

INCLUDES:  
*Fall swimming at  
Al Anderson Memorial Pool*

# Fall Recreation Guide

SEPTEMBER *to* DECEMBER 2026





# LANGLEY CHRISTMAS VILLAGE

THE HEART OF CHRISTMAS IN THE VALLEY

## FREE ADMISSION

Bring your family,  
bring your friends,  
make it a tradition.

## NOVEMBER 25 TO DECEMBER 24

Discover the magic of Europe,  
right here in Langley.

Stroll through a charming village filled  
with twinkling lights, European-inspired  
market stalls, delicious food, live  
entertainment on **two stages**, and  
festive cheer for the whole family.



**100 STALLS**  
European-inspired  
shopping



**EUROPEAN  
FOOD**  
Authentic flavours  
from across  
Europe



**LIVE  
ENTERTAINMENT**  
On two stages  
Daily shows for  
all ages



**FREE PHOTOS**  
with Santa  
& Mrs. Claus



**NOVEMBER 25  
TO DECEMBER 24**



**MON-THU  
11:00 AM - 9:00 PM**

**FRI-SAT  
11:00 AM - 10:00 PM**



**LANGLEY CITY  
CIVIC PLAZA**

20399 DOUGLAS CRESCENT  
LANGLEY, BC

Proudly presented  
in partnership with



**Langley City**  
THE PLACE TO BE



@LangleyChristmasVillage

langleychristmasvillage.com

# Recreation, Culture & Community Services

*We acknowledge that the land on which we gather is the traditional unceded territory of the Katzie, Kwantlen, Matsqui and Semiahmoo First Nations.*

**FALL REGISTRATION**  
starting August 12

## HOW TO REGISTER:



### ONLINE

LangleyCity.ca

- Click REGISTER ONLINE
- Pay by AMEX, Mastercard, Visa



### PHONE

604.514.2940 TCC  
604.514.2860 AAMP  
604.514.2865 DRCC



### IN PERSON

Timms Community Centre  
20399 Douglas Crescent

Al Anderson Memorial Pool (until Sept 27)  
4949 207 Street

Douglas Recreation & Child Care Centre  
20550 Douglas Crescent

## REFUND POLICY:

For most registered programs, a full refund is available with at least 5 days' notice of withdrawal/transfer. If less than 5 days' notice is received, a 10% withdrawal fee will be charged. There will be no refund after the end of the 2nd class.

**Exceptions include: Day Camps, all aquatic programs and lessons, and one-day programs.** Registration fees are refundable if a request for withdrawal or transfer is received at least 5 days before the start of the program. If less than 5 days' notice is received, 50% of the registration fees will be refunded. **A withdrawal from any of these programs will be charged a 10% withdrawal fee per activity session.** Registration fees are non-refundable once the program date has started.

## PROGRAM CANCELLATIONS:

Some programs are cancelled due to insufficient enrollment. Should we cancel a program, your preference of a full refund, credit on account, or enrollment in another available program will be made.



**PARTNERSHIP PROGRAM:** Program is brought to you in collaboration with a community partner. *Not eligible for Leisure Access Grants.*

## What's Inside

Click this symbol to go directly to the registration page.



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# Connect With Us

## AL ANDERSON MEMORIAL POOL

**4949 207 Street**  
**604.514.2860**

### OFFICE HOURS

- Mon-Fri 3:00pm-10:00pm
- Saturdays 9:30am-8:00pm
- Sundays 12:30pm-8:00pm
- Holidays 1:00pm-8:00pm

## DOUGLAS RECREATION & CHILD CARE CENTRE

**20550 Douglas Crescent**  
**604.514.2865**

### OFFICE HOURS

- Mon-Fri 8:00am-4:00pm
- Saturdays Closed
- Sundays Closed
- Holidays Closed

## TIMMS COMMUNITY CENTRE

**20399 Douglas Crescent**  
**604.514.2940**

### OFFICE HOURS

- Mon-Fri 6:00am-10:00pm
  - Saturdays 8:00am-9:30pm\*
  - Sundays 8:00am-8:00pm
- \*Saturday phone only 6:00pm to 9:30pm

## FACILITY HOLIDAY HOURS

| DATE      | AAMP          | DRCC   | TCC            |
|-----------|---------------|--------|----------------|
| Sept 7    | 1:00pm-8:00pm | CLOSED | 10:00am-3:00pm |
| Sept 30   | CLOSED        | CLOSED | 10:00am-3:00pm |
| Oct 12    | CLOSED        | CLOSED | 10:00am-3:00pm |
| Nov 11    | CLOSED        | CLOSED | 10:00am-3:00pm |
| Dec 24    | CLOSED        | CLOSED | 6:00am-4:30pm  |
| Dec 25    | CLOSED        | CLOSED | CLOSED         |
| Dec 26    | CLOSED        | CLOSED | CLOSED         |
| Dec 27    | CLOSED        | CLOSED | 8:00am-8:00pm  |
| Dec 28    | CLOSED        | CLOSED | 12:00pm-8:00pm |
| Dec 29-30 | CLOSED        | CLOSED | 8:00am-8:00pm  |
| Dec 31    | CLOSED        | CLOSED | 8:00am-2:30pm  |
| Jan 1     | CLOSED        | CLOSED | CLOSED         |

### GAMES ROOM HOURS

- Mon-Fri 8:30am-10:00pm
- Saturdays 8:00am-5:45pm
- Sundays 8:00am-8:00pm

### FITNESS TRACK HOURS

- Mon-Fri 6:00am-10:00pm
- Saturdays 8:00am-5:45pm
- Sundays 8:00am-8:00pm

## SOCIAL MEDIA LINKS



## Fall into fun: Special events for everyone

Celebrate the season with a lineup of exciting fall special events for all ages! From family-friendly activities and community gatherings to seasonal entertainment and festive celebrations, there's something for everyone to enjoy this autumn. Mark your calendars, connect with your neighbours, and make the most of the vibrant fall season in our community.

[VIEW THE CALENDAR](#)





Local Government  
Election

**INVEST**  
LANGLEY CITY

## Are you ready to vote on October 17?

Eligible Langley City voters can participate in a separate, non-binding **Community Opinion Vote** at the upcoming local government election.



LetsChat.LangleyCity.ca 



RECREATION, CULTURE & COMMUNITY SERVICES  
**Recreation  
INSIDER**

## Sign up now to get monthly email updates

*Find out about important updates, news, events and more!*



SIGN UP FOR

# MY CITY

Manage all your accounts  
in one place and set up  
email billing.

**It's easy!** Create a profile, register your accounts and access your information today. All you need is a bill or statement with your account number and access code.



### USE MYCITY TO:

- View current & past billing history
- View your account payment history
- View utility consumption information
- Manage all of your accounts in one place including **taxes, utilities, dog, and business licenses.**
- Receive bills and statements by email.



ONLINE SERVICES



 MYCITY.LANGLEYCITY.CA

 TAX@LANGLEYCITY.CA

# Financial Assistance



## Leisure Access Grant

Langley City's Leisure Access Grant program is a subsidy program that provides an opportunity for residents with a limited income to participate in a variety of recreation activities.

In order to qualify, the applicant must be a resident of Langley City and meet one or more of the following criteria:

- Receive Income Assistance from the **Ministry of Social Development and Poverty Reduction** or assistance from the **Ministry for Children and Family Development**
- Have an annual income that is below the **Statistics Canada Low Income Guidelines**. Please see application form for qualifying income levels.

If approved, residents may choose one eligible program or pass per person, per season. Eligible programs are advertised in the Recreation Guide. Adults and seniors may choose to apply for a subsidized indoor pool pass (limited funding available). Applications can be made up to four (4) times per year (winter, spring, summer, fall). Application forms can be picked up at Timms Community Centre, or downloaded **here**.

For more information call **604.514.2940** or email **recreation@langleycity.ca**.

## Other Funding



### KIDSPORT LANGLEY

**Kidsport** aims to remove the financial obstacles that prevent some children in our community from participating in local sport. Individual grants of up to \$400 are awarded to children (18 years and under) who are residents of either Langley City or Township of Langley whose families cannot afford sport registration fees and would otherwise not be able to participate in the sport of their choosing.

# Arts, Culture & Heritage

## Langley City Art Galleries

### THE WALKWAY GALLERY

The Langley Arts Council has four exhibition spaces throughout Langley and is facilitated in partnership with local, regional, and provincial community partners. In the City, the Walkway Gallery is located on the main floor of Timms Community Centre along the hallway walls as you head to the Fraser Valley Regional Library.

For more information, please visit [Langleyarts.ca/aifs-online-galleries](http://Langleyarts.ca/aifs-online-galleries)

#### Art in Found Spaces Schedule:

|              |                              |
|--------------|------------------------------|
| Aug 21-Oct 8 | Kate Major Solo Exhibition   |
| Oct 9-Jan 7  | Breanne Wish Solo Exhibition |

### A STEP ABOVE GALLERY

The Step Above Gallery is located on the second floor of Timms Community Centre which provides additional space to showcase the diverse talent in our community.

#### A Step Above Gallery Schedule:

|                |                                                                        |
|----------------|------------------------------------------------------------------------|
| Aug 14-Sept 24 | <b>Tastes of Home</b><br><i>Submission Deadline: July 29, 2026</i>     |
| Sept 25-Nov 5  | <b>Everyday Moments</b><br><i>Submission Deadline: Sept 8, 2026</i>    |
| Nov 6-Dec 17   | <b>Winter Celebrations</b><br><i>Submission Deadline: Oct 19, 2026</i> |
| Dec 18-Jan 28  | <b>First Bloom</b><br><i>Submission Deadline: Dec 1, 2026</i>          |

### NEW! COMMUNITY GALLERY AT DOUGLAS RECREATION & CHILD CARE CENTRE

The Douglas Recreation & Child Care Centre (DRCC) is excited to introduce our new Community Gallery, a welcoming, family-friendly space where creativity, learning, and community connection come together.

The gallery celebrates diverse voice and invites artists, organizations, collectives, schools, and non-profit groups to share their stories, artwork, and experiences. We welcome submissions and collaborations that reflect the richness of our community and create opportunities for people of all identities, backgrounds, abilities, and lived experiences to be represented and celebrated.

Through exhibitions and community programs, we hope to create a space where children, families, artists, and community members can connect, learn, and celebrate creativity.

For more information about the gallery, exhibition opportunities, and artwork submissions, please contact: [arts@langleycity.ca](mailto:arts@langleycity.ca).

#### DRCC Gallery Schedule:

|               |                          |
|---------------|--------------------------|
| June 19-Oct 8 | Photography Exhibition   |
| Oct 9-Jan 8   | Guest Curated Exhibition |

# Arts, Culture & Heritage

## Fall Street Banner Program

### CALL FOR ARTISTS

Langley City invites emerging and established artists to submit original artwork for the Fall Street Banner Program.

Selected artwork will be displayed on street banners throughout downtown Langley City, creating a vibrant public art experience that celebrates our community, creativity, and the spirit of the fall season.

Artists are invited to submit designs inspired by Langley City's people, places, nature, culture, and community connections. The selected artists will receive a \$1,000 honorarium for a completed banner design package (left and right banner pair).

*Submission deadline: Oct 29, 2026 at 3:30pm*

For submission details and application information, contact:

Jinisl Haveliwalla, Recreation Programmer  
Arts, Culture and Heritage:

EMAIL US

## Citizens' Assembly

### SOCIAL STREETS INITIATIVE

Pack your picnic baskets, grab a blanket, and come enjoy a vibrant fall day at the park! Whether you're new to the neighbourhood or a long-time resident, connect with your community in a relaxed and fun setting with food, fun and music.

Bring your friends, family, and neighbours. All are welcome!

### What are Social Streets?

Social streets transform everyday community spaces into people-first places. Safe, vibrant, and welcoming spaces where residents of all ages can play, connect, and reimagine community life.

**Sept 4 3:00pm-8:00pm**

Rotary Centennial Park (20869 Fraser Hwy)

**INVEST**  
LANGLEY CITY



**Get ready to vote  
on October 17!**

Learn about the non-binding **Community Opinion Vote** on proposed facility expansions at Langley City's local government election.

LEARN MORE: [LetsChat.LangleyCity.ca](https://letschat.langleycity.ca)







Langley **Community Music** School

# BRINGING MUSIC TO LIFE

Lessons & Classes for  
All Ages & Levels

**Strings • Piano • Winds  
Guitar • Bass • Percussion  
Drums • Harp • Voice**

**Register Today!**



BRITISH COLUMBIA  
ARTS COUNCIL



BRITISH  
COLUMBIA

**LANGLEYMUSIC.COM**

604-534-2848 | 4899 207 STREET, LANGLEY, BC

# THE LANGLEY ARTS COUNCIL



## **The Way I See It,** a solo exhibition by **Kate Major**

Free for all ages.

## UPCOMING EXHIBITIONS AT THE TIMMS WALKWAY GALLERY

**On display** from Aug. 22  
to Oct. 8, 2026

**Reception Sept. 12**  
**from 10:30 - 11:30 AM**  
in Council Chambers, 2F

**Kate (Casey) Major** is a self-taught artist whose work is inspired by the beauty and character of everyday subjects. Working primarily in pastel for more than two decades and more recently exploring acrylic painting, she is drawn to old buildings, vintage vehicles, forgotten objects, and coastal landscapes. Her paintings capture the stories, textures, and quiet moments found in these subjects, with a particular appreciation for the ever-changing movement and atmosphere of the ocean. Through her work, Kate invites viewers to pause and discover beauty in places and objects that are often overlooked.



## **The Colour of Then,** a solo exhibition by **Breanne Wish**

Free for all ages.

**On Display** from Oct. 10  
to Jan. 7 2027

**Reception Nov. 21**  
**from 10:30 - 11:30 AM**  
in Council Chambers, 2F

**Breanne Wish** is a visual artist working primarily in acrylic whose vibrant, playful paintings explore themes of nostalgia, memory, and emotional comfort. Drawing from personal reflections and familiar imagery, her work invites viewers to pause, reconnect with meaningful moments from the past, and find solace amid the uncertainties of the present. A graduate of the University of British Columbia's Visual Arts program, Wish continues her artistic practice through exhibitions and commissions while also teaching art at the primary and secondary school levels. Her exhibition, *The Colour of Then*, presents a cohesive body of work that celebrates nostalgia as a powerful and often overlooked source of reflection, connection, and reassurance.

CALLING ALL FILM MAKERS

**SUBMIT YOUR  
SHORT FILM**

starting September 15, 2026



2027

**FILM**

**FESTIVAL**

**April 3  
2027**

[events@langleycity.ca](mailto:events@langleycity.ca)





# Aquatics

**FALL SEASON**

## **EXTENDED SEASON**

Al Anderson Memorial Pool  
open until September 27.

*Find swimming lessons, public  
swimming and more!*



## Al Anderson Memorial Pool

4949 207 Street 604.514.2860  
swim@langleycity.ca

### OFFICE HOURS

- Mon-Fri 3:00pm-10:00pm
- Saturdays 9:30am-8:00pm
- Sundays 12:30pm-8:00pm
- Holidays 1:00pm-8:00pm

### EXTENDED POOL SEASON

Al Anderson Memorial Pool is open until  
**September 27, 2026.**

## Admission

### PRICING & PASSES

|                             | Child/Youth<br>(4-18 years) | Student 19+<br>(with valid ID) | Adult<br>(19+ years) | Senior<br>(60+ years) | <b>NEW!</b><br>Super Senior<br>(80+ years)<br>*City resident | Family   |
|-----------------------------|-----------------------------|--------------------------------|----------------------|-----------------------|--------------------------------------------------------------|----------|
| Single Session/<br>Drop-in* | \$3.00                      | \$4.50                         | \$6.00               | \$4.50                | \$1.00                                                       | \$12.00  |
| 10 Visit Pass               | \$27.00                     | n/a                            | \$54.00              | \$40.50               | \$9.00                                                       | n/a      |
| 1 Month Pass                | \$36.00                     | n/a                            | \$72.00              | \$54.00               | \$12.00                                                      | \$144.00 |
| 3 Month Pass                | \$108.00                    | n/a                            | \$216.00             | \$162.00              | \$36.00                                                      | \$432.00 |
| 12 Month Pass               | \$216.00                    | n/a                            | \$432.00             | \$324.00              | \$72.00                                                      | \$864.00 |

#### Please note:

\*Proof of residency required.

\*\*Children under 4 years are free.

\*\*\*Family is a maximum of 5 people including a combination of parents, guardians, or grandparents with children under 19 years who reside in the same household. Maximum of 2 adults.

## Pool Rules

**Before entering our pool, you must ensure that you understand and comply with the following rules:**



- Children under the age of 8 years are required to be accompanied in the water and within arm's reach at all times by a responsible person aged 16 years or older.



- Children 8 years and over are required to be 48 inches in height to be admitted without the direct supervision of a caregiver.



- There are to be no more than 2 children under the age of 8 years old per adult. This rule is in place regardless of the swim ability of the child.



- You cannot enter the pool if you are ill. This includes open sores, bandages, exhibiting cold/flu-like symptoms, discharging ears and or/noses, and eye infections.



- Take a cleansing shower.



- Ensure that infants and toddlers wear swim diapers.

# Aquatics

## Fall Public Swim Schedule

SEPTEMBER 9 - 27, 2026

| MONDAY                                                        | TUESDAY                                                    | WEDNESDAY                                                  | THURSDAY                                                   | FRIDAY                                              | SATURDAY                                  | SUNDAY                                   |
|---------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------|-------------------------------------------|------------------------------------------|
| 9:00-3:30pm<br><b>Pool Closed</b><br>(Office opens at 3:00pm) |                                                            |                                                            |                                                            |                                                     |                                           |                                          |
|                                                               |                                                            |                                                            |                                                            |                                                     | 9:30am-12:30pm<br><b>Swimming Lessons</b> |                                          |
|                                                               |                                                            |                                                            |                                                            |                                                     | 1:00-3:00pm<br><b>Public Swim</b>         | 1:00-3:00pm<br><b>Public Swim</b>        |
| 3:30-6:30pm<br><b>Swimming Lessons</b>                        | 3:30-6:30pm<br><b>Swimming Lessons</b>                     | 3:30-6:30pm<br><b>Swimming Lessons</b>                     | 3:30-6:30pm<br><b>Swimming Lessons</b>                     | 3:30-6:30pm<br><b>Swimming Lessons</b>              | 3:30-5:30pm<br><b>Public Swim</b>         | 3:30-5:30pm<br><b>Public Swim</b>        |
| 6:30-8:30pm<br><b>Public Swim &amp; Length Swim</b>           | 6:30-8:30pm<br><b>Public Swim &amp; Length Swim</b>        | 6:30-8:30pm<br><b>Public Swim &amp; Length Swim</b>        | 6:30-8:30pm<br><b>Public Swim &amp; Length Swim</b>        | 6:30-8:30pm<br><b>Public Swim &amp; Length Swim</b> | 6:00-8:00pm<br><b>Public Swim</b>         | 6:00-8:00pm<br><b>Loonie/Toonie Swim</b> |
| 8:30-10:00pm<br><b>Adult Only Public &amp; Length Swim</b>    | 8:30-10:00pm<br><b>Adult Only Public &amp; Length Swim</b> | 8:30-10:00pm<br><b>Adult Only Public &amp; Length Swim</b> | 8:30-10:00pm<br><b>Adult Only Public &amp; Length Swim</b> | 8:00-10:00pm<br><b>Youth Swim</b>                   |                                           |                                          |

Pool closed for events and schedule adjusted for holidays. Contact us at 604.514.2860 for more information.

## Public Swim Options

### LENGTH SWIM (Ages 16+)

Improve your skills and endurance. Participants should be comfortable swimming a minimum of 25 metres.

### PUBLIC SWIM (All Ages)

Open to all ages and swimmer abilities. Personal floatation devices available upon request.

### LOONIE/TOONIE SWIM (All Ages)

Open to all ages and swimmer types for only \$2 per adult/senior and \$1 for children/youth under 18 years.

### YOUTH SWIM (Ages 11-17)

Come down for a fun evening of swimming and games. Free with a valid Games & Track Pass (\$25/year).





## Parent & Tot (4-36 months)

### SWIM FOR LIFE - PARENT AND TOT 1-3

Spend quality time with your child while you both have fun, learn, and socialize. Through structured in-water interaction between parent and child, we develop water-positive attitudes and skills. We provide Lifesaving Society Water Smart™ tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions.

## Preschool 1-5 (3-5 years)

Provide your child with an early opportunity to learn how to swim. The Lifesaving Society Preschool Program develops an appreciation and healthy respect for the water. Our basic aquatic progressions work to ensure 3 to 5-year olds become comfortable in the water and have fun while acquiring and developing a foundation of water skills.

### SWIM FOR LIFE – PRESCHOOL 1

These preschoolers will have fun learning to get in and out of the water and jumping into chest deep water. They'll float and glide on their front and back, learn to get their faces wet, and blow bubbles underwater.

### SWIM FOR LIFE – PRESCHOOL 2

These preschoolers will learn to jump into chest-deep water by themselves, and get in and get out wearing a life jacket. They'll submerge and exhale underwater and wear a life jacket to glide on their front and back.

### SWIM FOR LIFE – PRESCHOOL 3

Students will try both jumping and a sideways entry into deep water while wearing a life jacket. They'll recover objects from the bottom of waist-deep water and work on kicking and gliding through the water on their front and back.

### SWIM FOR LIFE – PRESCHOOL 4 & 5

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a life jacket to glide and kick on their side. Preschool 5: These youngsters get more adventurous with a forward roll entry wearing a life jacket and treading water for 10 seconds. They'll work on front and back crawl swims for 5 metre, interval training, and get a giggle out of whip kicks.

