

Fall Recreation Guide

SEPTEMBER *to* DECEMBER 2025



NEW!
FALL
SWIMMING
LESSONS
See page 17



PURCHASE
TICKETS
TODAY!
Click here

LANGLEY CITY
**FILM
FESTIVAL**

OCTOBER 18, 2025 • LANGLEY COMMUNITY MUSIC SCHOOL

TICKETS: Adult \$15 Youth \$5

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 SWIM REGISTRATION
starting July 30
GENERAL REGISTRATION
starting August 6

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 DRC



IN PERSON

Timms Community Centre
20399 Douglas Crescent

Al Anderson Memorial Pool (until Sept 28)
4949 207 Street

Douglas Recreation Centre (Opens Oct 15)
20550 Douglas Crescent

REFUND POLICY:

For all regular programs (unless otherwise specified), a full refund will be issued if notice is received prior to the start of the first class. Pro-rated refunds will be issued if notice is received prior to the third class. No refund will be issued if notice is received after the start of the third class.

For short programs (1 week or less), for example daycamps, workshops, out trips, and special events, a full refund will be issued if notice is received five (5) business days before the start of the first class. If notice is received less than five (5) business days prior to the first class a 50% refund will be issued. No refunds will be issued if notice is received on or after the start of the first class.

If you need to withdraw from a single session/one day program, we require 2 days' notice for a refund or transfer into another program.



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 10:00am-8:00pm
- Holidays 1:00pm-8:00pm

***Fall season: Sept 1-28**

DOUGLAS RECREATION CENTRE

20550 Douglas Crescent
604.514.2865

OFFICE HOURS

- Mon-Fri 8:30am-4:30pm
- Saturdays Closed
- Sundays Closed

***Opening October 15, 2025**

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	DRC	TCC
Sept 1	1:00pm-8:00pm	CLOSED	10:00am-3:00pm
Sept 30	CLOSED	CLOSED	10:00am-3:00pm
Oct 13	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 27-30	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-6:00pm
- Sundays 8:00am-8:00pm

FITNESS TRACK HOURS

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

FIND US ON SOCIAL MEDIA



Scheduled Maintenance

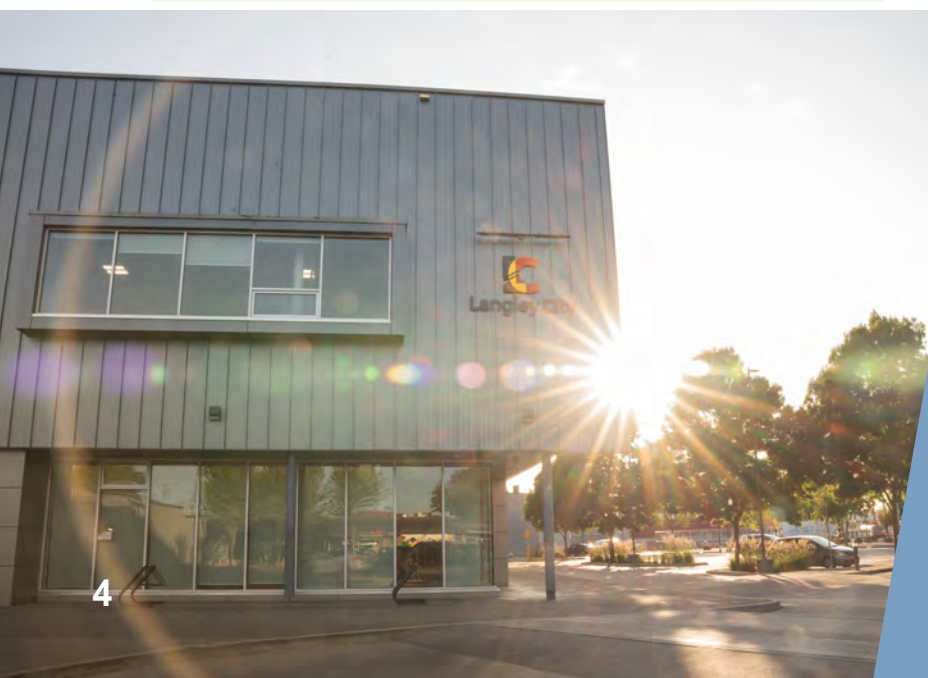
Timms Community Centre is committed to maintaining safe and clean program space and to ensure preventative maintenance is carried out in a timely manner.

SEPTEMBER 2-8

Gymnasium Closed

DECEMBER 15-JANUARY 4

Fitness & Multipurpose Room 3 Closed



Mayor & Council

As your elected representatives, together with staff members, we strive to ensure that Langley City is the place to be! We make sure that the mix of programs in the Recreation Guide are fun to keep you active and engaged so there will be something to catch your interest.



Pictured left to right: Councillor Leith White, Councillor Paul Albrecht, Councillor Rosemary Wallace, Mayor Nathan Pachal, Councillor Delaney Mack, Councillor Teri James, Councillor Mike Solyom.



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

The Station Café

THE HUB FOR COMMUNITY CONNECTION

The Station Café is Langley City's newest community hub, offering fresh, locally sourced food, and engaging civic activities.

The Station Café was created by and for the community—developed with input from local residents, students, and organizations to serve as a safe, accessible, and welcoming space. Supported by funding from the Union of British Columbia Municipalities, the Café aims to enhance community connections and civic engagement.



Art Galleries at Timms Community Centre

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

Art in Found Spaces Schedule:

June 21-Aug 7	Julie Epp Solo Exhibition
Aug 9-Sept 25	"My Place" Group Exhibition
Sept 27-Nov 13	Fort Langley Artist Group
Nov 15-Jan 15	Masoud Habibyan 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 1-Sept 12	Dreams <i>Submission Deadline: July 21, 2025</i>
Sept 12-Oct 24	Architecture <i>Submission Deadline: September 2, 2025</i>
Oct 24-Dec 5	Fairy Tales <i>Submission Deadline: October 6, 2025</i>
Dec 5-Jan 16	Langley Weaver and Spinners Guild <i>Submissions open to the guild only.</i>

Arts, Culture & Heritage

Citizens' Assembly

SOCIAL STREETS INITIATIVE

Pack your picnic baskets, grab a blanket, and come enjoy a vibrant summer 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.

Aug 27 3:00pm-8:00pm
Hunter Park (199 Street & 45 Avenue)

Sept 3 2:00pm-8:00pm
Rotary Centennial Park (20869 Fraser Hwy)



FREE EVENT



Presenting Sponsor

envision
FINANCIAL

A DIVISION OF FIRST WEST CREDIT UNION

ArtsALive

29TH ANNUAL | FESTIVAL

Saturday, August 16, 10 am to 5 pm

McBurney Plaza, Fraser Hwy between 204 & 206 St.

artsalivefestival.com @discoverdowntownlangley

#discoverdowntownlangley





Langley **Community Music** School

BRINGING MUSIC TO LIFE

Lessons & Classes for
All Ages & Levels

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

Register Now for
Summer & Fall Programs



BRITISH COLUMBIA
ARTS COUNCIL



BRITISH
COLUMBIA

LANGLEYMUSIC.COM

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

THE LANGLEY ARTS COUNCIL

LANGLEYARTS.CA (604) 534-0781



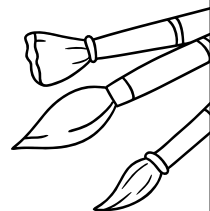
SAVE THE DATE! TIMMS HOLIDAY ARTISAN MARKET

Shop local this season! Join the Langley Arts Council and the City of Langley at this year's Holiday Artisan Market at the Timms Community Centre. Artists, artisans, makers, food vendors and more!

Saturday, December 6th from 10:00 - 5:00 pm

Sunday, December 7th from 10:00 - 4:00 pm

Entry by donation.



CITY OF LANGLEY CLASSES AND WORKSHOPS

Cartooning & Manga Style Drawing Series
Coming Fall 2025



Manga (Drawing Faces): A step-by-step class on drawing anime-style faces, hair, eyes and more

Cartooning/Comic: Create a short comic while learning characters, panels, speech bubbles and layout basics.

REGISTER AT [LANGLEYARTS.CA/CLASSES-WORKSHOPS](https://langleyarts.ca/classes-workshops)

APPLY TO ARTSPACIFIC, THE ARTS COUNCIL'S ANNUAL BC-WIDE JURIED PRIZE-WINNING EXHIBITION

artSpacific is the Langley Arts Council's annual BC-wide juried exhibition, showcasing over 70 artworks by more than 40 artists each year.

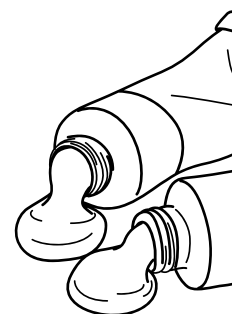
This year, our esteemed panel of jurors will award **\$2,600 in cash prizes to the Best in Show winners in both 2D and 3D categories**. There is no theme for this exhibition—all subject matter is welcome.

Exhibition Dates: **September 25 – November 17, 2025**

Application Deadline: **Monday, September 1, 2025**

Opening Reception & Award Ceremony: October 11, 2025

Apply now at: <https://langleyarts.ca/submit/artspacific>



VOLUNTEER WITH US!

We are seeking volunteers to assist with our upcoming events, classes, and exhibition hangings.

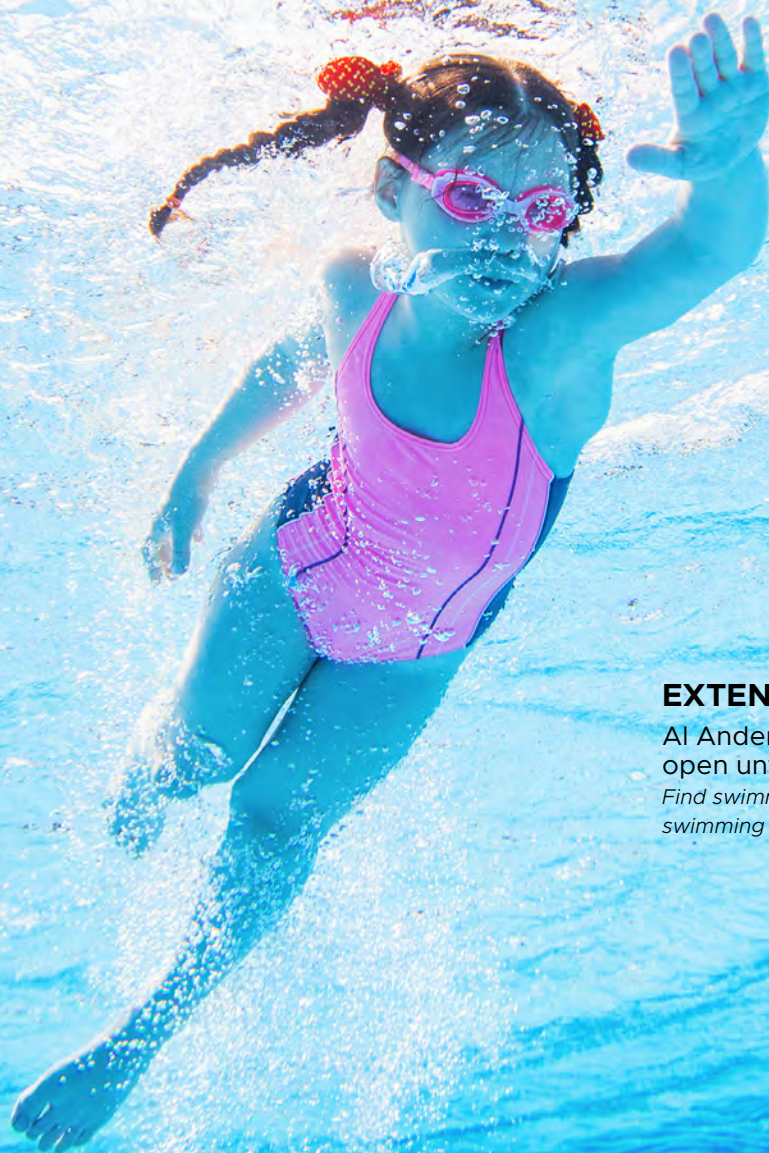
To register as a volunteer, visit langleyarts.ca/about/volunteer

**THE
LANGLEY
ARTS
COUNCIL**

LANGLEYARTS.CA (604) 534-0781

Aquatics

NEW! FALL SEASON



EXTENDED SEASON

Al Anderson Memorial Pool
open until September 28.

