



Spring Recreation Guide

APRIL *to* JUNE 2026

AL ANDERSON MEMORIAL POOL

OPENING
**April
13**

We've added more swim lessons

Beginning April 13, our heated outdoor pool will be open seven days a week, offering more opportunities for lessons, leisure swims, fitness, and family time.

APRIL 13-SEPTEMBER 28

Enjoy everything Al Anderson Memorial Pool has to offer this season!

SCHEDULES AVAILABLE ONLINE

- **Swimming Lessons:**
Register online or in person starting March 4 (Spring) and April 29 (Summer)
- **Public Swimming:**
Fun for the whole family! All season long!



604.514.2860
swim@langleycity.ca

4949 207 Street
Langley, BC

Recreation, Culture & Community Services

SWIM REGISTRATION
starting MARCH 4
GENERAL REGISTRATION
starting MARCH 6

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

HOW TO REGISTER:



ONLINE

LangleyCity.ca

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



PHONE

604.514.2940 TCC
604.514.2865 DRC (March 16)
604.514.2860 AAMP (April 13)



IN PERSON

Timms Community Centre
20399 Douglas Crescent

Douglas Recreation Centre (opens March 16)
20550 Douglas Crescent

Al Anderson Memorial Pool (opens April 13)
4949 207 Street

NEW! REFUND POLICY:

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

Exceptions include: Day Camps, all aquatic programs and lessons, and one-day programs.

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

PROGRAM CANCELLATIONS:

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



PARTNERSHIP PROGRAM: Program is brought to you in collaboration with a community partner.

Not eligible for Leisure Access Grants.

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Connect With Us



**AL ANDERSON
MEMORIAL POOL**
4949 207 Street
604.514.2860

OFFICE HOURS **April 13-May 3**
 •Mon-Fri 3:30 pm to 10:00 pm
 •Saturdays 1:00 pm to 8:00 pm
 •Sundays 1:00 pm to 8:00 pm

OFFICE HOURS **May 4-June 30**
 •Mon-Fri 7:00 am to 10:00 pm
 •Saturdays 9:00 am to 8:00 pm
 •Sundays 12:00 pm to 8:00 pm

**DOUGLAS
RECREATION CENTRE**
20550 Douglas Crescent
604.514.2865

OFFICE HOURS
 •Mon-Fri 8:30 am to 4:30 pm
 •Saturdays Closed
 •Sundays Closed
***Opening March 16**

**TIMMS
COMMUNITY CENTRE**
20399 Douglas Crescent
604.514.2940

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

GAMES ROOM HOURS
 •Mon-Fri 8:30am to 10:00pm
 •Saturdays 8:00am to 5:30pm
 •Sundays 8:00am to 8:00pm

FITNESS TRACK HOURS
 •Mon-Fri 6:00am to 10:00pm
 •Saturdays 8:00am to 6:00pm
 •Sundays 8:00am to 8:00pm

WEIGHT ROOM HOURS:
 Please see **page 69** for details.

FACILITY HOLIDAY HOURS

DATE	AAMP	DRC	TCC
Apr 3	Closed	Closed	10:00am-3:00pm
Apr 6	Closed	Closed	10:00am-3:00pm
May 18	1:00-8:00pm	Closed	10:00am-3:00pm



Stay connected with the Recreation

The **Recreation Insider eNewsletter** is your go-to source for programs, events, registration dates and facility updates - all delivered straight to your inbox. Whether you're signing up for swimming lessons, exploring a new fitness class, or planning family fun, the eNewsletter keeps you in the know and engaged in what's happening around you.

Get updates straight to your inbox.
 Sign up today!

FOLLOW US

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.



Accessibility Matters Here

Langley City is committed to improving access to our facilities, public spaces and programs. With the support of the **Accessibility Advisory Committee**, we are proudly working to identify, remove, and prevent barriers to individuals in, or interacting with the City.

Stay updated

[Letschat.LangleyCity.ca/AccessibilityPlan](https://letschat.langleycity.ca/AccessibilityPlan)



ONLINE SERVICES

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.

[MYCITY.LANGLEYCITY.CA](https://mycity.langleycity.ca)

TAX@LANGLEYCITY.CA

ARE YOU READY FOR AN EMERGENCY?

PLAN AHEAD



Household Emergency Plan

Make a Plan with evacuation routes, meeting places, and emergency contacts. Practice your plan regularly to build confidence!

SHELTER AT HOME



Household Emergency Kit

Build a Kit to stay safe in your home until help arrives or you evacuate. Include items like water, non-perishable food, and first aid supplies.

BE READY TO GO



Grab & Go Bag

Pack a Bag with essential items such as ID, cash, medications, clothing, copies of keys, copies of important documents, and backup chargers.

WHAT DOES YOUR INSURANCE COVER?

Homeowner's or renter's insurance is vital as it can ensure that your household will maintain stability during a crisis without the added burden of financial strain.

Homeowner's or Renter's insurance can:

- Help replace lost or damaged contents
- Help repair damage to your home
- Provide coverage for temporary accommodation

Make sure to: review your policy documents or contact your insurance provider to confirm and understand your policy and what it covers.



CAN YOU FIND EMERGENCY UPDATES?

BC trusted sources for reliable emergency information

- **Sign up for Alert Ready** - real time emergency notifications sent directly to your phone.
- **Public safety, natural disaster, and health emergency alerts:** BC Emergency Health Services, and Government of British Columbia official websites.
- **Weather forecasts, warnings, and advisories:** Weather.gc.ca or Environment Canada.

Follow Langley City social media accounts for important announcements during emergency events.

This information is brought to you by the Langley City Emergency Program (LCEP) and PreparedBC. Check out [Langleycity.ca/Emergency](https://langleycity.ca/Emergency) to learn more about preparing for an emergency.

LANGLEY CITY EMERGENCY PROGRAM

604.514.2820 EP@LangleyCity.ca LangleyCity.ca/Emergency



Financial Assistance



Leisure Access Grant

Langley City's Leisure Access Grant program (LAG) 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 yrs and under) who are residents of either the Langley City or the 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

New Murals

MOSAIC MURAL: CELEBRATING LOCAL BIRDS & COMMUNITY SPIRIT

A vibrant new mosaic mural has been installed in Langley City, celebrating the diversity of local bird species alongside themes of community, harmony, and creativity. The project, led by mosaic artist Jessica Fairweather, brings together residents, students, and community groups to create a meaningful piece of public art designed to inspire and engage for years to come.



Village Café Series

CELEBRATE CULTURE, RESILIENCE AND CIVIC ENGAGEMENT

Join us for a vibrant series of community-driven events celebrating culture, resilience, and civic engagement. From participating in storytelling, conversations, and art installations to important policy dialogues, the Village Café series is your opportunity to connect, learn, and shape Langley City's future.

- March 31** National Indigenous Language Day
- April 8** International Day of Pink
- April 18** Sikh Heritage Month
- April 22** Earth Day Walking Tour
- May 14** Moose Hide Campaign Day
- May 16** Asian Heritage Month Business Expo
- May 27** Mental Health Awareness Day
- June 26** Multiculturalism Day

For more information, visit LangleyCity.ca/events

UNITED COMMUNITIES ARE SAFE COMMUNITIES

Local artist and Langley Secondary School graduate **Carla Maskall** has completed a powerful new mural titled "United Communities Are Safe Communities", now installed on the north-facing wall of Langley City Hall.

The mural was commissioned through a public art initiative jointly led by the Arts, Culture and Heritage (ARCH) Committee and the Crime Prevention Committee, reflecting a shared commitment to fostering civic pride and promoting crime prevention through community-based art.



Arts, Culture & Heritage



Art Galleries at Timms Community Centre

THE WALKWAY GALLERY

The Langley Arts Council has four (4) 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:
Langley Arts Council

Art in Found Spaces Schedule:

March 14-May 7 Solo Exhibition by Jeannette Bittman
May 9-July 2 Solo Exhibition by Olivia Harks

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:

Apr 10-May 21 **Friendship (Children's Exhibition)**
Submission Deadline: March 23
May 22-July 2 **Nature Around Us**
Submission Deadline: April 6

THE LANGLEY ARTS COUNCIL

CALLS TO ARTISTS

2D – Art Rentals and Sales Program

This is a free, open call for 2D artists. Applications are accepted on an ongoing basis.

Link to apply:

langleyarts.ca/submit/ars

3D – Art Rentals and Sales Program

This is a free, open call for 3D artists. Applications are accepted on an ongoing basis.

Link to apply:

langleyarts.ca/submit/ars-3d

UPCOMING EXHIBITIONS AT THE TIMMS WALKWAY GALLERY

March – May 2026

Solo exhibition by Jeannette Bittman

May – July 2026

Solo exhibition by Olivia Harks

July – August 2026

Group exhibition: Beyond Barriers

For more information, visit langleyarts.ca/exhibitions

TIMMS CLASSES AND WORKSHOPS

Glass Mosaic Workshop (18+) with artist Jessica Fairweather

Saturday, May 16, from
1:00 PM–4:30 PM

\$130 for one session; fee includes supplies
Register at: langleycity.ca

Watercolour and Acrylics (18+) with artist Eric Hotz

Sundays from 11:30 AM–2:30 PM,
April 5–May 17, 2026

\$230.40 for 7 sessions
Register at: langleycity.ca

THE LANGLEY ARTS COUNCIL

LANGLEYARTS.CA

(604) 534-0781



Langley **Community Music** School

BRINGING MUSIC TO LIFE

Lessons & Classes for
All Ages & Levels

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

Register Today!



BRITISH COLUMBIA
ARTS COUNCIL



BRITISH
COLUMBIA

LANGLEYMUSIC.COM

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

Aquatics

2026 SEASON



**REGISTER
NOW**

OPENING EARLY!

Al Anderson Memorial Pool
is opening on April 13

*Increased aquatic opportunities for
Langley City!*

Al Anderson Memorial Pool

4949 207 Street 604.514.2860
swim@langleycity.ca

OFFICE HOURS April 13-May 3

- Mon-Fri 3:30 pm to 10:00 pm
- Saturdays 1:00 pm to 8:00 pm
- Sundays 1:00 pm to 8:00 pm

OFFICE HOURS May 4-June 30

- Mon-Fri 7:00 am to 10:00 pm
- Saturdays 9:00 am to 8:00 pm
- Sundays 1:00 pm to 8:00 pm

PLEASE NOTE:

On Statutory Holidays, our facilities operate at reduced hours. Please confirm with the front desk.

May 18 1:00pm to 8:00 pm

Admission

PRICING & PASSES

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

Please note:

*Proof of residency required.

**Children under 4 years are free.

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

Games & Track Pass - \$25.00/year for access to games room and fitness track only.

Pool Rules

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



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



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



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



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



•Take a cleansing shower.



•Ensure that infants and toddlers wear swim diapers.

Aquatics

Al Anderson Memorial Pool

APRIL 13-MAY 3, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Pool Closed 9:00 am-3:30 pm</p>						
					<p>Public Swim 1:00 pm-3:00 pm</p>	<p>Public Swim 1:00 pm-3:00 pm</p>
<p>Swimming Lessons 3:30 pm-5:30 pm</p>					<p>Public Swim 3:30 pm-5:30 pm</p>	<p>Public Swim 3:30 pm-5:30 pm</p>
<p>Length & Public Swim 5:30 pm-10:00 pm</p>					<p>Public Swim 6:00 pm-8:00 pm</p>	<p>Loonie/Toonie Swim 6:00 pm-8:00 pm</p>

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

MAY 4-JUNE 28, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Length Swim 7:00 am-9:00 am</p>						
<p>Shallow Aquafit 8:00 am-9:00 am</p>		<p>Deep Aquafit 8:00 am-9:00 am</p>		<p>Shallow Aquafit 8:00 am-9:00 am</p>	<p>Length Swim 9:00 am-10:30 am</p>	
<p>Operation Waterproof Grade 5 Swim Program 9:30 am-2:30 pm</p>					<p>Parent & Tot Swim 10:30 am-11:30 am</p>	<p>Rentals 10:30 am-11:30 am</p>
					<p>Rentals 11:45 am-12:45 pm</p>	<p>Rentals 11:45 am-12:45 pm</p>
<p>Swimming Lessons 3:30 pm-5:30 pm</p>					<p>Public Swim 1:00 pm-3:00 pm</p>	<p>Public Swim 1:00 pm-3:00 pm</p>
<p>Public Swim 5:30 pm-7:30 pm</p>	<p>Public Swim 5:30 pm-7:30 pm</p>	<p>Public Swim 5:30pm-7:30pm</p>	<p>Public Swim 5:30 pm-7:30 pm</p>	<p>Public Swim 5:30 pm-7:30 pm</p>	<p>Public Swim 3:30 pm-5:30 pm</p>	<p>Public Swim 3:30 pm-5:30 pm</p>
	<p>Deep Aquafit 6:30 pm-7:30 pm</p>	<p>Shallow Aquafit 6:30 pm-7:30 pm</p>	<p>Deep Aquafit 6:30 pm-7:30 pm</p>		<p>Public Swim 6:00 pm-8:00 pm</p>	<p>Loonie/Toonie Swim 6:00 pm-8:00 pm</p>
<p>Adult Swim Lessons 8:30 pm-9:30 pm</p>				<p>Youth Swim 8:30pm-10:00pm</p>	<p>Rentals 8:00 pm-9:00 pm</p>	<p>Rentals 8:00 pm-9:00 pm</p>
<p>Adult Only Public Swim & Length Swim 8:30 pm-10:00 pm</p>						

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

Aquatic Fitness See page 13 for rates.

