



Summer Recreation Guide

JULY *to* AUGUST 2026

VALID
JUNE 29-
SEPT 6

FREE

SUMMER FUN PASS

**10 FREE
VISITS**



SWIM



SPORTS



GAMES

**10
FREE
VISITS**

MUST BE A LANGLEY CITY RESIDENT WITH
PROOF OF ADDRESS.
SEE PAGE 65 FOR ELIGIBILITY AND RULES.

TIMMS COMMUNITY CENTRE
AL ANDERSON MEMORIAL POOL

604.514.2940
604.514.2860

Recreation, Culture & Community Services

SWIM REGISTRATION
starting APRIL 29
GENERAL REGISTRATION
starting MAY 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
604.514.2860 AAMP



IN PERSON

Timms Community Centre
20399 Douglas Crescent

Douglas Recreation & Childcare Centre
20550 Douglas Crescent

Al Anderson Memorial Pool
4949 207 Street

REFUND POLICY:

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

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

PROGRAM CANCELLATIONS:

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



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

What's Inside



Click this symbol to go directly to the registration page.

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Connect With Us



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

OFFICE HOURS **July 2-Sept 6**
•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
& CHILDCARE CENTRE**
20550 Douglas Crescent
604.514.2865

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

**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

FACILITY HOLIDAY HOURS

DATE	AAMP	DRCC	TCC
July 1	1:00-8:00pm	Closed	10:00am-3:00pm
Aug 3	1:00-8:00pm	Closed	10:00am-3:00pm

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 53** for details.



PHOTOGRAPHY NOTICE:

Photography may occur at our programs and events. If you do not wish to appear in photos, please advise the photographer.

Recreation & Community Services



Stay connected with 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.
Click here to 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

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:

- Are currently receiving government income assistance from the **Ministry of Social Development** as your only source of income.
- 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

Are you an emerging or established local artist?

Langley City has opportunities for artists of all ages to showcase artwork in 2026.

For more information, email: jhaveliwalla@langleycity.ca or visit LangleyCity.ca.

Art Program

NEW! ONE DAY ARTS: FABRIC COLLAGE

Transform colourful fabric scraps and trims into your own amazing works of art! In this hands-on workshop, children can explore abstract designs, nature-inspired scenes, buildings, or create something totally unique. Children will experiment with different textures, colours, and shapes as they cut, arrange, and glue their collages together. Open to all skill levels. All materials are provided. The program is guided by an experienced art educator and practicing artist.

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52289	TCC MPR 2	Sat	July 25	1:00 pm-2:30 pm	\$32.00 1 class

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.

- May 14** Moose Hide Campaign Day
- May 16** Asian Heritage Month Business Expo
- May 27** Mental Health Awareness Day
- June 19** World Refugee Day
- June 26** Social Streets RNN Kick Off

For more information, visit LangleyCity.ca/VillageCafé



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:

May-June	Solo exhibition by Olivia Harks
July-August	Group exhibition: Beyond Barriers
August-October	Solo exhibition by Kate Major

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:

May 22-July 2	Nature Around Us <i>Submission Deadline: May 4</i>
July 3-August 13	Summer Memories <i>Submission Deadline: June 15</i>
August 14-Sept 24	Tastes of Home <i>Submission Deadline: July 29</i>

UPCOMING EXHIBITIONS AT THE TIMMS WALKWAY GALLERY & ARTIST SPEAKERS SERIES

Free for all ages to attend!