## Swimming Lesson Rates

|               | 4 SESSIONS | 8 SESSIONS | 9 SESSIONS |
|---------------|------------|------------|------------|
| Parent & Tot  | n/a        | \$50.72    | \$57.05    |
| Preschool 1-5 | n/a        | \$67.60    | \$76.05    |
| Swimmer 1-3   | n/a        | \$54.90    | \$64.40    |
| Swimmer 4-6   | n/a        | \$67.11    | \$75.50    |
| Swimmer 7-9   | n/a        | \$86.84    | n/a        |
| Teen Swimmer  | n/a        | \$120.80   | \$135.90   |
| Adult Swimmer | \$60.40    | n/a        | n/a        |
| Private Set   | n/a        | \$268.00   | \$301.50   |

### UNSURE WHICH LEVEL TO REGISTER IN?

Come in during any of our public swim times for a **free swim assessment** with one of our lifeguards. If your child is under 8 years, they need to be within arms reach of a person 16+ years in the water during the assesment.



# Aquatics

## Swimmer 1-6 (5-12 years)

### NEW! SWIMMER 1 INTRO

An introduction for beginner swimmers who are not yet comfortable in the water. Swimmers will learn how to open their eyes, exhale, and hold their breath underwater, assisted jumps, floats, glides and kicks.

### SWIMMER 1

These beginners will become comfortable jumping into water with and without a life jacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

### SWIMMER 2

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 metre on their front and back, and be introduced to flutter kick interval training (4 x 5 metre).

### SWIMMER 3

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 metre of front crawl, back crawl and 10 metre of whip kick. Flutter kick interval training increases to 4 x 15 metre.

### SWIMMER 4

These intermediate swimmers will swim 5 metre underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive™ Standard. They'll cap it all off with front crawl sprints over 25 metre and 4 x 25 metre front or back crawl interval training.

### SWIMMER 5

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 metre swims of each, and breaststroke over 25 metre. Then they'll pick up the pace in 25 metre sprints and two interval training bouts: 4 x 50 metre front or back crawl; and 4 x 15 metre breaststroke.

### SWIMMER 6

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 metre. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 metre workout.

## Swimmer 7-9 (5-12 years)

### CANADIAN SWIM PATROL

The Lifesaving Society's 3-level Canadian Swim Patrol Program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart™ behaviour. Skill drills enhance capability in the water, good physical conditioning and lifesaving judgment.

### SWIMMER 7 ROOKIE PATROL

Swimmers continue stroke development with 50 metre swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 metre obstacle swim and 15 metre object carry. First aid focuses on assessment of conscious victims, contacting aid, and treatment for bleeding. Fitness improves in 350 metre workouts and 100 metre timed swims.

### SWIMMER 8 RANGER PATROL

Swimmers develop better strokes over 75 metre swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

### SWIMMER 9 STAR PATROL

Swimmers are challenged with 600 metre workouts, 300 metre timed swims and a 25 metre object carry. Strokes are refined over 100 metre swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals, and rolling over and supporting a victim face up in shallow water.

## Fall Swimming Lessons: Set 1

|                                     | LESSON SET 1 - SEPTEMBER 9-SEPTEMBER 25 (MON/WED/FRI - 8 SESSIONS) |        |                         |        |        |        |
|-------------------------------------|--------------------------------------------------------------------|--------|-------------------------|--------|--------|--------|
| (30 min)                            | 3:30pm                                                             | 4:00pm | 4:30pm                  | 5:00pm | 5:30pm | 6:00pm |
| Parent & Tot 1 Combo                |                                                                    |        | 55304                   |        |        |        |
| Parent & Tot 2 Combo                |                                                                    |        | 55305                   |        |        |        |
| Parent & Tot 3 Combo                |                                                                    |        | 55306                   |        |        |        |
| Preschool 1                         |                                                                    | 55310  |                         |        |        | 55311  |
| Preschool 2                         |                                                                    |        |                         | 55314  |        |        |
| Preschool 3                         |                                                                    |        |                         |        | 55317  |        |
| Preschool 4 Combo                   |                                                                    |        |                         |        |        | 55319  |
| Preschool 5 Combo                   |                                                                    |        |                         |        |        | 55320  |
| Swimmer 1 Intro                     |                                                                    | 55298  | 55299                   | 55300  |        | 55333  |
| Swimmer 1                           |                                                                    | 54484  | 54480                   | 54481  |        | 54494  |
| Swimmer 2                           |                                                                    | 54868  |                         |        | 54871  | 54872  |
| Swimmer 3                           |                                                                    |        | 55045                   |        | 55046  |        |
| (45min)                             | 3:30pm                                                             | 4:00pm | 4:30pm                  | 4:45pm | 5:30pm | 6:00pm |
| Swimmer 4                           |                                                                    | 55323  |                         |        | 55324  |        |
| Swimmer 5 Combo                     |                                                                    |        |                         | 55330  |        |        |
| Swimmer 6 Combo                     |                                                                    |        |                         | 55329  |        |        |
| (60min)                             | 3:30pm                                                             |        | 4:00pm                  |        | 5:30pm |        |
| Swimmer 7<br>Swimmer 8<br>Swimmer 9 |                                                                    |        | 55335<br>55336<br>55337 |        |        |        |

**INVEST**  
LANGLEY CITY



**Get ready to vote  
on October 17!**

Learn about the non-binding **Community Opinion Vote** on proposed facility expansions at Langley City's local government election.



LEARN MORE: [LetsChat.LangleyCity.ca](https://letschat.langleycity.ca)

# Aquatics

## Fall Swimming Lessons: Set 2

**Note:** Lesson times are different on Tue/Thu and Saturday.

|                      | LESSON SET 2 - SEPTEMBER 8-SEPTEMBER 26 (TUE/THU/SAT - 9 SESSIONS) |                |                |                |                |                |
|----------------------|--------------------------------------------------------------------|----------------|----------------|----------------|----------------|----------------|
| (30 min)             | 3:30pm/9:30am                                                      | 4:00pm/10:00am | 4:30pm/10:30am | 5:00pm/11:00am | 5:30pm/11:30am | 6:00pm/12:00pm |
| Parent & Tot 1 Combo |                                                                    |                | 55307          |                |                |                |
| Parent & Tot 2 Combo |                                                                    |                | 55308          |                |                |                |
| Parent & Tot 3 Combo |                                                                    |                | 55309          |                |                |                |
| Preschool 1          |                                                                    | 55312          |                | 55313          |                |                |
| Preschool 2          |                                                                    | 55315          |                |                |                | 55316          |
| Preschool 3          |                                                                    |                | 55318          |                |                |                |
| Preschool 4 Combo    |                                                                    | 55322          |                |                |                |                |
| Preschool 5 Combo    |                                                                    | 55321          |                |                |                |                |
| Swimmer Intro        |                                                                    | 55301          | 55302          |                | 55303          | 55334          |
| Swimmer 1            |                                                                    | 54485          | 54486          | 54487          | 54495          | 54488          |
| Swimmer 2            |                                                                    |                | 54875          | 54876          |                | 54877          |
| Swimmer 3            |                                                                    |                |                |                | 55052          | 55058          |
| (45min)              | 3:30pm/9:30am                                                      | 4:00pm/10:00am | 4:45pm/10:45am | 5:00pm/11:00am | 5:30pm/11:30am | 6:00pm/12:00pm |
| Swimmer 4            |                                                                    | 55325          |                |                | 55326          |                |
| Swimmer 5 Combo      |                                                                    |                | 55332          |                |                |                |
| Swimmer 6 Combo      |                                                                    |                | 55331          |                |                |                |

## Private Lessons

### PRIVATE LESSON SETS

For those students who prefer one-on-one instruction or individual instructors. (For all swimming levels and ages).

**Note:** Saturday lessons are 9:30am-10:30am.

|                                   |        |        |        |        |            |
|-----------------------------------|--------|--------|--------|--------|------------|
| 30 min: September 8- September 26 |        |        |        |        | 8/\$268.00 |
| Days                              | 3:30pm | 3:30pm | 3:30pm | 4:00pm | 5:00pm     |
| M/W/F                             | 54887  | 54888  | 54889  | 54891  | 55276      |

### SINGLE PRIVATE SWIMMING LESSONS

For those students who need some extra work on a specific skill or who prefer individual instructor.

(For all swimming levels and ages).

| Code  | Location | Day(s)  | Date(s) | Time    | \$                |
|-------|----------|---------|---------|---------|-------------------|
| 55277 | AAMP     | Various | Various | Various | \$33.50<br>30 min |

|                                    |                |                |                |                 |                 |
|------------------------------------|----------------|----------------|----------------|-----------------|-----------------|
| 30 min: September 9 - September 25 |                |                |                |                 | 9/\$301.50      |
| Days                               | 3:30pm/*9:30am | 3:30pm/*9:30am | 3:30pm/*9:30am | 4:00pm/*10:00am | 5:00pm/*11:00am |
| T/Th/Sa*                           | 54884          | 54885          | 54886          | 55275           | 54890           |



## Teen Swim Lessons

### TEEN SWIM LEVEL 1

You'll work towards 10-15 metre swim on your front and back. You'll learn safe entries into shallow and deep water, develop skills while wearing a Personal Floatation Device, and learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. You'll develop your fitness through interval training and learn how to perform front crawl and back crawl.

| AGES 13-16 |          |         |                |                 |                       |
|------------|----------|---------|----------------|-----------------|-----------------------|
| Code       | Location | Day(s)  | Date(s)        | Time            | \$ (+gst)             |
| 55338      | AAMP     | M/W/F   | Sept 9-Sept 25 | 5:00 pm-6:00 pm | \$120.80<br>8 classes |
| 55341      | AAMP     | T/Th/Sa | Sept 8-Sept 26 | 5:00 pm-6:00 pm | \$135.90<br>9 classes |

**Note:** Saturday lessons from 11:00am-12:00pm

### TEEN SWIM LEVEL 2

Develop your fitness by working on two interval training workouts, sprints, and further developing your front crawl and back crawl. You'll learn Swim to Survive™ skills and further develop deep water entries/skills while wearing a Personal Floatation Device. Whip kick is further developed along with an introduction to breaststroke.

| AGES 13-16 |          |         |                |                 |                       |
|------------|----------|---------|----------------|-----------------|-----------------------|
| Code       | Location | Day(s)  | Date(s)        | Time            | \$ (+gst)             |
| 55339      | AAMP     | M/W/F   | Sept 9-Sept 25 | 5:00 pm-6:00 pm | \$120.80<br>8 classes |
| 55342      | AAMP     | T/Th/Sa | Sept 8-Sept 26 | 5:00 pm-6:00 pm | \$135.90<br>9 classes |

**Note:** Saturday lessons from 11:00am-12:00pm

### TEEN SWIM LEVEL 3

You'll master front crawl, back crawl and breaststroke. Continue your fitness training with a 300 metre workout, sprint challenges and interval training. You'll learn eggbeater, diving, and compact jumps. Further develop treading water and underwater skills.

| AGES 13-16 |          |         |                |                 |                       |
|------------|----------|---------|----------------|-----------------|-----------------------|
| Code       | Location | Day(s)  | Date(s)        | Time            | \$ (+gst)             |
| 55340      | AAMP     | M/W/F   | Sept 9-Sept 25 | 5:00 pm-6:00 pm | \$120.80<br>8 classes |
| 55343      | AAMP     | T/Th/Sa | Sept 8-Sept 26 | 5:00 pm-6:00 pm | \$135.90<br>9 classes |

**Note:** Saturday lessons from 11:00am-12:00pm

## Adult Swim Lessons

### ADULT SWIM LEVEL 1

You'll work towards 10-15 metre swim on your front and back. You'll learn safe entries into shallow and deep water, develop skills while wearing a PFD, and learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. Develop your fitness through interval training and learn how to perform front crawl and back crawl.

| AGES 16+ |          |         |                 |                 |                      |
|----------|----------|---------|-----------------|-----------------|----------------------|
| Code     | Location | Day(s)  | Date(s)         | Time            | \$ (+gst)            |
| 55346    | AAMP     | Mon-Thu | Sept 14-Sept 17 | 8:00 pm-9:00 pm | \$60.40<br>4 classes |
| 55347    | AAMP     | Mon-Thu | Sept 21-Sept 24 | 8:00 pm-9:00 pm | \$60.40<br>4 classes |

# Aquatics

## Adult Swim Lessons

### ADULT SWIM LEVEL 2

Develop your fitness by working on two interval training workouts, sprints, and further developing your front crawl and back crawl. Learn Swim to Survive™ skills and further develop deep water entries/skills while wearing a PFD. Whip kick is further developed along with an introduction to breaststroke.

| AGES 16+ |          |         |                 |                 |                      |
|----------|----------|---------|-----------------|-----------------|----------------------|
| Code     | Location | Day(s)  | Date(s)         | Time            | \$ (+gst)            |
| 55345    | AAMP     | Mon-Thu | Sept 14-Sept 17 | 8:00 pm-9:00 pm | 60.40<br>4 classes   |
| 55348    | AAMP     | Mon-Thu | Sept 21-Sept 24 | 8:00 pm-9:00 pm | \$60.40<br>4 classes |

### ADULT SWIM LEVEL 3

You'll master front crawl, back crawl and breaststroke. Continue your fitness training with a 300 metre workout, sprint challenges and interval training. You'll learn eggbeater, diving, and compact jumps. Further develop treading water and underwater skills. .

| AGES 16+ |          |         |                 |                 |                      |
|----------|----------|---------|-----------------|-----------------|----------------------|
| Code     | Location | Day(s)  | Date(s)         | Time            | \$ (+gst)            |
| 55344    | AAMP     | Mon-Thu | Sept 14-Sept 17 | 8:00 pm-9:00 pm | 60.40<br>4 classes   |
| 55349    | AAMP     | Mon-Thu | Sept 21-Sept 24 | 8:00 pm-9:00 pm | \$60.40<br>4 classes |

## Loonie/Toonie Swim

Make a splash without breaking the bank! Kids swim for just \$1 and adults for only \$2 during Loonie/Toonie Swim. It's a fun, affordable way to cool off, get active, and enjoy time at the pool.

**Sundays** 6:00-8:00pm until September 27, 2026.



## Adapted Swim Lessons

### ADAPTED SWIMMER

Supportive swimming lessons for children with disabilities. Participants will learn the Lifesaving Society Swim for Life Preschool or Swimmer program based on their age in a welcoming and inclusive environment. Staff support provided (1 staff: 1 participant).

| AGES 3-12 |          |          |                |                 |                       |
|-----------|----------|----------|----------------|-----------------|-----------------------|
| Code      | Location | Day(s)   | Date(s)        | Time            | \$                    |
| 55060     | AAMP     | M/W/F    | Sept 9-Sept 25 | 3:30 pm-4:00 pm | \$134.00<br>8 classes |
| 55061     | AAMP     | M/W/F    | Sept 9-Sept 25 | 3:30 pm-4:00 pm | \$134.00<br>8 classes |
| 55062     | AAMP     | M/W/F    | Sept 9-Sept 25 | 3:30 pm-4:00 pm | \$134.00<br>8 classes |
| 55063     | AAMP     | T/Th/Sa* | Sept 8-Sept 26 | 3:30 pm-4:00 pm | \$150.75<br>9 classes |
| 55064     | AAMP     | T/Th/Sa* | Sept 8-Sept 26 | 3:30 pm-4:00 pm | \$150.75<br>9 classes |
| 55065     | AAMP     | T/Th/Sa* | Sept 8-Sept 26 | 3:30 pm-4:00 pm | \$150.75<br>9 classes |

**Note:** Saturday lessons from 9:30am-10:30am



**REGISTER  
NOW**

**0-2 YEARS**

## **ROAMING RASCALS**

Socialize, play, and learn with gym equipment and fun activities for littles and their caregivers.

*See pages 22 for details.*

# Early Years



# Early Years

## Early Years Playtime

### ROAMING RASCALS

Introduce your child to active living and learning through play at an early age. Your child can run, jump and enjoy play gym equipment and meet other families in your neighbourhood.

**Note: Pre-registration is required.**

| AGES 0-5 Y <i>parent participation is required</i> |        |            |                   |                        |
|----------------------------------------------------|--------|------------|-------------------|------------------------|
| Location                                           | Day(s) | Date(s)    | Time              | \$                     |
| TCC Gym                                            | Mon    | Sept - Dec | 10:00 am-11:30 am | 1/\$5.50<br>10/\$44.00 |
| TCC Gym                                            | Tue    | Sept - Dec | 10:00 am-11:30 am | 1/\$5.50<br>10/\$44.00 |
| TCC Gym                                            | Wed    | Sept - Dec | 10:00 am-11:30 am | 1/\$5.50<br>10/\$44.00 |
| TCC Gym                                            | Thu    | Sept - Dec | 9:15 am-10:45 am  | 1/\$5.50<br>10/\$44.00 |
| TCC Gym                                            | Fri    | Sept - Dec | 10:00 am-11:30 am | 1/\$5.50<br>10/\$44.00 |
| TCC Gym                                            | Sat    | Sept - Dec | 10:00 am-11:30 am | 1/\$5.50<br>10/\$44.00 |

## Health & Wellness

### NEW! SOUND TO SLEEP

A gentle Mommy & Me program for new parents, caregivers, and babies. Sound to Sleep is a calming sound meditation experience designed to support bonding, nervous system regulation, and deeper, more restful sleep for both parent/caregiver and baby. Through soothing voice, therapeutic sound frequencies, and a peaceful, welcoming environment, participants are invited to relax together while connecting with a supportive and inclusive community of new parents and caregivers. Nursing, feeding, soothing, and sleeping are all welcome throughout the session. Presented in partnership with Healing Sounds Studio.

| AGES 0-6M <i>parent participation is required</i> |           |        |                |                  |                       |
|---------------------------------------------------|-----------|--------|----------------|------------------|-----------------------|
| Code                                              | Location  | Day(s) | Date(s)        | Time             | \$                    |
| 55282                                             | TCC MPR 4 | Wed    | Sept 16-Oct 21 | 9:00 am-10:30 am | \$100.00<br>5 classes |
| 55284                                             | TCC MPR 4 | Wed    | Nov 4-Dec 9    | 9:00 am-10:30 am | \$100.00<br>5 classes |

**Note:** No class on Sept 30 or Nov 11.

### NEW! MUSIC & MOVEMENT TOGETHER

Music is one of the first ways children connect with the world. Through songs, rhythm, movement, instruments, and playful exploration, this engaging class encourages your child's natural curiosity while strengthening the bond between parent/caregiver and child. Together, you'll sing, move, play, and discover the joy of making music in a fun and supportive environment. The focus is on participation rather than perfection, helping children build confidence, creativity, self-expression, and a lifelong love of music. No musical experience is needed - just bring your curiosity and a willingness to have fun together! Presented in partnership with Healing Sounds Studio.

| AGES 18M-3Y <i>parent participation is required</i> |           |        |                |                   |                      |
|-----------------------------------------------------|-----------|--------|----------------|-------------------|----------------------|
| Code                                                | Location  | Day(s) | Date(s)        | Time              | \$                   |
| 55280                                               | TCC MPR 1 | Sat    | Sept 26-Oct 17 | 10:00 am-10:45 am | \$80.00<br>4 classes |

## Early learning starts at Douglas Recreation & Child Care Centre

Our newly renovated facility offers licensed preschool and child care spaces for families.

Learn more at our **Open Houses: September 2 & 3** from 5:00-7:00pm or by calling 604.514.2865.



# Early Years

## Performing Arts

### BABY & ME: MUSIC AND PLAY

This is an opportunity for parents and children to enjoy music through musical stories, rhythm, rhymes, and instruments.

AGES 6M-18M *parent participation is required*

| Code  | Location      | Day(s) | Date(s)        | Time              | \$                   |
|-------|---------------|--------|----------------|-------------------|----------------------|
| 54421 | DRC East Hall | Tue    | Sept 15-Oct 20 | 10:45 am-11:30 am | \$56.75<br>6 classes |
| 54422 | DRC East Hall | Tue    | Nov 3-Dec 8    | 10:45 am-11:30 am | \$56.75<br>6 classes |

### DANCE COMBO

Groove to the beat and build self-confidence exploring a variety of dance styles. Try jazz, ballet, tap rhythms, modern and stage dance.

AGES 2-3

| Code  | Location  | Day(s) | Date(s)        | Time             | \$                   |
|-------|-----------|--------|----------------|------------------|----------------------|
| 54407 | TCC MPR 3 | Sun    | Sept 20-Oct 25 | 12:30 pm-1:15 pm | \$56.75<br>6 classes |
| 54408 | TCC MPR 3 | Sun    | Nov 8-Dec 13   | 12:30 pm-1:15 pm | \$56.75<br>6 classes |

### BALLET

In this class your child will be exposed to basic dance vocabulary and given the foundations to start more structure ballet classes.

AGES 2-3

| Code  | Location  | Day(s) | Date(s)        | Time              | \$                   |
|-------|-----------|--------|----------------|-------------------|----------------------|
| 54403 | TCC MPR 3 | Sun    | Sept 20-Oct 25 | 10:00 am-10:45 am | \$56.75<br>6 classes |
| 54404 | TCC MPR 3 | Sun    | Nov 8-Dec 13   | 10:00 am-10:45 am | \$56.75<br>6 classes |

## Social Development

### ABC'S & 123'S

Colours, numbers, letters, and shapes will all be introduced in a fun, social environment. Activities include games, puzzles, and learning centers designed to get your child ready for the next step.

