 12 and 26

ANNUAL GENERAL MEETING

November 27

MISTLETOE CHRISTMAS LUNCH

December 8

KENT STREET CHORISTERS performance

December 9



The BEST Kept Secret in White Rock
Kent Street Coffee Shop
Open 9:30am-1:30pm Monday-Friday
RE-OPENS SEPTEMBER 11
Fresh baked goodies • Sandwiches and soups

Take out frozen meals
(Sold Monday-Thursday 10am-1pm)
Returns Sept. 18



Saturday, October 14, 2023, 9AM-1PM

Elgin Park Secondary School [13484-24 Ave, Surrey]

Re-Connect Re-Engage Re-Energize

AN INTERGENERATIONAL HEALTH AND WELLNESS FAIR

FREE

ENGAGING SPEAKERS • FREE SHUTTLE RESOURCE FAIR

Food donations to Sources Food Bank

WATCH FOR MORE INFORMATION TO COME SOON



FALL EXCURSIONS ARE HERE!

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

55+

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

Salt Spring Saturday Market with Joy Brown **

Visit this exciting market located in the pretty town of Ganges. Everything is grown, baked and made on Salt Spring by talented artists, bakers and farmers. Includes guided tour, dessert, tea, coffee and ferry fare.

11683 Sa 7:40am-6:30pm Sep 16 \$183

West Vancouver Trestle Bridge

Back by popular demand. Visit the newly opened West Vancouver Trestle Bridge at sunset with its sweeping view of the city and mountains. Enjoy an easy forest walk in beautiful Lighthouse Park and spend free time in Horseshoe Bay.

Includes guided tour, coffee stop, not dinner.
11680 Tu 1:00pm-8:30pm Sep 19 \$42

Tea & Trumpets - Orchestral Dances

Featuring Argentinian composer Alberto Ginastera and the music of tango master Astor Piazzolla, the Vancouver Symphony Orchestra brings you a program with some of the most toe-tapping music of a generation.

Includes admission.
11677 Th 11:30am-5:00pm Sep 21 \$79

A Day at the Races

Enjoy a Saturday afternoon at Hastings Park Racecourse. Experience live thoroughbred racing in a legendary location with mountain and waterfront views while enjoying a delicious lunch on the patio overlooking the track.

Includes admission and lunch.
11685 Sa 11:30am-6:30pm Oct 07 \$64

Abbotsford Canucks Game

Join us for a fun, action packed evening as you experience the thrill of live hockey. The Canucks farm team takes on the Calgary Wranglers of the American Hockey League.

Includes admission and group photo with team.
11684 Sa 5:00pm-10:30pm Oct 21 \$65

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

Tea & Trumpets - British Classics

The Vancouver Symphony Orchestra takes you to England, in a fascinating journey through the ages. Featured are various British Classics by Handel, Walton, Elgar and more.

Includes admission.
11678 Th 11:30am-5:00pm Oct 26 \$79

Cirque Du Soleil: Kooza

Enjoy the adrenaline rush of acrobatics and clowning under the big top at Concord Pacific Place. Kooza tells the story of a melancholy loner in search for his place in the world.

Includes admission.
11682 Th 5:00pm-11:00pm Nov 02 \$120

Tea & Trumpets - A Shakespearian Romp

The music of Tchaikovsky, Walton, and Bernstein takes centre stage in an afternoon performance by the Vancouver Symphony Orchestra not to be missed.

Includes admission.
11679 Th 11:30am-5:00pm Nov 16 \$79

Theatre in the Country

Enjoy a great show, a delicious meal and a fun night out at the dinner theatre in Langley. Watch the musical adaptation of "A Christmas Carol" that tells the tale of Ebenezer Scrooge.

Includes admission and dinner.
11681 Th 4:30pm-10:00pm Nov 30 \$113

Festival of Lights - VanDusen Gardens

Bundle up and get into the holiday spirit with more than one million lights decorating VanDusen Botanical Gardens. Stroll along the lakeside, enjoy the dancing lights and wander through the rose garden.

Includes admission, not dinner.
11686 Tu 2:30pm-9:30pm Dec 05 \$47

Carol Ship Dinner Cruise

Sing along to your holiday favourites while cruising Vancouver's festively lit night skyline. On board, enjoy a delicious buffet dinner accompanied by live carolers.

Includes cruise, dinner and entertainment.
11687 Th 4:00pm-10:30pm Dec 14 \$134

Christmas in the Fraser Valley with Joy Brown

Visit Milner Valley Cheese, an artisan cheese maker, and Potter's Christmas store, the largest in Western Canada. Explore the historic Clayburn English Village store and the Christmas Market in Fort Langley.

Includes guided tour, lunch and dessert in Mission.
11773 Sa 8:50am-5:00pm Dec 15 \$139

CULTURE & EVENTS

BE INSPIRED at the Landmark Pop Up-Town Gallery

Be inspired by local artists showcasing their unique art at the Landmark Pop Up-Town Gallery.

The Landmark Pop-Uptown Gallery is located at 15140 North Bluff Rd.

Visit whiterockcity.ca/culture for more information.



DISCOVER ART

Discover White Rock's unique, eye catching and fascinating public art. Plan your journey around the city by visiting whiterockcity.ca/publicart



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

Historical Guided Tour

Learn about White Rock's unique history and join this tour, offered Wednesdays at 11:00am.



Until Sept. 24: Morosan - The Man Who Painted White Rock
This retrospective exhibit features the works of Vojislav Morosan, White Rock's well known streetscape painter, from the 1970s until his death in 2008.



Oct. 13 - Nov. 12: Lest We Forget - White Rock During the War Years
The war years of 1914-1918 and 1939-1945 were important in the development of White Rock and its sense of place within Canada. We invite you to explore the history of White Rock at war through the museum's collection and archival materials.

whiterockmuseum.ca

LISTEN to Music and Engage with Local Artists

Listen to the music of White Rock's buskers while touring the city. Stroll the art walk on the promenade while engaging with local artists and choosing the perfect piece of art for your home.

Visit whiterockcity.ca/culture for more information.



Events Events Events

Big plans are coming for fall 2023

Fun, Festivities & 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! PARC experience stays allow seniors to sample all the comforts of our lifestyle and suites – with no cost or commitment.

Your experience stay comes packaged with our exclusive PARC Active Living™ program, including a state-of-the-art seniors' gym, fitness classes, art and cultural programs, an onsite Wellness Nurse, complimentary transportation and more. And unlike experience stays offered at other senior living communities, the PARC Experience is immersive, lasting up to two weeks.

Call Bette at 236.335.8645 to book your stay today!



parcliving.ca/oceana