(Ages 14+) DEEP WATER AQUAFIT

An aquatic fitness program for those who are confident in deep waters. Our instructors are equipped with the latest techniques to deliver safe aquatic exercises that can enhance your flexibility, muscular strength, aerobic capacity, and endurance.

SHALLOW WATER AQUAFIT (Ages 14+)

Come enjoy a fun aquatic fitness class that is suitable for all swimming abilities. The class includes a warm-up, aerobic, muscle conditioning exercises, and a cool down. Water aerobics are ideal for individuals who need to be more cautious about their joints due to the lower impact it has on them.

Public Swim Options

ADULT ONLY

PUBLIC & LENGTH SWIM (Ages 16+)

Open to adults interested in improving skills or endurance. To attend length swim, participants should be comfortable swimming a minimum of 25 metres.

LENGTH SWIM (Ages 16+)

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

NEW! PARENT & TOT SWIM (Ages 0-5)

A non-instructional pool session for parents or caregivers to enjoy the water with their young children in a relaxed, social environment.

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.

YOUTH SWIM (Ages 11-17)

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

We've improved our registration process

We're excited to enhance access to swim lessons for the 2026 season with an updated registration process! Due to increased demand and popularity of our swimming programs, we are introducing the following improvements:

- Proof of completed swim level: A completed swim level will now be a pre-requisite in your registration for all aquatic lessons. This will prevent individuals from registering in multiple levels at once, ensuring participants have completed the previous level and are ready for the next level.
- Online registration: Customers will be able to register online, in addition to in person and by phone at 604.514.2940.
- Additional registration dates: There will be two registration dates - one for Spring (March 4) and one for Summer (April 29).

Visit LangleyCity.ca to read more on how you can seamlessly access online registration for swimming lessons this season.

Aquatics

AAMP Rentals

2026 RATES (PER HOUR)

	Non-Profit, team, family (per hour)	Commercial (per hour)
1-40 Guests	\$177.75	\$237.00
41-80 Guests	\$224.95	\$284.20
81-140 Guests	\$272.15	\$335.40
141-200 Guests	\$319.35	\$382.60
201-300 Guests	\$366.55	\$429.80
301-325 Guests	\$413.75	\$477.00

Please note: GST will be added to all rental rates. Guests are those in the water as well as on the pool deck.

PHONE: 604.514.2860 to book your pool party.

POOL RENTAL HOURS (starting May 9)

Saturdays

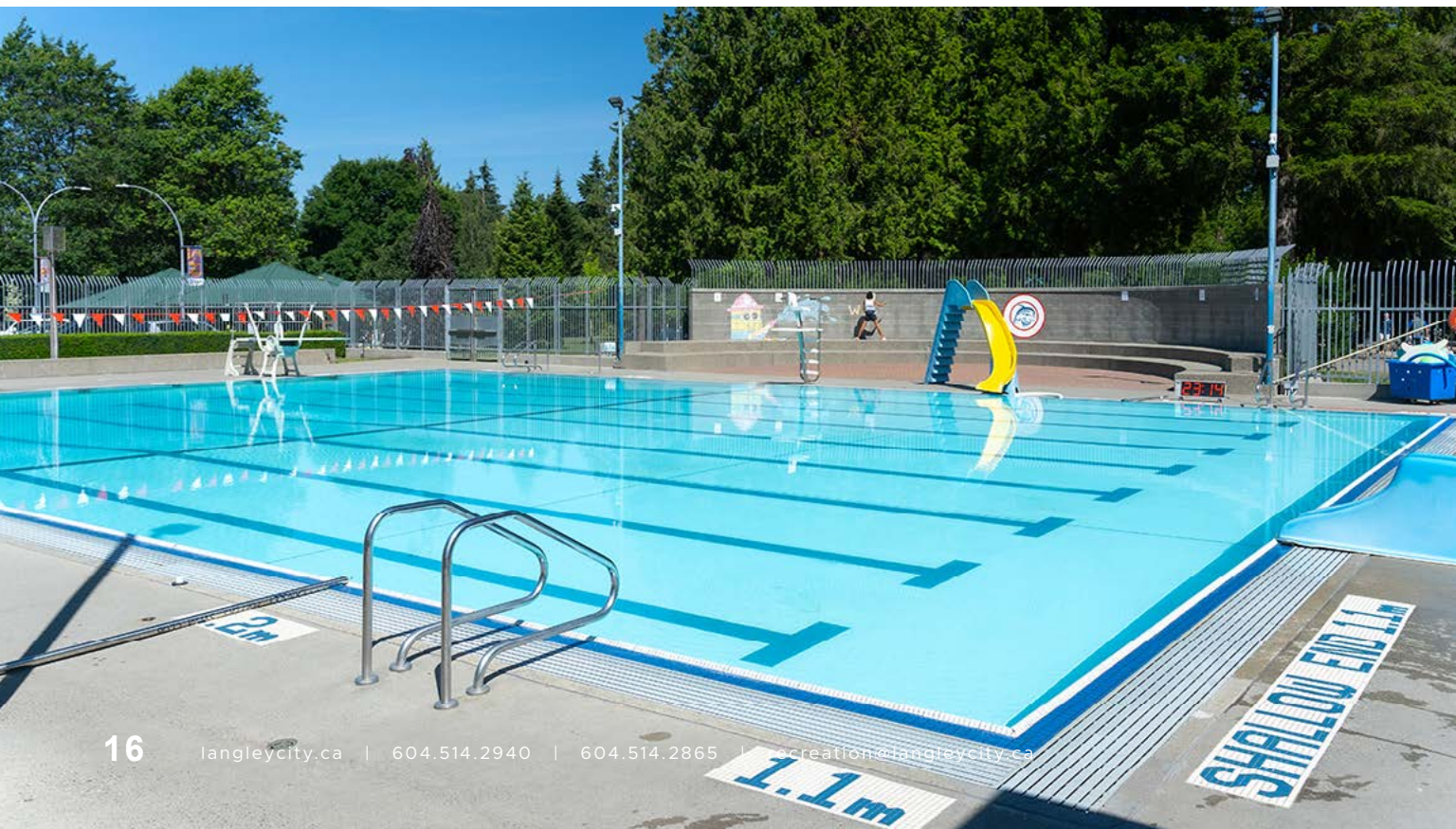
- 11:45 am to 12:45 pm
- 8:00 pm to 9:00 pm

Sundays

- 10:30 am to 11:30 pm
- 11:45 am to 12:45 pm
- 8:00 pm to 9:00 pm

POOL RULES & GUIDELINES:

All regular pool guidelines and rules apply to rentals, including that children must be 8 years old to swim unaccompanied by an adult. **Children under the age of 8 years must accompanied in the water and within arms reach by an adult 16+ years.** No more than 2 children under the age of 8 per adult.



Aquatics

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 assessment.

Parent & Tot (4-36 months)

SWIM FOR LIFE - PARENT AND TOT 1-3

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

Preschool 1-5 (3-5 years)

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

SWIM FOR LIFE – PRESCHOOL 1

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

SWIM FOR LIFE – PRESCHOOL 2

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

SWIM FOR LIFE – PRESCHOOL 3

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

SWIM FOR LIFE – PRESCHOOL 4 & 5

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



NOTE: Participants cannot be registered for more than one set of lessons at a time and must successfully complete the prerequisite level before registering in the next level. Those participants registered in more than one set of lessons will be automatically withdrawn and a credit will be applied to your account.

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 300m workout.

Swimmer 7-9 (8-12 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 m workouts and 100 m 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 m 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

Swimming Lesson Rates

2026 SEASON

	9 SESSIONS	10 SESSIONS
Parent & Tot	\$57.05	\$63.20
Preschool 1-5	\$76.05	\$84.25
Swimmer 1-3	\$64.40	\$70.55
Swimmer 4-6	\$75.50	\$82.90
Patrol	\$97.70	\$107.55

New! Refund Policy

SWIMMING LESSONS

Registration fees are refundable if a request for withdrawal/transfer is received at least 5 days before the start of the program. If less than 5 days' notice is received, 50% of the registration fees will be refunded.

A withdrawal from any of these programs will be charged a 10% withdrawal fee per activity session.

Registration fees are non-refundable once the program date has started.

Swimming Lessons: Sets 1-5

	SPRING LESSON SET 1 - APRIL 13-APRIL 24 (10 SESSIONS)			
(30 min)	3:30pm	4:00pm	4:30pm	5:00pm
Parent & Tot 1 Combo*			49569	
Parent & Tot 2 Combo*			49570	
Parent & Tot 3 Combo*			49571	
Preschool 1		50044	49568 / 50043	49579
Preschool 2		49572		
Preschool 3	49573			
Preschool 4 Combo*		49574		
Preschool 5 Combo*		49575		
Swimmer 1	49576 / 49584	49581 / 49585	49582 / 49586	49583
Swimmer 2	49577 / 50045	49588	49589	49591 / 50046
Swimmer 3	49578	50047		
(45 min)	3:30pm		4:30pm	
Swimmer 4	50073			
Swimmer 5 Combo*			50077	
Swimmer 6 Combo*			50076	

*NOTE: Preschool 1/2/3 Combo, 4/5 Combo, Swimmer 5/6 Combo, & Swimmer 7/8/9 are combined classes. Swimmer 7,8 & 9 are available starting Set 3 (May 11-22)

Aquatics

SPRING LESSON SET 2 - APRIL 27-MAY 8 (10 SESSIONS)				
(30 min)	3:30pm	4:00pm	4:30pm	5:00pm
Parent & Tot 1 Combo			49605	
Parent & Tot 2 Combo			49606	
Parent & Tot 3 Combo			49607	
Preschool 1	50049	50048	49608	49609
Preschool 2		49610		
Preschool 3	49611			
Preschool 4 Combo		49612		
Preschool 5 Combo		49613		
Swimmer 1	49614 / 49618	49615 / 49619	49616 / 49620	49617
Swimmer 2	49621	49622 / 50050	49623 / 50051	49624 / 50052
Swimmer 3	49625			50053
(45 min)	3:30pm		4:30pm	
Swimmer 4			50074	
Swimmer 5 Combo	50078			
Swimmer 6 Combo	50079			

SPRING LESSON SET 3 - MAY 11-MAY 22 (9 SESSIONS)				
(30 min)	3:30pm	4:00pm	4:30pm	5:00pm
Parent & Tot 1 Combo			49629	
Parent & Tot 2 Combo			49630	
Parent & Tot 3 Combo			49631	
Preschool 1		50054	49632 / 50055	49633
Preschool 2		49634		
Preschool 3	49635			
Preschool 4 Combo		49636		
Preschool 5 Combo		49637		
Swimmer 1	49638 / 49642	49639 / 49643	49640 / 49644	49641
Swimmer 2	49645 / 50056	49646	49647	49648 / 50057
Swimmer 3	49649	50058		
(45 min)	3:30pm		4:30pm	
Swimmer 4				
Swimmer 5 Combo			50084	
Swimmer 6 Combo			50085	
(60 min)	3:30pm		4:30pm	
Swimmer 7 (Rookie) Combo Swimmer 8 (Ranger) Combo Swimmer 9 (Star) Combo	50091 50090 50089			

Aquatics

SPRING LESSON SET 4 - MAY 25-JUNE 5 (10 SESSIONS)				
(30 min)	3:30pm	4:00pm	4:30pm	5:00pm
Parent & Tot 1 Combo			49676	
Parent & Tot 2 Combo			49677	
Parent & Tot 3 Combo			49678	
Preschool 1	50059	50060	49679	49680
Preschool 2		49681		
Preschool 3	49682			
Preschool 4 Combo		49683		
Preschool 5 Combo		49684		
Swimmer 1	49685 / 49689	49686 / 49690	49687 / 49691	49688
Swimmer 2	49692	49693 / 50061	49694 / 50062	49695 / 50063
Swimmer 3	49696			50064
(45 min)	3:30pm		4:30pm	
Swimmer 4			50075	
Swimmer 5 Combo	50082			
Swimmer 6 Combo	50083			

SPRING LESSON SET 5 - JUNE 8-JUNE 19 (10 SESSIONS)				
(30 min)	3:30pm	4:00pm	4:30pm	5:00pm
Parent & Tot 1 Combo			49699	
Parent & Tot 2 Combo			49700	
Parent & Tot 3 Combo			49701	
Preschool 1		50065	49702 / 50066	49703
Preschool 2		49704		
Preschool 3	49705			
Preschool 4 Combo		49706		
Preschool 5 Combo		49707		
Swimmer 1	49708 / 49712	49709 / 49713	49710 / 49714	49711
Swimmer 2	49715/ 50067	49716	49717	49718
Swimmer 3	49719	50069		
(45 min)	3:30pm		4:30pm	
Swimmer 4				
Swimmer 5 Combo			50081	
Swimmer 6 Combo			50080	
(60 min)	3:30pm		4:30pm	
Swimmer 7 (Rookie) Combo	50086			
Swimmer 8 (Ranger) Combo	50087			
Swimmer 9 (Star) Combo	50088			

Aquatics



Teen Swim Lessons

TEEN SWIM LEVEL 1

You'll work towards a 10-15 metre swim on your front and back. You'll learn safe entries into shallow and deep water, develop skills while wearing a PFD, and learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. 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)
51053	AAMP	Mon-Fri	May 11- May 15	4:30 pm- 5:30 pm	\$75.50 5 classes
51065	AAMP	Tue-Fri	May 19- May 22	4:30 pm- 5:30 pm	\$60.40 4 classes
51067	AAMP	Mon-Fri	May 25- May 29	4:30 pm- 5:30 pm	\$75.50 5 classes
51071	AAMP	Mon-Fri	June 1- June 5	4:30 pm- 5:30 pm	\$75.50 5 classes
51074	AAMP	Mon-Fri	June 8- June 12	4:30 pm- 5:30 pm	\$75.50 5 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 PFD. Whip kick is further developed along with an introduction to breaststroke.