AGES 2-3

| Code  | Location      | Day(s) | Date(s)        | Time              | \$                   |
|-------|---------------|--------|----------------|-------------------|----------------------|
| 53463 | DRC East Hall | Wed    | Sept 16-Oct 21 | 9:30 am-10:30 am  | \$75.00<br>5 classes |
| 53464 | DRC East Hall | Wed    | Nov 4-Dec 9    | 11:00 am-12:00 pm | \$75.00<br>5 classes |

**Note:** No class on Sept 30 or Nov 11.



# Early Years

## Sports

### ACTIVE START: MULTI-SPORTS

Introduce your child to fundamental movement skills. Learn many different sports such as floor hockey, soccer, t-ball and much more.

| AGES 2-3 <i>parent participation is required</i> |              |        |                    |                     |                      |
|--------------------------------------------------|--------------|--------|--------------------|---------------------|----------------------|
| Code                                             | Location     | Day(s) | Date(s)            | Time                | \$                   |
| 54391                                            | TCC East Gym | Tue    | Sept 15-<br>Oct 20 | 5:45 pm-<br>6:30 pm | \$56.75<br>6 classes |
| 54392                                            | TCC East Gym | Tue    | Nov 3-<br>Dec 8    | 5:45 pm-<br>6:30 pm | \$56.75<br>6 classes |

### ACTIVE START: FLOOR HOCKEY

Learn the fundamental movement skills of floor hockey, such as running, agility, and coordination. This popular sport provides a great foundation for fun, teamwork, and fitness.

| AGES 2-3 <i>parent participation is required</i> |              |        |                    |                     |                      |
|--------------------------------------------------|--------------|--------|--------------------|---------------------|----------------------|
| Code                                             | Location     | Day(s) | Date(s)            | Time                | \$                   |
| 53467                                            | TCC West Gym | Mon    | Sept 14-<br>Oct 19 | 5:45 pm-<br>6:30 pm | \$48.75<br>5 classes |
| 53468                                            | TCC West Gym | Mon    | Nov 2-<br>Dec 7    | 5:45 pm-<br>6:30 pm | \$56.75<br>6 classes |

**Note:** No class on Oct 12

### ACTIVE START: SOCCER

Participants will learn the fundamental movement skills of soccer through structured games and skill development such as dribbling, passing, shooting, and footwork.

| AGES 2-3 <i>parent participation is required</i> |              |        |                    |                     |                      |
|--------------------------------------------------|--------------|--------|--------------------|---------------------|----------------------|
| Code                                             | Location     | Day(s) | Date(s)            | Time                | \$                   |
| 54395                                            | TCC West Gym | Sat    | Sept 19-<br>Oct 24 | 9:00 am-<br>9:45 am | \$48.75<br>5 classes |
| 54396                                            | TCC West Gym | Sat    | Nov 7-<br>Dec 12   | 9:00 am-<br>9:45 am | \$56.75<br>6 classes |



## Visual Arts

### MESSY HANDS: ART MIX

Have your little one explore textures, basic colours, and shapes using a variety of different materials and tools. Watch as they develop their skills during this sensory experience.

| AGES 1.5-3 <i>parent participation is required</i> |           |        |                    |                       |                      |
|----------------------------------------------------|-----------|--------|--------------------|-----------------------|----------------------|
| Code                                               | Location  | Day(s) | Date(s)            | Time                  | \$                   |
| 54423                                              | TCC MPR 4 | Sun    | Sept 20-<br>Oct 25 | 10:00 am-<br>10:45 am | \$65.75<br>6 classes |
| 54424                                              | TCC MPR 4 | Sun    | Nov 8-<br>Dec 13   | 10:00 am-<br>10:45 am | \$65.75<br>6 classes |

CANLAN SPORTS®  
**LEARN TO  
SKATE**

# GLIDE INTO FUN

**LEARN THE  
BASICS**

**FOR ALL AGES**

**ALL SKILL LEVELS**

**START SKATING**



**CanlanSports.com**

Visit our website to find the right program for your child.

**Canlan Sports Langley**  
5700 Langley Bypass, Langley, BC V3A 8L7





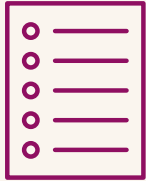
# Preschool

**3-5 YEARS**

## ONE DAY PROGRAMS

Short on time? Try a One-Day program and have all the fun without a big commitment. See page 27 for details.





## Waitlists

Full class? By adding your name to the waitlist, you'll be among the first to be contacted if an opening becomes available, giving you another opportunity to participate in a popular program without having to search for alternatives. Plus, high waitlist demand helps us understand community interest and may support adding more spaces or future program offerings.

## Hobbies & Interests

### ONE DAY CHEF: HALLOWEEN BAKING

Join us for a fun-filled Halloween baking class! Your child will create spooky and delicious Halloween treats that are perfect for the season.

| AGES 3-5 <i>parent participation is required</i> |           |        |         |                 |                    |
|--------------------------------------------------|-----------|--------|---------|-----------------|--------------------|
| Code                                             | Location  | Day(s) | Date(s) | Time            | \$                 |
| 54443                                            | TCC MPR 1 | Tue    | Oct 20  | 4:45 pm-6:45 pm | \$32.50<br>1 class |

### NEW! ONE DAY CHEF INTERNATIONAL CUISINE

Your child will learn about cooking from all around the world. Each program is different and features a new dish. No two classes are the same.

| AGES 3-5 |             |        |         |                 |                    |
|----------|-------------|--------|---------|-----------------|--------------------|
| Code     | Location    | Day(s) | Date(s) | Time            | \$                 |
| 54457    | TCC Kitchen | Tue    | Sept 22 | 4:45 pm-6:45 pm | \$32.50<br>1 class |
| 54458    | TCC Kitchen | Tue    | Oct 6   | 4:45 pm-6:45 pm | \$32.50<br>1 class |
| 54459    | TCC Kitchen | Tue    | Nov 3   | 4:45 pm-6:45 pm | \$32.50<br>1 class |
| 54460    | TCC Kitchen | Tue    | Nov 17  | 4:45 pm-6:45 pm | \$32.50<br>1 class |

### ONE DAY WONDERS: HALLOWEEN SPOOKTACULAR

This spooky season join us for this One Day Wonder workshop where we will play, create, and pretend all things spooky and scary this Halloween! Come dressed up and enjoy a variety of games, crafts, and stories!

| AGES 3-5 |           |        |         |                  |                    |
|----------|-----------|--------|---------|------------------|--------------------|
| Code     | Location  | Day(s) | Date(s) | Time             | \$                 |
| 54449    | TCC MPR 1 | Sat    | Oct 24  | 12:45 pm-1:45 pm | \$22.00<br>1 class |

### ONE DAY WONDERS: GINGERBREAD ADVENTURES

Come join us on a gingerbread house adventure where we will be making gingerbread houses out of graham crackers and decorating with candy.

| AGES 3-5 |           |        |         |                   |                    |
|----------|-----------|--------|---------|-------------------|--------------------|
| Code     | Location  | Day(s) | Date(s) | Time              | \$                 |
| 54448    | TCC MPR 1 | Sat    | Dec 12  | 11:45 am-12:45 am | \$22.00<br>1 class |

# Preschool

## Performing Arts

### DANCE COMBO

Groove to the beat and build self-confidence exploring a variety of dance styles. Try jazz, ballet, tap rhythms, modern and stage dance.

| AGES 2-3 |           |        |                |                  |                      |
|----------|-----------|--------|----------------|------------------|----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time             | \$                   |
| 54407    | TCC MPR 3 | Sun    | Sept 20-Oct 25 | 12:30 pm-1:15 pm | \$56.75<br>6 classes |
| 54408    | TCC MPR 3 | Sun    | Nov 8-Dec 13   | 12:30 pm-1:15 pm | \$56.75<br>6 classes |

| AGES 4-5 |           |        |                |                 |                      |
|----------|-----------|--------|----------------|-----------------|----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time            | \$                   |
| 54409    | TCC MPR 3 | Sun    | Sept 20-Oct 25 | 1:30 pm-2:15 pm | \$56.75<br>6 classes |
| 54410    | TCC MPR 3 | Sun    | Nov 8-Dec 13   | 1:30 pm-2:15 pm | \$56.75<br>6 classes |

### BALLET

This is an introduction to ballet techniques and contemporary dance. In this class your child will be exposed to basic dance vocabulary and given the foundations to start more structure ballet classes. Help your little one to enjoy dance, and teach them spatial awareness, rhythm, self-expression, patience, and perseverance.

| AGES 2-3 |           |        |                |                   |                      |
|----------|-----------|--------|----------------|-------------------|----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time              | \$                   |
| 54403    | TCC MPR 3 | Sun    | Sept 20-Oct 25 | 10:00 am-10:45 am | \$56.75<br>6 classes |
| 54404    | TCC MPR 3 | Sun    | Nov 8-Dec 13   | 10:00 am-10:45 am | \$56.75<br>6 classes |

| AGES 4-5 |           |        |                |                   |                      |
|----------|-----------|--------|----------------|-------------------|----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time              | \$                   |
| 54405    | TCC MPR 3 | Sun    | Sept 20-Oct 25 | 11:00 am-11:45 am | \$56.75<br>6 classes |
| 54406    | TCC MPR 3 | Sun    | Nov 8-Dec 13   | 11:00 am-11:45 am | \$56.75<br>6 classes |



# Preschool

## Sports

### ACTIVE START: MINI DRIBBLERS

Participants will learn the fundamentals of the basketball; ball handling, shooting, passing, and defense. Great way to learn how to play the game in a fun and supportive environment.

| AGES 4-5 |              |        |                |                 |                      |
|----------|--------------|--------|----------------|-----------------|----------------------|
| Code     | Location     | Day(s) | Date(s)        | Time            | \$                   |
| 54397    | TCC East Gym | Fri    | Sept 11-Oct 23 | 5:45 pm-6:30 pm | \$56.75<br>6 classes |
| 54398    | TCC East Gym | Fri    | Nov 6-Dec 11   | 5:45 pm-6:30 pm | \$56.75<br>6 classes |

### ACTIVE START: MULTI-SPORTS

Introduce your child to fundamental movement skills. Learn many different sports such as floor hockey, soccer, t-ball and much more.

| AGES 4-5 |              |        |                |                 |                      |
|----------|--------------|--------|----------------|-----------------|----------------------|
| Code     | Location     | Day(s) | Date(s)        | Time            | \$                   |
| 54393    | TCC East Gym | Tue    | Sept 15-Oct 20 | 6:45 pm-7:30 pm | \$56.75<br>6 classes |
| 54394    | TCC East Gym | Tue    | Nov 3-Dec 8    | 6:45 pm-7:30 pm | \$56.75<br>6 classes |

### ACTIVE START: SOCCER

Participants will learn the fundamental movement skills of soccer through structured games and skill development such as dribbling, passing, shooting, and footwork.

| AGES 4-5 |              |        |                |                   |                      |
|----------|--------------|--------|----------------|-------------------|----------------------|
| Code     | Location     | Day(s) | Date(s)        | Time              | \$                   |
| 54399    | TCC West Gym | Sat    | Sept 19-Oct 24 | 10:00 am-10:45 am | \$48.75<br>5 classes |
| 54400    | TCC West Gym | Sat    | Nov 7-Dec 12   | 10:00 am-10:45 am | \$56.75<br>6 classes |

### ACTIVE START: FLOOR HOCKEY

Learn the fundamental movement skills of floor hockey, such as running, agility, and coordination. This popular sport provides a great foundation for fun, teamwork, and fitness.

| AGES 4-5 |              |        |                |                 |                      |
|----------|--------------|--------|----------------|-----------------|----------------------|
| Code     | Location     | Day(s) | Date(s)        | Time            | \$                   |
| 53465    | TCC West Gym | Mon    | Sept 14-Oct 19 | 6:45 pm-7:30 pm | \$48.75<br>5 classes |
| 53466    | TCC West Gym | Mon    | Nov 2-Dec 7    | 6:45 pm-7:30 pm | \$56.75<br>6 classes |

**Note:** No class on Oct 12

## Say Cheese!

Our photographer may be in our parks and facilities taking photos for use in promotional materials, such as our recreation guide, website and digital marketing materials. We will ask for consent with a waiver form prior to taking any close up pictures.

If you or your child prefer not to be photographed, **please let the photographer know.**

# Preschool

## Visual Arts

### TINY ARTISTS: ART MIX

Your child will explore a variety of different materials and tools to see how they work and what they do. Your little one will express their creativity and make friends as they paint, experiment with shapes, and draw.

| AGES 4-5 |           |        |                |                   |                      |
|----------|-----------|--------|----------------|-------------------|----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time              | \$                   |
| 54425    | TCC MPR 4 | Sun    | Sept 20-Oct 25 | 11:30 am-12:15 pm | \$65.75<br>6 classes |
| 54426    | TCC MPR 4 | Sun    | Nov 8-Dec 13   | 11:30 am-12:15 pm | \$65.75<br>6 classes |



## Instructor Profile



Founded by fashion designer Cécile Raizonville, **MAE Design Studio** is a creative sewing studio dedicated to inspiring confidence, creativity, and sustainability through garment making. Cécile brings her passion for fashion design and hands-on learning to every class, creating a welcoming environment where participants of all skill levels can learn new techniques and develop practical sewing skills.

With a focus on thoughtful clothing design, creative upcycling, and repairing garments, Studio MAE encourages participants to reduce textile waste while exploring their own creativity. Whether you're trying sewing for the first time, making your own clothing, or learning fashion skills as a youth or teen, MAE Design Studio offers engaging programs that foster creativity, self-expression, and a lifelong appreciation for the art of sewing.

This season, MAE Design Studio is offering:

- [Adult Sewing: Garment Making \(18+\)](#)
- [Creative Upcycling & Repair Sewing Workshop \(18+\)](#)
- [Teen Fashion Sewing \(11-16 yrs\)](#)
- [Sewing for Children \(8-11 yrs\)](#)
- [Try Sewing! Free Intro \(All ages\)](#)





# Children

5-12 YEARS



# Children

## Day Camps

### WINTER BREAK CAMP

Our Day Camp is an action-packed adventure that will keep even the most busy kids entertained. We will make memories that will last forever. Day Camp includes crafts, sports, theme days, adventure, science, and much more. We encourage participation and hope that your child will try new things each day at camp.

| AGES 5-12 |               |        |         |                 |                    |
|-----------|---------------|--------|---------|-----------------|--------------------|
| Code      | Location      | Day(s) | Date(s) | Time            | \$ (+gst)          |
| 53351     | TCC West Gym  | Fri    | Dec 18  | 8:30 am-3:00 pm | \$45.00<br>1 class |
| 53380     | DRC Main Hall | Mon    | Dec 21  | 8:30 am-3:00 pm | \$45.00<br>1 class |
| 53381     | DRC Main Hall | Tue    | Dec 22  | 8:30 am-3:00 pm | \$45.00<br>1 class |
| 53386     | DRC Main Hall | Wed    | Dec 23  | 8:30 am-3:00 pm | \$45.00<br>1 class |
| 53389     | DRC Main Hall | Mon    | Dec 28  | 8:30 am-3:00 pm | \$45.00<br>1 class |
| 53390     | DRC Main Hall | Tue    | Dec 29  | 8:30 am-3:00 pm | \$45.00<br>1 class |
| 53391     | DRC Main Hall | Wed    | Dec 30  | 8:30 am-3:00 pm | \$45.00<br>1 class |
| 53379     | TCC West Gym  | Mon    | Jan 4   | 8:30 am-3:00 pm | \$45.00<br>1 class |

## Extended Play

You can drop off your child(ren) early and pick up late. Extended play available from 7:00 am-8:30 am and 3:00 pm-6:00 pm for an additional cost.

Ask to add Extended Play to your Winterfest Camp registration to secure your spot.

### PRO-D DAY: SCIENCE IN NATURE ADVENTURES



Calling nature and science lovers! We start the day at Brydon Lagoon then make our way through the nature trails to an indoor room at Dino Park for lunch and more hands on learning. Each day is a new learning adventure with a different topic. A significant part of this program is outdoors. In the event of extreme weather conditions, drop off will be in the multi-purpose room. Presented in partnership with the experts at Explore Science Club.

| AGES 5-12 |          |        |         |                 |                    |
|-----------|----------|--------|---------|-----------------|--------------------|
| Code      | Location | Day(s) | Date(s) | Time            | \$                 |
| 54510     | AAMP MPR | Fri    | Oct 23  | 9:00 pm-5:30 pm | \$65.00<br>1 class |





## Day Camps

### PRO-D DAY: SPACE EXPLORER STEM ADVENTURES

A full-day, hands-on Pro-D day adventure with no textbooks or lectures - just making cool things and figuring out how they work. Kids code a working night light on a real micro:bit, design a rocket from scratch in 3D software, and engineer their own space rover, all wrapped in fun spaced-themed missions throughout the day. Presented in partnership with the experts at Young Innovators.

| AGES 6-14 |           |        |         |                 |                    |
|-----------|-----------|--------|---------|-----------------|--------------------|
| Code      | Location  | Day(s) | Date(s) | Time            | \$                 |
| 55163     | TCC MPR 2 | Fri    | Nov 20  | 8:30 am-3:00 pm | \$95.00<br>1 class |

### SCHOOL'S OUT DAY: SCIENCE IN NATURE ADVENTURES

Calling nature and science lovers! Outdoor exploration is coupled with hands-on science that encourages creativity and analytical reasoning. Each day is a new learning adventure where we explore a specific science subject through fun demonstrations, crafts, and experiments. We spend time outside learning and discovering while adventuring through the Nicomekl nature trails! Time outside is adapted to weather. A significant part of this program is outdoors. This is an ongoing program, so there is little repetition. Activities are age appropriate and vary for younger & older students. Presented in partnership with the experts at Explore Science Club.

| AGES 5-12 |          |        |         |                 |                    |
|-----------|----------|--------|---------|-----------------|--------------------|
| Code      | Location | Day(s) | Date(s) | Time            | \$                 |
| 54515     | AAMP MPR | Fri    | Sept 25 | 9:00 am-5:30 pm | \$65.00<br>1 class |
| 54513     | AAMP MPR | Wed    | Nov 20  | 9:00 am-5:30 pm | \$65.00<br>1 class |
| 54514     | AAMP MPR | Fri    | Dec 2   | 9:00 am-5:30 pm | \$65.00<br>1 class |



## Education & Training

### HOME ALONE PROGRAM

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, keep them safe, and constructively occupied. **Note: Please bring a lunch.**

| AGES 10-14 |           |        |         |                  |                    |
|------------|-----------|--------|---------|------------------|--------------------|
| Code       | Location  | Day(s) | Date(s) | Time             | \$                 |
| 54440      | TCC MPR 1 | Sat    | Oct 10  | 11:45 am-3:45 pm | \$58.00<br>1 class |
| 54441      | TCC MPR 1 | Sat    | Nov 14  | 11:45 am-3:45 pm | \$58.00<br>1 class |

### ONE DAY CHEF: CHRISTMAS COOKIES

Come make Christmas cookies with us! From sugar cookies to gingerbread your child will bake some seasonal classics.

| AGES 6-10 |           |        |         |                   |                    |
|-----------|-----------|--------|---------|-------------------|--------------------|
| Code      | Location  | Day(s) | Date(s) | Time              | \$                 |
| 54444     | TCC MPR 1 | Sun    | Dec 6   | 10:00 am-12:00 pm | \$32.50<br>1 class |
| 54446     | TCC MPR 1 | Fri    | Dec 8   | 4:45 pm-6:45 pm   | \$32.50<br>1 class |
| 54445     | TCC MPR 1 | Sun    | Dec 13  | 10:00 am-12:00 pm | \$32.50<br>1 class |

### ONE DAY CHEF: HALLOWEEN BAKING

Join us for a fun-filled Halloween baking class! Your child will create spooky and delicious Halloween treats that are perfect for the season.

| AGES 6-10 |           |        |         |                 |                    |
|-----------|-----------|--------|---------|-----------------|--------------------|
| Code      | Location  | Day(s) | Date(s) | Time            | \$                 |
| 54442     | TCC MPR 1 | Tue    | Oct 27  | 4:45 pm-6:45 pm | \$32.50<br>1 class |

### NEW! ONE DAY CHEF INTERNATIONAL CUISINE

Your child will learn about cooking from all around the world. Each program is different and features a new dish. No two classes are the same.

| AGES 6-10 |           |        |         |                 |                    |
|-----------|-----------|--------|---------|-----------------|--------------------|
| Code      | Location  | Day(s) | Date(s) | Time            | \$                 |
| 54456     | TCC MPR 1 | Tue    | Sept 15 | 4:45 pm-6:45 pm | \$31.75<br>1 class |
| 54455     | TCC MPR 1 | Tue    | Sept 29 | 4:45 pm-6:45 pm | \$31.75<br>1 class |
| 54454     | TCC MPR 1 | Tue    | Oct 13  | 4:45 pm-6:45 pm | \$31.75<br>1 class |
| 54453     | TCC MPR 1 | Tue    | Nov 10  | 4:45 pm-6:45 pm | \$31.75<br>1 class |
| 54452     | TCC MPR 1 | Tue    | Nov 24  | 4:45 pm-6:45 pm | \$31.75<br>1 class |

### TOP CHEF KIDS

Participants will learn the basics to be more confident and creative in the kitchen. Each class will incorporate a skill portion and a hands-on portion to help make your child feel like a top chef in the kitchen.

| AGES 6-10 |             |        |                |                 |                       |
|-----------|-------------|--------|----------------|-----------------|-----------------------|
| Code      | Location    | Day(s) | Date(s)        | Time            | \$                    |
| 54411     | TCC Kitchen | Wed    | Sept 16-Oct 21 | 4:00 pm-6:00 pm | \$132.75<br>5 classes |
| 54412     | TCC Kitchen | Wed    | Nov 4-Dec 9    | 4:00 pm-6:00 pm | \$132.75<br>5 classes |

**Note:** No class on Sept 30 or Nov 11.





## Hobbies & Interests

### ONE DAY CREATIONS: LIP BALM

Your child will discover the art of crafting their own lip balm in our hands-on workshop! We'll provide all the ingredients and tools they'll need to create nourishing, personalized lip balms. Join us for a fun and educational session, and take home your own custom-made lip balm!