*Find swimming lessons, public
swimming and more!*

Al Anderson Memorial Pool

4949 207 Street 604.514.2860
swim@langleycity.ca

OFFICE HOURS - (Open until Sept 28)

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

EXTENDED POOL SEASON

Al Anderson Memorial Pool is open until **September 28, 2025.**

Admission

PRICING & PASSES

	Child (4-12 years)	Youth (13-18 years)	Student 19+ (with valid ID)	Adult (19+ years)	Senior (60+ years)	Family	Aquatic Fitness Adult	Aquatic Fitness Youth/ Senior
Single Session/ Drop-in*	\$2.05	\$3.05	\$3.05	\$4.10	\$3.05	n/a	\$5.50	\$4.10
10 Visit Pass	\$18.45	\$27.45	\$37.45	\$36.90	\$27.45	n/a	\$49.50	\$36.90
20 Visit Pass	\$32.80	\$48.80	\$48.80	\$65.60	\$48.80	n/a	\$88.00	\$65.60
1 Month Pass	\$24.60	\$36.60	\$36.60	\$49.20	\$36.60	n/a	\$66.00	\$49.20
Season Pass	\$65.60	\$97.60	\$97.60	\$131.20	\$97.60	n/a	n/a	n/a

Please note:

1. Children under 4 years are free
2. Family is a combination of 2 parents, guardians or grandparents with children under the age of 19 who reside in the same household, with a maximum of 2 adults per family group.
3. 1 month swim passes do not include Special Events and/or Aquatic Fitness Classes
4. Season's Passes do not include Special Events or Aquatic Fitness
5. Passes are interchangeable between parents
6. Family rate for Season Passes is a discount of 25% for second child/youth, 50% discount for additional children/youth.

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.

Fall Public Swim Schedule

SEPTEMBER 1 - SEPTEMBER 28, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-3:30pm Pool Closed (Office opens at 3:00pm)						
					10:30-12:30pm Swimming Lessons	10:30-12:30pm Swimming Lessons
					1:00-3:00pm Public Swim	1:00-3:00pm Public Swim
3:30-6:30pm Swimming Lessons	3:30-6:30pm Swimming Lessons	3:30-6:30pm Swimming Lessons	3:30-6:30pm Swimming Lessons	3:30-6:30pm Swimming Lessons	3:30-5:30pm Public Swim	3:30-5:30pm Public Swim
6:30-8:30pm Public Swim	6:30-8:30pm Public Swim	6:30-8:30pm Public Swim	6:30-8:30pm Public Swim	6:30-8:30pm Public Swim	6:00-8:00pm Public Swim	6:00-8:00pm Loonie/Toonie Swim
8:30-10:00pm Length Swim	8:30-10:00pm Length Swim	8:30-10:00pm Length Swim	8:30-10:00pm Length Swim	8:30-10:00pm Length Swim		
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.

TOONIE/LOONIE SWIM (All Ages)

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



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.

2025 SEASON

Swimming Lesson Rates

	7 SESSIONS	8 SESSIONS
Parent & Tot	\$43.00	\$49.00
Preschool 1-5	\$57.40	\$65.30
Swimmer 1-3	\$49.20	\$54.90
Swimmer 4-6	\$57.25	\$64.15
Adapted	\$115.50	n/a
Teen	\$94.10	n/a
Adult	n/a	\$105.95

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.

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)

The Lifesaving Society's 6-level Swimmer Program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children 5 years and older including absolute beginners as well as swimmers who want to build on the basics. We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart™ education in all swimmer levels.

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.

Aquatics



Fall Swimming Lessons: Set 1

	LESSON SET 1 - SEPTEMBER 3-SEPTEMBER 24 (MONDAY & WEDNESDAY 7 SESSIONS)					
(30 min)	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm	6:00pm
Preschool 1	47390	47391	47392	47393	47394	47395
Preschool 2	47396	47397	47398	47399	47400	47401
Preschool 3		47402			47403	47404
Preschool 4 Combo				47405		
Preschool 5 Combo				47406		
Swimmer 1	47407	47408	47409	47410	47411	47412
Swimmer 2	47413	47414	47415	47416	47417	47418
Swimmer 3	47419	47420	47421	47422		47423
Adapted Swim Lessons	47431		47432		47433	
(45min)	3:30pm		4:30pm		5:30pm	
Swimmer 4	47424		47425		47426	
Swimmer 5 Combo	47427		47429			
Swimmer 6 Combo	47428		47430			

Aquatics

Fall Swimming Lessons: Sets 2 & 3

NOTE: Looking for teen & adult lessons?
See page 19 for fall availability.

	LESSON SET 2 - SEPTEMBER 2-SEPTEMBER 25 (TUESDAY & THURSDAY 8 SESSIONS)					
(30 min)	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm	6:00pm
Preschool 1	47437	47438	47439	47440	47441	47442
Preschool 2	47443	47444	47445	47446	47447	47448
Preschool 3		47449				47450
Preschool 4 Combo				47451		
Preschool 5 Combo				47452		
Swimmer 1	47453	47454	47455	47456	47457	
Swimmer 2	47458	47459	47460	47461	47462	
Swimmer 3	47463	47464	47465	47466	47467	47468
Private Lessons	47484		47485		47486	

(45min)	3:30pm		4:30pm		5:30pm	
Swimmer 4	47469		47470		47471	
Swimmer 5 Combo	47472		47474			
Swimmer 6 Combo	47473		47475			

(60min)	3:30pm		4:30pm		5:30pm	
Swimmer 7					47476	
Swimmer 8					47477	
Swimmer 9					47478	

	LESSON SET 3 - SEPTEMBER 6-SEPTEMBER 28 (SATURDAY/SUNDAY 8 SESSIONS)				
(30 min)	10:30am	11:00am	11:30am	12:00pm	12:30pm
Parent & Tot 1 Combo			47528		
Parent & Tot 2 Combo			47527		
Parent & Tot 3 Combo			47526		
Preschool 1	47490	47491	47492	47493	47494
Preschool 2	47495	47496	47497	47498	47499
Preschool 3		47500		47501	47502
Preschool 4 Combo					47504
Preschool 5 Combo					47505
Swimmer 1	47506	47507	47508	47509	47510
Swimmer 2	47511	47512	47513	47514	47515
Swimmer 3	47516	47517		47518	47519

(45min)	10:30am		11:30am		12:30pm
Swimmer 4	47520		47521		
Swimmer 5 Combo	47522		47523		
Swimmer 6 Combo	47524		47525		

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 13-17					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47434	AAMP	M/W	Sept 3- Sept 24	5:30 pm- 6:30 pm	\$94.10 7 classes

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 13-17					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47435	AAMP	M/W	Sept 3- Sept 24	5:30 pm- 6:30 pm	\$94.10 7 classes

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 13-17					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47436	AAMP	M/W	Sept 3- Sept 24	5:30 pm- 6:30 pm	\$94.10 7 classes

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 Personal Floatation Device, 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)
47482	AAMP	T/Th	Sept 2- Sept 25	8:30 pm- 9:30 pm	\$105.95 8 classes

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 Personal Floatation Device. Whip kick is further developed along with an introduction to breaststroke.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47481	AAMP	T/Th	Sept 2- Sept 25	8:30 pm- 9:30 pm	\$105.95 8 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)
47483	AAMP	T/Th	Sept 2- Sept 25	8:30 pm- 9:30 pm	\$105.95 8 classes

Aquatics

Adapted Swim Lessons

NEW! 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 16+

Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47431	AAMP	M/W	Sept 3- Sept 24	3:30 pm- 4:00 pm	\$115.50 7 classes
47432	AAMP	M/W	Sept 3- Sept 24	4:30 pm- 5:00 pm	\$115.50 7 classes
47433	AAMP	M/W	Sept 3- Sept 24	5:30 pm- 6:00 pm	\$115.50 7 classes

Private Lesson Sets

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

30 min: September 2 - September 24			8/\$264.00
Days	3:30pm	4:30pm	5:30pm
Tue & Thu	47484	47485	47486

30 min: September 6 - September 28			8/\$264.00
Days	10:30am	11:30pm	12:30pm
Sat & Sun	47487	47488	47489

Single Private Lessons

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	\$
47480	AAMP	Fri	Fall	Various Times	\$33.00 30 min



Early Years

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 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.

FALL: 0-5 YEARS <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 10/\$44.00	
TCC Gym	Tue	Sept - Dec	10:00 am-11:30 am	1/\$5.50 10/\$44.00	
TCC Gym	Wed	Sept - Dec	10:00 am-11:30 am	1/\$5.50 10/\$44.00	
TCC Gym	Thu	Sept - Dec	9:15 am-10:45 am	1/\$5.50 10/\$44.00	
TCC Gym	Fri	Sept - Dec	10:00 am-11:30 am	1/\$5.50 10/\$44.00	
TCC Gym	Sat	Sept - Dec	10:00 am-11:30 am	1/\$5.50 10/\$44.00	

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 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
46962	TCC MPR 1	Tue	Sept 23-Oct 28	10:45 am-11:30 am	\$47.00 5 classes
47307	TCC MPR 1	Tue	Nov 4-Dec 9	10:45 am-11:30 am	\$47.00 5 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	\$
46955	TCC MPR 1	Sat	Sept 27-Nov 1	9:30 am-10:15 am	\$54.50 6 classes
47325	TCC MPR 1	Sat	Nov 8-Dec 13	9:30 am-10:15 am	\$54.50 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	\$
46958	TCC MPR 3	Sun	Sept 28-Nov 2	10:00 am-10:45 am	\$54.50 6 classes
47331	TCC MPR 3	Sun	Nov 9-Dec 14	10:00 am-10:45 am	\$54.50 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	\$
46919	TCC MPR 1	Wed	Sept 24-Oct 29	9:30 am-10:30 am	\$82.00 6 classes
46920	TCC MPR 1	Wed	Sept 24-Oct 29	11:00 am-12:00 pm	\$82.00 6 classes
47312	TCC MPR 1	Wed	Nov 5-Dec 10	9:30 am-10:30 am	\$82.00 6 classes
47313	TCC MPR 1	Wed	Nov 5-Dec 10	11:00 am-12:00 pm	\$82.00 6 classes

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	\$
47330	TCC East Gym	Tue	Sept 23-Oct 28	5:45 pm-6:30 pm	\$47.00 5 classes
46925	TCC East Gym	Tue	Nov 4-Dec 9	5:45 pm-6:30 pm	\$47.00 5 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	\$
46921	TCC East Gym	Mon	Sept 22-Oct 27	5:45 pm-6:30 pm	\$47.00 5 classes
47303	TCC East Gym	Mon	Nov 3-Dec 8	5:45 pm-6:30 pm	\$54.50 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 2-3 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
46934	TCC West Gym	Sat	Sept 27-Nov 1	9:00 am-9:45 am	\$54.50 6 classes
47324	TCC West Gym	Sat	Nov 8-Dec 13	9:00 am-9:45 am	\$47.00 5 classes

ACTIVE START: T-BALL

T-Ball teaches all five basic fundamentals of baseball and softball. Hitting, throwing, catching, running and fielding. It is also just a ton of fun with fast, continuous action and simple rules.