AGES 13-17					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
51051	AAMP	Mon-Fri	May 11- May 15	4:30 pm- 5:30 pm	\$75.50 5 classes
51064	AAMP	Tue-Fri	May 19- May 22	4:30 pm- 5:30 pm	\$60.40 4 classes
51068	AAMP	Mon-Fri	May 25- May 29	4:30 pm- 5:30 pm	\$75.50 5 classes
51070	AAMP	Mon-Fri	June 1- June 5	4:30 pm- 5:30 pm	\$75.50 5 classes
51073	AAMP	Mon-Fri	June 8- June 12	4:30 pm- 5:30 pm	\$75.50 5 classes
51076	AAMP	Mon-Fri	June 15- June 19	4:30 pm- 5:30 pm	\$75.50 5 classes

Teen Swim Lessons

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)
51052	AAMP	Mon-Fri	May 11- May 15	4:30 pm- 5:30 pm	\$75.50 5 classes
51063	AAMP	Tue-Fri	May 19- May 22	4:30 pm- 5:30 pm	\$60.40 4 classes
51066	AAMP	Mon-Fri	May 25- May 29	4:30 pm- 5:30 pm	\$75.50 5 classes
51069	AAMP	Mon-Fri	June 1- June 5	4:30 pm- 5:30 pm	\$75.50 5 classes
51072	AAMP	Mon-Fri	June 8- June 12	4:30 pm- 5:30 pm	\$75.50 5 classes
51075	AAMP	Mon-Fri	June 15- June 19	4:30 pm- 5:30 pm	\$75.50 5 classes



Sharks Aquatic Leadership Program

If you are considering becoming a lifeguard, this program is an excellent investment in your future!

The Sharks program is designed to give teens an opportunity to experience the challenges and benefits of working in aquatics. This two-week program includes training sessions in swimming lesson instruction, lifeguarding and event planning. Sharks are given daily opportunities to cultivate, demonstrate and expand their leadership skills.

Interested candidates need to fill out the **application form** and return it to Timms Community Centre or Al Anderson Memorial Pool.

Pre-requisites: 13 years of age, completed Canadian Star Patrol, two letters of reference from outside of your family, and be available to volunteer at one aquatic special event.

Visit: LangleyCity.ca/Sharks for full program details.

Aquatics

Try an Aquatic Fitness Class

Make a splash with a fun, full-body workout in our heated outdoor pool. Using the natural resistance of the water, our energizing classes will improve cardiovascular fitness, strength and flexibility - all while being easy on the joints. Whether you prefer shallow or deep water, you'll enjoy a supportive, refreshing environment that welcomes all fitness levels. See **page 14** for schedules.

Adult Swim Lessons

ADULT SWIM LEVEL 1

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

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
50096	AAMP	Mon-Thu	Apr 13- Apr 16	8:30 pm- 9:30 pm	\$60.40 4 classes
50099	AAMP	Mon-Thu	Apr 20- Apr 23	8:30 pm- 9:30 pm	\$60.40 4 classes
50102	AAMP	Mon-Thu	Apr 27- Apr 30	8:30 pm- 9:30 pm	\$60.40 4 classes
50103	AAMP	Mon-Thu	May 4- May 7	8:30 pm- 9:30 pm	\$60.40 4 classes
50120	AAMP	Mon-Thu	May 11- May 14	8:30 pm- 9:30 pm	\$60.40 4 classes
50121	AAMP	Tue-Thu	May 19- May 21	8:30 pm- 9:45 pm	\$60.40 3 classes
50108	AAMP	Mon-Thu	May 25- May 28	8:30 pm- 9:30 pm	\$60.40 4 classes
50109	AAMP	Mon-Thu	June 1- June 4	8:30 pm- 9:30 pm	\$60.40 4 classes
50114	AAMP	Mon-Thu	June 8- June 11	8:30 pm- 9:30 pm	\$60.40 4 classes
50115	AAMP	Mon-Thu	June 15- June 18	8:30 pm- 9:30 pm	\$60.40 4 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 PFD. Whip kick is further developed along with an introduction to breaststroke.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
50097	AAMP	Mon-Thu	Apr 13- Apr 16	8:30 pm- 9:30 pm	\$60.40 4 classes
50100	AAMP	Mon-Thu	Apr 20- Apr 23	8:30 pm- 9:30 pm	\$60.40 4 classes
50104	AAMP	Mon-Thu	Apr 27- Apr 30	8:30 pm- 9:30 pm	\$60.40 4 classes
50105	AAMP	Mon-Thu	May 4- May 7	8:30 pm- 9:30 pm	\$60.40 4 classes
50122	AAMP	Mon-Thu	May 11- May 14	8:30 pm- 9:30 pm	\$60.40 4 classes
50123	AAMP	Tue-Thu	May 19- May 21	8:30 pm- 9:45 pm	\$60.40 3 classes
50110	AAMP	Mon-Thu	May 25- May 28	8:30 pm- 9:30 pm	\$60.40 4 classes
50111	AAMP	Mon-Thu	June 1- June 4	8:30 pm- 9:30 pm	\$60.40 4 classes
50116	AAMP	Mon-Thu	June 8- June 11	8:30 pm- 9:30 pm	\$60.40 4 classes
50117	AAMP	Mon-Thu	June 15- July 18	8:30 pm- 9:30 pm	\$60.40 4 classes

Adult Swim Lessons

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)
50098	AAMP	Mon-Thu	Apr 13- Apr 16	8:30 pm- 9:30 pm	\$60.40 4 classes
50101	AAMP	Mon-Thu	Apr 20- Apr 23	8:30 pm- 9:30 pm	\$60.40 4 classes
50106	AAMP	Mon-Thu	Apr 27- Apr 30	8:30 pm- 9:30 pm	\$60.40 4 classes
50107	AAMP	Mon-Thu	May 4- May 7	8:30 pm- 9:30 pm	\$60.40 4 classes
50124	AAMP	Mon-Thu	May 11- May 14	8:30 pm- 9:30 pm	\$60.40 4 classes
50125	AAMP	Tue-Thu	May 19- May 21	8:30 pm- 9:45 pm	\$60.40 3 classes
50112	AAMP	Mon-Thu	May 25- May 28	8:30 pm- 9:30 pm	\$60.40 4 classes
50113	AAMP	Mon-Thu	June 1- June 4	8:30 pm- 9:30 pm	\$60.40 4 classes
50118	AAMP	Mon-Thu	June 8- June 11	8:30 pm- 9:30 pm	\$60.40 4 classes
50119	AAMP	Mon-Thu	June 15- June 18	8:30 pm- 9:30 pm	\$60.40 4 classes



Aquatic Events

Ready, set.....SPLASH! Join us for our pool special events this spring. Expect upbeat music, pool games, and plenty of high-energy excitement. Grab your friends, bring your sunscreen, and help make waves at Al Anderson Memorial Pool.

April 18
June 25

Pool's Open Party
School's Out Party

**VIEW THE
EVENTS
CALENDAR**

Aquatics

NEW!

Private Lesson Sets

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

	LESSON SET 1 - APR 13-APR 23 (9 SESSIONS: \$301.50)			LESSON SET 2: APR 27-MAY 7 (9 SESSIONS: \$301.50)			LESSON SET 3: MAY 11-MAY 21 (8 SESSIONS: \$268.00)		
(30 min)	3:30 pm		4:30 pm	3:30 pm		4:30 pm	3:30 pm		4:00 pm
Any Level	49593		49596	49603		49604	49627		49628

	LESSON SET 4 - MAY 25-JUNE 4 (9 SESSIONS: \$301.50)			LESSON SET 5 - JUNE 8-JUNE 18 (9 SESSIONS: \$301.50)		
(30 min)	3:30pm		4:30pm	3:30pm		4:30pm
Any Level	49674		49675	49697		49698

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	\$
Various	AAMP	Mon-Fri	Spring	Various Times	\$33.50 30 min



New! Refund Policy

PRIVATE LESSONS

Registration fees are refundable if a request for withdrawal/transfer is received at least 5 days before the start of the program. If less than 5 days' notice is received, 50% of the registration fees will be refunded.

A withdrawal from any of these programs will be charged a 10% withdrawal fee per activity session.

Registration fees are non-refundable once the program date has started



Adapted programs in *Langley!*

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



Weekly multisport programs at Timms Community Centre



Spring registration opens Sun, Mar 1 at 6pm.

Learn more



canucksautism.ca/guide





MAKE WAVES WITH US!

- **INTRO PROGRAMS**
- **LITTLE FLIPPERS**
- **COMPETITIVE SPEED SWIMMING**
- **MASTERS PROGRAM**

The Langley Flippers is a BCSSA swim club based out of beautiful Al Anderson Memorial Pool in Langley City. The program is open to anyone interested in participating in an exciting and fun summer swim opportunity. Swim requirements vary depending on program and age level. Running May 1-August 12.

Visit our website or email:
registrar@langleyflippers.com
president@langleyflippers.com



WWW.LANGLEYFLIPPERS.COM

**EARLY
YEARS
0-3**

PARENT & TOT SWIM

Introduce your baby to the water at Parent & Tot swim lessons.
See pages 19-21 for schedules.

Early Years



Early Years

Early Years Playtime

ROAMING RASCALS

Introduce your child to active living and learning through play at an early age. Participate together in Parent and Tot Roaming Rascal sessions where your child can run, jump and enjoy play gym equipment and meet other families in your neighbourhood.

Note: Pre-registration is recommended.

SPRING: 0-5 YEARS <i>parent participation is required</i>				
Location	Day(s)	Date(s)	Time	\$
TCC Gym	Mon	Apr-June	10:00 am-11:30 am	See below
TCC Gym	Tue	Apr-June	10:00 am-11:30 am	See below
TCC Gym	Wed	Apr-June	10:00 am-11:30 am	See below
TCC Gym	Thu	Apr-June	9:15 am-10:45 am	See below
TCC Gym	Fri	Apr-June	10:00 am-11:30 am	See below
TCC Gym	Sat	Apr-June	10:00 am-11:30 am	See below

ADMISSION & PASSES

Single Session	1 Child	\$5.50
Pass	Preschool Passport - 10 Passes - 1 Child	\$44.00
Pass	Preschool Passport - 10 Passes - Family	\$88.00

Passes save you money

We have a preschool pass specifically for Roaming Rascals. Purchase 10 visits for one child or a family and save money off the cost of regular admission.

Mom & Baby Fitness

NEW! CUDDLES & CRUNCHES

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

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
50502	TCC Fitness	Wed	Apr 8-May 20	8:45 am-9:30 am	\$66.50 7 classes
50503	TCC Fitness	Wed	June 3-June 24	8:45 am-9:30 am	\$38.00 4 classes



Early Years

Performing Arts

BABY & ME: MUSIC AND PLAY

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

AGES 6M-18M <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
49511	TCC MPR 1	Tue	Mar 31- May 5	10:45 am- 11:30 am	\$55.25 6 classes
49546	DRC East Hall	Tue	May 12- June 16	10:45 am- 11:30 am	\$55.25 6 classes

Visual Arts

MESSY HANDS: ART MIX

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

AGES 1.5-3 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
49547	TCC MPR 4	Sat	May 16- June 20	10:00 am- 10:45 am	\$72.75 6 classes

Social Development

ABC'S & 123'S

This preschool preparation class is suited for children who are ready to participate in programs but not old enough for preschool. 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.

Note: This is a non-parent participation program.

AGES 2-3					
Code	Location	Day(s)	Date(s)	Time	\$
49489	DRC East Hall	Wed	Apr 1- May 6	9:30 am- 10:30 am	\$82.00 6 classes
49490	DRC East Hall	Wed	Apr 1- May 6	11:00 am- 12:00 pm	\$82.00 6 classes
49520	DRC East Hall	Wed	May 13- June 17	9:30 am- 10:30 am	\$82.00 6 classes
49521	DRC East Hall	Wed	May 13- June 17	11:00 am- 12:00 pm	\$82.00 6 classes



OPENS APRIL 13

Heated outdoor pool- perfect for tiny swimmers

Al Anderson Memorial Pool is open starting April 13. Introduce your little one to the water in a safe and supportive way with Parent & Tot Swimming Lessons. See **page 19-21** for lesson schedules.