| AGES 6-10 |              |        |         |                      |                    |
|-----------|--------------|--------|---------|----------------------|--------------------|
| Code      | Location     | Day(s) | Date(s) | Time                 | \$                 |
| 54450     | TCC<br>MPR 1 | Sat    | Sept 26 | 12:00 pm-<br>2:00 pm | \$32.50<br>1 class |

### ONE DAY CREATIONS: PUMPKIN CARVING

Get in the Halloween spirit! Your child will carve their own jack o'lantern from start to finish. All supplies included.

| AGES 6-10 |              |        |         |                       |                    |
|-----------|--------------|--------|---------|-----------------------|--------------------|
| Code      | Location     | Day(s) | Date(s) | Time                  | \$                 |
| 54447     | TCC<br>MPR 1 | Sun    | Oct 25  | 10:00 am-<br>12:00 pm | \$32.50<br>1 class |

### ONE DAY CREATIONS: JEWELRY MAKING

Craft unique jewelry pieces using beads, wire, and metal. Your child will unleash their imagination as they design and create personalized earrings, bracelets, or necklaces to take home!

| AGES 6-10 |              |        |         |                      |                    |
|-----------|--------------|--------|---------|----------------------|--------------------|
| Code      | Location     | Day(s) | Date(s) | Time                 | \$                 |
| 54451     | TCC<br>MPR 1 | Sat    | Nov 21  | 12:00 pm-<br>2:00 pm | \$32.50<br>1 class |

# Children

## Performing Arts

### HIP HOP

Your child will learn all the hottest moves such as popping and locking, tutting, crumping, breakin' and street styles that will blow your mind.

| AGES 6-10 |           |        |                |                 |                      |
|-----------|-----------|--------|----------------|-----------------|----------------------|
| Code      | Location  | Day(s) | Date(s)        | Time            | \$                   |
| 54401     | TCC MPR 3 | Mon    | Sept 14-Oct 19 | 5:00 pm-6:00 pm | \$56.75<br>5 classes |
| 54402     | TCC MPR 3 | Mon    | Nov 2-Dec 7    | 5:00 pm-6:00 pm | \$66.00<br>6 classes |

**Note:** No class on Oct 12

### NEW! INTRO TO JAZZ DANCE



This beginner-friendly class focuses on developing posture, technique, and proper movement fundamentals before progressing into dynamic choreography. Children will explore a variety of jazz dance styles, including street jazz, lyrical jazz, and contemporary jazz, while building confidence, coordination, creativity, and performance skills in a supportive and engaging environment. Beginner-friendly, and no previous dance experience is required. The program is guided by an experienced dance educator and practicing performing artist.

| AGES 8-12 |           |        |                |                  |                       |
|-----------|-----------|--------|----------------|------------------|-----------------------|
| Code      | Location  | Day(s) | Date(s)        | Time             | \$                    |
| 53639     | TCC MPR 3 | Sat    | Sept 19-Oct 17 | 12:00 pm-1:00 pm | \$105.00<br>5 classes |

## Science & Technology

### NEW! BOTS VS BOTS: ULTIMATE ROBOT SOCCER



Students design, build, and engineer their own VEX IQ robot, then take it onto the field to compete in a real 2v2 robot soccer league. Every session is a new engineering challenge — tuning drivetrains, building ball mechanisms, and improving their robot week over week. The season ends with a live championship at the North Delta Centre for the Arts on Sunday, November 1, where families are invited to watch.

| AGES 7-14 |           |        |                |                 |                       |
|-----------|-----------|--------|----------------|-----------------|-----------------------|
| Code      | Location  | Day(s) | Date(s)        | Time            | \$                    |
| 54786     | TCC MPR 2 | Sun    | Sept 20-Oct 25 | 1:00 pm-2:30 pm | \$295.00<br>5 classes |

### NEW! BUILD A MOTORIZED DISK LAUNCHER



Kids engineer their very own motorized disk launcher piece by piece — a swiveling base, a motorized trigger, and a self-loading system — while discovering how motors, gears, and stored energy create real, repeating motion. By the end, they've built a machine that actually fires, and take on target challenges on Demo Day. Includes a take-home STEM kit with the launcher to keep at home. Presented in partnership with the experts at Young Innovators.

| AGES 6-9 |           |        |             |                   |                       |
|----------|-----------|--------|-------------|-------------------|-----------------------|
| Code     | Location  | Day(s) | Date(s)     | Time              | \$                    |
| 54785    | TCC MPR 2 | Sun    | Nov 8-Dec 6 | 11:15 am-12:45 pm | \$265.00<br>5 classes |

## Science & Technology

### NEW! BUILD A WALKING ROBOT AND OTHER MACHINES

Each week, kids build a brand-new moving machine — from walking robots to gear-powered contraptions, and discover the science of how things move: gears, motors, pulleys, and stored energy. By the end, they won't just understand how machines work; they'll have built them. Includes a take-home STEM kit so the building keeps going at home. Presented in partnership with the experts at Young Innovators.

| AGES 6-9 |           |        |                |                   |                       |
|----------|-----------|--------|----------------|-------------------|-----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time              | \$                    |
| 54702    | TCC MPR 2 | Sun    | Sept 20-Oct 25 | 11:15 am-12:45 pm | \$245.00<br>5 classes |

### NEW! DESIGN & 3D PRINT YOUR OWN CUSTOM RACE CAR

What if your child could dream up their own car and actually build it? In this hands-on course, young designers create one from scratch, make real decisions about how it looks and how it works, and watch it come to life. Build and attach a car frame to make the wheels actually spin and move, paint and decorate their finished car for a truly one-of-a-kind result. Take home a completely custom 3D-printed race car.

| AGES 6-14 |           |        |             |                 |                       |
|-----------|-----------|--------|-------------|-----------------|-----------------------|
| Code      | Location  | Day(s) | Date(s)     | Time            | \$                    |
| 54787     | TCC MPR 2 | Sun    | Nov 8-Dec 6 | 1:00 pm-2:30 pm | \$235.00<br>5 classes |

### EXPLORE SCIENCE CLUB

Join Explore Science Club for fun learning adventures that engage curiosity and ignite wonder in your budding scientist! With expert guidance and mentorship, participants will explore new science questions each week. They will analyze, observe, and solve problems while also engaging in hands on demonstrations, crafts, games, and, of course, experiments. Participants are introduced to the sciences and relevant technologies in fun, deep learning, ways that strengthen knowledge, practise, and understanding of STEAM subjects. Activities are age appropriate and vary for younger & older participants. Presented in partnership with the experts at Explore Science Club.

| AGES 6-12 |           |        |               |                 |                      |
|-----------|-----------|--------|---------------|-----------------|----------------------|
| Code      | Location  | Day(s) | Date(s)       | Time            | \$                   |
| 54506     | TCC MPR 1 | Sun    | Sept 13-Oct 4 | 3:00 pm-4:00 pm | \$75.00<br>4 classes |
| 54507     | TCC MPR 1 | Sun    | Oct 18-Nov 8  | 3:00 pm-4:00 pm | \$75.00<br>4 classes |
| 54508     | TCC MPR 1 | Sun    | Nov 15-Dec 6  | 3:00 pm-4:00 pm | \$75.00<br>4 classes |

### NEW! HALLOWEEN STEM: BUILD AN ELECTRONIC JACK-O-LANTERN

A one-session Halloween workshop where kids build their own light-up jack-o'-lantern using blocks and simple circuits — and get to drive robots from our Battle Bots courses. A fun, hands-on first taste of engineering, and they take home the glowing pumpkin they built themselves. Presented in partnership with the experts at Young Innovators.

| AGES 6-14 |           |        |         |                 |                    |
|-----------|-----------|--------|---------|-----------------|--------------------|
| Code      | Location  | Day(s) | Date(s) | Time            | \$                 |
| 54892     | TCC MPR 2 | Sun    | Oct 18  | 2:45 pm-4:15 pm | \$55.00<br>1 class |

# Children

## Sports

### FUNDAMENTAL BASKETBALL

Students will learn the skills required to play basketball. Dribbling, passing, shooting, rebounding, one-on-one moves and defensive strategies are covered. Emphasis is on fair play, sportsmanship, team play and fundamental movement skills.

| AGES 6-10 |              |        |                |                 |                      |
|-----------|--------------|--------|----------------|-----------------|----------------------|
| Code      | Location     | Day(s) | Date(s)        | Time            | \$                   |
| 54413     | TCC East Gym | Fri    | Sept 18-Oct 23 | 6:45 pm-7:45 pm | \$56.75<br>5 classes |
| 54414     | TCC East Gym | Fri    | Nov 6-Dec 11   | 6:45 pm-7:45 pm | \$66.00<br>6 classes |

### FUNDAMENTAL VOLLEYBALL

Your child will learn the skills required to play volleyball. Bump, volley, spike, serve and game strategies are covered. Emphasis is on fair play, sportsmanship, team play and fundamental movement skills.

| AGES 6-10 |              |        |             |                 |                      |
|-----------|--------------|--------|-------------|-----------------|----------------------|
| Code      | Location     | Day(s) | Date(s)     | Time            | \$                   |
| 54416     | TCC East Gym | Wed    | Nov 4-Dec 9 | 5:45 pm-6:45 pm | \$56.75<br>5 classes |

**Note:** No class on Nov 11.

### FUNDAMENTAL MULTISPORT

Get ready for some action! This course is an introduction to rules, sport skills, basic physical literacy and fundamental movement skills. We will also have game play for a variety of sports including soccer, ball hockey, basketball, badminton, and many more. Emphasis is on sportsmanship.

| AGES 6-10 |              |        |                |                 |                      |
|-----------|--------------|--------|----------------|-----------------|----------------------|
| Code      | Location     | Day(s) | Date(s)        | Time            | \$                   |
| 54419     | TCC West Gym | Tue    | Sept 15-Oct 20 | 5:45 pm-6:45 pm | \$66.00<br>6 classes |
| 54420     | TCC West Gym | Tue    | Nov 3-Dec 8    | 5:45 pm-6:45 pm | \$66.00<br>6 classes |

### FUNDAMENTAL MULTI RACKET SPORTS

Get ready for some action! An introduction to rules, sport skills, basic physical literacy and fundamental movement skills, followed by game play for a variety of racket sports including tennis, badminton, table tennis, and pickleball. Emphasis is on sportsmanship.

| AGES 6-10 |              |        |                |                 |                      |
|-----------|--------------|--------|----------------|-----------------|----------------------|
| Code      | Location     | Day(s) | Date(s)        | Time            | \$                   |
| 54415     | TCC East Gym | Wed    | Sept 16-Oct 21 | 5:45 pm-6:45 pm | \$56.75<br>5 classes |

**Note:** No class on Sept 30.

### FUNDAMENTAL INDOOR SOCCER

Your child will learn the basics of soccer. We will focus on the fundamentals of running, changing direction, dribbling and shooting. Ball movement and confidence will be developed in a fun, supportive way by practicing them in games and drills.

| AGES 6-10 |              |        |                |                 |                      |
|-----------|--------------|--------|----------------|-----------------|----------------------|
| Code      | Location     | Day(s) | Date(s)        | Time            | \$                   |
| 54417     | TCC West Gym | Fri    | Sept 18-Oct 23 | 5:45 pm-6:45 pm | \$56.75<br>5 classes |
| 54418     | TCC West Gym | Fri    | Nov 6-Dec 11   | 5:45 pm-6:45 pm | \$66.00<br>6 classes |

### WHEELCHAIR BASKETBALL



Learn to play wheelchair basketball. Focus on basic movement and wheelchair skills. Ideal for children, teens and adults who use manual wheelchairs. All equipment provided (wheelchairs are available for able-bodied registrants). Drop-ins welcome if space permits. \$8/visit per person.

| AGES 6-10 |              |        |                |                 |                        |
|-----------|--------------|--------|----------------|-----------------|------------------------|
| Code      | Location     | Day(s) | Date(s)        | Time            | \$                     |
| 54502     | TCC West Gym | Thu    | Sept 10-Dec 10 | 5:45 pm-7:10 pm | \$105.00<br>14 classes |



## Sports

### NEW! CIRQUE ACADEMY: KIDS CIRCUS

Participants explore a variety of circus disciplines including tumbling, juggling, balance, arts, creative movement, partner acrobatics, and collaborative performance creation. Through progressive skill development and group activities, participants build confidence, coordination, communication skills, and physical literacy while discovering their own creative strengths. Led by the experts at Cirque des Morts Vaudeville Society.

| AGES 5-10 |               |        |                |                 |                       |
|-----------|---------------|--------|----------------|-----------------|-----------------------|
| Code      | Location      | Day(s) | Date(s)        | Time            | \$                    |
| 55287     | DRC Main Hall | Wed    | Sept 23-Nov 25 | 6:30 pm-7:30 pm | \$160.00<br>8 classes |

**Note:** No class on Sept 30 or Nov 11.

## Visual Arts

### NEW! DRAWING TECHNIQUES

Children will learn creative drawing with pencils, charcoal, graphite, pastels, and more. They will explore shapes, lines, and shading while gaining confidence and building essential art skills. The program is guided by an experienced art educator and practicing artist.

| AGES 8-12 |           |        |                |                 |                      |
|-----------|-----------|--------|----------------|-----------------|----------------------|
| Code      | Location  | Day(s) | Date(s)        | Time            | \$                   |
| 55327     | TCC MPR 4 | Fri    | Sept 11-Oct 16 | 5:00 pm-6:00 pm | \$96.00<br>6 classes |

### NEW! DRAWING & PAINTING

Children will explore drawing and painting through fun, hands-on projects. They will learn lines, shapes, colours, and essential techniques while building confidence and creativity. The program is guided by an experienced art educator and practicing artist.

| AGES 6-8 |           |        |                |                   |                      |
|----------|-----------|--------|----------------|-------------------|----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time              | \$                   |
| 53283    | TCC MPR 4 | Sat    | Sept 19-Oct 24 | 10:15 am-11:15 am | \$80.00<br>5 classes |
| 53287    | TCC MPR 4 | Sat    | Nov 14-Dec 12  | 10:15 am-11:15 am | \$80.00<br>5 classes |

**Note:** No class on September 26.

### NEW! SHADOW SCULPTURE & CREATIVE DRAWING WORKSHOP

Explore the creative connection between light, shadows, and sculpture in this hands-on art workshop. Participants will transform everyday recycled materials into unique shadow sculptures and use light as a creative tool to make expressive shadow-inspired drawings. Through experimentation and artistic exploration, participants will develop creative thinking, observation skills, and confidence in their own ideas. The workshop encourages curiosity, problem-solving, and self-expression while showing that there are many ways to create and interpret art. No previous art experience is required — participants are encouraged to explore, experiment, and discover their own creative process. The program is guided by an experienced art educator and practicing artist.

| AGES 10-17 |           |        |         |                 |                    |
|------------|-----------|--------|---------|-----------------|--------------------|
| Code       | Location  | Day(s) | Date(s) | Time            | \$                 |
| 55293      | TCC MPR 1 | Sat    | Oct 3   | 2:00 pm-4:00 pm | \$42.00<br>1 class |

# Children

## Visual Arts

### NEW! FAMILY ART TOGETHER

In this fun and hands-on art class, families will explore a variety of art activities including painting, drawing, collage, and other creative projects through simple, guided steps. It's designed to be easy to follow, welcoming for all skill levels, and a great way to get creative together, a chance for families to spend quality time, have fun, and make art side by side. One registration fee covers one adult and one child. All children must be accompanied by a parent, guardian, or responsible adult for the duration of the program. The program is guided by an experienced art educator and practicing artist.

| AGES 6+ <i>parent participation is required</i> |           |        |                |                   |                       |
|-------------------------------------------------|-----------|--------|----------------|-------------------|-----------------------|
| Code                                            | Location  | Day(s) | Date(s)        | Time              | \$                    |
| 53409                                           | TCC MPR 4 | Sat    | Sept 19-Oct 24 | 11:30 am-12:30 pm | \$125.00<br>5 classes |
| 53410                                           | TCC MPR 4 | Sat    | Nov 14-Dec 12  | 11:30 am-12:30 pm | \$125.00<br>5 classes |

**Note:** No class on September 26.

### NEW! HALLOWEEN PRINT PARTY FOR FAMILY

Create matching or one-of-a-kind Halloween tote bags using pre-cut stencils and fabric inks in this fun, family-friendly introduction to screen printing. All supplies are included. Participants will leave with a hand-printed tote bag and a new skill. Registration fee includes two tote bags for one adult and one child. All children must be accompanied by a parent, guardian, or responsible adult for the duration of the program. The program is guided by an experienced art educator and practicing artist.

| AGES 8+ <i>parent participation is required</i> |           |        |         |                 |                      |
|-------------------------------------------------|-----------|--------|---------|-----------------|----------------------|
| Code                                            | Location  | Day(s) | Date(s) | Time            | \$                   |
| 53461                                           | TCC MPR 4 | Fri    | Oct 30  | 6:30 pm-8:00 pm | \$50.00<br>1 classes |

### NEW! HOLIDAY PRINT PARTY FOR FAMILY

Choose from a selection of handmade holiday-themed stamps to create your own unique holiday gift tags. This fun and creative family activity is a great way to make personalized decorations for the holiday season. All supplies are included. Each participant will leave with a collection of hand-printed gift tags and a fun memory. All children must be accompanied by a parent, guardian, or responsible adult for the duration of the program. All children must be accompanied by a parent, guardian, or responsible adult for the duration of the program. The program is guided by an experienced art educator and practicing artist.

| AGES 6+ <i>parent participation is required</i> |           |        |         |                 |                      |
|-------------------------------------------------|-----------|--------|---------|-----------------|----------------------|
| Code                                            | Location  | Day(s) | Date(s) | Time            | \$                   |
| 53462                                           | TCC MPR 4 | Fri    | Nov 20  | 4:00 pm-5:00 pm | \$25.00<br>1 classes |

### NEW! SEWING FOR CHILDREN

Introduce your child to the fun of sewing in this beginner-friendly 6-week program. Participants will learn basic sewing skills while designing and creating their own project, such as a backpack, pencil case, small purse, or animal bag. In a supportive and creative environment, children will choose their own fabrics and materials, build confidence using a sewing machine, and develop hands-on making skills. By the end of the program, each child will take home a unique handmade accessory. No previous sewing experience is required. Presented in partnership with the MAE Design Studio.

| AGES 8-11 |           |        |             |                 |                       |
|-----------|-----------|--------|-------------|-----------------|-----------------------|
| Code      | Location  | Day(s) | Date(s)     | Time            | \$                    |
| 53290     | TCC MPR 4 | Tue    | Nov 3-Dec 8 | 3:30 pm-5:00 pm | \$245.00<br>6 classes |

## Visual Arts

### NEW! BEGINNER ANIME & MANGA DRAWING WORKSHOP

In this two-day workshop, students will learn to draw characters inspired by popular manga and anime styles, including character anatomy, facial expressions, shading, colour, and composition. Students may work digitally or traditionally, with drawing and colouring materials provided. Suitable for beginner and intermediate levels, with live demonstrations and all materials provided. Presented in partnership with Langley Arts Council.

| AGES 8-15 |           |        |               |                  |                      |
|-----------|-----------|--------|---------------|------------------|----------------------|
| Code      | Location  | Day(s) | Date(s)       | Time             | \$                   |
| 55158     | TCC MPR 4 | Sun    | Nov 8- Nov 15 | 1:30 pm- 3:30 pm | \$40.00<br>2 classes |

### NEW! SHADOW PUPPETS & STORYTELLING WORKSHOP

Explore creativity, imagination, and storytelling through the art of shadow theatre! In this hands-on workshop, participants will transform recycled materials into unique shadow puppets, create their own characters, and work together to develop a collaborative story. Through creative art-making, participants will learn how everyday materials can be turned into meaningful artwork while developing storytelling skills, problem-solving, and creative confidence. The workshop encourages teamwork, imagination, and self-expression as participants bring their creations to life through a fun shadow theatre performance. No previous art experience is required, everyone is welcome to explore, create, and share their ideas. The program is guided by an experienced art educator and practicing artist.

| AGES 6-10 |           |        |         |                   |                    |
|-----------|-----------|--------|---------|-------------------|--------------------|
| Code      | Location  | Day(s) | Date(s) | Time              | \$                 |
| 55292     | TCC MPR 1 | Sat    | Oct 3   | 12:00 pm- 1:30 pm | \$36.00<br>1 class |

### NEW! INTERMEDIATE ANIME & MANGA DRAWING WORKSHOP

In this two-day workshop, students will learn to draw characters inspired by popular manga and anime styles, including character anatomy, facial expressions, shading, colour, and composition. Students may work digitally or traditionally, with drawing and colouring materials provided. Suitable for beginner and intermediate levels, with live demonstrations and all materials provided. Presented in partnership with Langley Arts Council.

| AGES 8-15 |           |        |                |                  |                      |
|-----------|-----------|--------|----------------|------------------|----------------------|
| Code      | Location  | Day(s) | Date(s)        | Time             | \$                   |
| 55160     | TCC MPR 4 | Sun    | Nov 22- Nov 29 | 1:30 pm- 3:30 pm | \$40.00<br>2 classes |

### NEW! PAINTING INTENSIVE

This fun, hands-on program helps children explore creativity while building strong painting fundamentals. Children will learn colour mixing, brushwork, composition, and layering through guided projects in a supportive environment. The focus is on confidence building, creative expression, and learning step by step while encouraging experimentation and personal style. By the end of the program, students will have completed a variety of finished artworks and gained a stronger understanding of painting basics. No previous experience is required. The program is guided by an experienced art educator and practicing artist.

| AGES 8-12 |           |        |                 |                  |                      |
|-----------|-----------|--------|-----------------|------------------|----------------------|
| Code      | Location  | Day(s) | Date(s)         | Time             | \$                   |
| 53284     | TCC MPR 4 | Thu    | Sept 17- Oct 22 | 4:00 pm- 5:00 pm | \$96.00<br>6 classes |



# Youth

11-17 YEARS

## JOIN THE CIRCUS

New Youth Cirque Academy  
is high-flying fun!