AGES 2-3 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
46952	City Park Field B	Thu	Sept 25-Oct 30	3:30 pm-4:15 pm	\$54.50 6 classes

Note: City Park (4949 207 Street)

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	\$
46963	TCC MPR 4	Sat	Sept 27-Nov 1	10:00 am-10:45 am	\$72.75 6 classes
47329	TCC MPR 4	Sat	Nov 8-Dec 13	10:00 am-10:45 am	\$72.75 6 classes

Preschool

3-5 YEARS

HALLOWEEN SPOOKTACULAR

Get dressed up and enjoy a variety of games, crafts, and stories!

See page 25 for details.



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	\$
47342	TCC MPR 1	Fri	Oct 10	5:00 pm-7:00 pm	\$31.75 1 class

ONE DAY CHEF: DELICIOUS DESSERTS

Your child will indulge their sweet tooth and elevate their culinary skills as they learn how to create a variety of classic desserts.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
47343	TCC MPR 1	Fri	Nov 14	5:00 pm-7:00 pm	\$31.75 1 class

ONE DAY CHEF: COOKIES

Get ready to master the art of cookie baking! Your child can join us and learn the secrets behind crafting scrumptious cookies that will delight their taste buds.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
47344	TCC MPR 1	Fri	Nov 28	5:00 pm-7:00 pm	\$31.75 1 class

NEW! 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	\$
47345	TCC MPR 1	Sat	Oct 25	12:45 pm-1:45 pm	\$22.00 1 class

ONE DAY WONDERS: DINO DISCOVERY

Calling all young paleontologists! Dive into the world of prehistoric creatures with arts, craft projects, interactive games, captivating stories, and boundless imagination. Join us for dino-inspired creativity, exciting games, and stories that transport you to a land of dinosaurs. It's an hour of Jurassic-sized fun for all budding dino enthusiasts!

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
47347	TCC MPR 1	Sat	Nov 8	11:45 am-12:45 am	\$22.00 1 class

NEW! 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	\$
47346	TCC MPR 1	Sat	Dec 6	11:45 am-12:45 am	\$22.00 1 class

Preschool

Hobbies & Interests

TOP CHEF PRESCHOOL

Each class will incorporate a learning/skills portion and a cooking portion. The goal is not to make gourmet food each class, but to learn the basics so your kids can be more confident and creative in the kitchen.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
46960	TCC MPR 1	Sun	Sept 28- Nov 2	9:30 am-10:30 am	\$102.50 6 classes
47333	TCC MPR 1	Sun	Nov 9- Dec 19	9:30 am-10:30 am	\$102.50 6 classes

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	\$
46955	TCC MPR 1	Sat	Sept 27- Nov 1	9:30 am-10:15 am	\$54.50 6 classes
47325	TCC MPR 1	Sat	Nov 8- Dec 12	9:30 am-10:15 am	\$54.50 6 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
46956	TCC MPR 1	Sat	Sept 27- Nov 1	10:30 am-11:15 am	\$54.50 6 classes
47326	TCC MPR 1	Sat	Nov 8- Dec 13	10:30 am-11:15 am	\$54.50 6 classes



Performing Arts

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	\$
46958	TCC MPR 3	Sun	Sept 28-Nov 2	10:00 am-10:45 am	\$54.50 6 classes
47331	TCC MPR 3	Sun	Nov 9-Dec 12	10:00 am-10:45 am	\$54.50 6 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
46959	TCC MPR 3	Sun	Sept 28-Nov 2	11:00 am-11:45 am	\$54.50 6 classes
47332	TCC MPR 3	Sun	Nov 9-Dec 12	11:00 am-11:45 am	\$54.50 6 classes

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.

Sports

ACTIVE START: T-BALL

This program teaches all five basic fundamentals of baseball and softball. Hitting, throwing, catching, running and fielding. It is also just a ton of fun with fast and continuous action and simple rules. It allows more touches and constant action for your preschooler with a short attention span.

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
46953	City Park Field B	Thu	Sept 25-Oct 30	4:30 pm-5:15 pm	\$54.50 6 classes

Note: City Park (4949 207 Street)

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	\$
46932	TCC West Gym	Fri	Sept 26-Oct 24	5:45 pm-6:30 pm	\$47.00 5 classes
47322	TCC West Gym	Fri	Nov 7-Dec 12	5:45 pm-6:30 pm	\$47.00 5 classes

Preschool

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 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
46926	TCC East Gym	Tue	Sept 23-Oct 28	6:45 pm-7:30 pm	\$47.00 5 classes
47306	TCC East Gym	Tue	Nov 4-Dec 9	6:45 pm-7:30 pm	\$47.00 5 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	\$
46935	TCC West Gym	Sat	Sept 27-Nov 1	10:00 am-10:45 am	\$54.50 6 classes
47323	TCC West Gym	Sat	Nov 8-Dec 13	10:00 am-10:45 am	\$47.00 5 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	\$
46922	TCC East Gym	Mon	Sept 22-Oct 27	6:45 pm-7:30 pm	\$47.00 5 classes
47302	TCC East Gym	Mon	Nov 3-Dec 8	6:45 pm-7:30 pm	\$54.50 6 classes

Waitlists

Sign up for the waitlist if the program you would like to register for is full. We get cancellations from time to time and can fill spots when they come available.



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	\$
46964	TCC MPR 4	Sat	Sept 27-Nov 1	11:30 am-12:15 pm	\$72.75 6 classes
47328	TCC MPR 4	Sat	Nov 8-Dec 13	11:30 am-12:15 pm	\$72.75 6 classes



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)
47529	TCC West Gym	Mon	Dec 22	8:30 am-3:00 pm	\$45.00 1 class
47531	TCC West Gym	Tue	Dec 23	8:30 am-3:00 pm	\$45.00 1 class
47532	TCC West Gym	Mon	Dec 29	8:30 am-3:00 pm	\$45.00 1 class
47533	TCC West Gym	Tue	Dec 30	8:30 am-3:00 pm	\$45.00 1 class
47534	TCC West Gym	Fri	Jan 2	8:30 am-3:00 pm	\$45.00 1 class

OUT-OF-SCHOOL STEM CAMP



This one day camp offers you the chance to engage with top-tier educational hardware, igniting your creativity. You'll work with cutting-edge tools like Microbit, 3D printing, and Vex Robotics, opening doors to endless possibilities. Presented in partnership with the experts at Young Innovators.

AGES 5-12					
Code	Location	Day(s)	Date(s)	Time	\$
47349	TCC MPR 2	Mon	Sept 29	8:30 am-3:00 pm	\$75.00 1 class
47350	TCC MPR 2	Mon	Nov 10	8:30 am-3:00 pm	\$75.00 1 class

NEW! OUT-OF-SCHOOL 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	\$
47354	Brydon Lagoon	Mon	Sept 29	9:00 pm-5:30 pm	\$65.00 1 class
47355	Brydon Lagoon	Fri	Oct 24	9:00 pm-5:30 pm	\$65.00 1 class
47356	Brydon Lagoon	Mon	Nov 10	9:00 pm-5:30 pm	\$65.00 1 class

Note: Brydon Lagoon (5210 196 Street)

PRO-D DAY CAMP

Spend your day off school with us! Pro-D Day Camp includes crafts, sports, outings, theme days, adventure, science, cooking, and much more!

Note: No extended play available.

AGES 5-12					
Code	Location	Day(s)	Date(s)	Time	\$
46973	TCC MPR 2	Fri	Oct 24	8:30 am-3:00 pm	\$45.00 1 class

Extended Play

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

Fall into fun in Langley City

Experience the best of fall in Langley City with a variety of events for the whole family! With colourful leaves and crisp air, it's the perfect time to explore the season.

Our online events calendar can help you plan your season. [Click here](#) to find the next event!

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	\$
46970	TCC MPR 1	Sat	Oct 18	11:45 am-3:45 pm	\$58.00 1 class
46971	TCC MPR 1	Sat	Nov 29	11:45 am-3:45 pm	\$58.00 1 class
46972	TCC MPR 1	Sat	Dec 13	11:45 am-3:45 pm	\$58.00 1 class

Hobbies & Interests

ONE DAY CHEF: COOKIES

Get ready to master the art of cookie baking! Your child can join us and learn the secrets behind crafting scrumptious cookies that will delight their taste buds.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
47341	TCC MPR 1	Fri	Sept 26	5:00 pm-7:00 pm	\$31.75 1 class

ONE DAY CHEF: PANCAKES

Kids will master the art of pancake making in this hands-on cooking class. They will learn the secrets to fluffy, golden-brown pancakes.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
47339	TCC MPR 1	Fri	Oct 3	5:00 pm-7:00 pm	\$31.75 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	\$
47340	TCC MPR 1	Fri	Oct 17	5:00 pm-7:00 pm	\$31.75 1 class

ONE DAY CHEF: DELICIOUS DESSERTS

Your child will indulge their sweet tooth and elevate their culinary skills as they learn how to create a variety of classic desserts.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
47337	TCC MPR 1	Fri	Nov 21	5:00 pm-7:00 pm	\$31.75 1 class

Children

Hobbies & Interests

ONE DAY CHEF: CAKE POPS

These irresistible, bite-sized treats are made of crumbled cake mixed with frosting on a lollipop stick.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
47338	TCC MPR 1	Fri	Nov 7	5:00 pm-7:00 pm	\$31.75 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	\$
47335	TCC MPR 1	Fri	Dec 5	5:00 pm-7:00 pm	\$31.75 1 class
47336	TCC MPR 1	Fri	Dec 12	5:00 pm-7:00 pm	\$31.75 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	\$
46961	TCC Kitchen	Wed	Sept 24-Oct 29	4:00 pm-5:30pm	\$143.50 6 classes
47316	TCC Kitchen	Wed	Nov 5-Dec 10	4:00 pm-5:30 pm	\$143.50 6 classes

NEW! 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	\$
47536	TCC Kitchen	Sat	Sept 27	12:00 pm-2:00 pm	\$31.75 1 class