Preschool

3-5 YEARS

ONE DAY PROGRAMS

Cooking, crafts and more!
See pages 33-34 for details.



Hobbies & Interests

ONE DAY CHEF: SNACK ATTACK

Participants will learn to create a delightful assortment of sweet and savory snacks that will impress their guests and satisfy their cravings. Kids can join us for a tasty adventure in snacking!

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
49554	TCC MPR 1	Fri	Apr 17	5:00 pm-7:00 pm	\$32.50 1 class

ONE DAY CHEF: PIZZA

Kids can unleash their inner chef as they are guided through the art of crafting the perfect pizza. From kneading the ideal dough to selecting the freshest toppings and achieving the perfect baked pie.

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
49555	TCC MPR 1	Fri	May 1	5:00 pm-7:00 pm	\$32.50 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 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
49556	TCC MPR 1	Fri	May 22	5:00 pm-7:00 pm	\$32.50 1 class

Please note:

We have updated our refund policy for One Day programs. To read the full policy, click [here](#).

ONE DAY CHEF: PASTA

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

AGES 3-5 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
49557	TCC MPR 1	Fri	June 5	5:00 pm-7:00 pm	\$32.50 1 class

ONE DAY WONDERS: DEEP SEA ADVENTURES

Join us while we play, create, learn and pretend all things Deep Sea through games, crafts, and stories! Let's explore what creatures and plants are living under water. Sharks, jelly fish, octopus and more!

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	\$
49567	TCC MPR 1	Sun	June 14	11:30 am-12:30 pm	\$22.00 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	\$
49558	TCC MPR 1	Fri	June 19	5:00 pm-7:00 pm	\$32.50 1 class

Preschool

Hobbies & Interests

ONE DAY WONDERS: DINO DISCOVERY DAY

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	\$
49566	TCC MPR 1	Sun	May 24	11:30 am-12:30 pm	\$22.00 1 class

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	\$
49504	TCC MPR 1	Sun	Apr 5-May 10	9:30 am-10:30 am	\$114.50 6 classes
49539	TCC MPR 1	Sun	May 17-June 21	9:30 am-10:30 am	\$114.50 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	\$
49499	TCC MPR 3	Sun	Apr 5-May 10	10:00 am-10:45 am	\$61.25 6 classes
49534	TCC MPR 3	Sun	May 17-June 14	10:00 am-10:45 am	\$61.25 6 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
49500	TCC MPR 3	Sun	Apr 5-May 10	11:00 am-11:45 am	\$61.25 6 classes
49535	TCC MPR 3	Sun	May 17-June 14	11:00 am-11:45 am	\$61.25 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	\$
49501	TCC MPR 1	Sat	Apr 4- May 9	9:30 am- 10:15 am	\$55.25 6 classes
49536	TCC MPR 1	Sat	May 16- June 20	9:30 am- 10:15 am	\$55.25 6 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
49502	TCC MPR 1	Sat	Apr 4- May 9	10:30 am- 11:15 am	\$55.25 6 classes
49537	TCC MPR 1	Sat	May 16- June 20	10:30 am- 11:15 am	\$55.25 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	\$
49495	TCC West Gym	Sat	Apr 4- May 9	9:00 am- 9:45 am	\$55.25 6 classes
49526	TCC West Gym	Sat	May 16- June 20	9:00 am- 9:45 am	\$55.25 6 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
49496	TCC West Gym	Sat	Apr 4- May 9	10:00 am- 10:45 am	\$55.25 6 classes
49531	TCC West Gym	Sat	May 16- June 20	10:00 am- 10:45 am	\$55.25 6 classes

Sports

ACTIVE START: MULTI-SPORTS

Introduce your child to fundamental movement skills for a variety of 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	\$
49493	TCC East Gym	Tue	Mar 31- May 5	5:45 pm- 6:30 pm	\$55.25 6 classes
49524	TCC East Gym	Tue	May 12- June 16	5:45 pm- 6:30 pm	\$55.25 6 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
49494	TCC East Gym	Tue	Mar 31- May 5	6:45 pm- 7:30 pm	\$55.25 6 classes
49525	TCC East Gym	Tue	May 12- June 16	6:45 pm- 7:30 pm	\$55.25 6 classes

ACTIVE START: TBALL

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 and continuous action and simple rules. It provides frequent action to keep preschoolers engaged.

AGES 2-3 <i>parent participation is required</i>					
Code	Location	Day(s)	Date(s)	Time	\$
49518	City Park Field B	Thu	May 14- June 18	3:30 pm- 4:15 pm	\$55.25 6 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
49519	City Park Field B	Thu	May 14- June 18	4:30 pm- 5:15 pm	\$55.25 6 classes

Note: City Park (4809 207 Street)

Preschool

Sports

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	\$
49491	TCC East Gym	Mon	Mar 30-May 4	5:45 pm-6:30 pm	\$46.00 5 classes
49523	TCC East Gym	Mon	May 11-June 15	5:45 pm-6:30 pm	\$46.00 5 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	\$
49492	TCC East Gym	Mon	Mar 30-May 4	6:45 pm-7:30 pm	\$46.00 5 classes
49522	TCC East Gym	Mon	May 11-June 15	6:45 pm-7:30 pm	\$46.00 5 classes

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	\$
49497	TCC West Gym	Fri	Apr 10-May 8	5:45 pm-6:30 pm	\$46.00 5 classes
49532	TCC West Gym	Fri	May 15-June 19	5:45 pm-6:30 pm	\$55.25 6 classes

Visual Arts

TINY ARTISTS: ART MIX

Your toddler 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	\$
49548	TCC MPR 4	Sat	May 16-June 20	11:30 am-12:15 pm	\$72.75 6 classes



Children

5-12 YEARS

SUMMER DAY CAMP REGISTRATION - STARTS MAY 6

Our camps fill up fast! Register
early to avoid disappointment.

April 24 - Summer Recreation Guide online



**REGISTER
NOW**

Children

Camps

PRO-D DAY CAMP

Our Pro-D camp is an action-packed day that will keep even the most busy kids entertained. Camp includes crafts, sports, themes, adventure, science, cooking, and much more. We encourage participation and hope that you will try new things at camp.

AGES 5-12					
Code	Location	Day(s)	Date(s)	Time	\$
49514	Nicomekl Elem	Fri	May 15	8:30 am-3:00 pm	\$45.00 1 class

PRO-D HANDS ON ADVENTURE IN STEM

Our Pro-D Day Adventures are packed with exciting, hands-on activities. Even if your child has joined us before, they'll explore brand-new challenges and projects every time! They'll build a robot, bring code to life, and even design their own 3D creation! It's the perfect blend of creative play and real-world learning that will spark a lasting passion for technology.

AGES 7-14					
Code	Location	Day(s)	Date(s)	Time	\$
50661	TCC MPR 2	Fri	May 15	9:00 am-3:00 pm	\$75.00 1 class

PRO-D SCIENCE IN NATURE ADVENTURES

Calling nature and science lovers! Outdoor exploration is coupled with hands-on science that encourages creativity and analytical reasoning. 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. Time outside is adapted to weather.

AGES 5-12					
Code	Location	Day(s)	Date(s)	Time	\$
50243	AAMP MPR	Fri	May 15	9:00 am-5:30 pm	\$65.00 1 class

Education & Training

HOME ALONE PROGRAM

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

AGES 10-14					
Code	Location	Day(s)	Date(s)	Time	\$
49515	TCC MPR 2	Sat	Apr 25	11:45 am-3:45 pm	\$58.00 1 class
49516	TCC MPR 2	Sat	May 30	11:45 am-3:45 pm	\$58.00 1 class
49517	TCC MPR 2	Sat	June 20	11:45 am-3:45 pm	\$58.00 1 class

Refund Policy

We've made changes to our refund policy for Day Camps and One Day programs. Read our updated policy [here](#).

If you have any questions, please ask at the time of registration. Our staff will be happy to help you.

Hobbies & Interests

ONE DAY CHEF: SNACK ATTACK

Participants will learn to create a delightful assortment of sweet and savory snacks that will impress their guests and satisfy their cravings. Kids can join us for a tasty adventure in snacking!

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
49549	TCC Kitchen	Fri	Apr 10	5:00 pm-7:00 pm	\$32.50 1 class

ONE DAY CHEF: PIZZA

Kids can unleash their inner chef as they are guided through the art of crafting the perfect pizza. From kneading the ideal dough to selecting the freshest toppings and achieving the perfect baked pie.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
49550	TCC Kitchen	Fri	Apr 24	5:00 pm-7:00 pm	\$32.50 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	\$
49551	TCC Kitchen	Fri	May 8	5:00 pm-7:00 pm	\$32.50 1 class

ONE DAY CHEF: PASTA

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

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
49552	TCC Kitchen	Fri	May 29	5:00 pm-7:00 pm	\$32.50 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	\$
49553	TCC Kitchen	Fri	June 12	5:00 pm-7:00 pm	\$32.50 1 class

ONE DAY CREATIONS: JEWELRY MAKING

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

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
49563	TCC MPR 2	Sat	Apr 18	12:00 pm-2:00 pm	\$32.50 1 class

Children

Hobbies & Interests

ONE DAY CREATIONS: SOAP MAKING

Has your child ever wanted to create their own luxurious, customized soap? They will learn the art and science of making beautiful, handcrafted soaps from scratch, using basic, natural ingredients.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
49562	TCC MPR 2	Sat	May 23	12:00 pm-2:00 pm	\$32.50 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	\$
49564	TCC MPR 2	Sat	June 13	2:00 pm-4:00 pm	\$32.50 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	\$
49503	TCC Kitchen	Wed	Apr 1- May 6	4:00 pm-5:30 pm	\$160.00 6 classes
49538	TCC Kitchen	Wed	May 13- June 17	4:00 pm-5:30 pm	\$160.00 6 classes

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	\$
49498	TCC MPR 3	Mon	Mar 30- May 4	5:00 pm-6:00 pm	\$53.50 5 classes
49533	TCC MPR 3	Mon	May 11- June 15	5:00 pm-6:00 pm	\$53.50 5 classes

NEW! PUBLIC SPEAKING



The public speaking program is designed to help students develop strong communication skills that will serve them for life. Through interactive lessons, practice speeches and fun activities. The students will learn how to organize tone, voice, and body language, build confidence, and think quickly. Drop-ins welcome if space permits. \$20.00/visit per person.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
50958	TCC MPR 4	Wed	Apr 1- Apr 22	5:00 pm-6:00 pm	\$80.00 4 classes
51020	TCC MPR 4	Wed	Apr 29- May 20	5:00 pm-6:00 pm	\$80.00 4 classes
51021	TCC MPR 4	Wed	May 27- June 17	5:00 pm-6:00 pm	\$80.00 4 classes

Performing Arts

NEW! THEATRE PERFORMANCE

Ignite creativity and confidence with the Theater Performance program. Students will explore acting, movement, stage presence while working on bringing characters to life. Through fun rehearsals and interactive activities, children will develop teamwork, self expression, and confidence on stage and beyond. Drop-ins welcome if space permits. \$20.00/visit per person. Presented in partnership with the experts at Olsen Academy.

AGES 6-10					
Code	Location	Day(s)	Date(s)	Time	\$
50959	TCC MPR 4	Wed	Apr 1- Apr 22	4:00pm-5:00pm	\$80.00 4 classes
51022	TCC MPR 4	Wed	Apr 29- May 20	4:00pm-5:00pm	\$80.00 4 classes
51023	TCC MPR 4	Wed	May 27- June 17	4:00pm-5:00pm	\$80.00 4 classes

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 experiments. Participants are introduced to the sciences and relevant technologies in fun, deep learning, ways. This is an ongoing program with new topics each week! Activities are age appropriate and vary for younger & older participants.

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	\$
50238	TCC MPR 4	Sun	Apr 12- May 3	3:00 pm-4:00 pm	\$75.00 4 classes
50239	TCC MPR 4	Sun	May 10- June 7	3:00 pm-4:00 pm	\$75.00 4 classes



EXPLORE SCIENCE CLUB: NATURE ADVENTURES

Let's explore the outdoors while learning science and moving our bodies! Your child will love these engaging, hands-on, STEAM learning experiences that help children better understand the natural world in which they live. Each session provides an interactive, age-appropriate exploration of a specific science topic. This is an outdoor program, to ensure everyone's safety and enjoyment, all participants are expected to adhere to the City's Code of Conduct. Activities are age appropriate and vary for younger and older students.

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	\$
50240	Buckley Park	Sun	May 10- June 7	1:30 pm-2:30 pm	\$75.00 5 classes

Note: Buckley Park (19680 48th Ave)

Children

Science & Technology

BUILD YOUR SOLAR POWERED MINI HOUSE

Looking for a hands-on Earth Day experience your child will love? In this exciting STEM workshop, students will assemble a 3D-printed mini house, build their own working circuit, and power it using a real solar panel. They'll also decorate and customize their house while learning about renewable energy, sustainability, and green technology in a fun, engaging environment. A fun, educational Earth Day activity designed to inspire the next generation of innovators! Presented in partnership with the experts at Young Innovators.