*See page 45 for details.*



## Education & Training

### BABYSITTER TRAINING

This course developed by the Canadian Safety Council teaches the most up to date information concerning childcare and safety. Course content includes: basic first-aid, emergency procedures, safety, nutrition, roles, and responsibilities. Learn tons of fun games and activities making you the most popular babysitter on the block! Price includes manual and certificate (upon completion of the program).

| AGES 11-16 |           |        |              |                  |                      |
|------------|-----------|--------|--------------|------------------|----------------------|
| Code       | Location  | Day(s) | Date(s)      | Time             | \$                   |
| 54431      | TCC MPR 2 | Sat    | Dec 5-Dec 12 | 12:00 pm-5:00 pm | \$99.00<br>2 classes |

## Hobbies & Interests

### TOP CHEF YOUTH

Welcome to Top Chef Youth where youth get to learn and try awesome new recipes! We cover kitchen safety, basic cooking terms and techniques. Recipes will vary from week to week. The best meals are the ones you make yourself! All supplies included.

| AGES 11-17 |           |        |                |                 |                       |
|------------|-----------|--------|----------------|-----------------|-----------------------|
| Code       | Location  | Day(s) | Date(s)        | Time            | \$                    |
| 54427      | TCC MPR 1 | Fri    | Sept 18-Oct 23 | 4:30 pm-6:00 pm | \$125.00<br>6 classes |

### NEW! TOP CHEF YOUTH: WORLD OF FLAVOURS

Welcome to Top Chef Youth: World of Flavours, where youth explore flavours from around the world while learning to cook! Participants will be introduced to a variety of international recipes, discovering new ingredients, cultures, and cooking styles along the way. This hands-on program covers kitchen safety, basic cooking terms, and essential techniques to build confidence in the kitchen. Recipes will vary each week as participants travel to a new country through food. The best meals are the ones you make yourself! All supplies included.

| AGES 11-17 |           |        |              |                 |                       |
|------------|-----------|--------|--------------|-----------------|-----------------------|
| Code       | Location  | Day(s) | Date(s)      | Time            | \$                    |
| 54428      | TCC MPR 1 | Fri    | Nov 6-Dec 11 | 4:30 pm-6:00 pm | \$125.00<br>6 classes |

### ONE DAY CHEF: PASTA

Learn how to make a variety of pastas including a basic red sauce and white sauce in this special One Day Chef class for youth!

| AGES 11-17 |           |        |         |                 |                    |
|------------|-----------|--------|---------|-----------------|--------------------|
| Code       | Location  | Day(s) | Date(s) | Time            | \$                 |
| 54433      | TCC MPR 1 | Sat    | Sept 26 | 3:00 pm-5:00 pm | \$25.00<br>1 class |

### ONE DAY CHEF: HALLOWEEN TREATS

Trick or TREAT? Make a variety of spooky Halloween treats including mini pumpkin pies and ghost cookies in this Halloween edition of One Day Chef!

| AGES 11-17 |           |        |         |                 |                    |
|------------|-----------|--------|---------|-----------------|--------------------|
| Code       | Location  | Day(s) | Date(s) | Time            | \$                 |
| 54434      | TCC MPR 1 | Sat    | Oct 24  | 3:00 pm-5:00 pm | \$25.00<br>1 class |

## Don't miss this!

Check out our monthly **Youth Drop-in Calendar**, available online. There is something fun to do every day of the week! All free with a Games & Track Pass (\$25/year).

## Hobbies & Interests

### ONE DAY CHEF: SUSHI

Learn how to make a variety of your favourite sushi rolls including California and cucumber rolls.

| AGES 11-17 |           |        |         |                 |                    |
|------------|-----------|--------|---------|-----------------|--------------------|
| Code       | Location  | Day(s) | Date(s) | Time            | \$                 |
| 54435      | TCC MPR 1 | Sat    | Nov 28  | 3:00 pm-5:00 pm | \$25.00<br>1 class |

### ONE DAY CHEF: CHRISTMAS COOKIES

Make a variety of Christmas cookies including sugar and gingerbread in this special holiday edition of One Day Chef!

| AGES 11-17 |           |        |         |                 |                    |
|------------|-----------|--------|---------|-----------------|--------------------|
| Code       | Location  | Day(s) | Date(s) | Time            | \$                 |
| 54436      | TCC MPR 1 | Sat    | Dec 19  | 3:00 pm-5:00 pm | \$25.00<br>1 class |

### NEW! CREATIVE CRAFTS CLUB

Participants will explore a range of fun, hands-on craft projects each week while expressing their creativity and developing new skills. Along the way, they'll have the opportunity to connect with others, share ideas, and build friendships in a welcoming and imaginative space.

| AGES 11-17 |           |        |              |                 |                      |
|------------|-----------|--------|--------------|-----------------|----------------------|
| Code       | Location  | Day(s) | Date(s)      | Time            | \$                   |
| 54439      | TCC MPR 2 | Fri    | Nov 6-Dec 11 | 6:00 pm-7:30 pm | \$60.00<br>6 classes |

### NEW! GAME ON! BOARDGAMES CLUB

Join Game On! Boardgames Club, a fun and social six-week program where youth can discover a variety of exciting board games while building friendships. Each week, participants will learn new games, develop strategy and teamwork skills, and enjoy friendly competition in a supportive environment. Whether they're new to board games or already a fan, this club is a great way to connect, play, and have fun.

| AGES 11-17 |           |        |                |                 |                    |
|------------|-----------|--------|----------------|-----------------|--------------------|
| Code       | Location  | Day(s) | Date(s)        | Time            | \$                 |
| 54438      | TCC MPR 2 | Fri    | Sept 18-Oct 23 | 6:00 pm-7:30 pm | \$60.00<br>6 class |

## Sports

### VOLLEYBALL SKILLS & DRILLS: GIRLS

This program is designed youth who are new to the sport of volleyball. Volleyball basics including bumping, setting, serving, blocking and spiking will be introduced and practiced through fun drills and skill-building activities. Youth will also learn how to work as a team and develop game strategies in a fun, social environment. Lots of game play opportunity!

| GIRLS AGES 11-14 |              |        |                |                 |                      |
|------------------|--------------|--------|----------------|-----------------|----------------------|
| Code             | Location     | Day(s) | Date(s)        | Time            | \$                   |
| 54429            | TCC West Gym | Wed    | Sept 16-Oct 28 | 6:00 pm-7:00 pm | \$60.00<br>6 classes |
| 54430            | TCC West Gym | Wed    | Nov 4-Dec 16   | 6:00 pm-7:00 pm | \$60.00<br>6 classes |

**Note:** No class on Sept 30 or Nov 11.

## Sports

### BASKETBALL SKILLS & DRILLS

This is an introduction to basketball and is perfect for all abilities and those who want to improve their skills and game play. Fun drills and activities will focus on learning and improving: dribbling, passing, shooting, and footwork. Youth will also learn how to work as a team and develop game strategies in a fun, social environment.

| AGES 11-14 |              |        |                |                 |                      |
|------------|--------------|--------|----------------|-----------------|----------------------|
| Code       | Location     | Day(s) | Date(s)        | Time            | \$                   |
| 54432      | TCC West Gym | Sat    | Sept 19-Oct 31 | 4:00 pm-5:00 pm | \$60.00<br>6 classes |

### NEW! CIRQUE ACADEMY: YOUTH CIRCUS

Participants explore a variety of circus disciplines including tumbling, juggling, balance, arts, creative movement, partner acrobatics, and collaborative performance creation. Through progressive skill development and group activities, participants build confidence, coordination, communication skills, and physical literacy while discovering their own creative strengths. Led by the experts at Cirque des Morts Vaudeville Society.

| AGES 11-17 |               |        |                |                 |                       |
|------------|---------------|--------|----------------|-----------------|-----------------------|
| Code       | Location      | Day(s) | Date(s)        | Time            | \$                    |
| 55283      | DRC Main Hall | Wed    | Sept 23-Nov 25 | 7:30 pm-8:30 pm | \$160.00<br>8 classes |

**Note:** No class on Sept 30 or Nov 11.

## Visual Arts

### NEW! SHADOW SCULPTURE & CREATIVE DRAWING WORKSHOP

Explore the creative connection between light, shadows, and sculpture in this hands-on art workshop. Participants will transform everyday recycled materials into unique shadow sculptures and use light as a creative tool to make expressive shadow-inspired drawings. Through experimentation and artistic exploration, participants will develop creative thinking, observation skills, and confidence in their own ideas. The workshop encourages curiosity, problem-solving, and self-expression while showing that there are many ways to create and interpret art. No previous art experience is required — participants are encouraged to explore, experiment, and discover their own creative process. The program is guided by an experienced art educator and practicing artist.

| AGES 10-17 |           |        |         |                 |                    |
|------------|-----------|--------|---------|-----------------|--------------------|
| Code       | Location  | Day(s) | Date(s) | Time            | \$                 |
| 55293      | TCC MPR 1 | Sat    | Oct 3   | 2:00 pm-4:00 pm | \$40.00<br>1 class |

### NEW! TRICK-OR-TREAT TOTE BAG PRINTING

Learn the basics of stencil screen printing, from creating a design to printing on fabric in this fun beginner workshop. Participants will leave with a hand-printed Halloween-themed tote bag and a new skill. All supplies included. Participants under the ages 18 must be comfortable using X-Acto knives. A waiver is required for participants under 18 years of age and must be signed by a parent or guardian. The program is guided by an experienced art educator and practicing artist.

| AGES 13+ |           |        |         |                 |                    |
|----------|-----------|--------|---------|-----------------|--------------------|
| Code     | Location  | Day(s) | Date(s) | Time            | \$                 |
| 53459    | TCC MPR 4 | Fri    | Oct 30  | 4:00 pm-6:00 pm | \$40.00<br>1 class |

## Visual Arts

### NEW! ARTS & CRAFTS CLUB FOR NEURODIVERSE YOUTH

Explore creativity through art and crafts in a welcoming, inclusive space for neurodiverse youth. Build skills, express yourself, make friends, and enjoy hands-on projects together. The program is free, but registration is required through [Mayday Club registration page](#). More details will be provided to participants who are registered for the program.

| AGES 13-21 |           |        |                |                 |                   |
|------------|-----------|--------|----------------|-----------------|-------------------|
| Code       | Location  | Day(s) | Date(s)        | Time            | \$                |
| n/a        | TCC MPR 4 | Sat    | Sept 19-Oct 17 | 2:00 pm-4:00 pm | FREE<br>3 classes |
| n/a        | TCC MPR 4 | Sat    | Nov 14-Dec 12  | 2:00 pm-4:00 pm | FREE<br>3 classes |

### NEW! PAINTING INTENSIVE

This fun, hands-on program helps children explore creativity while building strong painting fundamentals. Children will learn colour mixing, brushwork, composition, and layering through guided projects in a supportive environment. The focus is on confidence building, creative expression, and learning step by step while encouraging experimentation and personal style. By the end of the program, students will have completed a variety of finished artworks and gained a stronger understanding of painting basics. No previous experience is required. The program is guided by an experienced art educator and practicing artist.

| AGES 8-12 |           |        |                |                 |                      |
|-----------|-----------|--------|----------------|-----------------|----------------------|
| Code      | Location  | Day(s) | Date(s)        | Time            | \$                   |
| 53284     | TCC MPR 4 | Thu    | Sept 17-Oct 22 | 4:00 pm-5:00 pm | \$96.00<br>6 classes |

### NEW! BEGINNER ANIME & MANGA DRAWING WORKSHOP

In this two-day workshop, students will learn to draw characters inspired by popular manga and anime styles, including character anatomy, facial expressions, shading, colour, and composition. Students may work digitally or traditionally, with drawing and colouring materials provided. Suitable for beginner and intermediate levels, with live demonstrations and all materials provided. Presented in partnership with Langley Arts Council.

| AGES 8-15 |           |        |              |                 |                      |
|-----------|-----------|--------|--------------|-----------------|----------------------|
| Code      | Location  | Day(s) | Date(s)      | Time            | \$                   |
| 55158     | TCC MPR 4 | Sun    | Nov 8-Nov 15 | 1:30 pm-3:30 pm | \$40.00<br>2 classes |

### NEW! INTERMEDIATE ANIME & MANGA DRAWING WORKSHOP

In this two-day workshop, students will learn to draw characters inspired by popular manga and anime styles, including character anatomy, facial expressions, shading, colour, and composition. Students may work digitally or traditionally, with drawing and colouring materials provided. Suitable for beginner and intermediate levels, with live demonstrations and all materials provided. Presented in partnership with Langley Arts Council.

| AGES 8-15 |           |        |               |                 |                      |
|-----------|-----------|--------|---------------|-----------------|----------------------|
| Code      | Location  | Day(s) | Date(s)       | Time            | \$                   |
| 55160     | TCC MPR 4 | Sun    | Nov 22-Nov 29 | 1:30 pm-3:30 pm | \$40.00<br>2 classes |



## Visual Arts

### NEW! TRY SEWING FREE INTRO

Join us for a free trial drop-in class and open house to explore the sewing programs offered by Mae Design Studio this fall and winter. Discover sewing opportunities for children, youth, and adults, and learn how you can create your own accessories, garments, and upcycled clothing projects. Come meet the instructors, learn more about the programs, and see how sewing can be a fun and creative way to design, make, and reuse.

| ALL AGES |              |        |         |                     |                 |
|----------|--------------|--------|---------|---------------------|-----------------|
| Code     | Location     | Day(s) | Date(s) | Time                | \$              |
| 55291    | TCC<br>MPR 4 | Tue    | Sept 26 | 5:00 pm-<br>7:00 pm | FREE<br>1 class |

### NEW! TEEN FASHION SEWING



Discover the basics of sewing and sustainable fashion in this fun, beginner-friendly program for youth. Participants will learn how to use a sewing machine, work with natural fabrics, and create their own fall project, such as pants, a skirt, a hoodie, or a bag. This hands-on program encourages creativity, builds confidence, and helps youth develop practical sewing skills while exploring eco-friendly fashion. No previous sewing experience is required. Presented in partnership with the MAE Design Studio.

| AGES 11-16 |              |        |                 |                     |                       |
|------------|--------------|--------|-----------------|---------------------|-----------------------|
| Code       | Location     | Day(s) | Date(s)         | Time                | \$                    |
| 53291      | TCC<br>MPR 4 | Tue    | Nov 3-<br>Dec 8 | 5:30 pm-<br>7:00 pm | \$245.00<br>6 classes |

**encompass**  
SUPPORT SERVICES SOCIETY

Encompass Support Services Society is a grassroots, non-profit agency that provides a wide range of enriching and essential programs and support services to Langley and surrounding communities. We offer a variety of free, accessible community programs and activities for all ages with a primary focus on children, youth, and families.

LOOKING TO DONATE?  
WE ARE CURRENTLY FUNDRAISING FOR OUR CHILD & FAMILY PROGRAMS. TO DONATE, PLEASE GO TO OUR CANADA HELPS LINK.

FOLLOW US ON OUR SOCIALS BELOW TO GET UPDATES ON ALL OF OUR FALL PROGRAMS AND ACTIVITIES!

Visit us online for regular news and updates:

@encompasssupportservices  
@langleyyouthhub  
@fodlangley  
@foundrylangley

P: (604) 534.2171  
E: support@encompass-supports.com  
www.encompass-supports.com

Donate Website Membership



# Adapted programs in Langley!

*For kids on the autism spectrum, 3-6 & 7-12y*



## Sign up for programs

Fall registration opens Aug 30.



## Volunteer with us

No experience needed! 15+



## Access training

Online & in-person courses



## Donate to the cause

Every contribution counts!

[canucksautism.ca](https://canucksautism.ca)





# Adult

**19+ YEARS**

## **TRY SOMETHING NEW!**

Get out of your comfort zone and learn something new.

*See pages 50-55 for ideas.*





## Health & Wellness

### HEALTHY LIVING BAG

Offered in partnership with Langley Meals on Wheels, the Healthy Living Bag contains a variety of fresh fruit and vegetables as well as information on local programs. Bags are ready for pick up from 11:00 am to 8:00 pm at:

**Timms Community Centre** (20399 Douglas Crescent)  
**Meals on Wheels** (2900 272 Street, Aldergrove)

Limited home delivery is available for Langley City residents only who are homebound due to illness or injury and not physically able to pick up their bag in person. Please inquire at the time of booking.

**Please note:** this program is open to everyone regardless of income level. Orders must be pre-paid by the Wednesday prior to delivery.

| AGES 16+ |                |        |         |                  |                 |
|----------|----------------|--------|---------|------------------|-----------------|
| Code     | Location       | Day(s) | Date(s) | Time             | \$              |
| 48536    | TCC Front Desk | Tue    | Sept 1  | 11:00 am-8:00 pm | \$6.00<br>1 bag |
| 48537    | TCC Front Desk | Tue    | Oct 6   | 11:00 am-8:00 pm | \$6.00<br>1 bag |
| 48538    | TCC Front Desk | Wed    | Nov 3   | 11:00 am-8:00 pm | \$6.00<br>1 bag |
| 48539    | TCC Front Desk | Wed    | Dec 1   | 11:00 am-8:00 pm | \$6.00<br>1 bag |

## Hobbies & Interests

### NEW! ONE DAY: MAKE ESPRESSO DRINKS WITH A BARISTA

Learn how to make a variety of espresso based drinks from a professional barista in this one day workshop.

| AGES 16+ GENERAL            |           |        |         |                   |                    |
|-----------------------------|-----------|--------|---------|-------------------|--------------------|
| Code                        | Location  | Day(s) | Date(s) | Time              | \$ (+gst)          |
| 54461                       | TCC MPR 1 | Sat    | Sept 19 | 10:00 am-12:00 pm | \$32.50<br>1 class |
| AGES 16+ FALL THEMED DRINKS |           |        |         |                   |                    |
| 54462                       | TCC MPR 1 | Sat    | Oct 24  | 10:00 am-12:00 pm | \$32.50<br>1 class |
| AGES 16+ GENERAL DRINKS     |           |        |         |                   |                    |
| 54463                       | TCC MPR 1 | Sat    | Nov 28  | 10:00 am-12:00 pm | \$32.50<br>1 class |
| AGES 16+ CHRISTMAS DRINKS   |           |        |         |                   |                    |
| 54464                       | TCC MPR 1 | Sat    | Dec 5   | 10:00 am-12:00 pm | \$32.50<br>1 class |

### NEW! SENSORY SOUND MEDITATION



An invitation to slow down, listen inward, and return to a status of ease and coherence through the healing power of sound. Facilitated by a certified Voice and Sound Healing Practitioner, these sessions weave together intentional sound, resonance, and silence to help calm stress responses, support emotional regulation, and encourage deeper, more restful sleep. Experience the grounding benefits of this practice by joining this weekly session. Presented in partnership with Healing Sounds Studio.

| AGES 18+ |           |        |               |                 |                       |
|----------|-----------|--------|---------------|-----------------|-----------------------|
| Code     | Location  | Day(s) | Date(s)       | Time            | \$                    |
| 55285    | TCC MPR 2 | Tue    | Sept 8-Oct 13 | 6:45 pm-8:15 pm | \$125.00<br>5 classes |
| 55286    | TCC MPR 2 | Tue    | Oct 27-Nov 24 | 6:45 pm-8:15 pm | \$125.00<br>5 classes |

**Note:** No class on Oct 6 & Nov 10.



## Performing Arts

### BEGINNER BELLY DANCE

This fun class will explore one of the oldest forms of dance. Learn and add layers to your isolations and develop more complex dance movements.

| AGES 18+ |           |        |               |                 |                      |
|----------|-----------|--------|---------------|-----------------|----------------------|
| Code     | Location  | Day(s) | Date(s)       | Time            | \$ (+gst)            |
| 54465    | TCC MPR 3 | Tue    | Sept 8-Oct 27 | 7:00 pm-8:30 pm | \$80.00<br>8 classes |
| 54466    | TCC MPR 3 | Tue    | Nov 3-Dec 8   | 7:00 pm-8:30 pm | \$60.00<br>6 classes |

### BELLY DANCE: TROUPE AND PERFORMANCE

Continue to build on your dance knowledge and learn different regional dances through choreography and troupe performance opportunities. Must have at least two years dance experience.

| AGES 18+ |           |        |                |                 |                      |
|----------|-----------|--------|----------------|-----------------|----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time            | \$ (+gst)            |
| 54469    | TCC MPR 3 | Thu    | Sept 10-Oct 29 | 7:15 pm-8:45 pm | \$80.00<br>8 classes |
| 54470    | TCC MPR 3 | Thu    | Nov 5-Dec 10   | 7:15 pm-8:45 pm | \$60.00<br>6 classes |

### BEYOND THE BASICS BELLY DANCE

Continue to explore this vast tapestry of dance while adding layers and building complexity in your dance movements. Dive into the richness and variety of this cultural dance form as well as history. Must have at least one year dance experience.

| AGES 18+                 |           |        |               |                 |                      |
|--------------------------|-----------|--------|---------------|-----------------|----------------------|
| Code                     | Location  | Day(s) | Date(s)       | Time            | \$ (+gst)            |
| GOLDEN ERA LEGENDS       |           |        |               |                 |                      |
| 54474                    | TCC MPR 3 | Fri    | Sept 11-Oct 2 | 7:00 pm-8:30 pm | \$40.00<br>4 classes |
| ZILLS ADD A LITTLE MUSIC |           |        |               |                 |                      |
| 54475                    | TCC MPR 3 | Fri    | Oct 16-Nov 6  | 7:00 pm-8:30 pm | \$40.00<br>4 classes |
| LUCIOUS LAYERS           |           |        |               |                 |                      |
| 54476                    | TCC MPR 3 | Fri    | Nov 13-Dec 11 | 7:00 pm-8:30 pm | \$50.00<br>5 classes |