ONE DAY CREATIONS: BIRDHOUSE CARPENTER

Your child will learn the basics of constructing a charming birdhouse from scratch. They will enjoy the satisfaction of crafting a cozy retreat for our feathered friends while adding a touch of rustic beauty to the outdoors.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
47538	TCC MPR 1	Sat	Nov 22	1:00 pm-3:00 pm	\$31.75 1 class

NEW! ONE DAY CREATIONS: PUMPKIN CARVING

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

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
47537	TCC MPR 1	Sat	Oct 18	1:00 pm-3:00 pm	\$31.75 1 class

Hobbies & Interests

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	\$
47539	TCC Kitchen	Sat	Dec 13	1:00 pm-3:00 pm	\$31.75 1 class

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	\$
46957	TCC MPR 3	Mon	Sept 22-Oct 27	5:00 pm-6:00 pm	\$54.50 5 classes
47305	TCC MPR 3	Mon	Nov 3-Dec 83	5:00 pm-6:00 pm	\$63.50 6 classes

ROCKIN' ROOKIES GUITAR

Introduce your child to the joy of music with our beginner guitar lessons! These fun and interactive classes teach basic chords, strumming, and simple songs. **Please bring your own guitar.**

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
46974	TCC MPR 2	Sat	Sept 27-Nov 1	3:15 pm-4:15 pm	\$60.00 6 classes
47327	TCC MPR 2	Sat	Nov 8-Dec 13	3:15 pm-4:15 pm	\$60.00 6 classes

Science & Technology

NEW! 3D PRINT YOUR FAV VIDEO GAME OR MOVIE CHARACTER

Your child will design, iterate, and 3D print their favourite video game or movie character. They will also learn basic geometry and design principles (size, proportion, symmetry), troubleshoot and refine designs to overcome structural or aesthetic challenges, improve basic computer literacy while gaining experience with the software TinkerCAD. In class, children will complete themed mini-design challenges (for example, recreating a movie spaceship), learn finishing techniques for a polished look. Design, print and take home a keychain and figurine of a favourite character from any video game, anime or movie. Participants are encouraged to bring their own laptops if they have one. If not, laptops will be provided. Presented in partnership with the experts at Young Innovators.

AGES 8-15					
Code	Location	Day(s)	Date(s)	Time	\$
47362	TCC MPR 2	Sun	Sept 21-Nov 2	11:15 am-2:45 pm	\$257.00 6 classes

ROBO JR: BUILD YOUR FIRST SIMPLE MACHINE

Welcome to an exciting hands-on adventure where your child will explore the fascinating world of robotics and simple machines! Each week, they will learn about and build a working model to demonstrate the following concepts: levers, pulleys, gears & gear ratios, wheels & axles, ramps, and springs. The young innovators will take home special projects at the end of selected classes. Presented in partnership with the experts at Young Innovators.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
47361	TCC MPR 2	Sun	Sept 21-Nov 2	9:30 am-11:00 am	\$177.00 5 classes

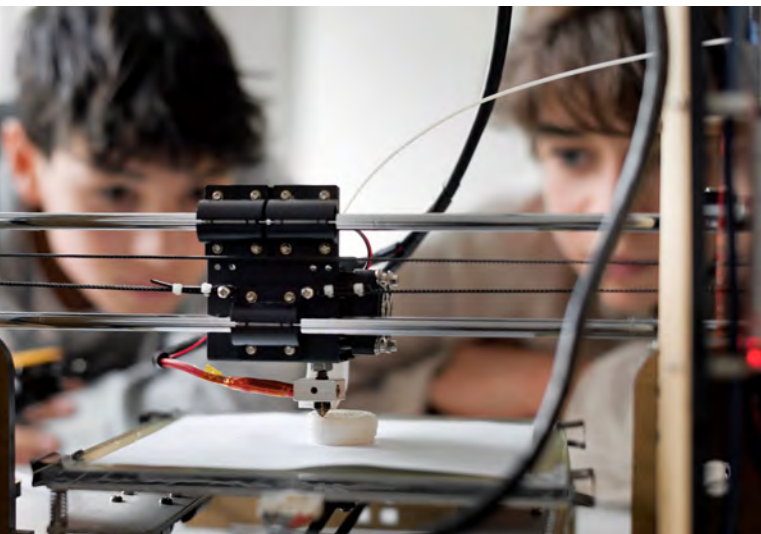
Children

Science & Technology

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	\$
47351	TCC MPR 1	Sun	Sept 14-Oct 5	3:00 pm-4:00 pm	\$75.00 4 classes
47352	TCC MPR 1	Sun	Oct 9-Nov 9	3:00 pm-4:00 pm	\$75.00 4 classes
47353	TCC MPR 1	Sun	Nov 16-Dec 7	3:00 pm-4:00 pm	\$75.00 4 classes



3D PRINTING JR: 3D PRINT YOUR FAVOURITE CREATURE

Your young innovator will learn how simple shapes combine to form complex models. Drag, rotate, align, and group shapes on a touchscreen using the software TinkerCAD. Prepare a custom name tag or keychain for printing. 3D Design a unique animal, real or imagined and get it print-ready. Learn about the parts of a 3D Printer through a live demo, then paint and decorate their creations. At the end of the course, they will even take home their awesome 3D-printed creations! Presented in partnership with the experts at Young Innovators.

AGES 6-8					
Code	Location	Day(s)	Date(s)	Time	\$
47364	TCC MPR 1	Sun	Nov 9-Dec 14	11:15 am-12:45 pm	\$235.00 5 classes

BATTLE BOTS: MARS ROVER MISSION

In this program, teams will design, build, and drive their own VEX IQ Mars rovers. Students will design and build a rover that is capable of conquering challenging terrain, gathering vital samples, and outsmarting their opponents in an action-packed relay. With expert mentor guidance, students will iterate on chassis layouts, wheel choices, and sample-handling mechanisms, sharpening their mechanical design, problem-solving, and teamwork skills. On the last day of class, students will face off in a thrilling head-to-head showdown to win the title of Mars Rover Champion! Presented in partnership with the experts at Young Innovators.

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	\$
47380	TCC MPR 1	Sun	Nov 9-Dec 14	1:00 pm-2:30 pm	\$273.00 6 classes

Science & Technology

DISCOVERY PARTY: MARIE CURIE

Let's celebrate Marie Curie's birthday! Marie Curie was the first female to win a Nobel Prize and the first person to win it twice! Participants will learn about science behind her discoveries with interactive stories, experiments, and baking! Presented in partnership with the experts at Explore Science Club.

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	\$
47357	TCC MPR 2	Sun	Nov 23	1:00 pm-2:30 pm	\$32.50 1 class

ROBO JR: BUILD MAKE MACHINES THAT MOVE

This is a hands-on course designed to introduce young innovators to the fundamentals of robotic movement and control. In this course, students will learn about motorized gears, linkages, and machine optimization. Interact with motors to create movement, design and build their first moving machines, solve real-world challenges using movement mechanics.

Optional take-home STEM Kit: For \$33, your child receives motors, gears, batteries, and step-by-step build instructions to recreate or customize a class contraption at home, letting them keep exploring movement mechanics and proudly display their finished project. Presented in partnership with the experts at Young Innovators.

AGES 6-8					
Code	Location	Day(s)	Date(s)	Time	\$
47363	TCC MPR 2	Sun	Nov 9-Dec 14	9:30 am-11:00 am	\$197.00 5 classes

SANTAS STEAM WORKSHOP: 3D PRINT CUSTOM DECORATIONS

Get your kid into the holiday spirit with our festive 3D printing workshop! In this hands-on session, your child will design and take home their own custom holiday decorations (ornaments, snowflakes, or mini holiday characters). Participants are encouraged to bring their own laptops if they have one. If not, laptops will be provided. Presented in partnership with the experts at Young Innovators.

AGES 6-11					
Code	Location	Day(s)	Date(s)	Time	\$
47382	TCC MPR 2	Sun	Dec 7	11:00 am-12:30 pm	\$42.00 1 class

NEW! SPOOKTACULAR HALLOWEEN: ELECTRONIC JACK-O-LANTERN

This Halloween, let your child's creativity shine, literally! In this hands-on workshop, participants will design and build their very own light-up jack-o'-lantern using simple electronics and building blocks. By the end of the session, each participant will take home their one-of-a-kind mini jack-o'-lanterns. Presented in partnership with the experts at Young Innovators.

AGES 6-11					
Code	Location	Day(s)	Date(s)	Time	\$
47381	TCC MPR 2	Sun	Oct 26	1:30 pm-3:00 pm	\$42.00 1 class

Social Development

LEARN TO PLAY: DUNGEONS & DRAGONS

Embark on an epic adventure! Designed for beginners and those looking to enhance their role-playing skills, this course covers the essentials of Dungeons & Dragons (D&D) including character creation, game mechanics, and storytelling. Participants will explore the rich lore of the D&D universe, learn how to navigate campaigns, and develop their own unique characters. Through interactive sessions and guided gameplay, your child will gain confidence in their abilities as a player. Join us for a journey of imagination, strategy, and camaraderie, and discover the magic of Dungeons & Dragons!

Drop-ins welcome if space permits. \$15.00/visit per person. Dice set available as an optional purchase for \$10. Presented in partnership with the experts at Bookwyrms Games.

AGES 8-10					
Code	Location	Day(s)	Date(s)	Time	\$
47360	TCC MPR 2	Wed	Nov 5- Dec 10	3:30 pm- 5:00pm	\$60.00 6 classes

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	\$
46933	TCC West Gym	Fri	Sept 26- Oct 24	6:45 pm- 7:45 pm	\$54.50 5 classes
47320	TCC West Gym	Fri	Nov 7- Dec 12	6:45 pm- 7:45 pm	\$54.50 5 classes

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	\$
46930	TCC East Gym	Fri	Sept 26- Oct 24	5:45 pm- 6:45 pm	\$54.50 5 classes
47321	TCC East Gym	Fri	Nov 7- Dec 12	5:45 pm- 6:45 pm	\$54.50 5 classes



Sports

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	\$
46927	TCC East Gym	Tue	Sept 23-Oct 28	5:45 pm-6:45 pm	\$54.50 5 classes
47308	TCC East Gym	Tue	Nov 4-Dec 9	5:45 pm-6:45 pm	\$54.50 5 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	\$
46931	TCC East Gym	Wed	Sept 24-Oct 29	5:45 pm-6:45 pm	\$63.50 6 classes
47315	TCC East Gym	Wed	Nov 5-Dec 10	5:45 pm-6:45 pm	\$63.50 6 classes

FUNDAMENTAL BALL HOCKEY

Get ready for some action! An introduction to rules, sport skills, basic physical literacy and fundamental movement skills, followed by game play of ball hockey. Emphasis is on sportsmanship. This outdoor program takes place at the City Park Sports Box.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
46954	City Park Field B	Mon	Sept 22-Oct 27	4:00 pm-5:00 pm	\$54.50 5 classes

Note: City Park (4949 207 Street)

PE HOMESCHOOL GYM

Get ready for some action! This course teaches home school children physical literacy and fundamental movement skills. Children will play a variety of sports and games while gaining confidence in a supportive and engaging environment.