AGES 7-14					
Code	Location	Day(s)	Date(s)	Time	\$
50663	TCC MPR 2	Sun	Apr 19	10:30 am-12:00 pm	\$55.00 1 class

3D PRINT YOUR FAVOURITE POKÉMON OR CHARACTER

In this interactive program, participants will design, iterate, and 3D print their favourite video game, movie, or pop-culture character. Learn basic geometry and design principles, including size, proportion, and symmetry, troubleshoot and refine their designs to overcome structural and aesthetic challenges and build computer literacy while gaining hands-on experience with TinkerCAD. Learn simple finishing techniques for a polished final look. Participants are encouraged to bring their own laptops if available; laptops will be provided if needed. No previous experience is required. Presented in partnership with the experts at Young Innovators.

AGES 7-14					
Code	Location	Day(s)	Date(s)	Time	\$
50664	TCC MPR 2	Sun	May 24- June 28	11:45 am-1:15 pm	\$257.00 6 classes

BUILD AND POWER YOUR BULLDOZER & OTHER MACHINES

Calling all future engineers! In this fun, hands-on course, your young innovators will roll up their sleeves and dive headfirst into the exciting world of moving machines. In this course, they will build robots while exploring engineering concepts like friction, pulleys, and stored energy and learn how to power creations with motors and batteries to generate real movement. Kids will gain hands-on experience through fun, age-appropriate building challenges that will have them thinking like real engineers! This course encourages creativity and problem-solving while sparking curiosity for engineering and robotics. No previous experience is needed! Presented in partnership with the experts at Young Innovators.

AGES 6-9					
Code	Location	Day(s)	Date(s)	Time	\$
50660	TCC MPR 2	Sun	May 24- June 21	10:00 am-11:30 am	\$197.00 5 classes

3D PRINT A FLOWER POT FOR MOTHER'S DAY

In our 2-part creative workshop, your child will become a designer, engineer, and artist! In the 1st session, participants will use beginner-friendly 3D modeling software to design a custom planter while learning key design concepts. In the 2nd session, they'll receive their 3D-printed creation, sand it, and paint it. 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 7-14					
Code	Location	Day(s)	Date(s)	Time	\$
50662	TCC MPR 2	Sun	Apr 26- May 3	10:30 am-12:00 pm	\$79.00 2 classes

Social Development

SCHOOL'S OUT PIZZA PARTY

Come down to the Timms Community Centre for three hours of Friday night fun with our recreation staff as we play games, have pizza, and play sports in the gym. Bring some friends or make new ones!

AGES 7-10					
Code	Location	Day(s)	Date(s)	Time	\$
49565	TCC MPR 2	Fri	June 26	6:00 pm-9:00 pm	\$34.00 1 class

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 6-11					
Code	Location	Day(s)	Date(s)	Time	\$
49505	TCC East Gym	Fri	Apr 10-May 8	6:45 pm-7:45 pm	\$53.75 5 classes
49540	TCC East Gym	Fri	May 15-June 19	6:45 pm-7:45 pm	\$64.50 6 classes

FUNDAMENTAL MULTI RACKET SPORTS

Get ready for some action! An introduction to rules, sport skills and basic physical literacy 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 6-11					
Code	Location	Day(s)	Date(s)	Time	\$
49506	TCC East Gym	Wed	Apr 1-May 6	5:45 pm-6:45 pm	\$64.50 6 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 6-11					
Code	Location	Day(s)	Date(s)	Time	\$
49507	TCC East Gym	Fri	Apr 10-May 8	5:45 pm-6:45 pm	\$53.75 5 classes
49542	TCC East Gym	Fri	May 15-June 19	5:45 pm-6:45 pm	\$64.50 6 classes

FUNDAMENTAL MULTISPORT

Get ready for some action! This course is an introduction to rules, sport skills and basic physical literacy 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 6-11					
Code	Location	Day(s)	Date(s)	Time	\$
49508	TCC East Gym	Tue	Mar 31-May 5	5:45 pm-6:45 pm	\$64.50 6 classes
49543	TCC East Gym	Tue	May 12-June 16	5:45 pm-6:45 pm	\$64.50 6 classes

Make a splash

Al Anderson Memorial Pool is open starting April 13 and we have so many opportunities for fun!

See **page 14** for schedules.

Children

Sports

FUNDAMENTAL VOLLEYBALL

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

AGES 6-11					
Code	Location	Day(s)	Date(s)	Time	\$
49541	TCC West Gym	Wed	May 13- June 17	5:45 pm- 6:45 pm	\$64.50 6 classes

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	\$
49509	TCC East Gym	Tue	Mar 31- May 5	12:15 pm- 1:15 pm	\$64.50 6 classes
49544	TCC East Gym	Tue	May 12- June 16	12:15 pm- 1:15 pm	\$64.50 6 classes

AGES 7-13					
Code	Location	Day(s)	Date(s)	Time	\$
49510	TCC East Gym	Tue	Mar 31- May 5	1:30 pm- 2:30 pm	\$64.50 6 classes
49545	TCC East Gym	Tue	May 12- June 16	1:30 pm- 2:30 pm	\$64.50 6 classes

Visual Arts

NEW! BUILD A MINIATURE PLAYHOUSE

Children will design and build their own miniature playhouse using popsicle sticks. They will learn how to draw and label a simple plan, build a sturdy little house, and then paint and decorate it to make it their own. The program is guided by an experienced art educator and practicing artist.

AGES 6-8					
Code	Location	Day(s)	Date(s)	Time	\$
51019	TCC MPR 4	Sat	May 23- June 20	2:30 pm- 3:30 pm	\$77.50 5 classes

NEW! CREATE YOUR OWN SUPERHERO

In this creative character-building class, children will invent a unique superhero from scratch. They will explore drawing techniques, character development, costume design, and world-building. The program is guided by an experienced art educator and practicing artist.

AGES 6-8					
Code	Location	Day(s)	Date(s)	Time	\$
51017	TCC MPR 1	Sat	Apr 11- May 9	1:15 pm- 2:15 pm	\$77.50 5 classes
45424	TCC MPR 2	Tue	June 3- June 24	4:45 pm- 5:45 pm	\$52.00 4 classes

Visual Arts

NEW! DRAWING TECHNIQUES

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

AGES 8-12					
Code	Location	Day(s)	Date(s)	Time	\$
49592	TCC MPR 2	Thu	Apr 9- May 7	5:00 pm- 6:00 pm	\$77.50 5 classes
49594	TCC MPR 2	Thu	May 21- June 18	5:00 pm- 6:00 pm	\$77.50 5 classes

NEW! PRINT YOUR OWN T-SHIRT

Children will learn basic printmaking techniques and use block printing, monoprinting, and stamping to design and decorate their own T-shirts, creating unique, hands-on art to take home. The program is guided by an experienced art educator and practicing artist.

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
49597	TCC MPR 2	Fri	May 22- June 19	5:00 pm- 6:00 pm	\$98.00 5 classes

NEW! PRINT YOUR OWN TOTE BAG

Children will learn basic printmaking techniques and use block printing, monoprinting, and stamping to design and decorate their own tote bags, creating unique, hands-on art to take home. The program is guided by an experienced art educator and practicing artist.

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
49595	TCC MPR 2	Fri	Apr 17- May 15	5:00 pm- 6:00 pm	\$98.00 5 classes

NEW! DRAWING & PAINTING

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

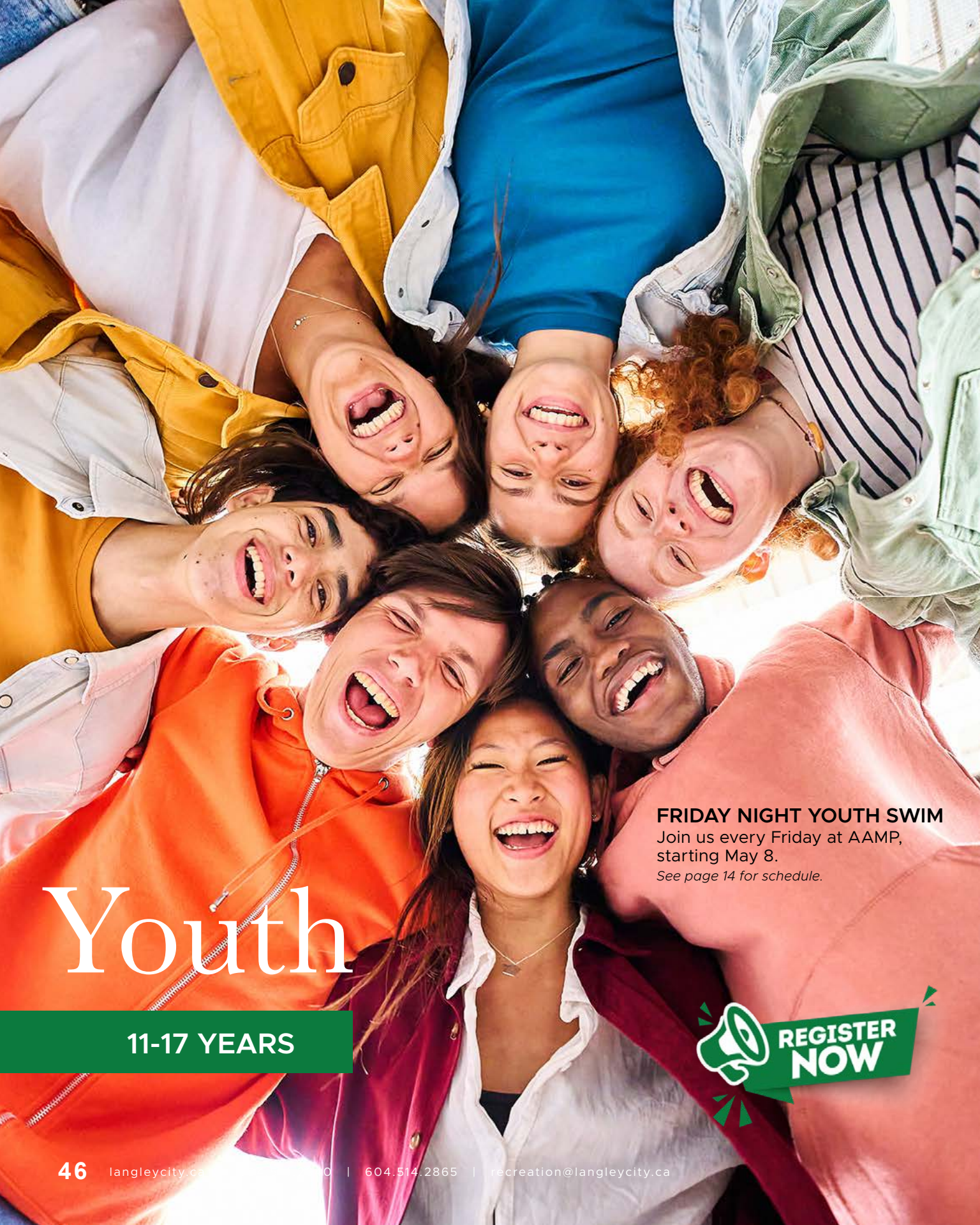
AGES 6-8					
Code	Location	Day(s)	Date(s)	Time	\$
49587	TCC MPR 1	Sat	Apr 11- May 9	11:45 pm- 12:45 pm	\$77.50 5 classes
49590	TCC MPR 4	Sat	May 23- June 20	1:00 pm- 2:00 pm	\$77.50 5 classes

NEW! SEW A STUFFY FRIEND

In this hands-on class, children will explore the world of sewing as they design and create their very own stuffed friend in a fun and supportive environment. Participants will choose colourful fabrics, learn how to safely use a sewing machine, and bring home a one-of-a-kind cuddly creation they made themselves. Presented in partnership with the MAE Studio.

AGES 7-11					
Code	Location	Day(s)	Date(s)	Time	\$
49973	TCC MPR 2	Wed	Apr 8- May 20	4:45 pm- 6:15 pm	\$246.00 6 classes

Note: No class April 15



Youth

11-17 YEARS

FRIDAY NIGHT YOUTH SWIM

Join us every Friday at AAMP,
starting May 8.

See page 14 for schedule.



**REGISTER
NOW**

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	\$
49961	TCC MPR 1	Sat	June 6- June 13	12:00 pm- 5:00 pm	\$99.00 2 classes



Hobbies & Interests

ONE DAY CHEF: SUSHI

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

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
49964	TCC MPR 1	Sat	April 18	3:00 pm- 5:00 pm	\$25.00 1 class

ONE DAY CHEF: BREAKFAST

Give your young foodie the ultimate breakfast-making experience! This exciting, hands-on class teaches kids how to create mouthwatering morning favorites, including perfectly fluffy pancakes. Participants will build confidence and learn kitchen skills they'll use for life. A fun, delicious adventure awaits!

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
49965	TCC MPR 1	Sat	May 23	3:00 pm- 5:00 pm	\$25.00 1 class

ONE DAY CHEF: CHOCOLATE DESSERTS

If you are craving something sweet, chocolate is always the answer! This class will include easy recipes for some decadent treats...featuring chocolate of course!