### NEW! COMMUNITY BHANGRA DANCE

Participants will learn the basics of traditional Punjabi Bhangra, including dance techniques, choreography, and the cultural history behind this vibrant art form. Classes encourage fitness, confidence, teamwork, creativity, and cultural connection. This welcoming program is a great way for individuals, families, and the community to stay active, meet new people, celebrate traditions, and enjoy the energy and joy of Bhangra. Presented in partnership with Folk Star Arts Academy.

| AGES 18+ |           |        |                |                 |                      |
|----------|-----------|--------|----------------|-----------------|----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time            | \$ (+gst)            |
| 55154    | TCC MPR 3 | Fri    | Sept 18-Oct 23 | 4:00 pm-5:00 pm | \$80.00<br>6 classes |
| 55155    | TCC MPR 3 | Fri    | Nov 6-Dec 11   | 4:00 pm-5:00 pm | \$80.00<br>6 classes |

## Performing Arts

### NEW! SOLO BACHATA FOOTWORK & MOVEMENT

In this program, you will build a strong foundation in Bachata through footwork, timing, technique, and body movement. Each class focuses on developing coordination, musicality, balance, and confidence through guided solo exercises. Throughout the session, the instructor will provide demonstrations, guidance, and individualized feedback to help you improve your technique, control, and fluidity in movement. Presented in partnership with BachaZouk Canada.

| AGES 18+ |           |        |                |                 |                       |
|----------|-----------|--------|----------------|-----------------|-----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time            | \$ (+gst)             |
| 54789    | TCC MPR 3 | Mon    | Sept 14-Oct 26 | 6:30 pm-7:30 pm | \$120.00<br>6 classes |
| 54893    | TCC MPR 3 | Mon    | Nov 2-Dec 7    | 6:30 pm-7:30 pm | \$120.00<br>6 classes |

**Note:** No class on Oct 12.

### NEW! INTRO TO BACHATA PARTNER DANCE

You can build a strong foundation in Bachata, including timing, technique, and partner connection. Each class integrates both solo and partner-based exercises, allowing you to develop control, awareness, and fluidity in your movement. Throughout the session, the instructors will actively part of the rotation, ensuring you receive consistent, individualized feedback to support your growth. Presented in partnership with BachaZouk Canada.

| AGES 18+ |           |        |                |                 |                       |
|----------|-----------|--------|----------------|-----------------|-----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time            | \$ (+gst)             |
| 55278    | TCC MPR 3 | Mon    | Sept 14-Oct 26 | 7:45 pm-8:45 pm | \$150.00<br>6 classes |
| 55279    | TCC MPR 3 | Mon    | Nov 2-Dec 7    | 7:45 pm-8:45 pm | \$150.00<br>6 classes |

**Note:** No class on Oct 12.

### DANCE SAMPLER: WALTZ & FOX TROT

Calling all smooth operators! This is your chance to learn the basics of both these dances so you can glide across the dance floor. No partner required.

| AGES 18+ |           |        |              |                 |                      |
|----------|-----------|--------|--------------|-----------------|----------------------|
| Code     | Location  | Day(s) | Date(s)      | Time            | \$ (+gst)            |
| 54472    | TCC MPR 3 | Fri    | Oct 16-Nov 6 | 5:30 pm-6:30 pm | \$32.00<br>4 classes |

### DANCE SAMPLER: JIVE

This is a fun and relaxed dance. It is a favourite that lets you cut loose and kick up your heels. Come learn the basics on how to jump and jive with the best of them! No partner required.

| AGES 18+ |           |        |               |                 |                      |
|----------|-----------|--------|---------------|-----------------|----------------------|
| Code     | Location  | Day(s) | Date(s)       | Time            | \$ (+gst)            |
| 54471    | TCC MPR 3 | Fri    | Sept 11-Oct 2 | 5:30 pm-6:30 pm | \$32.00<br>4 classes |

### LINE DANCE: BEGINNER

Line dancing is an easy way to have fun while you exercise your body and mind. This class will focus on more than just learning dances - we will incorporate variations, choreography, learning how to know which dances to do with different songs, plus lots more.

| AGES 18+ |             |        |               |                 |                      |
|----------|-------------|--------|---------------|-----------------|----------------------|
| Code     | Location    | Day(s) | Date(s)       | Time            | \$ (+gst)            |
| 54467    | TCC Fitness | Wed    | Sept 9-Oct 28 | 3:00 pm-4:00 pm | \$56.00<br>7 classes |
| 54468    | TCC Fitness | Wed    | Nov 4-Dec 9   | 3:00 pm-4:00 pm | \$40.00<br>5 classes |

**Note:** No class on Sept 30 or Nov 11.

## Social Programs

Come on down to Timms Community Centre and enjoy an afternoon of fun. Social programs are available to anyone with a valid Games & Track pass (\$25/year).

### SOCIAL BRIDGE (18+ years)

Meet other local bridge players at this fun drop-in program. Everything is supplied, even the coffee! Beginners are welcome however all participants must have some knowledge of the rules, strategies and basic game play.

**Mondays & Fridays 1:00pm-4:00pm**

Timms Community Centre, MPR 1

New Player Orientation 12:30 pm-1:00 pm

### TEXAS HOLD'EM: LEARN TO PLAY (18+ years)

Learning to play Texas Hold'em poker is not as complex as you may think! Players new to the game will be taught the fundamentals including basic rules and strategy. Those already familiar and experienced with Texas Hold'em are encouraged to join in the fun and sharpen their skills during this social practice play. **Please Note: All players must attend Learn to Play Sessions prior to joining the Texas Hold'em Tournament Play.**

**Tuesdays 1:00pm-4:00pm**

Timms Community Centre, MPR 1

### TEXAS HOLD'EM: TOURNAMENT PLAY (18+ years)

For those who have Texas Hold'em game play experience along with a good knowledge and understanding of the rules and strategies associated with game play. Join us for a social afternoon of slightly competitive and highly enjoyable poker.

**Please note: All Texas Hold'em Players must attend Learn to Play sessions prior to joining the Texas Hold'em Tournament Play.**

**Thursdays 1:00pm-4:00 pm**

Timms Community Centre, MPR 1

## Performing Arts

### DANCE SAMPLER: TWO STEP

This dance is great for beginners with no dance experience. In this class we will cover the basic progressive steps of this fun and adaptable social dance. Come kick up your heels! No partner required.

| AGES 18+ |           |        |               |                 |                      |
|----------|-----------|--------|---------------|-----------------|----------------------|
| Code     | Location  | Day(s) | Date(s)       | Time            | \$ (+gst)            |
| 54473    | TCC MPR 3 | Fri    | Nov 13-Dec 11 | 5:30 pm-6:30 pm | \$40.00<br>5 classes |

## Sports

### LEARN TO PLAY PICKLEBALL

Pickleball is one of the fastest growing recreational sports in Canada among the young and young at heart! Pickleball uses a wiffle-ball and low net combined with several rules that make it accessible to people of all ages and abilities. This program will teach the basic skills and rules for beginners. All equipment provided.

| AGES 18+ |          |        |               |                 |                      |
|----------|----------|--------|---------------|-----------------|----------------------|
| Code     | Location | Day(s) | Date(s)       | Time            | \$ (+gst)            |
| 54503    | TCC Gym  | Thu    | Sept 17-Oct 8 | 6:30 pm-7:30 pm | \$48.00<br>4 classes |
| 54504    | TCC Gym  | Thu    | Oct 15-Nov 5  | 6:30 pm-7:30 pm | \$48.00<br>4 classes |
| 54505    | TCC Gym  | Thu    | Nov 12-Dec 3  | 6:30 pm-7:30 pm | \$48.00<br>4 classes |

# Adult

## Visual Arts

### NEW! MINDFUL DRAWING FOR ADULT

This relaxed drawing class blends drawing fundamentals with a mindful approach to creativity. Participants will learn fundamental skills such as observation, line work, proportion, and shading through simple, guided exercises designed to build confidence step by step. Alongside technique, the focus is on slowing down, reducing stress, and enjoying the drawing process without pressure for perfection. By the end of the course, you'll have a stronger foundation in drawing and a personal sketchbook of studies. No previous experience is required. The program is guided by an experienced art educator and practicing artist.

| AGES 18+ |           |        |                    |                     |                       |
|----------|-----------|--------|--------------------|---------------------|-----------------------|
| Code     | Location  | Day(s) | Date(s)            | Time                | \$ (+gst)             |
| 55156    | TCC MPR 4 | Thur   | Sept 17-<br>Oct 22 | 5:30 pm-<br>7:30 pm | \$125.00<br>6 classes |

### NEW! ABSTRACT COLLAGE & GELLI PRINTING WITH TAMARA GRAND

Join artist Tamara Grand for a hands-on day of printmaking and collage. Using a gelli plate, acrylic paint, stencils, and textured papers, you'll create your own unique collage materials and explore colour, shape, texture, and contrast. No art experience is needed - this playful workshop encourages experimentation and creativity. You'll layer, cut, and arrange your handmade papers to create a finished abstract piece ready to hang. What to bring: A small box (at least 10 x 10 inches) and a heavy book to help press your finished piece while it dries. Presented in partnership with Langley Arts Council.

| AGES 18+ |           |        |         |                     |                    |
|----------|-----------|--------|---------|---------------------|--------------------|
| Code     | Location  | Day(s) | Date(s) | Time                | \$ (+gst)          |
| 54501    | TCC MPR 2 | Sat    | Sept 26 | 1:45 pm-<br>4:45 pm | \$60.00<br>1 class |

### NEW! LIFE DRAWING WITH JOHN HALL

Join artist John Hall for a guided life drawing session featuring a live clothed model. Participants will explore gesture, proportion, anatomy, and form while developing observational drawing skills in a supportive studio environment. Open to artists ages 18+ and all experience levels. Bring your preferred drawing materials; easels and basic studio equipment will be available. Please note that the model will be fully clothed throughout the workshop; no nudity will be involved. Presented in partnership with Langley Arts Council.

| AGES 18+ |           |        |         |                     |                    |
|----------|-----------|--------|---------|---------------------|--------------------|
| Code     | Location  | Day(s) | Date(s) | Time                | \$ (+gst)          |
| 54499    | TCC MPR 4 | Sat    | Sept 26 | 2:00 pm-<br>5:00 pm | \$20.00<br>1 class |
| 54500    | TCC MPR 4 | Sat    | Oct 10  | 2:00 pm-<br>5:00 pm | \$20.00<br>1 class |

### NEW! KINTSUGI CERAMIC REPAIR WITH YUKA MORINO

Discover the Japanese art of Kintsugi, where broken ceramics are repaired and transformed by highlighting their imperfections. In this hands-on workshop, participants will learn basic restoration techniques, explore the philosophy behind Kintsugi, and create their own repaired ceramic piece and lacquered chopsticks to take home. All tools and materials are provided. Please note that this workshop uses Urushi lacquer, which may cause skin irritation for some individuals. Safety precautions and protective gloves will be provided. Presented in partnership with Langley Arts Council.

| AGES 18+ |           |        |         |                     |                     |
|----------|-----------|--------|---------|---------------------|---------------------|
| Code     | Location  | Day(s) | Date(s) | Time                | \$ (+gst)           |
| 55162    | TCC MPR 2 | Sat    | Nov 21  | 2:30 pm-<br>4:30 pm | \$120.00<br>1 class |



## Visual Arts

### NEW! ADULT SEWING: GARMENT MAKING



Learn how to sew a fashion garment! This class introduces the fundamentals of sewing with non-stretch fabrics and helps you get comfortable using a sewing machine. Create your first beginner-friendly sewing projects with guidance every step of the way. Tools and sewing machines are provided, while participants will need to purchase their own fabric and thread. Presented in partnership with the MAE Design Studio.

| AGES 18+ |           |        |              |                 |                       |
|----------|-----------|--------|--------------|-----------------|-----------------------|
| Code     | Location  | Day(s) | Date(s)      | Time            | \$ (+gst)             |
| 53289    | TCC MPR 4 | Wed    | Nov 4-Dec 16 | 6:30 pm-8:30 pm | \$354.00<br>6 classes |

**Note:** No class on Nov 11.

### NEW! CREATIVE UPCYCLING & REPAIR SEWING



Give your favourite clothing pieces a second life in this hands-on sewing workshop. Participants will learn how to creatively repair, transform, and update garments while gaining basic sewing machine skills. Whether you have a cherished item to refresh or a vintage piece to customize, this workshop will help you explore sustainable fashion through creative garment alterations. Presented in partnership with the MAE Design Studio.

| AGES 18+ |           |        |         |                  |                    |
|----------|-----------|--------|---------|------------------|--------------------|
| Code     | Location  | Day(s) | Date(s) | Time             | \$ (+gst)          |
| 53292    | TCC MPR 1 | Sat    | Oct 17  | 12:30 pm-3:30 pm | \$85.00<br>1 class |

## Try Sewing for Free!

Mae Design Studio is offering a free trial class for all ages on **Tuesday September 26 from 5:00-7:00pm** at Timms Community Centre.

**Reserve your seat today!**

Barcode 55291

### ART CAFE FOR SENIORS



Relax with a warm cup of tea, good company, and a creative hands-on activity. Each session features a simple art or craft project such as collage, painting, clay, music & movement, or seasonal creations and many more. No experience is needed, and all materials are provided. The program is guided by an experienced art educator and practicing artist.

| AGES 55+ |           |        |                |                   |                      |
|----------|-----------|--------|----------------|-------------------|----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time              | \$ (+gst)            |
| 53285    | TCC MPR 4 | Tue    | Sept 15-Oct 20 | 10:00 am-12:00 pm | \$48.00<br>6 classes |
| 53286    | TCC MPR 4 | Tue    | Nov 3-Dec 8    | 10:00 am-12:00 pm | \$48.00<br>6 classes |

### WATERCOLOUR PAINTING



Discover the fundamental techniques of watercolour painting, including blending, layering, wet-on-wet, and brushwork. Practice at your own pace while building confidence and creativity. Designed for those new to painting, but all skill levels are welcome. The program is guided by an experienced art educator and practicing artist.

| AGES 18+ |           |        |               |                 |                       |
|----------|-----------|--------|---------------|-----------------|-----------------------|
| Code     | Location  | Day(s) | Date(s)       | Time            | \$ (+gst)             |
| 53413    | TCC MPR 4 | Mon    | Nov 16-Dec 14 | 4:00 pm-6:00 pm | \$105.00<br>5 classes |

**Note:** No class on Oct 12



**Langley Senior**  
RESOURCES SOCIETY

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recreational,  
social and  
wellness  
programs and  
events for  
people**

**50+**

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Engaged  
Connected  
Learning**

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- Table Tennis
- Carpet Bowling
- Fitness Classes
- Snooker

- Bus Trips
- Art Classes
- Cards & Games
- Dinner & Dancing

- Support Groups
- Pub Lunches with Live Entertainment
- Walking Group
- More!

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**SINGLE SESSION**

**SIGN UP  
3 DAYS IN ADVANCE**

for single session  
gymnasium programs



**REGISTER  
NOW**

# Gymnasium

## Admission Rates

### PRICING & PASSES

**NOTE:** All admissions and passes are non-refundable. Prices are subject to change. Passes expire 2 years from the date of purchase.

|                                                                                                                                                                                                                                                                                     | Child/Youth<br>(4-18 years) | Student 19+<br>(with valid ID) | Adult<br>(19+ years) | Senior<br>(60+ years) | <b>NEW!</b><br>Super Senior<br>(80+ years)<br>*City resident | Family   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|--------------------------------|----------------------|-----------------------|--------------------------------------------------------------|----------|
| Single Session/<br>Drop-in*                                                                                                                                                                                                                                                         | \$3.00                      | \$4.50                         | \$6.00               | \$4.50                | \$1.00                                                       | \$12.00  |
| 10 Visit Pass                                                                                                                                                                                                                                                                       | \$27.00                     | n/a                            | \$54.00              | \$40.50               | \$9.00                                                       | n/a      |
| 1 Month Pass                                                                                                                                                                                                                                                                        | \$36.00                     | n/a                            | \$72.00              | \$54.00               | \$12.00                                                      | \$144.00 |
| 3 Month Pass                                                                                                                                                                                                                                                                        | \$108.00                    | n/a                            | \$216.00             | \$162.00              | \$36.00                                                      | \$432.00 |
| 12 Month Pass                                                                                                                                                                                                                                                                       | \$216.00                    | n/a                            | \$432.00             | \$324.00              | \$72.00                                                      | \$864.00 |
| <b>Please note:</b><br>*Proof of residency required.<br>**Children under 4 years are free.<br>***Family is a maximum of 5 people including a combination of parents, guardians, or grandparents with children under 19 years who reside in the same household. Maximum of 2 adults. |                             |                                |                      |                       |                                                              |          |
| 1 Year Games & Track Pass (4+ years) \$25.00 per person<br>Valid for Fitness Track, Games Room, Youth Drop-In Programs, Social Programs at Timms Community Centre                                                                                                                   |                             |                                |                      |                       |                                                              |          |

## Support Worker Pass

For those who have disabilities or require additional assistance to participate in our programs or amenities, a support worker may attend for no additional charge.

Support workers are able to participate alongside their companion; however, they should not be doing their own independent program or activity.

Please note that support workers need to be at least 16 years old to support others in our facility and/or programs, unless they are supporting a youth 13-15 in the weight room where they need to be 19+ years.

**To sign up for a Support Worker Pass,** please visit Timms Community Centre or call 604.514.2940.



# Gymnasium

## Court Rentals

### BADMINTON COURT RENTAL

Badminton courts are booked on a first-come, first-served basis. Payment is required at the time of booking. Maximum of six people are allowed per court. Courts are only allowed to be used when booked. Registration open one week before program date. No private instruction allowed. All court rentals are for public use.

**Please note: A maximum of two courts permitted to be booked per day, per person.**

| AGES 16+ |          |        |          |                 |                   |
|----------|----------|--------|----------|-----------------|-------------------|
| Code     | Location | Day(s) | Date(s)  | Time            | \$ (+gst)         |
| Book     | TCC      | Sun    | Sept-Dec | 5:30 pm-6:15 pm | \$11.00<br>45 min |
| Book     | TCC      | Sun    | Sept-Dec | 6:30 pm-7:15 pm | \$11.00<br>45 min |

## Single Session Gymnasium Activities

**Click here** for quick access to Single Session Gymnasium Programs and Descriptions.

We recommend registering for Single Session Activities up to three days in advance to secure a spot. If you have registered and find yourself unable to attend, please cancel your registration so someone on the waitlist can sign up.



# Gymnasium



## Single Session Gymnasium Sports



Pre-registration is required for all Single Session Gymnasium Sports programs. Register in-person, by phone or online.

Regular admission fees apply. See **page 58** for rates. We recommend registering for Single Session activities up to 3 days in advance.

### (4+ or 16+) **BADMINTON**

Recreational badminton is open to all skill levels from beginner to advanced. Double play and rotation of players will be required if session is full. 18 players per half gym on rotational basis or 32 for full gym (6 courts).

### (16+) **BASKETBALL**

All skill levels welcome from beginner to advanced. 20 spots for 5 on 5 play with a rotating group per half gym or 30 for full gym. If full, scores go to 7 points. Winners stay on for a maximum of 2 wins.

### **BASKETBALL** (4+) **SHOOT AROUND**

If you're looking to enhance your basketball skills and improve your game, come and shoot around. No scrimmaging or game play will be allowed. Max 20 per half gym or 30 for full gym. Children under 8 years must be accompanied by an adult.

### **FAMILY GYM** (All Ages)

Register your family and enjoy open gymnasium time at Family Gym for fun activities such as basketball, badminton, soccer, pickleball and table tennis. This program is open to families only (a combination of parents and their children under the age of 19 years still living at home). There will be a maximum of 6 members per household family and 4 families allowed per session. Each family member attending must be listed on the screening form.

### **PICKLEBALL** (16+)

Recreational pickleball is open to all skill levels from beginner to advanced. Double play and rotation of players is required if the session is full. 18 players per half gym or 32 for full gym.

### **TABLE TENNIS** (16+)

Open to all skill levels from beginner to advanced. Up to 5 tables are available. Double play and rotation of players is required if busy. 24 players per half gym.

### **VOLLEYBALL** (16+)

Come play non-competitive and recreational co-ed volleyball. Players sort themselves into teams. 6 on 6 per court. Rotation of players will be required if session is full. Maximum 30 for full gym (2 courts)

WALK OR RUN (OR A MIXTURE OF BOTH!)