AGES 5-6					
Code	Location	Day(s)	Date(s)	Time	\$
46950	TCC East Gym	Tue	Sept 23-Oct 28	12:15 pm-1:15 pm	\$54.50 5 classes
47309	TCC East Gym	Tue	Nov 4-Dec 9	12:15 pm-1:15 pm	\$54.50 5 classes

AGES 7-13					
Code	Location	Day(s)	Date(s)	Time	\$
46951	TCC East Gym	Tue	Sept 23-Oct 28	1:30 pm-2:30 pm	\$54.50 5 classes
47310	TCC East Gym	Tue	Nov 4-Dec 9	1:30 pm-2:30 pm	\$54.50 5 classes

Children

Visual Arts

CARTOON CREATION

In this class, kids will discover the art of cartoon creation! They will learn character design, storytelling techniques, animation basics, and more. Watch as they unleash their creativity and bring their characters to life!

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
46965	TCC MPR 2	Mon	Sept 22-Oct 27	5:00 pm-6:00 pm	\$72.75 5 classes
47304	TCC MPR 2	Mon	Nov 3-Dec 8	5:00 pm-6:00 pm	\$82.00 6 classes

PLAYFUL PAINTING

Children will explore the world of painting in this beginner-friendly program. Whether your child is picking up a brush for the first time or has an artistic passion, this course is designed to nurture their creativity. Children will learn basic techniques from color mixing to brush strokes, discovering the joy of self-expression on canvas.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
46966	TCC MPR 2	Tue	Sept 23-Oct 28	5:00 pm-6:00 pm	\$72.75 5 classes
47311	TCC MPR 2	Tue	Nov 4-Dec 9	5:00 pm-6:00 pm	\$72.75 5 classes

AIR DRY CLAY

This fun and engaging course introduces kids to the art of sculpting with air dry clay. Participants will learn various techniques to mold, shape, and decorate their clay creations.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
46967	TCC MPR 2	Thu	Sept 25-Oct 30	4:00 pm-5:00 pm	\$82.00 6 classes
47314	TCC MPR 2	Thu	Nov 6-Dec 11	4:00 pm-5:00 pm	\$82.00 6 classes



Children



Shine On

YMCA Child Care coming soon!

YMCA BC is working with the City of Langley and Fraser Health to open a new licensed Infant/Toddler and 3 to 5 full day Child Care program and a Before & After School Care program at the Douglas Recreation Centre. It is anticipated that the program will open in Fall 2025.

To join the waitlist, please visit:
https://onehsn.com/ymcagv/ux_2_0



Our YMCA Child Care programs participate in the province's Child Care Fee Reduction Initiative. In addition, our team can assist families with applying for the Affordable Child Care Benefit and YMCA Financial Assistance.

Youth

12-18 YEARS

NEW! ART CLASSES

Check out our new art classes, presented by Langley Arts Council
See page 44 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	\$
47024	TCC MPR 2	Sat	Nov 15- Nov 22	12:00 pm- 5:00 pm	\$99.00 2 classes

Games & Track Pass

Did you know we have a fully stocked games room with billiards, ping-pong, fooseball, video games and more.

All you need is a Games & Track pass (\$25/year) and you can drop-in and enjoy!

Sign up today at Timms Community Centre.



Health & Wellness

BEAYOUTIFUL FOUNDATION CONFIDENCE PROGRAM



BeaYOUtiful Foundation welcomes female + non-binary children ages 11-14 to join our interactive six-week confidence and self-esteem building program. Work with empowering female leaders and mentors as we cover various topics including gratitude, self-love, positive body image, media literacy and goal-setting in a fun group setting! Whether you come with a friend or leave making new ones, we promise this is a girls group you will want to be a part of! This program is in partnership between the BeaYOUtiful Foundation and Langley City.

AGES 11-14					
Code	Location	Day(s)	Date(s)	Time	\$
46989	TCC MPR 2	Wed	Oct 22- Nov 26	6:30 pm- 8:00 pm	FREE 6 classes

Hobbies & Interests

TIMMS BAKERY

Welcome to Timms Bakery where youth will learn the baking basics and get to create a wide variety of sweets and treats. Youth will learn kitchen safety, how to measure, how to follow a recipe and most importantly - how to clean up the kitchen! Every week will have a new recipe - cookies, muffins, brownies and pastries are all on the menu!

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
46968	TCC MPR 1	Tue	Oct 7- Nov 4	4:30 pm- 6:00 pm	\$105.00 5 classes
46969	TCC MPR 1	Tue	Nov 18- Dec 23	4:30 pm- 6:00 pm	\$126.00 6 classes

Hobbies & Interests

ONE DAY CHEF: BREAKFAST

Learn how to make a variety of breakfast food including pancakes in this special One Day Chef class for youth!

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
47319	TCC MPR 1	Sat	Sept 27	3:00 pm-5:00 pm	\$25.00 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	\$
47301	TCC MPR 1	Sat	Oct 25	3:00 pm-5:00 pm	\$25.00 1 class

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	\$
47318	TCC MPR 1	Sat	Nov 8	3:00 pm-5:00 pm	\$25.00 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	\$
47300	TCC MPR 1	Sat	Dec 20	3:00 pm-5:00 pm	\$25.00 1 class

Performing Arts

LORNE'S GUITAR LESSONS

Get ready to rock in this beginner-friendly youth guitar course! Students will learn the fundamentals of guitar playing, from basic chords and strumming patterns to popular songs they can jam along to. Through hands-on practice and guidance, participants will build confidence, rhythm, and finger strength. Whether they're aspiring soloists or future band members, this course offers a fun and supportive environment for young musicians to start their musical journey. Presented in partnership with the experts at Lorne's Lessons. **Note: Please bring your own guitar**

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
47358	TCC MPR 2	Sat	Sept 27-Nov 1	4:30 pm-5:30 pm	\$60.00 6 classes
47359	TCC MPR 2	Sat	Nov 8-Dec 13	4:30 pm-5:30 pm	\$60.00 6 classes

Science & Technology

NEW! 3D PRINT YOUR FAV VIDEO GAME OR MOVIE CHARACTER

Your child will design, iterate, and 3D print their favourite video game or movie character. They will also learn basic geometry and design principles (size, proportion, symmetry), troubleshoot and refine designs to overcome structural or aesthetic challenges, improve basic computer literacy while gaining experience with the software TinkerCAD. In class, children will complete themed mini-design challenges (for example, recreating a movie spaceship), learn finishing techniques for a polished lookDesign, print and take home a keychain and figurine of a favourite character from any video game, anime or movie. Participants are encouraged to bring their own laptops if they have one. If not, laptops will be provided. Presented in partnership with the experts at Young Innovators.

AGES 8-14

Code	Location	Day(s)	Date(s)	Time	\$
47362	TCC MPR 2	Sun	Sept 21-Nov 2	11:15 am-2:45 pm	\$257.00 6 classes

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	\$
47020	TCC West Gym	Wed	Sept 17-Oct 22	6:00 pm-7:00 pm	\$54.00 6 classes
47021	TCC West Gym	Wed	Nov 5-Dec 10	6:00 pm-7:00 pm	\$54.00 6 classes



BASKETBALL SKILLS & DRILLS: BOYS

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.

BOYS AGES 11-14					
Code	Location	Day(s)	Date(s)	Time	\$
47022	TCC West Gym	Sat	Sept 20-Oct 25	4:00 pm-5:00 pm	\$54.00 6 classes
47023	TCC West Gym	Sat	Nov 1-Dec 13	4:00 pm-5:00 pm	\$54.00 6 classes

Youth

Visual Arts

NEW! MANGA/ANIME DRAWING WORKSHOP

Create your own short comic in this workshop. Participants will first plan out a comic by creating a rough thumbnail sketch. We will then cover the steps of comic creation, such as drawing characters, lettering & speech bubbles, and using different types of panels and camera angles to tell a story effectively. Presented in partnership with the Langley Arts Council.

AGES 9-14					
Code	Location	Day(s)	Date(s)	Time	\$
47627	TCC MPR4	Wed	Sept 24	5:45 pm-7:15 pm	\$20.00 1 class

NEW! CARTOON WORKSHOPS

Create your own short comic in this workshop. Participants will first plan out a comic by creating a rough thumbnail sketch. We will then cover the steps of comic creation, such as drawing characters, lettering & speech bubbles, and using different types of panels and camera angles to tell a story effectively. Presented in partnership with the Langley Arts Council.

AGES 11-14					
Code	Location	Day(s)	Date(s)	Time	\$
47625	TCC MPR4	Wed	Sept 24	4:00 pm-5:30 pm	\$18.00 1 class
47626	TCC MPR4	Wed	Oct 29	4:00 pm-5:30 pm	\$18.00 1 class

Youth Drop In Schedule

MONDAY

• 3:15pm-5:15pm *Youth Open Gym*

TUESDAY

• 3:15pm-5:15pm *Youth Open Gym*

WEDNESDAY

• 3:15pm-5:15pm *Youth Open Gym*

THURSDAY

• 3:15pm-5:15pm *Youth Open Gym*
• 5:00pm-7:30pm *Girls Social*

FRIDAY

• 3:15pm-5:15pm *Youth Open Gym*

SATURDAY

• 3:45pm-5:45pm *Youth Open Gym*
• 6:00pm-9:30pm *Youth Night*

Open Gym

Basketball, pickleball, volleyball, badminton, soccer - everything is game! All equipment provided.

Girls Night

Crafts, Snacks, Chats. Repeat. Check the activity calendar for our weekly activity. Facilitated by city staff.

Youth Night

Games, sports, crafts, food and lots of fun competitions all night long-there's something for everyone! Just remember...Girls only!

Contact the Youth Programmer: 604.514.2999

Programs & Services Offered at Encompass:

Child and Family Programs

- Providing services to the Langley communities since 1995, our agency takes pride in offering a variety of children and family programs that continue to support families within the Langley communities. We work with a variety of partners and funding agencies to ensure these programs are both sustainable, and reach the needs of a growing Langley.
- Family Place Resource and Outreach Centre
- Pregnant and Parenting Youth
- Best Babies of the Langleys
- Nobody's Perfect Parenting Program
- Community Outreach
- Early Years Family Navigation
- Spanish Family Programs
- Encompass Bright Beginnings Childcare Centre

Youth and Family Programs

- ESSS provides programs that are designed to support families and youth before, during and after concerns arise. We plan, develop, facilitate and operate programs that not only respond to individual needs, but also the needs of the community as a whole.
- Langley Youth Resource Centre & Youth Hub
- Youth Outreach
www.langleyyouthhub.com
- Friends of Dorothy 2SLGBTQIA+ support
- Integrated Youth and Family Services
- Family Mediation/Reunification and Parent Support
- One-on-One Youth Support Services
- Specialized Home Support Services
- Foundry Langley - Free and confidential access to mental health and substance use support, primary care, peer support and social services
- Ages 12-24 and their families/supporters
- Drop-in Monday/Tuesday/Wednesday from 2-7pm
- Youth Social Space drop-in M/T/W from 2-7PM
www.foundrybc.ca/langley

Trauma Support Services

- Trauma Therapy Program Counselling
- Sexual Abuse Support Services Counselling
- HEART Program Counselling (Healing, Exploring and Restoring Together)
- Sexual Assault Services Navigation
www.encompasscounsellingservices.com

Coming Soon

- Langley Child and Youth Advocacy Centre (CYAC) will provide collaborative services designed to provide a coordinated response to child abuse and crimes against children and youth. CYACs connect children, youth and their families to services designed to meet their unique needs, and assist them to navigate any system they may encounter such as medical, criminal justice, and child protection.