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
49966	TCC MPR 1	Sat	June 20	3:00 pm- 5:00 pm	\$25.00 1 class

Youth

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	\$
49963	TCC MPR 1	Tue	May 26- June 23	4:30 pm- 6:00 pm	\$110.00 5 classes

TOP CHEF YOUTH

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

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
49962	TCC MPR 1	Tue	Apr 14- May 12	4:30 pm- 6:00 pm	\$110.00 5 classes

Social Development

ONE SHOT: DUNGEONS & DRAGONS

Step into a high-stakes adventure designed for experienced Dungeons & Dragons players. This one-shot session is built for those who already understand core game mechanics and are ready to jump straight into immersive gameplay. Participants will bring pre-existing knowledge of character creation, rules, and table etiquette to engage in a fast-paced, story-driven scenario. Expect challenging encounters, meaningful role-play, and collaborative storytelling within a rich and dynamic setting. This session emphasizes strategic decision-making, creative problem-solving, and party synergy. Join fellow adventurers for an unforgettable single-session quest packed with tension, wit, and heroic moments. Dice Set available as an optional purchase for \$10. Presented in partnership with the experts at Bookwyrms Games.

AGES 10-15					
Code	Location	Day(s)	Date(s)	Time	\$
50655	TCC MPR 2	Wed	May 27	5:00 pm- 7:00 pm	\$25.00 1 class
50656	TCC MPR 2	Wed	June 10	5:00 pm- 7:00 pm	\$25.00 1 class
50657	TCC MPR 2	Wed	June 24	5:00 pm- 7:00 pm	\$25.00 1 class

Youth Swim

AL ANDERSON MEMORIAL POOL: 4949 207 STREET

Al Anderson Memorial Pool is open April 13 and we have so many opportunities for fun! Youth can attend any public swim as well as a Youth Swim on Friday Nights. (Note: Youth Swim on Friday night is free with a valid Games & Track Pass. Regular admission rates apply for all other swims).

See **page 14** for schedules.

Sports

BASKETBALL SKILLS & DRILLS

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

AGES 11-14					
Code	Location	Day(s)	Date(s)	Time	\$
49969	TCC West Gym	Sat	Apr 18- May 30	4:00 pm- 5:00 pm	\$60.00 6 classes

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	\$
49967	TCC West Gym	Wed	Apr 15- May 20	6:00 pm- 7:00 pm	\$60.00 6 classes

MULTI-SPORT LEARN TO PLAY: GIRLS

For Youth ages 11-14 who identify as female or non-binary. This program offers youth the opportunity to explore a variety of sports, helping them build fundamental skills across multiple activities like soccer, basketball, volleyball, and more. This class focuses on developing coordination, agility, teamwork, and confidence while introducing participants to different sports through fun drills, games, and challenges. It's perfect for beginners or those who want to try out new sports in a supportive, engaging environment.

GIRLS AGES 11-14					
Code	Location	Day(s)	Date(s)	Time	\$
49968	TCC West Gym	Wed	May 27- June 17	6:00 pm- 7:00 pm	\$40.00 4 classes

Visual Arts

NEW! TEEN FASHION SEWING



This 6-week creative, beginner-friendly sewing class for teens focuses on patchwork and sustainable fashion. Teens will learn to use a sewing machine, work with fabric scraps, and create a simple garment or bag while exploring eco-friendly design. All sewing machines, tools, and materials are included. No prior experience required. Presented in partnership with the MAE Studio.

GIRLS AGES 11-16					
Code	Location	Day(s)	Date(s)	Time	\$
50036	TCC MPR 4	Sat	Apr 4- May 9	1:00 pm- 2:30 pm	\$205.00 5 classes

Note: No class April 18

Youth

Youth Drop In Schedule ALL FREE WITH A GAMES & TRACK PASS

Youth drop in activities are included with your Games & Track Pass.

Purchase yours today for \$25/year and join us for all the fun!



MONDAY	Open Gym	3:15pm-5:15pm
TUESDAY	Open Gym	3:15pm-5:15pm
WEDNESDAY	Open Gym	3:15pm-5:15pm
THURSDAY	Open Gym Girls Social	3:15pm-5:15pm 5:00pm-7:30pm
FRIDAY	Open Gym Youth Swim*	3:15pm-5:15pm 8:30pm-10:00pm
SATURDAY	Open Gym Youth Night	4:00pm-5:30pm 6:00pm-9:30pm

Drop In: Timms Community Centre 20399 Douglas Crescent

Youth Swim: Al Anderson Memorial Pool 4949 207 Street

Note: schedule subject to change. Check monthly schedule [online](#).

Open Gym Basketball, pickleball, volleyball, badminton, soccer - everything is game!

Girls Social Crafts, Snacks, Chats. Repeat. Facilitated by City staff. Just remember...Girls only!

Youth Night Games, sports, crafts, food and fun competitions all night long.



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

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



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



Visit us online for regular news and updates:

@encompasssupportservices
@langleyyouthhub
@fodlangley
@foundrylangley

P: (604) 534.2171

E: support@encompass-supports.com
www.encompass-supports.com



Donate



Website



Membership

**1-7
MAY**

2026



Youth Week
British Columbia • May 1-7



LANGLEY CITY

YOUTH WEEK

**FREE ACTIVITIES
FOR TEENS 11-17**

TIMMS COMMUNITY CENTRE

20399 DOUGLAS CRESCENT

WWW.LANGLEYCITY.CA

CONTACT : 604.514.2940

All you need is a valid Games & Track pass for full access to all of the activities and events during Youth Week.

Visit LangleyCity.ca for full schedules.



Games Room



Good times in the Games Room

Step into the Games Room - where fun happens all day long! Bring your friends, challenge your family, or take on a new rival in our action-packed Games Room at Timms Community Centre. Play a round of pool, rally at ping pong, dominate the air hockey table, or choose from a variety of classic and modern games. It's the perfect spot to unwind, compete, and laugh together - fun for all ages!



Unlimited access

GAMES & TRACK PASS ONLY \$25/YEAR

Drop in, play on, and make every visit a good time.

Sign up today: \$25/year gets you all access to:

- Games Room
- Fitness Track
- Social cards
- Drop In Youth programs

General Hours: MONDAY-FRIDAY 8:30am-10:00pm • SATURDAY 8:00am-5:30pm • SUNDAY 8:00am-8:00pm



TRY SOMETHING NEW!

Get out of your comfort zone and learn something new.
See pages 53-60 for ideas.

Adult

18+ YEARS



**REGISTER
NOW**

Adult

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.

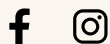
Please note: this program is open to everyone regardless of income level. Orders must be pre-paid by the Wednesday prior to delivery.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$
48409	TCC Front Desk	Wed	April 8	11:00 am-8:00 pm	\$6.00 1 bag
48410	TCC Front Desk	Tue	May 5	11:00 am-8:00 pm	\$6.00 1 bag
48411	TCC Front Desk	Tue	June 2	11:00 am-8:00 pm	\$6.00 1 bag

Stay Connected

Our monthly **Recreation Insider eNewsletter** includes important program updates, facility updates, special initiatives, straight to your inbox!

Don't miss a moment - follow us on **Instagram** and **Facebook**.



Performing 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)
50956	TCC MPR 3	Wed	Apr 8- May 13	3:00 pm- 4:00 pm	\$48.00 6 classes
50957	TCC MPR 3	Wed	May 20- June 24	3:00 pm- 4:00 pm	\$48.00 6 classes



Social Programs (18+ years)

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).



NEW! CULTURAL BOARD GAMES

Join the fun! Timms Community Centre welcomes all to the Cultural Games Social Afternoons! Enjoy an afternoon of traditional games from around the world, including Go, Mancala, Mahjong, Carrom, Ludo, Yutnori and many more. All supplies and instructions are provided for a friendly, social experience! Presented in partnership with the Langley Local Immigration Partnership.

Wednesdays 1:00-4:00 pm

Timms Community Centre, MPR 2

SOCIAL BRIDGE

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 1:00 pm-4:00 pm

Timms Community Centre, MPR 1

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

TEXAS HOLD'EM: LEARN TO PLAY

Learning to play Texas Hold'em poker is not as complex as you may think! Join our Texas Hold'em Poker Club (Learn to Play) where 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 1:00 pm-4:00 pm

Timms Community Centre, MPR 1

TEXAS HOLD'EM: TOURNAMENT PLAY

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 1:00-4:00 pm

Timms Community Centre, MPR 1

Performing Arts

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)
50954	TCC MPR 3	Tue	Apr 7- May 12	7:00 pm- 8:30 pm	\$60.00 6 classes
50955	TCC MPR 3	Tue	May 26- June 30	7:00 pm- 8:30 pm	\$60.00 6 classes

BELLY DANCE TROUPE & PERFORMANCE

Continue to build on your dance knowledge. Learn differences of regional dances through choreography and troupe performance opportunities. Must have at least two years of belly dance experience.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
50962	TCC MPR 3	Thu	Apr 9- May 14	7:15 pm- 8:45 pm	\$60.00 6 classes
50963	TCC MPR 3	Thu	May 21- June 25	7:15 pm- 8:45 pm	\$60.00 6 classes

BEYOND THE BASICS BELLY DANCE: INTENSIVES HOT COMBO

You have some of the basics now let's put it all together and dance! Learn how to put what you have together with a little spice creating beautiful dance combos! Must have at least one year of belly dance experience.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
50968	TCC MPR 3	Fri	June 5- June 26	7:00 pm- 8:30 pm	\$40.00 4 classes

BEYOND THE BASICS BELLY DANCE: INTENSIVES VEILS & WINGS

Discover the grace and beauty of working with veils and Isis wings. Discover the merits of the different types of veils, their movements and other useful tips and tricks. If you have your own veils and/or wings please bring them with you. Some will be made available to borrow for those without Must have at least one year of belly dance experience.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
50967	TCC MPR 3	Fri	May 8- May 29	7:00 pm- 8:30 pm	\$40.00 4 classes

BEYOND THE BASICS BELLY DANCE: UNLOCK YOUR BEST SHIMMIES

Unlock the power of a variety of shimmies then discover the beauty of layering them with basic dance movements. Must have at least one year of belly dance experience.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
50966	TCC MPR 3	Fri	Apr 10- May 1	7:00 pm- 8:30 pm	\$30.00 3 classes



Performing Arts

DANCE SAMPLER: JIVE & WALTZ

Have you always wanted to learn how to Jive? This is your chance to learn the basics. Then we will shift gears and introduce you to the grace of the Waltz. Both dances are great fun. No partner required.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
50965	TCC MPR 3	Fri	May 29- June 26	5:30 pm- 6:30 pm	\$50.00 5 classes

DANCE SAMPLER: TWO STEP

This is a great dance for beginners who are wanting to join the fun as well as anyone who wants to kick up their heels and be ready for rodeo and stampede season! Join us! No partner required!

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
50964	TCC MPR 3	Fri	Apr 10- May 15	5:30 pm- 6:30 pm	\$50.00 5 classes

NEW! THEATRE PERFORMANCE

With this performance program, students will explore the fundamentals of acting, movement, stage presence while working on bringing characters to life. They will develop self expression, confidence, and communication skills on stage and beyond. Drop-ins welcome if space permits. \$20.00/visit per person. Presented in partnership with the experts at Olsen Academy.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
50960	TCC MPR 3	Wed	Apr 1- Apr 22	6:00 pm- 7:00 pm	\$80.00 4 classes
51024	TCC MPR 3	Wed	Apr 29- May 20	6:00 pm- 7:00 pm	\$80.00 4 classes
51025	TCC MPR 3	Wed	May 27- June 17	6:00 pm- 7:00 pm	\$80.00 4 classes

Adult

Social Development

ONE SHOT: DUNGEONS & DRAGONS

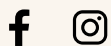
This one-shot session is built for those who already understand core game mechanics and are ready to jump straight into immersive gameplay. Participants will bring pre-existing knowledge of character creation, rules, and table etiquette to engage in a fast-paced, story-driven scenario. This session emphasizes strategic decision-making, creative problem-solving, and party synergy. Join fellow adventurers for an unforgettable single-session quest packed with tension, wit, and heroic moments. Dice sets available as an optional purchase for \$10. Presented in partnership with the experts at Bookwyrn Games.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
50658	TCC MPR 3	Sat	Apr 11	3:00 pm-5:00 pm	\$25.00 1 classes
50659	TCC MPR 3	Sat	May 9	3:00 pm-5:00 pm	\$25.00 1 class

Stay Connected

The Recreation Insider, our monthly eNewsletter, includes important program updates, facility updates, special initiatives, and events that you won't want to miss!

Get our updates straight to your inbox!
CLICK HERE to sign up.