# DOUGLAS PARK PACERS

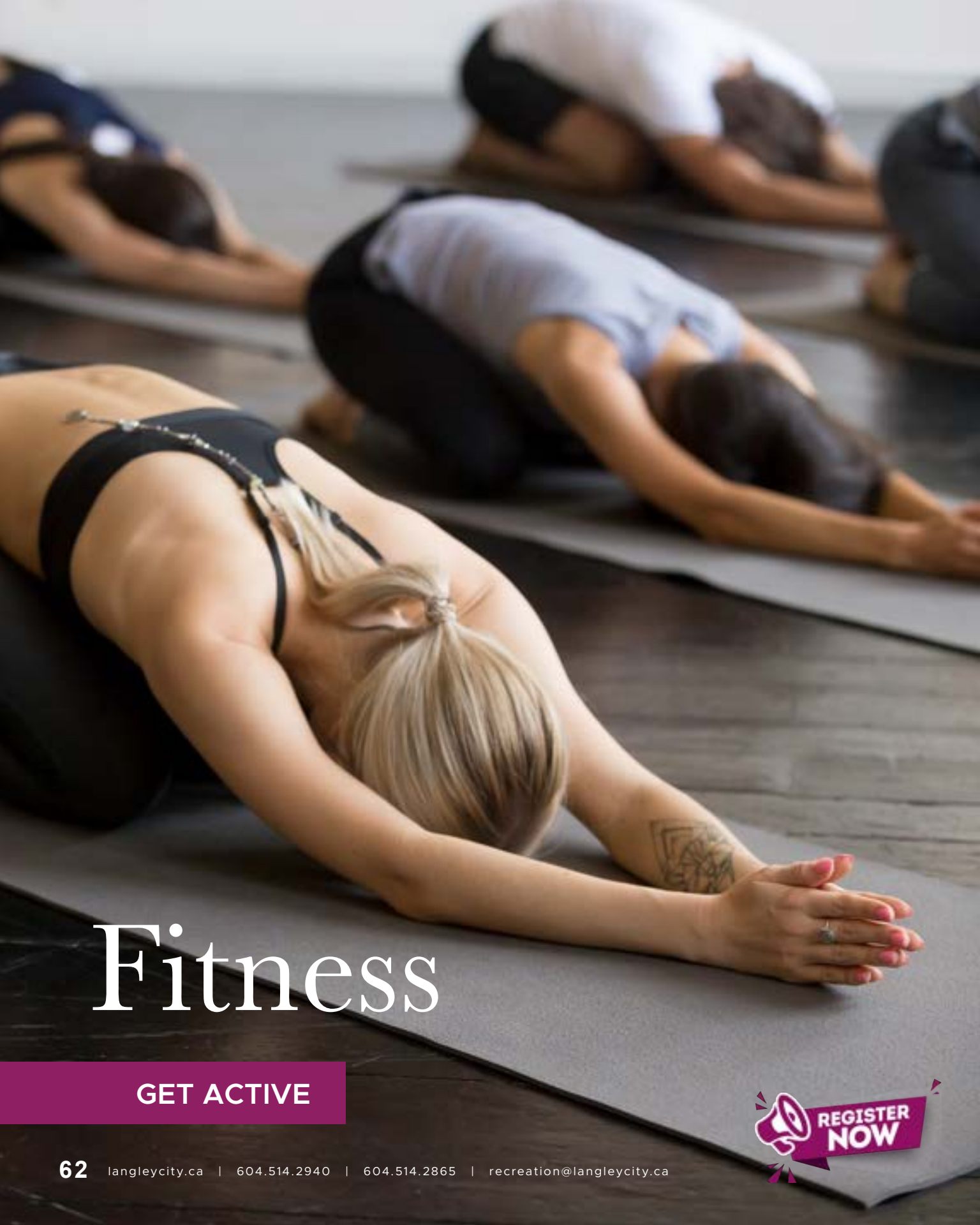
@douglas\_park\_pacers



**MON-FRI 9AM**  
**DOUGLAS PARK**

Are you interested in improving your general fitness while getting fresh air and meeting new people in the community? Come out and join the Pacers! It's free and it's for everyone! Walk or run (or a mixture of both) for 30 minutes at your own pace on a half kilometer loop while getting motivation, supports and tips from your leader.





# Fitness

**GET ACTIVE**





## Weight Room Hours

### TIMMS COMMUNITY CENTRE

20399 Douglas Crescent

|                    |                    |
|--------------------|--------------------|
| Monday to Thursday | 6:00 am - 9:00 pm  |
| Friday             | 6:00 am - 8:00 pm  |
| Saturday           | 8:00 am - 6:00 pm  |
| Sunday             | 8:00 am - 8:00 pm  |
| Holiday            | 10:00 am - 3:00 pm |

**Age Restriction:** Weight room users must be 16+ years to use the facility independently. Youth 13-15 years interested in using the weight room must follow the guidelines below.

### NEW!

#### SENSORY-FREE WEIGHT ROOM HOURS:

Enjoy a quieter weight room with no music and no TV from 2:00 pm-3:00 pm Monday to Friday.

## Youth Weight Room Hours & Guidelines

Youth 13-15 years may use the weight room if:

- supervised by an adult (19+ years) **or**
- they have completed a weight room orientation **or**,
- they attend during youth supervised hours:
  - Monday to Friday: 3:00 pm - 5:00 pm
  - Saturday/Sunday: 1:00 pm - 3:00 pm & 6:00 pm - 8:00 pm





## Facility Etiquette

*Help us provide a safe and friendly environment. Please follow the guidelines below to ensure a positive experience for all. Facility may not be supervised at all times. Use at your own risk.*

### HEALTH, SAFETY & SECURITY

- Leave your valuables at home. The City is not responsible for lost or stolen items. Lockers are available; bring your own lock.
- Avoid placing bags or belongings on the floor.
- Proper athletic footwear is required. No sandals or open toed shoes.
- No food allowed.
- Drinks must be in an unbreakable, spill-proof container.
- Report any facility or equipment concerns to staff immediately.

### RESPECT OTHERS

- Turn cellular phones to silent mode; step outside the weight room to talk on your phone. No stepping outside fitness classes to take phone calls.
- Do not take pictures or recordings of people.
- No swearing or disrespectful language.
- Avoid wearing perfume or cologne.
- Use of amplified music players is not permitted.
- Arriving late to a class can be disruptive and not allow for sufficient set-up and warm up. Late entry will not be allowed.

# Fitness Classes

**(45 minutes) 15-15-15**

**Moderate intensity; Moderate impact**

Get fitter, faster in this interval training class! 15 minutes of cardio exercises followed by 15 minutes of strength training and finishing with 15 minutes of abs and stretching for a full body workout.

**(45 minutes) NEW! BARRE PILATES**

**Moderate Intensity; Low impact**

Looking for a low-impact workout that builds strength, improves flexibility and leaves you feeling energized? Discover Barre Pilates - a dynamic full body class inspired by Pilates, yoga and ballet. Using the barre for support and stability, you'll move through a series of focused exercises designed to improve posture and alignment, strengthen your core, and tone your muscles from head to toe. All experience levels welcome. Participants must be comfortable getting to and from the floor.

**(60 minutes) BODY PUMP**

**Moderate Intensity; Moderate impact**

Burn calories while shaping and toning your body and increasing core strength. This power-hour will incorporate high intensity interval training (H.I.I.T) and tabata exercises to elevate your heart rate while you strengthen and tone using weights, bars, and gliders. Mat work is also included. Participants must be comfortable getting to and from the floor.

**(60 minutes) BODY TONING**

**Moderate Intensity; Moderate impact**

Sculpt and tone your body while increasing joint mobility and core strength. This class will include a variety of exercises using light weights, bands, balls, and body weight exercises for your upper body, lower body, and core.

**Note: Body Toning Express 45 minutes**

**(60 minutes) BODYSCULPT**

**High Intensity; Moderate impact**

Work all of your muscles in every way possible in this class designed to build strength, define your muscles and decrease body fat. Increase your lean muscle mass using a combination of cardio drills, dumbbells, tubing, body bars, and a variety of body weight exercises to transform your body.

**Note: Bodysculpt Express 45 minutes**

**BOLLY-X™ (60 minutes)**

**Moderate Intensity; Moderate impact**

Join us for this Bollywood-inspired cardio dance-fitness class that combines fun, choreography with the hottest music from around the world! This program cycles between high and lower intensity cardio that can be modified to suit individual needs. No dance experience needed!

**CARDIO COMBO (60 minutes)**

**Moderate Intensity; Moderate impact**

This class has it all! Using light weights, bands and body weight exercises, increase your muscular endurance and strength while improving your cardio, flexibility, and balance. Steps may be used for an increased challenge. Class includes mat work. Participants must be comfortable getting to and from the floor.

**CIRCL MOBILITY™ (60 minutes)**

**Moderate Intensity; low impact**

Explore flexibility, breath work and mobility exercises to help you move better, longer. Set to relaxing music, this class will actively take you through movement patterns to improve your range of motion, balance and flexibility. Suitable for all fitness levels. Participants must be comfortable getting to and from the mat. Brought to you by Zumba.

**NEW! CORE + BANDS (60 minutes)**

**Moderate Intensity; Low impact**

Build a stronger, more stable core using resistance bands and pilates exercises. This class focuses on controlled movements that engage your abs, obliques and lower back while improving posture and balance. Perfect for all levels of fitness as this class combines strength building exercises and functional training to help you move better every day. Participants must be comfortable getting to and from the floor.

# Fitness Classes

## **(45 minutes) NEW! COURT FIT**

### **Moderate Intensity; Low impact**

Unleash your competitive edge with a fitness class build specifically for racquet-sport players. This isn't another generic workout -it's a high energy, training program designed to sharpen your reflexes, boost your stamina, and strengthen your lateral movement while improving shoulder, hip, and knee mobility. Whether you play pickleball, tennis, table tennis, or badminton, this class targets the skills that matter most. You will move better, hit harder, and recover faster - all while training in a fun, supportive environment that pushes you just enough.

## **(45 minutes) NEW! CUDDLES & CRUNCHES**

### **Low Intensity; No impact**

This class is designed for busy moms and caregivers who want to build strength while staying connected with their little ones. You'll move through gentle core and strength exercises inspired by yoga, pilates, and mindful breathwork - each one aimed at reactivating your core, rebuilding confidence, and easing tension. Pre-mobile babies are welcome to join you on the mat, and the class is just as perfect for mamas who prefer some solo time and choose to leave their babies with a caregiver. It's a space to move, restore, and feel supported in your postpartum journey.

## **(60 minutes) DEEP STRETCH YOGA**

### **Low Intensity; No impact**

Enjoy a deep level of relaxation while improving your flexibility in this slow, calming yoga class. Disconnect from the frantic activity of daily life and prepare your mind and body for meditation and a deepened awareness. Prolonged stretches will aim at opening up your shoulders, hips, and legs while releasing tension in your entire body. No previous yoga experience needed. Beginners welcome.

## **(60 minutes) FITNESS THERAPY**

### **Low Intensity; Low impact**

Using light weights, bands and balance activities for a full-body functional workout, this low-impact class will help rehabilitate the hip, knee and ankle joints. Suitable for all fitness levels.

## **FITNESS THERAPY - TRX (60 minutes)**

### **Low Intensity; No impact**

Strengthen your body with a full-body functional workout that combines weights, resistance bands, TRX suspension training and balance exercises. This low-impact class helps improve mobility while toning and rehabilitating the hip, knee and ankle joints. Suitable for all ages and fitness levels. Participants must be comfortable getting to and from the floor.

## **FLOW YOGA (60 minutes)**

### **Low Intensity; No impact**

Move slowly through yoga postures to promote healing, relaxation and flexibility. Includes both standing and sitting postures. Beginners welcome!

## **GENTLE CYCLE (30 minutes)**

### **Low Intensity; No impact**

Enjoy a 30 minute indoor cycle that is easy on the joints, builds muscle, and improves balance. Go at your own pace while enjoying this small group class.

## **GENTLE-FIT (60 minutes)**

### **Low Intensity; Low impact**

A low-impact fitness class suitable for all ages and abilities focusing on improving flexibility, strength, endurance, and coordination. Using light weights and chairs (as needed for balance), participants will be led through a variety of exercises to high energy music. No mat/floor work.

## **HATHA YOGA (60 minutes)**

### **Low Intensity; Low impact**

This class will take you through a variety of yoga postures, breathing techniques and meditation that will challenge the body and mind. Hatha Yoga is ideal for beginners starting their yoga journey or experienced yoga practitioners looking for a slower, gentle class. Regain flexibility in your joints, strengthen your muscles, correct your posture and learn how to calm your mind. Participants must be comfortable getting to and from the floor.



# Fitness Classes

## **(60 minutes) H.I.I.T & YOGA FUSION**

### **Low Intensity; Low impact**

30 minutes of cardio and strength intervals to elevate your heart rate, burn fat, and build muscle followed by a 30 minute yoga and meditation to improve your balance and flexibility. Relax your mind and re-boot your spirit. Beginners welcome!

## **(60 minutes) MENO FIT**

### **Moderate Intensity; Low impact**

Designed exclusively for women navigating the transitions of perimenopause, menopause and post menopause, this program celebrates the power, humor and resilience that comes with this new chapter in life. Improve muscle strength, stabilize metabolism and master mindful mobility while connect with a community of women who get it. Class will include a variety of strength, cardio and mobility exercises.

## **(60 minutes) MIX FIT**

### **Moderate Intensity; Moderate impact**

A power-mix of cardio and strength training that will get your blood pumping and muscles working. A variety of cardio exercises combined with strength training including: steps, bikes, TRX, bosu, bands and weights - never the same class twice! Suitable for all fitness levels. Some mat work included. Participants must be comfortable getting to and from the floor.

## **(60 minutes) NEW! PILATES SCULPT**

### **Moderate Intensity; Low impact**

Energize your routine with this workout that blends classic pilates movements with strength-focused resistance training. Build core stability and sculpt your arms, glutes and abs using a motivating mix of bodyweight exercises, dumbbells and resistance bands. Suitable for all fitness levels. Participants must be comfortable getting to and from the floor.

## **(60 minutes) RISE N' SHINE MOBILITY YOGA**

### **Low Intensity; No impact**

Warm up your mind and body in this low-impact class ideal for those looking to improve their range of motion, flexibility and mobility. Heal stiff joints and reduce pain through movements designed to improve your mobility by promoting joint health and releasing tension.

## **SCULPT & CORE (45 minutes)**

### **Moderate Intensity; Moderate impact**

This 45 minute workout will sculpt and tone your entire body. 20 minutes of upper and lower body sculpting using a variety of dumbbells, bands and body weight exercises followed by 20 minutes of focused core strengthening exercises. Finish off your workout with a quick cool down and stretch and be ready to face the day!

## **SPIN & CORE (60 minutes)**

### **High Intensity; Low impact**

Get your heart pumping with 30 energizing minutes of spin, then fire up your core with 3 minutes of focused strength work. Using fit-balls, bands and mat exercises, you'll build balance, stability and core strength while feeling stronger, energized and ready to move!

## **SPIN & SCULPT (60 minutes)**

### **High Intensity; Low impact**

30 minutes of cardio intervals on the indoor bicycle to burn calories and improve cardiovascular health followed by upper body exercises using weights and bands to strengthen and tone.

## **SPIN & STRETCH (60 minutes)**

### **Moderate Intensity; Low impact**

30 minutes of cardio intervals on the indoor bicycle followed by 30 minutes of dynamic stretches to help elongate your muscles, strengthen your core, and limber up! **Spin & Stretch Express 45 min**

## **SPIN & YOGA (60 minutes)**

### **Moderate Intensity; Low impact**

30 minutes of high intensity cardio spin to burn calories and get your heart pumping followed by 30 minutes of relaxing yoga poses to help stretch your muscles and strengthen your core.

## **SPIN EXPRESS (45 minutes)**

### **High Intensity; Low impact**

Join this high-intensity spin class with intervals of hills and sprints for the ultimate fat burning workout in 30 minutes! Cool down with a 15 minute stretch to leave you feeling energized and limber!

# Fitness Classes

## (45 minutes) **STRETCH THERAPY**

### **Low Intensity; Low impact**

This active stretching class will help release fascia and tight muscles while unlocking your joints so you can move with ease. Release your hamstrings, hips, back and shoulders to improve your posture, mobility and range of motion with the use of foam rollers, bands and other assistive equipment.

## (60 minutes) **TOTAL BODY CONDITIONING (TBC)**

### **High Intensity; Moderate impact**

Get stronger, lose body fat, and build lean muscle through a variety of high intensity intervals including cardio drills and muscular endurance exercises.

**Note: TBC Express 45 minutes**

## (45 minutes) **TRX EXPRESS**

### **Moderate Intensity; Low impact**

Tone and sculpt your entire body through a variety of TRX suspension training exercises combined with intervals of upper and lower body sculpting exercises using light weights and bands.

## (60 minutes) **WARRIOR COMBAT™**

### **High Intensity; Moderate impact**

Warrior Combat is boxing inspired, powerful and fierce. It is for everybody and every BODY.

Warrior Combat has two 30 minute sections. These sections are distinguished by timed intervals and the moves are synchronized to music. Boxing combinations, HIIT training, total body strength and aerobic conditioning are all part of the fun. Mat work included.

## (60 minutes) **WARRIOR STRENGTH™**

### **High Intensity; Moderate impact**

Looking for a high-energy total body workout that will make you sweat, feel the burn and enjoy an endorphin rush? Warrior Strength is for you! 30 minutes of cardio and mobility conditioning HIIT exercises followed by 30 minutes of strength training to tighten, tone and sculpt your muscles. Fun drills with an energizing playlist makes for a dynamic class that you will keep coming back to. Mat work included.

## **YOGA EXPRESS** (45 minutes)

### **Moderate Intensity; Low impact**

Energize your body as you move through various yoga poses that will help open the body while strengthening the mind-body connection. Expect a variety of chest-opening postures, body twists and light stretching exercises.

## **YOGALATES** (75 minutes)

### **Moderate Intensity; Low impact**

Yoga and pilates fused together into a total toning class that will work your abs, waist, shoulders and arms while tightening your butt and thighs. Enjoy the gentle stretch of yoga and the core-building strength of pilates. No previous experience needed.

## **ZUMBA + LIFT™** (60 minutes)

### **High Intensity; High impact**

Add some muscles to your moves! This music-driven workout fuses the high-energy fun to the Zumba program with the muscle-sculpting power of strength training. Burn fat, build strength and boost endurance with intervals of cardio and weight lifting all set to an electrifying playlist.

## **ZUMBA FITNESS™** (60 minutes)

### **Moderate-High Intensity; High impact**

Dance yourself into shape with high-energy moves designed to tone in all the right places. You don't need to be coordinated or have rhythm, just a willingness to have fun and the desire to dance!

## **ZUMBA GOLD™** (60 minutes)

### **Low-Moderate Intensity; Moderate impact**

This modified class recreates Zumba moves at a lower intensity. It is designed to meet the needs of older adults or those with physical and/or mental impairments that would benefit from a slower-paced class. No dance experience required, suitable for all fitness levels. Enjoy the zesty Latin music and move at your own pace! **Zumba Gold Express: 45 minutes**

## **NEW! ZUMBA STEP™** (45 minutes)

### **Moderate Intensity; High impact**

Combine the awesome toning and strengthening power of step aerobics with the fun-fitness party that only Zumba brings to the dance floor. Increase your cardio and calorie burning while adding moves that define and sculpt your core and legs. Step right up!

## Weight Training

### PERSONAL TRAINING

AGES 16+

Looking for some one-on-one training? Whether you are new to the weight room or looking to refresh your routine and motivation, our certified trainers can guide you through. All personal training includes a phone consultation session with your trainer to review your goals and schedule your first appointment.

Tandem sessions are also available if you want to share your time with a friend or family member.

Pre-registration is required. To register call us at **604.514.2940** or book in person.

| Individual Sessions                 | \$ (+gst) |
|-------------------------------------|-----------|
| 3 - One Hour Training Sessions      | \$165.00  |
| 5 - One Hour Training Sessions      | \$275.00  |
| 10 - One Hour Training Sessions     | \$550.00  |
| 20 - One Hour Training Sessions     | \$1100.00 |
| Tandem Sessions* (2 people sharing) |           |
| 3 - One Hour Training Sessions      | \$247.50  |
| 5 - One Hour Training Sessions      | \$412.50  |
| 10 - One Hour Training Sessions     | \$825.00  |

*\*Pairs must be at a similar fitness level. Personal training passes are non-refundable*

### WEIGHT ROOM ORIENTATION

Timms Community Centre

AGES 13+

A 45 minute safety orientation for those new to the weight room. Participants will receive training on: safe practices in the weight room, proper use of equipment, review of policies and etiquette and basic workout routine. Youth 13-15 years are required to complete an orientation prior to being admitted to the weight room without adult supervision.

**Please note:** this is not a personal training program, orientations will include a basic training program only. Participants must complete the Weight Room Orientation Package and return at the time of booking and payment.

| Individual Sessions    | \$      |
|------------------------|---------|
| 1 - 45 min Orientation | \$10.00 |

**INVEST**  
LANGLEY CITY



**Get ready to vote  
on October 17!**

Learn about the non-binding **Community Opinion Vote** on proposed facility expansions at Langley City's local government election.