Strengthening Community

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



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



Website



Donate



Membership



YOUR FUTURE STARTS HERE

Make an impact,
Apply today!

[LangleyCity.ca/Careers](https://langleycity.ca/Careers)



Adult

19+ YEARS



TRY SOMETHING NEW!

Get out of your comfort zone
and learn something new.
See pages 48-52 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	\$
42491	TCC Front Desk	Tue	Sept 3	11:00 am-8:00 pm	\$6.00 1 bag
42492	TCC Front Desk	Tue	Oct 7	11:00 am-8:00 pm	\$6.00 1 bag
42493	TCC Front Desk	Wed	Nov 4	11:00 am-8:00 pm	\$6.00 1 bag
42494	TCC Front Desk	Wed	Dec 2	11:00 am-8:00 pm	\$6.00 1 bag

Hobbies & Interests

NEW!

TOASTMASTERS SPEECHCRAFT



Want to finally conquer your fear of public speaking in front of any audience? Toastmasters Speechcraft is your fast tract to clear, impactful communication in just a few sessions. Gain real world speaking experience, personalized feedback and leadership growth. Whether you're presenting at work, pitching ideas, or networking, Speechcraft gives you the tools to shine.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47540	TCC MPR 3	Wed	Nov 5- Dec 10	7:00 pm-9:00 pm	\$50.00 6 classes

Peforming Arts

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)
47365	TCC MPR 3	Wed	Sept 10- Dec 1	3:00 pm-4:00 pm	\$32.00 4 classes
47366	TCC MPR 3	Wed	Oct 8- Nov 5	3:00 pm-4:00 pm	\$40.00 5 classes
47367	TCC MPR 3	Wed	Nov 12- Dec 10	3:00 pm-4:00 pm	\$40.00 5 classes

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)
47371	TCC MPR 3	Tue	Sept 9-Oct 21	7:00 pm-8:30 pm	\$60.00 6 classes
47372	TCC MPR 3	Tue	Oct 28-Dec 9	7:00 pm-8:30 pm	\$70.00 7 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)
47375	TCC MPR 3	Fri	Sept 12-Oct 17	7:00 pm-8:30 pm	\$60.00 6 classes
47376	TCC MPR 3	Fri	Oct 24-Dec 12	7:00 pm-8:30 pm	\$80.00 8 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)
47373	TCC MPR 3	Thu	Sept 4-Oct 23	7:00 pm-8:30 pm	\$80.00 8 classes
47374	TCC MPR 3	Thu	Oct 30-Dec 11	7:00 pm-8:30 pm	\$70.00 7 classes

NEW! BELLY DANCE WORKSHOP SIZZLING SHIMMIES

Unlock the power of a variety of shimmies then discover the beauty of layering them with basics dance movements.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47377	TCC MPR 3	Sun	Sept 28	12:30 pm-2:00 pm	\$25.00 1 classes

NEW! BELLY DANCE WORKSHOP - UNLOCK THE MYSTERY OF VEILS

Discover the grace and beauty of working with veils. Learn the merits of different types of veils, their movement and other useful tips and tricks.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47378	TCC MPR 3	Sun	Oct 26	12:30 pm-2:00 pm	\$25.00 1 classes

NEW! BELLY DANCE WORKSHOP - ZILLS, SAGAT AND FINGER CYMBALS

Learn the basic use and rhythms and going through the basics of how to select your own set. Dive into the amazing world of Middle Eastern rhythms and how to use them as you dance.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47379	TCC MPR 3	Sun	Nov 23	12:30 pm-2:00 pm	\$25.00 1 classes

Performing Arts

DANCE SAMPLER: FOX TROT & TANGO

Learn the basics of the fox trot along with the elegance and romance of the tango. No partner required.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47369	TCC MPR 3	Fri	Oct 10- Nov 7	5:30 pm- 6:30 pm	\$40.00 5 classes

DANCE SAMPLER: JIVE

Learn the basics and you will be the envy of the dance floor. No partner required.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47370	TCC MPR 3	Fri	Nov 14- Dec 12	5:30 pm- 6:30 pm	\$40.00 5 classes

DANCE SAMPLER: TWO STEP

Introduction to two step. Learn the basics so you can kick up your heels on the dance floor! No partner required.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47368	TCC MPR 3	Fri	Sept 12- Oct 3	5:30 pm- 6:30 pm	\$32.00 4 classes

Try-It for free!

Try line dancing, jive and belly dance before you register. Sign up early to secure your spot in class.

47503 September 3 7:00pm-9:00pm FREE



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

FOOD & FRIENDS

Enjoy great food and great conversation with a variety of guest speakers from the community. Meal includes: soup, sandwich, dessert and beverage for only \$8/person. Pre-registration is mandatory to reserve your space. Brought to you by Langley City, Langley Meals on Wheels and Bellevue Park Senior Living.

AGES 55+:					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47384	TCC MPR 2	Mon	Sept 8	11:30 am-1:00 pm	\$8.00 1 class
47385	TCC MPR 2	Mon	Oct 27	11:30 am-1:00 pm	\$8.00 1 class
47386	TCC MPR 2	Mon	Nov 10	11:30 am-1:00 pm	\$8.00 1 class
47387	TCC MPR 2	Mon	Dec 8	11:30 am-1:00 pm	\$8.00 1 class

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)
47297	TCC Gym	Thu	Sept 18-Oct 9	6:30 pm-7:30 pm	\$48.00 4 classes
47298	TCC Gym	Thu	Oct 16-Nov 6	6:30 pm-7:30 pm	\$48.00 4 classes
47299	TCC Gym	Thu	Nov 13-Dec 4	6:30 pm-7:30 pm	\$48.00 4 classes

Visual Arts

NEW! WATERCOLOUR & ACRYLICS

Expand your creative expression by learning how to paint with acrylics and watercolours! During this hands-on workshop, be inspired by your own creative freedom and learn from great works of art. Work with subject matters ranging from reference photos to abstraction and imagination.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47664	TCC MPR 4	Sun	Sept 28- Nov 16	10:00 am- 1:00 pm	\$230.40 7 classes

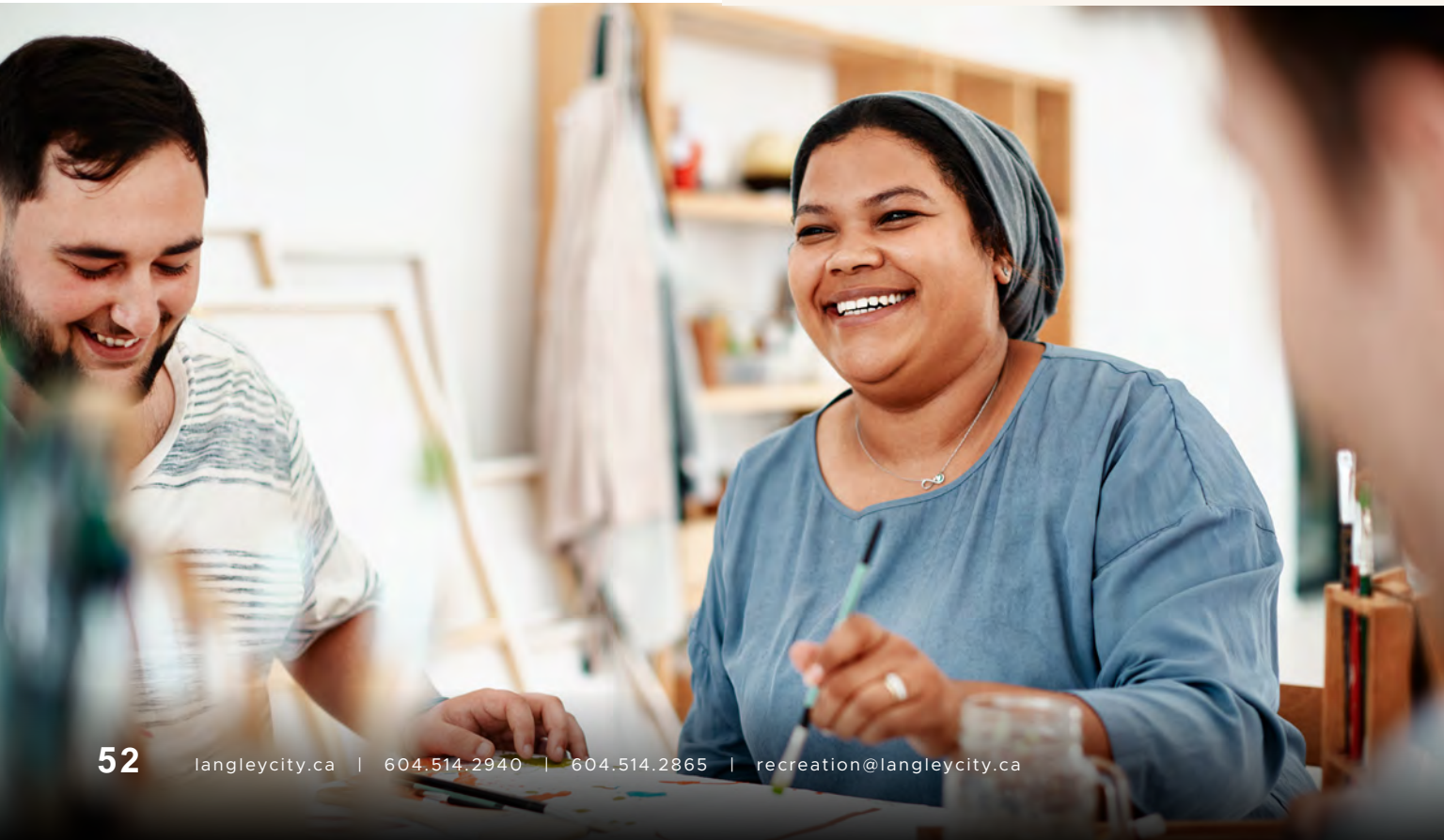
Langley City eNewsletters

CITY CONNECTS

Get updates on major City news, projects, initiatives, events, and special announcements. **Sign up today!**

RECREATION INSIDER

Get updates all things recreation - programs, events, facility updates, seasonal offerings and more! **Sign up today!**





NEW!

Food & Friends

at Timms Community Centre

Sept 8 11:30am-1:00pm

Oct 27

Nov 10

Dec 8

\$8

Enjoy soup, a sandwich, dessert and beverage in the company of friends, while listening to guest speakers each month.



Register by calling **604.514.2940**, online with credit card or in person at Timms Community Centre (20399 Douglas Crescent)



Langley City

**BROUGHT TO YOU BY
LANGLEY MEALS ON WHEELS
& BELLEVUE PARK
SENIOR LIVING**



BELLEVUE PARK
— SENIOR LIVING —





Learn Active Engage Explore Connect

Inclusive recreational,
social and wellness
programs for people

50+



- Line Dancing
- 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!

Home of the 'Monday Morning Talk Show!'