Sports

LEARN TO PLAY PICKLEBALL

Is it badminton, tennis, or ping-pong? It's all 3! Pickleball is one of the fastest growing recreational sports in Canada among the young and young at heart! Played on a traditional badminton-sized court with special paddles, pickleball uses a wiffle-ball and low net combined with several key 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)
51028	TCC Gym	Thu	Apr 9- Apr 30	6:30 pm-7:30 pm	\$48.00 4 classes
51029	Douglas Park Court	Thu	May 7- May 28	11:00 am-12:00 pm	\$48.00 4 classes
51030	Douglas Park Court	Thu	June 4- June 25	11:00 am-12:00 pm	\$48.00 4 classes

Visual Arts

NEW! BEGINNER FASHION SEWING

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

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
50237	TCC MPR 2	Wed	Apr 8- May 20	6:45 pm-8:45 pm	\$351.00 6 classes

Note: No class April 15

Visual Arts

NEW! DATE NIGHT PAINTING

Bring a partner, friend, or family member and enjoy relaxed Thursday evening painting sessions. All materials and guidance are provided as you try new techniques and create your own artwork. Perfect for a date night, friend's night out, or family fun. This program is a creative way to relax, have fun, and make lasting memories together. No experience needed! The program is guided by an experienced art educator and practicing artist.

Note: one registration fee covers two participants.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
51045	TCC MPR 2	Thu	Apr 9- May 7	6:30 pm- 8:30 pm	\$200.00 5 classes
51046	TCC MPR 2	Thu	May 21- June 18	6:30 pm- 8:30 pm	\$200.00 5 classes

NEW! ART CAFE FOR SENIORS

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

AGES 55+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
49724	TCC MPR 2	Tue	Apr 7- May 5	10:00 am- 12:00 pm	\$25.00 5 classes
49972	TCC MPR 2	Tue	May 19- June 16	10:00 am- 12:00 pm	\$25.00 5 classes

GLASS MOSAIC WORKSHOP WITH JESSICA FAIRWEATHER

Create your own 6×6 inch glass mosaic with glass artist Jessica Fairweather in a fun, creative environment. Be inspired by vibrant colours, beautiful patterns, and sparkly, textured glass while learning essential mosaic techniques. You'll explore how to nip, chip, and score glass, discover effective ways to lay pieces, understand the importance of grout lines, and master grouting. Gain tips and tricks of the trade, and experience the satisfying finish of polishing your completed mosaic. All supplies and handouts are included. Presented in partnership with the Langley Arts Council.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
50242	TCC MPR 1	Sat	May 16	1:00 pm- 4:30 pm	\$130.00 1 class

NEW! WATERCOLOUR PAINTING

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

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
51032	TCC MPR 1	Mon	May 11- June 22	7:00 pm- 9:00 pm	\$124.00 6 classes

Adult

Visual Arts

WATERCOLOUR & ACRYLICS

Expand your creative expression by learning how to paint with acrylics and watercolours! This class will be a combination of both mediums with a significant amount of instruction being given in each. During this hands-on workshop, you'll get inspired through your own creative exploration as well as learning from great works of art. You'll be encouraged to work with subject matters ranging from reference examples (photos) to abstraction and imagination. The class will evolve as we go to meet individual interests and expressions. All levels welcome. Presented in partnership with the Langley Arts Council.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
49970	TCC MPR 1	Sun	Apr 5- May 17	11:30 am- 2:30 pm	\$230.40 7 classes

NEW! OUTDOOR PAINTING: PLEIN AIR

In this Plein Air painting class, you will paint outdoors while observing light, colour, and atmosphere in real time. Simple techniques for capturing landscapes, buildings, and natural elements will be introduced, using the surrounding environment as inspiration. The class focuses on creative exploration, building confidence, and translating observation onto paper or canvas. Suitable for all levels, with no previous outdoor painting experience required. Classes will take place indoors and around the building, including a short walk to nearby Douglas Park (weather permitting). The program is guided by an experienced art educator and practicing artist.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
51031	TCC MPR 1	Mon	May 11- June 22	4:30 pm- 6:30 pm	\$124.00 6 classes

NEW! ONE DAY ARTS

Learn basic clay hand-building techniques, choose a glaze from a variety of colours, and the instructor will apply it for you. All materials are included, and no experience is required. Your piece will be glazed and kiln-fired and ready for pickup at Timms Community Centre in 5-6 weeks. Presented in partnership with the Manana Studios.

AGES 18+ HAND BUILDING POTTERY VASE					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
50902	TCC MPR 2	Sat	May 2	2:00 pm- 4:30 pm	\$65.00 1 class

AGES 18+ HAND BUILDING POTTERY MUG					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
49723	TCC MPR 2	Sat	June 6	2:00 pm- 4:30 pm	\$65.00 1 class

NEW! PRINTMAKING

Explore the fundamentals and creative possibilities of printmaking in this hands-on class. You will experiment with techniques like block printing, monoprinting, and collagraphs, working with shapes, textures, and colours to create unique, original printing projects, including printing on paper, tote bags and t-shirts. The program is guided by an experienced art educator and practicing artist.

AGES 18+ TOTE BAGS					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
49598	TCC MPR 2	Fri	Apr 17- May 15	6:30 pm- 8:30 pm	\$120.00 5 classes

AGES 18+ T-SHIRTS					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
49599	TCC MPR 2	Fri	May 22- June 19	6:30 pm- 8:30 pm	\$120.00 5 classes

SENIORS

AGES 60+

WEEK



JUNE 1-7

Access a variety of free activities and events throughout Langley City.

There will be so many activities to choose from including:

- Sports
- Fitness
- Social activities
- Dance and so much more!

Full schedule of events available May 5 at LangleyCity.ca.

ACTIVITY PASS

Register for your **FREE Seniors Week Activity Pass** after May 4 at:



Timms
Community Centre
20399 Douglas Crescent
604.514.2940
LangleyCity.ca



Langley Senior RESOURCES SOCIETY

Recreation and Resource Centre

20605 51 B Avenue, Langley, BC Canada V3A 9H1
604-530-3020 | lsrs.ca

JOIN THE ACTION

- Lunch Café
- Tuk Shop Thrift Boutique
- Computer Lab
- Lending Library
- Physical Fitness & Sports
- Yoga & Pilates
- Speakers Series
- Arts & Crafts & Music
- Social Groups
- Education
- Bus Trips
- Foot Care
- Flu Clinics
- Hearing Clinics
- Legal Clinics
- Health Seminars
- Community Services



Check website
for current
In The Loop,
our monthly
programs
& services
guide



**For those 50+ in the City
and Township of Langley**

We don't LIVE here. We PLAY here. And Learn.
And SOCIALIZE. And CARE.

SINGLE SESSION



Gymnasium

Gymnasium

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

Please note:
 *Proof of residency required.
 **Children under 4 years are free.
 ***Family is a maximum of 5 people including a combination of parents, guardians, or grandparents with children under 19 years who reside in the same household. Maximum of 2 adults.

1 Year Games & Track Pass (4+ years) \$25.00 per person
 Valid for Fitness Track, Games Room, Youth Drop-In Programs, Social Programs at Timms Community Centre

Support Worker Pass

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

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

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

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

Gymnasium

Court Rentals

BADMINTON COURT RENTAL

Badminton courts are booked on a first-come, first-served basis. Payment is required at the time of booking. Maximum of six (6) 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 (2) courts permitted to be booked per day, per household.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
Book	TCC	Sun	April-June	5:30 pm-6:15 pm	\$11.00 45 min
Book	TCC	Sun	April-June	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 3 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



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

Regular admission fees apply. See **page 64** 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.

(4+ or 16+) **BASKETBALL 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 gymnasium time at Family Gym! This open gym will have 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.

TABLE TENNIS **(16+)**

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

VOLLEYBALL **(16+)**

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

WALK OR RUN (OR A MIXTURE OF BOTH!)



DOUGLAS PARK PACERS

@douglas_park_pacers



**MON-FRI 9AM
DOUGLAS PARK**

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



Fitness

GET ACTIVE



Weight Room Hours

TIMMS COMMUNITY CENTRE

20399 Douglas Crescent

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

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

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

This class will focus on toning your entire body while increasing joint mobility and core strength. 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) BODYSCLPT

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: Bodysclpt 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

Strengthen your entire body with a mix of light weights, resistance bands, and body-weight exercises, paired with bursts of cardio to boost your calorie burn. Step platforms may be incorporated to enhance coordination and elevate your heart rate. Class finishes with a restorative cool down featuring stretching, flexibility work, foam rolling, and yoga-inspired movements to release tightness in the hips, shoulders, and other key areas. Mat exercises are included so participants should be comfortable transitioning to and from the floor.

CIRCL MOBILITY® (60 minutes)

Moderate Intensity; low impact

Release, restore, renew. Keep your body moving with this program designed to release stress, restore your range of motion and renew your ability to move your body the way it is intended to! Unlock your body's potential with flexibility, breathwork and mobility exercises paired with music to set a relaxing tone and reduce stress. Brought to you by Zumba.®

COREPLUS BANDS (45 minutes)

Moderate Intensity; low impact

Strengthen and stabilize your core with a dynamic blend of resistance band work and pilates inspired movements. This class emphasizes slow, intentional exercises that activate your abdominals, obliques, and lower back while supporting better posture and overall balance. Designed for every fitness level, it brings together functional training and targeted strength work to help you move with greater ease and confidence in daily life. Participants should feel comfortable transitioning to and from the floor.

CORE EXPRESS (45 minutes)

Moderate Intensity; low impact

A dynamic, full-body workout designed to fire up and strengthen your core - including abs, obliques, back, and legs. Expect focused balance and stability training using equipment such as bands, the Bosu, Fitball, and body-weight movements. This class includes mat-based exercises, so participants should be comfortable moving down to and up from the floor.

Fitness Classes

(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.

(30 minutes) GENTLE CYCLE

Low Intensity; No impact

Enjoy this great cardio workout that is easy on the joints, builds muscle and improves balance. Go at your own pace while enjoying the music and camaraderie of this small group class that caters to those wanting a slower paced workout. Ideal for older adults, those new to exercise and anyone returning after an injury.

(60 minutes) GENTLE-FIT

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

Strengthen and tone your entire body in this class that will start with a 30 minute strength & cardio interval session to elevate your heart rate, burn fat and build muscle. The final 30 minutes will take you through a series of yoga and meditation poses to improve your balance and flexibility while relaxing your mind and rebooting your spirit.

NEW! MENOFIT (60 minutes)

Moderate Intensity; Low impact

Welcome to the class where strength meets sass! Every woman gets to move, laugh, and glow (sometimes literally). Designed exclusively for women navigating the transitions of perimenopause, menopause and post menopause, this program celebrates the power, humor and resilience that comes with this new chapter of life. Improve muscle strength, stabilize metabolism and master mindful mobility while connecting with a community of women who get it. Class will include a variety of strength, cardio and mobility exercises.

MIX FIT (60 minutes)

Moderate Intensity; Moderate impact

A dynamic blend of cardio and strength training designed to elevate your heart rate and challenge your muscles. Each session features a mix of equipment-steps, bikes, BOSU, bands and weights-so every class feels fresh and unique. All fitness levels are welcome. Some mat-based exercises are included so participants should be comfortable moving up and down from the floor.

Fitness Classes

(45 minutes) NEW! RALLY READY

Low Intensity; No impact

Unleash your competitive edge with a fitness class built specifically for racquet-sport players. This isn't another generic workout-it's a high-energy, training program designed to sharpen your reflexes, boost your stamina, and strengthen your lateral movement while improving shoulder, hip and knee mobility. No matter which sport you play, you will move better, harder and recover faster.

(60 minutes) RISE N' SHINE MOBILITY YOGA

Low Intensity; No impact

Feeling tired, sore, lethargic in the morning? You are not alone! 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 to fire up your abs and obliques. Finish off your workout with a quick cool down and stretch and be ready to face the day!

(45 minutes) SPIN EXPRESS

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 & SCULPT & CORE (75 minutes)

High Intensity; Low impact

Power up your workout with this energizing class! Kick things off with 30 minutes of heart-pumping intervals designed to torch calories and boost your cardiovascular endurance. Shift gears into 30 minutes of upper-body sculpting using light weights and resistance bands to build strength and tone. Finish strong with 15 minutes of focused core-defining exercises and gentle stretches

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 & 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.

STRENGTH CIRCUIT (60 minutes)

Moderate Intensity; Low impact

A dynamic blend of body-conditioning and resistance work designed to build strength and muscular endurance. You'll rotate through targeted stations that challenge different muscle groups, helping you tone, tighten, and burn fat. With a mix of equipment-based and body-weight exercises, the session fires up your metabolism and trains your entire body. The class wraps up with a soothing yoga-inspired stretch to leave you limber, calm, and balanced.

Fitness Classes

(45 minutes) STRENGTH THERAPY

Low Intensity; Low impact

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

(60 minutes) TOTAL BODY CONDITIONING (TBC)

High Intensity; Moderate impact

If you are looking to get stronger, lose body fat and build lean muscle, this class is for you! TBC workouts combine strength exercises with intervals of muscular endurance and cardio drills to produce potent combination of challenging routines that will train and tone your entire body, increase your energy levels and zap away your stress!

Note: TBC Express 45 minutes

(45 minutes) TRX EXPRESS

Moderate Intensity; Low impact

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

(60 minutes) WARRIOR COMBAT™

High Intensity; Moderate impact

Boxing inspired, powerful and fierce! It is for everybody and every BODY. Warrior combat has two 30-minute sections. These sections are distinguished by timed intervals and the moves are synchronized to music. Boxing combinations, HIIT training, total body strength and aerobic conditioning are all part of the fun! Mat work is included.