LEARN MORE: [LetsChat.LangleyCity.ca](https://letschat.langleycity.ca)





TIMMS COMMUNITY CENTRE 20399 DOUGLAS CRESCENT

# FITNESS TRACK

GET FULL ACCESS  
WITH A  
GAMES & TRACK  
PASS \$25/YEAR

## Weight Training

### STRONGER YOU: CIRCUIT TRAINING

Ready to get stronger together? Step into a supportive small-group weight training program designed to elevate your strength, confidence, and consistency. Each week, you'll train in the weight room with expert coaching, personalized motivation, and a community that pushes you to grow. This circuit-style class blends strength and cardio for a dynamic, full-body workout. It's perfect for participants who already feel comfortable in the weight room and have prior training experience. If you're new to lifting, start with our Stronger You - Intro program to build a solid foundation before joining this class.

| AGES 30+ |               |        |                   |                     |                      |
|----------|---------------|--------|-------------------|---------------------|----------------------|
| Code     | Location      | Day(s) | Date(s)           | Time                | \$ (+gst)            |
| 54815    | TCC Weight Rm | Wed    | Nov 18-<br>Dec 16 | 4:00 pm-<br>5:00 pm | \$80.00<br>5 classes |

### STRONGER YOU: INTRO TO WEIGHT TRAINING

Step into your strength and feel empowered from day one. This small-group weight training program is designed to help you build confidence, learn proper technique, and understand how to train safely and effectively. Led by a certified personal trainer, each session takes place in a supportive, encouraging environment alongside peers who share your goals. You'll get hands-on guidance with weight room equipment, plus simple at-home workouts that require minimal gear so you can keep progressing between sessions. By the end of the program, you'll walk away with the knowledge, skills, and self-assurance to maintain a healthy, active lifestyle long after the class wraps up. No experience needed- this is the perfect place to start your fitness journey.

| AGES 30+ |               |        |                  |                     |                       |
|----------|---------------|--------|------------------|---------------------|-----------------------|
| Code     | Location      | Day(s) | Date(s)          | Time                | \$ (+gst)             |
| 54814    | TCC Weight Rm | Wed    | Sept 9-<br>Nov 4 | 4:00 pm-<br>5:00 pm | \$128.00<br>8 classes |

**Note:** No class on Sept 30



## Active Aging

### MINDS IN MOTION™



Minds in Motion is a fitness and social/activity program for people living with any form of early stage dementia along with a family member, friend or other care partner. This program is offered in partnership with the Alzheimer Society of BC. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner.

| AGES 30+ |           |        |                   |                       |                      |
|----------|-----------|--------|-------------------|-----------------------|----------------------|
| Code     | Location  | Day(s) | Date(s)           | Time                  | \$ (+gst)            |
| 53281    | TCC MPR 1 | Wed    | Sept 16-<br>Nov 4 | 10:00 am-<br>11:30 am | \$56.00<br>7 classes |
| 53282    | TCC MPR 2 | Wed    | Nov 18-<br>Dec 9  | 10:00 am-<br>11:30 am | \$32.00<br>4 classes |

**Note:** No class on Sept 30 or Nov 11.

### ACTIVAGE FUNCTIONAL MOVEMENT



ActivAge is a 10 week group physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives. The program is progressive with planned physical activities (stretching, activity, and cool-down) based on ActivAge training. This fun and social program will help get you moving in a relaxed environment with likeminded people. The program focuses on improving activities associated with daily living, strengthening muscles used day-to-day (ie: bending, lifting, stretching etc.) Each class incorporates physical activities that engage participants, and features in-class discussions and resources to improve overall health and physical well-being. Partnership program with BCRPA.

| AGES 55+ FOR CHOOSE TO MOVE PARTICIPANTS ONLY |           |        |                    |                      |           |
|-----------------------------------------------|-----------|--------|--------------------|----------------------|-----------|
| Code                                          | Location  | Day(s) | Date(s)            | Time                 | \$ (+gst) |
| 53148                                         | TCC MPR 3 | Sat    | Sept 26-<br>Nov 28 | 9:00 am-<br>10:00 am | FREE      |

### CHOOSE TO MOVE



Are you an older adult who is looking for support to get physically active? Join Choose to Move to help introduce the habit of physical activity into your daily life in ways that make sense for you. Choose to Move is free and flexible, and provides you with motivation and support to become more active.

In Choose to Move, you receive both individual and group support. You will work with a trained activity coach to develop and stick to a physical activity plan made just for you. You choose activities that you know you will enjoy and are able to do! You will also join a group of other Choose to Movers to share successes and challenges. With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals. Offered in partnership with BCRPA.

**Participants must attend the information session in order to be eligible to register for Choose to Move.**

| MANDATORY INFORMATION SESSION |           |        |         |                      |           |
|-------------------------------|-----------|--------|---------|----------------------|-----------|
| Code                          | Location  | Day(s) | Date(s) | Time                 | \$ (+gst) |
| 53146                         | TCC MPR 2 | Sat    | Sept 12 | 11:30 am-<br>1:00 pm | FREE      |

| Code  | Location  | Day(s) | Date(s)            | Time                 | \$   |
|-------|-----------|--------|--------------------|----------------------|------|
| 53147 | TCC MPR 2 | Sat    | Sept 26-<br>Nov 28 | 11:30 am-<br>1:00 pm | FREE |

## Fall Prevention & Mobility Classes

### STAND STRONG

Did you know that falls are the number one cause of injuries for Canadians 65 years and older? Regardless of your age, building these simple exercises into your daily routine will help reduce your risk for injury due to falls. In this small group class you will work alongside our exercise specialist to improve your balance, mobility and strength so that you can continue to stay independent and get the most out of life. Exercises may be done seated or standing. This class is suitable for those using mobility aids such as walkers or for those who can walk independently but may be at risk for injury due to osteoporosis or arthritis conditions.

| AGES 18+ |           |        |              |                  |                      |
|----------|-----------|--------|--------------|------------------|----------------------|
| Code     | Location  | Day(s) | Date(s)      | Time             | \$ (+gst)            |
| 53156    | TCC MPR 3 | T/Th   | Sept 8-Oct 1 | 12:45 pm-1:30 pm | \$68.00<br>8 classes |
| 53157    | TCC MPR 3 | T/Th   | Oct 6-Oct 29 | 12:45 pm-1:30 pm | \$68.00<br>8 classes |
| 53158    | TCC MPR 3 | T/Th   | Nov 3-Nov 26 | 12:45 pm-1:30 pm | \$68.00<br>8 classes |
| 53159    | TCC MPR 3 | T/Th   | Dec 1-Dec 17 | 12:45 pm-1:30 pm | \$51.00<br>6 classes |

### FIT FOR LIFE

An advanced program designed for those who have completed the osteofit training or are actively mobile and regular exercisers. Following a low impact cardio warm-up, participants will be led through a variety of strength and balance training using various equipment and body weight exercises. This class involves mat work therefore participants must be comfortable getting to and from the ground. Flexibility training and relaxation techniques are also part of the fun!

| AGES 18+ |                |        |              |                   |                      |
|----------|----------------|--------|--------------|-------------------|----------------------|
| Code     | Location       | Day(s) | Date(s)      | Time              | \$ (+gst)            |
| 53150    | TCC Fitness Rm | T/Th   | Sept 8-Oct 1 | 10:00 am-11:00 am | \$56.00<br>8 classes |
| 53151    | TCC Fitness Rm | T/Th   | Oct 6-Oct 29 | 10:00 am-11:00 am | \$56.00<br>8 classes |
| 53152    | TCC Fitness Rm | T/Th   | Nov 3-Nov 26 | 10:00 am-11:00 am | \$56.00<br>8 classes |
| 53153    | TCC Fitness Rm | T/Th   | Dec 1-Dec 17 | 10:00 am-11:00 am | \$42.00<br>6 classes |



## Yoga & Pilates

### CHAIR YOGA

This gentle form of yoga is practiced sitting on a chair or standing and using a chair for support. Chair yoga is a great form of exercise for everyone as it deepens flexibility and strengthens body awareness no matter what your age or ability level. This is an all-level class appropriate for those who have never taken a yoga class before as well as experienced practitioners. Our certified yoga instructor will help find modifications so that every pose can work for you. Deep breathing will be paired with movements to relax the body, increase your mindfulness and awaken the mind-body relationship.

| AGES 18+ |           |        |               |                      |                      |
|----------|-----------|--------|---------------|----------------------|----------------------|
| Code     | Location  | Day(s) | Date(s)       | Time                 | \$ (+gst)            |
| 53154    | TCC MPR 3 | Tue    | Sept 8-Oct 27 | 11:30 am<br>12:30 pm | \$68.00<br>8 classes |
| 53155    | TCC MPR 3 | Tue    | Nov 3-Dec 15  | 11:30 am<br>12:30 pm | \$59.50<br>7 classes |

### GENTLE YOGA

Gentle Yoga follows the principles of Hatha yoga focusing on a healthy mind-body connection but goes through the various body positions (Asanas) at a slower pace with gentle movements and mindfulness. This class emphasizes safety and is open to all levels - beginners welcome! Classes will consist of breathing techniques, strengthening standing poses, floor work, stretching, and relaxation. Participants are encouraged to wear layers and bring a light blanket for the relaxation portion.

| AGES 18+ |           |        |                |                       |                      |
|----------|-----------|--------|----------------|-----------------------|----------------------|
| Code     | Location  | Day(s) | Date(s)        | Time                  | \$ (+gst)            |
| 53160    | TCC MPR 3 | Thu    | Sept 10-Oct 29 | 11:30 am-<br>12:30 pm | \$68.00<br>8 classes |
| 53161    | TCC MPR 3 | Thu    | Nov 5-Dec 17   | 11:30 am-<br>12:30 pm | \$59.50<br>7 classes |

### PILATES MAT CLASS

Challenge your body and mind with pilates Mat classes. This program will introduce basic pilates movements for beginners along with more challenging exercises for those with Pilates experience. Choose your level! Build core strength while improving your balance and posture. Participants must be comfortable getting to and from the mat.

| AGES 18+ |           |        |               |                     |                      |
|----------|-----------|--------|---------------|---------------------|----------------------|
| Code     | Location  | Day(s) | Date(s)       | Time                | \$ (+gst)            |
| 53297    | TCC MPR 3 | Wed    | Sept 16-Nov 4 | 8:45 am-<br>9:30 am | \$59.50<br>7 classes |
| 53298    | TCC MPR 3 | Wed    | Nov 18-Dec 16 | 8:30 am-<br>9:15 am | \$42.50<br>5 classes |

**Note:** No class on Sept 30

### PILATES YOGA BARRE ESSENTIALS

This dynamic, moderate-intensity class blends pilates, yoga, strength training, and barre to help you tone, stretch, and elongate your muscles. Each session is designed to build strength, improve flexibility, and enhance balance while encouraging mindful breathing throughout every movement. Perfect for beginners and suitable for all fitness levels, the program features a mix of standing exercises and mat work to support a well-rounded, full-body experience. Participants should feel comfortable getting down to and up from the floor.

| AGES 18+ |             |        |                |                     |                      |
|----------|-------------|--------|----------------|---------------------|----------------------|
| Code     | Location    | Day(s) | Date(s)        | Time                | \$ (+gst)            |
| 54497    | TCC Fitness | Mon    | Sept 14-Oct 26 | 8:30 am-<br>9:30 am | \$66.00<br>6 classes |
| 54498    | TCC Fitness | Mon    | Nov 2-Dec 14   | 8:30 am-<br>9:30 am | \$77.00<br>7 classes |

**Note:** No class on Oct 12





ALL  
AGES

# Community Events





## Event Highlights

### TERRY FOX RUN

**September 20, 2026**

**Douglas Park**

Join the 46th Annual Terry Fox Run in Langley City supporting vital cancer research across Canada. It's free to register (donations & fundraising encouraged).

To sign up or for more information, visit the official Terry Fox website [here](#).

### REMEMBRANCE DAY

**November 11 10:50 am**

**Douglas Park Cenotaph**

Honour the fallen, retired, and still serving members of the different forms of Canadian military. To lay a wreath at the ceremony, contact [events@langleycity.ca](mailto:events@langleycity.ca) or call 604.514.2940.

## What's happening around town

**SEPTEMBER to DECEMBER**

For a full listing of events this Fall in Langley City, visit [LangleyCity.ca/events](http://LangleyCity.ca/events).

**Sept 19** **NEW!** Family Movie  
Langley City Hall: Council Chambers

**Sept 20** Terry Fox Run  
Douglas Park

**Sept 30** National Day for Truth & Reconciliation  
Douglas Park Spirit Square

**Oct 31** **NEW!** Teen Movie: Beetlejuice  
Langley City Hall: Council Chambers

**Nov 11** Remembrance Day  
Douglas Park

**Nov 25 - Dec 24** **NEW!** Langley Christmas Village  
Langley City Hall: Civic Plaza

**Dec 12** **NEW!** Family Movie (Home Alone) & Teen Movie (Elf)  
Langley City Hall: Council Chambers

Event details are subject to change. For the most up-to-date event information, visit [LangleyCity.ca/events](http://LangleyCity.ca/events)

A photograph of a park scene. In the foreground, a wooden bench with black metal armrests and legs sits on a gravel path. Behind the bench is a large, moss-covered tree trunk. To the left of the tree is a low stone wall. The ground is covered with fallen leaves and some green plants. The background shows more trees and foliage.

GET  
OUTSIDE

# Parks



## New picnic shelter and sun shades

Linwood Park is the home to a new picnic shelter and 3 sun shades, creating a cool place for residents to gather in the heat while enjoying the park and playground.

Stop by Linwood Park and have a look!



201A Street & Michaud Crescent

## Request for service

If you notice an issue in a park, such as vandalism, damaged equipment, litter, or a safety concern—please submit a Request for Service so it can be reviewed and addressed. Your reports help us keep our parks safe, clean, and enjoyable for everyone in the community.

To access the Request for Service form, [click here](#).

## Leave a legacy

### DONATIONS

If you would like to recognize a milestone in your personal life, honour the memory of a friend or family member or show your community spirit, Langley City accepts donations for parks improvement projects in Langley City. Options include park benches, and trees.

For more information, please contact 604.514.2911.





- Schools**
- A Alice Brown Elementary
  - B Blacklock Elementary
  - C Douglas Park Community School
  - D Uplands Elementary
  - E Nicomekl Elementary
  - F Simonds Elementary
  - G H.D. Stafford Middle School
  - H Kwantlen Polytechnic University

- Community Parks**
- 1 Douglas Park
  - 2 City Park
  - 3 Sendall Gardens
  - 4 Buckley Park
  - 5 Uplands Dog Park

- Recreation Facilities**
- A Douglas recreation Centre
  - B Langley Twin Rinks
  - C Al Anderson Memorial Pool

- D Timms Community Centre
- E Langley Seniors Recreation and Resource Centre
- F Langley Community Music School
- G Langley Lawn Bowling
- H McBurney Lane
- I Spirit Square

- Neighbourhood Parks**
- 1 Portage Park
  - 2 Brydon Park
  - 3 Hunter Park

- 4 Linwood Park
- 5 Nicholas Park
- 6 Nicomekl Park
- 7 Conder Park
- 8 Penzer Park & Penzer Bike Skills Park
- 9 Iris Mooney Park
- 10 Rotary Centennial Park
- 11 Dumais Park
- 12 Zazulak Park
- 13 Langley Prairie Neighbourhood Park



# City of Langley Parks Amenities

| Parks                                                   | Washrooms | Picnic Tables | Playgrounds | Spray Parks | Off Leash Areas | Trails | Community Gardens | Baseball Diamonds | Basketball | Soccer | Other                                 |
|---------------------------------------------------------|-----------|---------------|-------------|-------------|-----------------|--------|-------------------|-------------------|------------|--------|---------------------------------------|
| <b>Brydon Park</b><br>198 St. & 53 Ave.                 | ◆         | ◆             | ◆           |             | ◆               | ◆      |                   | ◆                 | ◆          |        |                                       |
| <b>Buckley Park</b><br>196 St. & 48 Ave.                | ◆         |               | ◆           |             |                 | ◆      |                   |                   |            | ◆      |                                       |
| <b>City Park</b><br>207 St. & 48 Ave.                   | ◆         | ◆             | ◆           | ◆           | ◆               | ◆      |                   | ◆                 |            | ◆      | Outdoor Pool, Lacrosse Box            |
| <b>Conder Park</b><br>198 St. & 50 Ave.                 | ◆         | ◆             | ◆           |             |                 | ◆      |                   | ◆                 |            |        |                                       |
| <b>Douglas Park</b><br>206 St. & Douglas Cr.            | ◆         | ◆             | ◆           | ◆           |                 | ◆      | ◆                 |                   | ◆          |        | Pickleball Courts, Hockey Box         |
| <b>Dumais Park</b><br>208 St. & 57 Ave.                 |           |               | ◆           |             |                 |        |                   |                   |            |        |                                       |
| <b>Hunter Park</b><br>199 St. & 45A Ave.                |           |               | ◆           |             |                 | ◆      |                   |                   |            |        |                                       |
| <b>Iris Mooney</b><br>209 St. & 47 Ave.                 |           |               | ◆           |             |                 |        |                   |                   |            |        |                                       |
| <b>Langley Prairie</b><br>20060 Fraser Hwy.             |           |               |             |             |                 | ◆      |                   |                   |            |        |                                       |
| <b>Linwood Park</b><br>201A St. & Michaud Cr.           | ◆         | ◆             | ◆           |             | ◆               |        | ◆                 |                   | ◆          | ◆      |                                       |
| <b>Nicholas Park</b><br>209 St. & 50A Ave.              | ◆         | ◆             | ◆           | ◆           |                 |        |                   |                   |            |        | Tennis Court                          |
| <b>Nicomekl Park</b><br>208 St. & 54 Ave.               |           | ◆             |             |             |                 | ◆      |                   |                   |            |        |                                       |
| <b>Penzer Park</b><br>198C St. & 47 Ave.                | ◆         | ◆             | ◆           |             |                 | ◆      |                   |                   | ◆          |        | Bike Park, Parkour Course, Pump Track |
| <b>Portage Park</b><br>204 St. & 51 Ave.                | ◆         | ◆             | ◆           |             |                 | ◆      |                   |                   | ◆          |        | Euro Court                            |
| <b>Rotary Centennial</b><br>20869 Fraser Hwy.           | ◆         |               | ◆           |             |                 |        | ◆                 | ◆                 |            | ◆      |                                       |
| <b>Sendall Gardens</b><br>201A St. & 50 Ave.            | ◆         | ◆             |             |             |                 | ◆      |                   |                   |            |        | Tropical Greenhouse                   |
| <b>Upland Dog-Off Leash Park</b><br>206 St. & 44 A Ave. | ◆         | ◆             |             |             | ◆               | ◆      |                   |                   |            |        |                                       |

Rotary Centennial, Nicholas Park and Penzer Park washrooms are only open from April to September every year.

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- Bat Packs
- Birdwatching Backpacks
- ChompSaw
- Disc Golf
- Energy Meters
- Gimbal Video Stabilizers
- Nature Packs
- Portable Blu-ray Players
- Puzzle Cubes
- Radon Detectors
- Solar Panels
- Sphero Bolt
- Sunshine Lamps
- Telescopes
- Thermal Leak Detectors
- Ukuleles





## ONGOING EVENTS

### Close Knit Langley

**Every Tuesday, 2 - 5 pm**

Join knitters of all ages and abilities for our warm and welcoming drop-in knitting circle. Children and beginners are welcome.

### Titles and Tea Book Club

**Third Tuesday of every month, 2 pm - 3 pm,  
September through November**

Join us to discuss this month's chosen work of fiction in a casual and welcoming setting. The library provides the book club set. Light refreshments are served. If you would like to join the book club, please talk to a library staff member.

### Langley Weavers and Spinners

**First Thursday of every month,  
10:30 am - 1:30 pm**

The Langley Weavers and Spinners Guild meets every month to share their knowledge. New members are welcome.

### Babytime

**Every Monday, 2 - 2:30 pm**

*(Except September 7, October 12, & December 28 are Stat Holidays. Check out special Baby 101 on November 30, 2 - 3:30 pm)*

Make language fun! Start early with Babytime. Help your baby develop speech and language skills. Enjoy bouncing, singing and rhyming with stories. This program is best suited to children ages 0 to 2. Looking for more Babytime fun? Check out our on-demand content on Facebook or YouTube.

### Storytime

**Every Thursday, 10:45 - 11:15 am**

*(Check out Special Extended Storytimes on October 8, October 29 and December 17 from 10:45 - 11:45 am)*

Introduce kids to the love of books and language with Storytime! Children and caregivers will enjoy interactive stories, songs, rhymes and more. Storytime prepares children to learn to read. Looking for more Storytime fun? Check out our on-demand content on Facebook or YouTube.

### Fun With S.T.E.A.M.

**Thursday, September 10 (Engineering) and**

**Thursday, November 5 (Art), 3:30 - 4 pm**

It's time to blow off some S.T.E.A.M.! Join us for a hands-on activity featuring one of the five S.T.E.A.M. themes: Science, Technology, Engineering, Art and Math.

### LEGO® Club

**Every Monday, 4 pm - 5:30 pm**

*(Except September 7, October 12, & December 28 are Stat Holidays)*

We provide the LEGO, you bring your imagination! Come play, experiment and create. LEGO Club is a fun afternoon program for kids. Drop-in.

### Toddler Sensory Play

**First Tuesday of every month,  
11 am - 12 pm**

Awaken your senses and explore with Toddler Sensory Play! All children are welcome best suited for ages 2-4.

### Tabletop Game Night

**Last Wednesday of the month, 5 - 7 pm,  
September through November**

Calling all Tabletop gamers! Join us at the library to play tabletop games (boardgames, card games, & more)! Players of all ages and abilities are welcome! Young children must be accompanied by an adult. It is a free, drop-in event.

### Wednesday Wonders

**Wednesday September 2, November 4  
& December 2, 10:30 - 11:30 am**

Let's make our Wednesdays wonderful! This is a program for adults and teens with developmental challenges and their caregivers. Participants join library staff in fun activities. Registration required.

## SPECIAL EVENTS

### Puzzle Chess

**Tuesday, September 8, 6 - 7pm**

Join us for Puzzle chess, a fun, timed method of competitive puzzling. Teams of two will face off to see who can complete a 100 piece puzzle the fastest. Best suited for ages 12+ to adult. Drop-in as space allows.

### Snap Circuits

**Friday, September 25, 1 - 3 pm**

Pro-D Day fun! Create your own circuitry with snap circuits! Turn on a light, spin a motor, safely experiment hands-on with circuits and electronics while having fun with other kids. Drop-in.

### Trick or Treating

**Saturday, October 31, 2:30 - 4:30 pm**

Put on your costume and stop by the library for some Halloween chills and thrills! Go trick-or-treating throughout the library and get into the festive spirit with some safe, free fun on Halloween night.

### Jigsaw Puzzle Competition

**Tuesday, November 10, 5:30 - 7 pm**

Gather a team of up to four and enter our Jigsaw Puzzle Competition! The first team to finish their puzzle will win a prize. Registration required. Please only have one group member register your team. Children under 10 must be accompanied by an adult.

### Holiday Card Making

**Monday, December 7, 6 - 7 pm**

Make beautiful cards to send to your loved ones this holiday season. We provide the supplies, you provide the creativity. Free drop in event for all ages.

*Stay informed of library events, contests, updates, recommendations and more by subscribing to our monthly eNewsletter or following us on Facebook, Instagram and YouTube @ReadLearnPlay.*





## RECREATION, CULTURE & COMMUNITY SERVICES

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