See everything the Langley Senior
Resources Society offers! www.lsrcs.ca



Langley Senior
RESOURCES SOCIETY

20605 - 51B Ave, Langley
604-530-3020 | Email: info@lsrcs.ca
www.lsrcs.ca

LOOKING TO VOLUNTEER? *Learn more at lsrcs.ca*

Gymnasium

SINGLE SESSION

**SIGN UP
3 DAYS IN ADVANCE**

for single session
gymnasium programs



Admission Rates

PRICING & PASSES

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

	Child*** (4-12 years)	Youth (13-18 years)	Student with valid ID	Adult (19+ years)	Senior (60+ years)	Family**
Single Session*	\$2.90	\$4.30	\$4.30	\$5.80	\$4.30	n/a
10 Visit Pass	\$26.00	\$38.80	\$38.80	\$52.00	\$38.80	n/a
20 Visit Pass	\$46.20	\$69.00	\$69.00	\$92.40	\$69.00	n/a
1 Month Pass	\$34.70	\$51.70	\$51.70	\$69.30	\$51.70	\$138.60
3 Month Pass	\$78.00	\$116.25	\$116.25	\$156.00	\$116.25	\$311.85
6 Month Pass	\$117.00	\$174.35	\$174.35	\$233.90	\$174.35	\$467.80
1 Year Pass****	\$187.20	\$279.00	\$279.00	\$374.25	\$279.00	\$748.45

Valid for: Weight Room, Fitness Track, Games Room, Single Session Gymnasium, and Single Session Fitness.
Excludes Parent & Tot Roaming Rascals. **All passes expire 2 years from the date of purchase.**

*Single Session is valid for 1 program entry only.

**Family: a combination of 1-2 adults (parents, guardians or grandparents) plus children 18 years and under who reside in the same household (maximum 2 adults per family)

***Children 3 years old and under are free

****The 1 Year pass can be put on hold once, for up to 2 months. Payments continue as scheduled.

1 Year Games & Track Pass (4+years)	\$25.00 per person
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Valid for: Fitness Track, Games Room, Youth Drop-In Programs and 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 45 min
Book	TCC	Sun	Sept-Dec	6:30 pm-7:15 pm	\$11.00 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 56** for rates. We recommend registering for Single Session activities up to 3 days in advance.

(All ages 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+ or 16+) **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



REGISTER
NOW

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.

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.

(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

(60 minutes) BOLLY-X™

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.

CARDIO COMBO STRETCH (60 minutes)

Moderate Intensity; Moderate impact

40 minutes of toning your upper and lower body using light weights, bands and a variety of body weight exercises with cardio bursts in between. The final 20 minutes will focus on stretching and flexibility training using foam rollers and yoga poses to open your hips and shoulders while relieving tight muscles.

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.

Note: Circl mobility express: 45 minutes

NEW! CORE PLUS (45 minutes)

Moderate Intensity; Low impact

Strengthen your body while improving your flexibility and mental focus using resistance bands for a full body workout. This class will include resistance pilates and strength exercises followed by a stretch and flexibility session to cool down and limber up. This program targets your core focusing on strength and alignment - engaging all of your muscles for a body transforming workout. All equipment provided.

Fitness Classes

(45 minutes) CORE EXPRESS

Moderate Intensity; Low impact

A challenging class that targets your abs, obliques, back and legs to activate and strengthen core muscles. Targeted balance and core exercises using a variety of bands, balls and bodyweight exercises. Mat work included, participants must be comfortable getting to and from the floor.

(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.

(60 minutes) FLOW YOGA

Low Intensity; Low impact

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

(60 minutes) FRIDAY MASH-UP

Moderate Intensity; Moderate impact

Join us for Friday fun day! This class is a mash up of old-school aerobics, cardio dance, and strength building exercises. Every week will be different - STEP, Zumba, HIIT and everything in between. What is consistent is you will get your body moving and energy levels soaring with a smile on your face. Beginners welcome. Participants must be comfortable getting to and from the floor.

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.

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

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!

Fitness Classes

(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.

(45 minutes) **POUND™**

High Intensity; Moderate impact

Rockout. Workout. Release your inner rockstar in this music-driven, drumming-inspired workout. Combining cardio, strength training and plyometrics with Ripstix drumsticks and energizing music for a full body workout. In addition to the benefits to your body, this class will also improve your rhythm, coordination and agility while relieving stress.

(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. Routines focus on hips, spine, ankles, wrists and shoulder joints. Beginners welcome!

(45 minutes) **SCULPT & CORE**

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 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!

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 & TRX (75 minutes)

High Intensity; Low impact

Combine 30 minutes of calorie burning spin with 30 minutes of TRX strength training and a limbering stretch session and you will feel exhilarated, toned and limber! Expect lots of sweat and lots of fun!

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.

Fitness Classes

(60 minutes) STRENGTH CIRCUIT

Moderate Intensity; Low impact

A mix of body conditioning and resistance training to build strength and muscular endurance. Move through a variety of stations targeting different muscle groups to tone up and shred body fat. Using a variety of equipment and body weight exercises you will boost your metabolism and work your entire body. End the class with a limbering and calming yoga stretch session.

(45 minutes) NEW! STRETCH & ROLL

Low Intensity; Low impact

Improve your flexibility, soothe sore muscles and prevent injury using foam rollers and guided flexibility exercises. Release knots caused by muscular imbalance, over-use and injuries while increasing your range of motion and mobility. Your glutes, hamstrings, back, calves, and quads will thank you! Participants must be comfortable getting to and from the floor.

(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.

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 to help release body tension.

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 as you benefit from the mental practice and breathing exercises for whole body health. No previous experience needed. Beginners welcome.

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™ (45 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!

Weight Training

PERSONAL TRAINING

Timms Community Centre - Weight Room

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*

BUY A PASS AND SAVE!

Purchase 10 visits or a monthly pass to save on your admission cost. See **page 56** for details or ask at the front desk.



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



TIMMS COMMUNITY CENTRE 20399 DOUGLAS CRESCENT

FITNESS TRACK

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



\$25/YEAR

GAMES ROOM

FUN FOR ALL AGES

SIGN UP AT TIMMS COMMUNITY CENTRE 20399 DOUGLAS CRESCENT

Active Aging

ACTIVAGE FUNCTIONAL MOVEMENT



Functional training focuses on improving activities associated with daily living, strengthening muscles used day-to-day (bending, lifting, stretching). Each class incorporates physical activities that engage participants, and features in-class discussions and resources to improve overall health and physical well-being. Offered in partnership with British Columbia Recreation & Parks Association (BCRPA).

AGES 55+ FOR CHOOSE TO MOVE PARTICIPANTS ONLY

Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
45666	TCC MPR 3	Sat	Sept 27-Nov 29	9:00 am-10:00 am	FREE

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)
46378	TCC MPR 2	Wed	Sept 10-Oct 29	10:00 am-11:30 am	\$60.00 8 classes
46379	TCC MPR 2	Wed	Nov 5-Dec 10	10:00 am-11:30 am	\$45.00 6 classes

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)
45663	TCC MPR 2	Sat	Sept 13	11:30 am-1:00 pm	FREE

Code	Location	Day(s)	Date(s)	Time	\$
45664	TCC MPR 2	Sat	Sept 27-Nov 29	11:30 am-1:00 pm	FREE

Oh no! We had to cancel.

To ensure that the courses you are interested in don't get cancelled, please register at least one week in advance of the start date.

Register early to get your spot!



Fall Prevention & Mobility 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)
46005	TCC Fitness Rm	T/Th	Sept 2-Sept 25	10:00 am-11:00 am	\$56.00 8 classes
46006	TCC Fitness Rm	T/Th	Oct 7-Oct 30	10:00 am-11:00 am	\$56.00 8 classes
46007	TCC Fitness Rm	T/Th	Nov 4-Dec 11	10:00 am-11:00 am	\$77.00 11 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)
46011	TCC MPR 3	T/Th	Sept 2-Sept 25	12:45 pm-1:30 pm	\$68.00 8 classes
46012	TCC MPR 3	T/Th	Oct 7-Oct 30	12:45 pm-1:30 pm	\$68.00 8 classes
46013	TCC MPR 3	T/Th	Nov 4-Dec 11	12:45 pm-1:30 pm	\$93.50 11 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)
46009	TCC MPR 3	Tue	Sept 2-Oct 28	11:30 am-12:30 pm	\$64.00 8 classes
46928	TCC MPR 3	Th	Sept 4-Oct 30	8:30 am-9:30 am	\$72.00 9 classes
46010	TCC MPR 3	Tue	Nov 4-Dec 9	11:30 am-12:30 pm	\$40.00 5 classes
46929	TCC MPR 3	Thu	Nov 6-Dec 11	8:30 am-9:30 am	\$48.00 6 classes

HATHA YOGA

This slower style of yoga is ideal for those looking for some gentle movement and stretching. Feel lighter while finding calm and balance in your mind and body. No experience needed, participants must be comfortable getting to and from the floor.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
46659	TCC MPR 3	Wed	Sept 10-Oct 29	6:15 pm-7:15 pm	\$72.00 8 classes
46660	TCC MPR 3	Wed	Nov 5-Dec 10	6:15 pm-7:15 pm	\$54.00 6 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)
46014	TCC MPR 3	Thu	Sept 4-Oct 30	11:30 am-12:30 pm	\$72.00 9 classes
46015	TCC MPR 3	Thu	Nov 6-Dec 11	11:30 am-12:30 pm	\$48.00 6 classes



Yoga & Pilates

PILATES MAT CLASS: LEVEL 1

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)
46380	TCC MPR 3	Thu	Sept 11-Oct 30	4:45 pm-5:45pm	\$72.00 8 classes
46381	TCC MPR 4	Thu	Nov 6-Dec 11	4:45 pm-5:45 pm	\$54.00 6 classes

PILATES MAT CLASS: BEYOND THE BASICS

Wake up and recharge with this dynamic small group class. Using a variety of props including: pilates rings, balls and straps, participants will build on the basic pilates techniques with more challenging movements at a faster pace. Traditional pilates is infused with barre and yoga poses for the ultimate full body workout. Participants must be comfortable getting to and from the mat. Previous pilates experience is recommended.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
46376	TCC MPR 3	Wed	Sept 10-Oct 29	8:45 am-9:45 am	\$72.00 8 classes
46377	TCC MPR 3	Wed	Nov 5-Dec 10	8:45 am-9:45 am	\$54.00 6 classes

MINDFULNESS & GENTLE MOVEMENT

Participants will be guided through a variety of mindfulness practices and gentle movements to help calm the mind and body while bringing awareness to the present moment. Gentle movements will include range of motion, flexibility and balance exercises to increase strength and overall well-being. Both standing and sitting exercises will be included.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
47269	TCC MPR 3	Sat	Sept 13-Oct 25	1:15 pm-2:00 pm	\$59.50 7 classes
47270	TCC MPR 3	Sat	Nov 1-Dec 13	1:15 pm-2:00 pm	\$59.50 7 classes

ZUMBA GOLD

This lower intensity program is suitable for older adults or those with physical and/or mental impairments that would benefit from a slower-paced class. Each week will add more moves building up your stamina and repertoire each class. No dance experience required, suitable for all fitness levels. Enjoy the zesty Latin music and move at your own pace!