WARRIOR STRENGTH™ (60 minutes)

High Intensity; Moderate impact

Looking for a high-energy total-body workout that will make you sweat, feel the burn and enjoy an endorphin rush? Warrior Strength is for you! 30 minutes of cardio and mobility conditioning HIIT exercises followed by 30 minutes of strength training to tighten, tone and sculpt your muscles.

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® (60 minutes)

Low-Moderate Intensity; Moderate impact

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

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
<i>*Pairs must be at a similar fitness level.</i>	
<i>*Personal training passes are non-refundable</i>	

NEW! STRONGER YOU: INTRO TO WEIGHT TRAINING

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

AGES 30+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
50039	Weight Room	Wed	Apr 8- Apr 29	7:00 pm- 8:15 pm	\$100.00 4 classes

NEW! STRONGER YOU: CIRCUIT TRAINING

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

AGES 30+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
50038	Weight Room	Wed	May 6- May 27	7:00 pm- 8:15 pm	\$64.00 4 classes
50039	Weight Room	Wed	June 3- June 24	7:00 pm- 8:15 pm	\$64.00 4 classes

AQUATIC FITNESS

Take your fitness routine to the water! Al Anderson Memorial Pool offers aquatic fitness classes in shallow and deep water.

See **page 14** for schedules.



TIMMS COMMUNITY CENTRE 20399 DOUGLAS CRESCENT

FITNESS TRACK

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



NEW

Online registration for swimming lessons available March 4!

- +** **Proof of pre-requisites required.** Email swim@langleycity.ca or visit Timms Community Centre with proof of level completion.
- +** **Online registration available starting March 4.** Ensure your account is up-to-date before registration opens.
- +** **Spring Registration: Opens March 4**
Summer Registration: Opens April 29

SWIM@LANGLEYCITY.CA

604.514.2940

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 BCRPA.

AGES 50+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
50524	TCC MPR 3	Sat	Apr 25- June 20	9:00 am- 10:00 am	FREE
AGES 50+ CHOOSE TO MOVE PARTICIPANTS ONLY					
50525	TCC MPR 3	Sat	Apr 25- June 20	10:15 am- 11:15 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)
50500	TCC MPR 2	Wed	Apr 8- May 13	10:00 am- 11:30 am	\$48.00 6 classes
50501	TCC MPR 2	Wed	May 20- June 24	10:00 am- 11:30 am	\$48.00 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.

MANDATORY INFORMATION SESSION					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
50522	TCC MPR 2	Sat	April 11	11:30 am- 12:30 pm	FREE
CHOOSE TO MOVE: AGES 50+					
50523	TCC MPR 2	Sat	May 2- June 20	11:30 am- 1:00 pm	FREE

Note: Must attend information session in order to be eligible to register for Choose to Move.



Fall Prevention & Mobility Classes

STAND STRONG

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

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
50529	TCC MPR 3	T/Th	Apr 7- Apr 30	12:45 pm- 1:30 pm	\$68.00 8 classes
50530	TCC MPR 3	T/Th	May 5- May 28	12:45 pm- 1:30 pm	\$68.00 8 classes
50531	TCC MPR 3	T/Th	June 2- June 25	12:45 pm- 1:30 pm	\$68.00 8 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)
50526	TCC Fitness Rm	T/Th	Apr 7- Apr 30	10:00 am- 11:00 am	\$56.00 8 classes
50527	TCC Fitness Rm	T/Th	May 5- May 28	10:00 am- 11:00 am	\$56.00 8 classes
50528	TCC Fitness Rm	T/Th	June 2- June 25	10:00 am- 11:00 am	\$56.00 8 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)
50536	TCC MPR 3	Tue	Apr 7- May 12	11:30 am-12:30 pm	\$51.00 6 classes
50538	TCC MPR 3	Thu	Apr 9- May 14	8:30 am-9:30 am	\$51.00 6 classes
50537	TCC MPR 3	Tue	May 19- June 23	11:30 am-12:30 pm	\$51.00 6 classes
50539	TCC MPR 3	Thu	May 21- June 25	8:30 am-9:30 am	\$51.00 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)
50532	TCC MPR 3	Tue	Apr 7- May 12	8:30 am-9:30 pm	\$51.00 6 classes
50534	TCC MPR 3	Thu	Apr 9- May 14	11:30 am-12:30 pm	\$51.00 6 classes
50533	TCC MPR 3	Tue	May 19- June 23	8:30 am-9:30 am	\$51.00 6 classes
50535	TCC MPR 3	Thu	May 21- June 25	11:30 am-12:30 pm	\$51.00 6 classe

Yoga & Pilates

PILATES YOGA BARRE ESSENTIALS

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

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
50520	TCC Fitness	Mon	Apr 13- May 11	8:30 am- 9:30 am	\$47.50 5 classes
50521	TCC Fitness	Mon	May 25- June 15	8:30 am- 9:30 am	\$38.00 4 classes

COREFLOW FUSION

Flow through a dynamic blend of yoga, pilates, and functional movement designed to strengthen your core, improve balance, and boost overall flexibility. Each session incorporates a mix of equipment such as bands, weights, and gliders alongside body-weight exercises to create a well-rounded, energizing workout. You'll finish feeling strong, centered, and refreshed. All fitness levels are welcome. Participants should be comfortable getting down to and up from the floor.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
50504	TCC MPR 3	Thu	Apr 9- May 21	4:45 pm- 5:45 pm	\$66.50 7 classes
50505	TCC MPR 3	Thu	June 4- June 25	4:45 pm- 5:45 pm	\$38.00 4 classes

Mom & Baby Fitness

NEW! CUDDLES & CRUNCHES

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

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
50502	TCC Fitness	Wed	Apr 8- May 20	8:45 am- 9:30 am	\$66.50 7 classes
50503	TCC Fitness	Wed	June 3- June 24	8:45 am- 9:30 am	\$38.00 4 classes



ALL
AGES

Community Events



 REGISTER
NOW

Find the fun - view our online events calendar

APRIL to JUNE

Discover everything happenign in our community in one convenient place. From pop up's and open houses, pool events, and special programming to seasonal festivals, our online calendar makes it easy to stay informed and plan ahead.

Explore what's coming up and never miss an opportunity to connect, celebrate and get involved.

VIEW THE
EVENTS
CALENDAR

APPLY TO
HOST AN EVENT
IN LANGLEY
CITY

LIGHT UP THE CITY

The Spirit Square Stage at Douglas Park is illuminated in support and recognition of various causes and events, in accordance with City Policy CO-78. Dates listed below have been specifically requested by an external organization.

Organizations that would like to light up the Spirit Square stage at Douglas Park in support of a particular cause or event can **apply online**. Your application will be reviewed and staff will contact you once a decision has been made.

EARTH DAY FESTIVAL

April 25

Douglas Park

In partnership with Langley Environmental Partners Society, come together from 10:00 am-2:00 pm as we celebrate Mother Earth. This **FREE**, family event will have lots of activities to try.

COMMUNITY DAY

June 13

Douglas Park

Join us at Douglas Park where families can enjoy a variety of attractions and activities! Live entertainment, interactive sports, kids crafts, food trucks, beer garden, and more!

Event details are subject to change. For the most up-to-date event information, check back often.



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.

Dog Off Leash Parks

BRYDON PARK

198 Street & 53 Avenue

CITY PARK

207 Street & 48 Avenue

LINWOOD PARK

201A Street & Michaud Crescent

UPLANDS DOG OFF-LEASH PARK

4441 206 Street

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.

Water Spray Parks

Splash around at Langley City's spray parks. The perfect summertime destination for visitors of all ages. A popular place to cool off for pedestrians and cyclists, the park is unsupervised, and is available on a first-come, first-serve basis.

Water Spray Parks are open May long weekend to September long weekend, 8:00 am to 8:00 pm.

Note: Dates and times are subject to change.

CITY PARK

207 Street & 48 Avenue

DOUGLAS PARK

206 Street & Douglas Crescent

NICHOLAS PARK

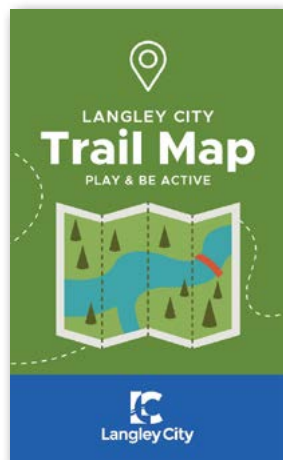
209 Street & 50 Avenue



Parks

Trail Map

TAKE IT WITH YOU ON YOUR ADVENTURE



Langley City is proud to release a new and 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 any Langley City facility.



Picnic Shelters

BOOKING INFORMATION

City Park has three covered picnic shelters that are available to reserve for picnics, parties or family events from April 1 to October 1. Each shelter has a maximum capacity of 30 people and has access to power and water. Other amenities include a seasonal outdoor pool, playground, spray park and washrooms. Bookings must be made in advance.

Time slots available

10:00 am to 1:00 pm
1:30 pm to 4:30 pm
5:00 pm to 8:00 pm.

Cost:

\$75/3 hr timeslot (Non-profit)
\$150/3 hr timeslot (commercial)

Rules & Guidelines

- Liability insurance is required and must be purchased prior to the event.
- Propane BBQ's are permitted.
- Food trucks are not permitted.
- Bouncy castles or other structures are not permitted.
- Amplified sound, other than the use of a personal speaker, is not permitted.
- Unreserved users must vacate the shelter in the event it has been reserved and a permit issued.
- In the off-season, shelters are available on a first-come, first-served basis.
- Reservations are for picnic shelters only. Adjacent park space is open for public use.

Click here to request a booking. *Requests are not a guarantee of reservation. Requests must be made 5 days in advance.*



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

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

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

- D Timms Community Centre
- E Langley Seniors Recreation and Resource Centre
- F Langley Community Music School
- G Langley Lawn Bowling
- H McBurney Lane
- I Spirit Square
- Neighbourhood Parks**
- 1 Portage Park
- 2 Brydon Park
- 3 Hunter Park

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

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



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- Energy Meters
- Gimbal Video Stabilizers
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- Puzzle Cubes
- Radon Detectors
- Solar Panels
- Sphero Bolt
- Sunshine Lamps
- Telescopes
- Thermal Leak Detectors
- Ukuleles



ONGOING EVENTS

Close Knit Langley

Every Tuesday, 2 - 5 pm

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

Titles and Tea Book Club

Third Tuesday of every month, 2 - 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.

Babytime

Every Monday, 2 - 2:30 pm

(Except April 6, May 18 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. Looking for more Babytime fun? Check out our on-demand content on Facebook or YouTube.

Storytime

Every Thursday, 10:45 - 11:15 am

(Except April 2 is a Easter Extended Storytime and Egg Hunt, April 30 is a Easter Extended Storytime from 10:45 - 11:45)

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 - 5:30 pm

(Except April 6, May 18 is a 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.

The themes will be:

- April 7 - All about animals
- May 5 - Digging for Dinos
- June 2 - Colorful playtime

Table Top Game Night

Last Wednesday of the month, 3:30 - 5:30 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.

SPECIAL EVENTS

Fun with S.T.E.A.M.

Thursday May 14, 3:30 - 4 pm

It's time to blow off some S.T.E.A.M.! Join us for a hands-on activity featuring one of the five S.T.E.A.M. themes: Science, Technology, Engineering, Art and Math. This month, let's learn about math! Test your skills and work together to complete a fun scavenger hunt full of math-themed puzzles and activities. All children are welcome, best suited for ages 7-12.

Coding with Robot Mouse

Tuesday, May 19, 3:30 - 4:30 pm

Our Robot Mouse needs some help finding the cheese! Combine computational thinking and fun as we learn how to help this robot mouse complete a variety of challenges to reach the cheese at the end of the maze puzzles! Drop in program suitable for kids ages 6 to 12. Children under 10 must be accompanied by an adult.

Building with Magnets

Tuesday, April 7, 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.

Philosophers Corner

Thursday, April 23 and May 28, 11:30 - 1 pm

Join us on the fourth Thursday of the month for a lively discussion on a variety of topics. The event starts with a short introduction by a speaker, followed by a moderate discussion. Admittance will be first-come first served basis as space permits. Program suitable for adults.

- Part of KPU's TALK Series
- Topic for April 23 is Should there be limits to science?
- Topic for May 28 is "AI: the good, the bad and the ugly."

Crafternoon - Painted Terra Cotta Pots

Thursday, April 3, 2 - 3 pm

Join us for a fun and lazy springtime crafternoon! We will be painting Terra Cotta pots and listening to relaxing music! All supplies provided. This program is drop-in while supplies last.

Earth Day Documentary

Wednesday, April 22, 3:30 - 4:30 pm

Celebrate Earth Day this year by watching episode one of PBS 'The Future of Nature' on Kanopy with us. This interesting and informational documentary series will help us learn how to be kind to our Earth. Drop in program for all ages.

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





Langley City

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