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
46907	TCC MPR 3	Fri	Sept 19-Oct 31	12:00 pm-12:45 pm	\$26.25 7 classes
46908	TCC MPR 3	Fri	Nov 7-Dec 12	12:00 pm-12:45 pm	\$22.50 6 classes



ALL
AGES

Community Events

Events



Event Highlights

LANGLEY CITY FILM FESTIVAL

October 18

Langley Community Music School

Hosted by: Langley City Arts, Recreation, Culture, and Heritage (ARCH) Committee, the Langley Arts Council, Langley Community Music School, and the Langley City Recreation, Culture & Community Services Department.

Film Festival featuring short films by youth and adult. Tickets for individual shows or weekend packages available [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 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.



Christmas Wish Breakfast
Newlands Golf & Country Club

Event details are subject to change. For the most up-to-date event information, visit LangleyCity.ca/events

TERRY FOX RUN

SEPTEMBER 14, 2025

A group of runners, including a woman in a white shirt and black shorts in the foreground, are running on a paved road. The background shows a sunset or sunrise sky with orange and blue hues. A large, bold, white 'FINISH' text is overlaid across the center of the image.

FINISH

REGISTRATION: 9:00AM RUN START TIME: 10:00AM
DOUGLAS PARK • 20550 DOUGLAS CRESCENT



NOVEMBER 11
10:50AM

DOUGLAS PARK
CENOTAPH

20550 Douglas Crescent

LEST WE FORGET

REMEMBRANCE DAY 2025

MEMORIAL SERVICE

*Honour the fallen, retired, and still serving members
of the different forms of Canada's Military.*

**WEAR YOUR POPPY
WITH PRIDE**

& support your local veterans association

TO LAY A WREATH AT
THE CEREMONY, CONTACT
EVENTS@LANGLEYCITY.CA OR CALL
604.514.2940



Save the date: December 6

Timms Community Centre • 20399 Douglas Crescent

Join us
for this outdoor
festival & kick off
the holiday season.

- Featuring festive fun for
the entire family!
- Music, entertainment, food, vendors



[Click here to apply to be a vendor.](#)

Deadline August 29, 2025



GET
OUTSIDE

Parks

Parks



The City boasts several parks and trails that are sure to thrill any nature lover. The Muckle Creek trail takes you on a fabulous tour of Sendall Gardens. Passing the legacy garden, tropical greenhouse, and water feature. Not only is Sendall Gardens a great place to take a walk, it's a popular setting for engagement and wedding photos. Park access points on 49, 49A, and 50 Avenues.

Brydon Lagoon Nature Trail will take you on a tour of Brydon Lagoon, a magnificent wildlife sanctuary. The trail goes around the lagoon and has connectivity to the Rotary Nicomekl Trail and to Hi-Knoll Park in Surrey. This area is a bird lovers paradise.

Beginning at Buckley park on the western boundary, the Power Line trail follows the BC Hydro right-of-way east through the City and eventually brings you to the Uplands Dog-off Leash Park and the Dog Park Loop Trail at 206 Street.

Help keep our parks clean and beautiful. When you visit a Langley City park, make sure you pack out all of your waste.

Trail Map

AVAILABLE NOW: UPDATED TRAIL MAP



This pocket-sized pull out map will help you find new adventures in Langley City.

You and your family can explore the various parks, trails and playgrounds by foot, or bike.

Pick one up at Timms Community Centre, Langley City Hall, or **view online.**

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 | | Community Parks | | | | | |
|---------|---------------------------------|-----------------------|---------------------------|---------------------|--|----|---------------------------------------|
| A | Alice Brown Elementary | 1 | Douglas Park | D | Timms Community Centre | 4 | Linwood Park |
| B | Blacklock Elementary | 2 | City Park | E | Langley Seniors Recreation and Resource Centre | 5 | Nicholas Park |
| C | Douglas Park Community School | 3 | Sendall Gardens | F | Langley Community Music School | 6 | Nicomelk Park |
| D | Uplands Elementary | 4 | Buckley Park | G | Langley Lawn Bowling | 7 | Conder Park |
| E | Nicomelk Elementary | 5 | Uplands Dog Park | H | McBurney Lane | 8 | Penzer Park & Penzer Bike Skills Park |
| F | Simonds Elementary | | | I | Spirit Square | 9 | Iris Mooney Park |
| G | H.D. Stafford Middle School | Recreation Facilities | | Neighbourhood Parks | | 10 | Rotary Centennial Park |
| H | Kwantlen Polytechnic University | A | Douglas recreation Centre | 1 | Portage Park | 11 | Dumais Park |
| | | B | Langley Twin Rinks | 2 | Brydon Park | 12 | Zazulak Park |
| | | C | Al Anderson Memorial Pool | 3 | Hunter 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
Brydon Park 198 St. & 53 Ave.	◆	◆	◆		◆	◆		◆	◆		
Buckley Park 196 St. & 48 Ave.	◆		◆			◆				◆	
City Park 207 St. & 48 Ave.	◆	◆	◆	◆	◆	◆		◆		◆	Outdoor Pool, Lacrosse Box
Conder Park 198 St. & 50 Ave.	◆	◆	◆			◆		◆			
Douglas Park 206 St. & Douglas Cr.	◆	◆	◆	◆		◆	◆		◆		Pickleball Courts, Hockey Box
Dumais Park 208 St. & 57 Ave.			◆								
Hunter Park 199 St. & 45A Ave.			◆			◆					
Iris Mooney 209 St. & 47 Ave.			◆								
Langley Prairie 20060 Fraser Hwy.						◆					
Linwood Park 201A St. & Michaud Cr.	◆	◆	◆		◆		◆		◆	◆	
Nicholas Park 209 St. & 50A Ave.	◆	◆	◆	◆							Tennis Court
Nicomekl Park 208 St. & 54 Ave.		◆				◆					
Penzer Park 198C St. & 47 Ave.	◆	◆	◆			◆			◆		Bike Park, Parkour Course, Pump Track
Portage Park 204 St. & 51 Ave.	◆	◆	◆			◆			◆		Euro Court
Rotary Centennial 20869 Fraser Hwy.	◆		◆				◆	◆		◆	
Sendall Gardens 201A St. & 50 Ave.	◆	◆				◆					Tropical Greenhouse
Upland Dog-Off Leash Park 206 St. & 44 A Ave.	◆	◆			◆	◆					

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



Your library has it all.

STEAM learning • ebooks • audiobooks • music • streaming video • and more!

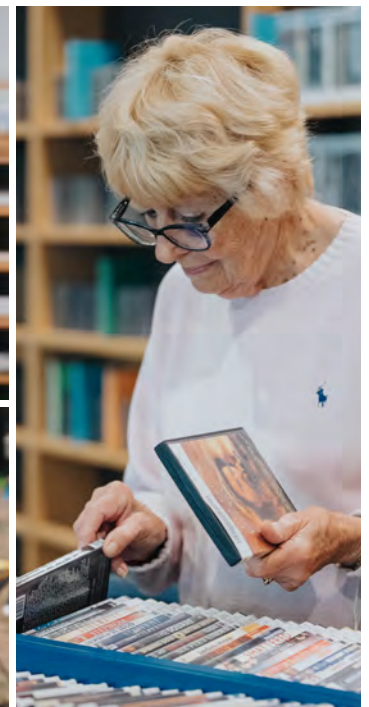


Experience the Playground at FVRL — a collection of innovative items supporting STEAM learning, healthy living and environmental sustainability.



Explore our Playground lending items:

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





ONGOING EVENTS

Titles and Tea Book Club

**Third Tuesday of every month,
2 pm – 3 pm**

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 served and if you would like to join the book club, please talk to our staff.

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.

Drop-In Tech Help

**Third Friday of every month,
10:30 am – 12 pm**

Join our library staff to learn new programs and techniques on your own devices or on library computers. Bring in your questions and remember your password before coming to the library. We need this information to help you solve problems faster.

Babytime

**Every Monday, 2 pm – 2:30 pm
(Except Sep 1, Oct 13 is a STAT Holiday)**

Make language fun! Start early with Babytime. Help your baby develop speech and language skills. Enjoy bouncing, singing and rhyming with stories. Babytime is a fun, social bonding activity for babies and caregivers. This program is best suited to children ages 0 to 2. Nov 24th Babytime 101 will be a special Babytime from 2 – 3:30 pm. *Looking for more Babytime fun? Check out our on-demand content on Facebook or YouTube.*

Storytime

**Every Thursday, 10:45 am – 11:15 am
(Except Oct 2 Mad Hatter Extended Storytime, Oct 30 Halloween Extended Storytime, Dec 11 Holiday Extended Storytime and Dec 25 is a STAT Holiday)**

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.*

LEGO® Club

**Every Monday, 4 pm – 5:30 pm
(Except Sep 1, Oct 13 is Stat Holiday)**

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.

SPECIAL EVENTS

Wednesday Wonders Colouring Club

**Wednesday Sep 3, Oct 1, Nov 5,
10:30 – 11:30 am**

Let's make our Wednesdays wonderful! This is a drop in program for adults and teens with developmental disabilities and their caregivers. Participants join library staff in fun activities. The themes for autumn/winter 2025 are:

- September – Playful Puzzles
- October – Halloween Hijinks
- November – Autumn Awesomeness
- December – Wintry Wonder

Table Top Game Night

**Last Wednesday of the month,
5:30 – 7:30 pm**

Calling all Tabletop gamers! Join us at the library to play tabletop games (boardgames, card games, & more)! We will have games like CHESS, UNO, CATAN, and SCRABBLE plus many more! Players of all ages and abilities are welcome! Light refreshments & snacks will be provided! Young children must be accompanied by an adult. It is a free drop in event.

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

Thursday Sep 11 and Nov 13, 3:30 – 4 pm

It's time to blow off some S.T.E.A.M.! Join us every month for a hands-on activity featuring one of the five S.T.E.A.M. themes: Science, Technology, Engineering, Art and Math. All children are welcome, best suited for ages 7-12.

S.T.E.A.M. – Build With Magformers

Thursday Sep, 9 3:30 – 4:30 pm

Calling all engineers! Join us for a fun after school event of building cool things with magnetic Magformers! Use the power of science to build whatever you can imagine. Drop in program best suited for ages 5+. Children under 10 must be accompanied by an adult.

Creepy Guessing Game

Tuesday Oct 21, 5 – 6 pm

Are you brave enough to stick your hand inside the mystery jars? Can you guess what the spooky and gross things inside are? If you guess right, you'll get a small treat. Drop in program for all ages.

Speed Puzzling

Tuesday Nov 18, 5:30 – 7:15 pm

How fast can you put together a jigsaw puzzle? Test your speed in groups of up to 4 people. Small prizes will be rewarded. Register online. Best suited for ages 8+.

Gift Wrapping Social

Tuesday Dec 16, 6 – 7 pm

Wrapping presents alone is no fun. Come to the library for a couple of hours and wrap them with old and new friends instead! We will provide tape and some wrapping paper as supplies last, but please bring your own if you have specific patterns you love. And don't forget your holiday spirit! Drop in program for adults.

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.



LANGLEY CITY

RECREATION, CULTURE & COMMUNITY SERVICES

20399 Douglas Crescent

Langley, BC V3A 4B3

P: 604.514.2940

E: recreation@langleycity.ca