May – July 2026

Solo exhibition by Olivia Harks

Saturday, May 23rd, 2026, from 10:30 - 11:30 AM in Council Chambers, 2F

July – August 2026

Group exhibition: Beyond Barriers

Artist Talk: Saturday, July 18th, 2026, from 10:30 - 11:30 AM in Council Chambers, 2F

August - October 2026

Solo exhibition by Kate Major

Saturday, September 12th, 2026, from 10:30 - 11:30 AM in Council Chambers, 2F

For more information about the speakers' series, visit langleyarts.ca/events

To view and shop the exhibitions, visit langleyarts.ca/exhibitions

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



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



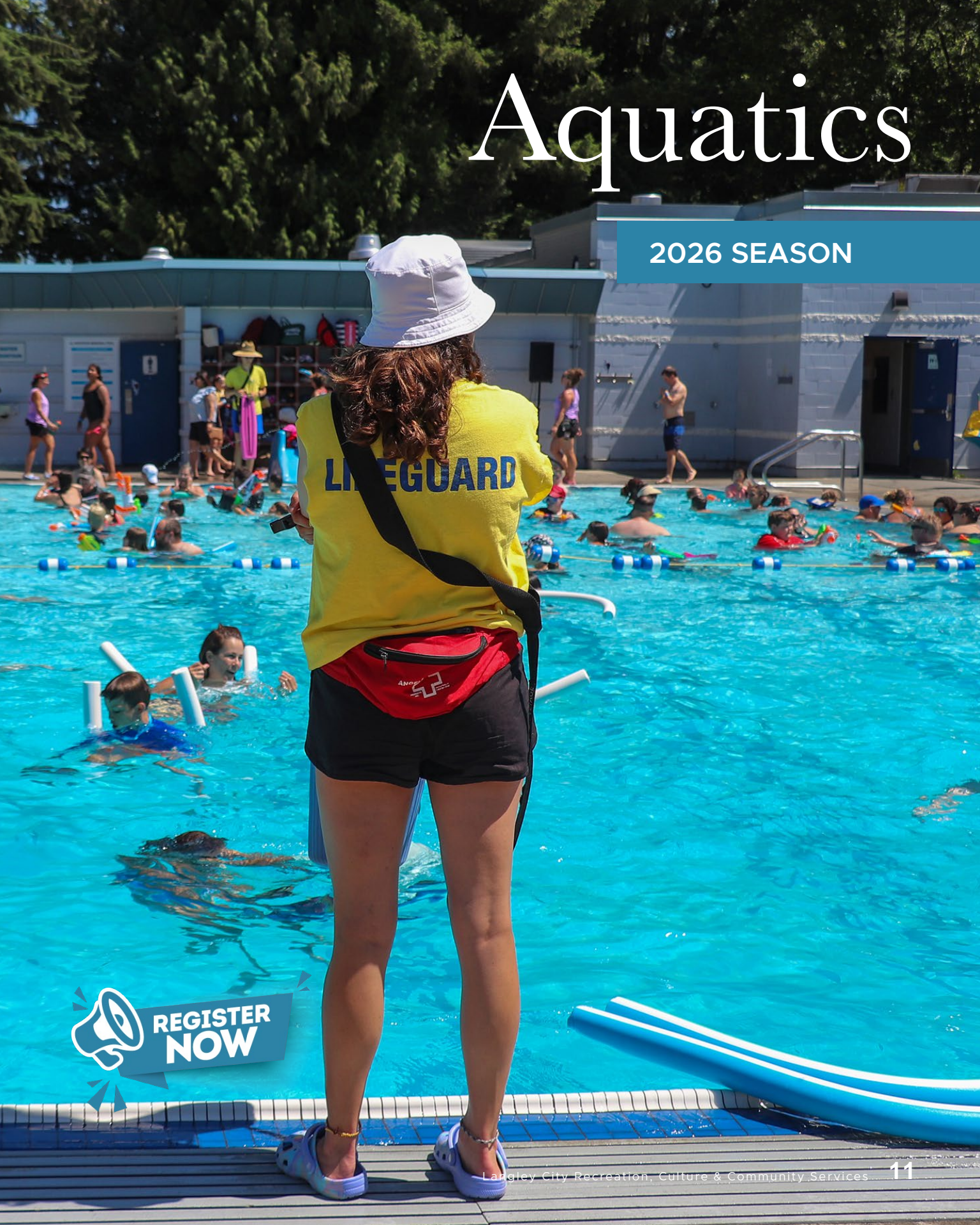
BRITISH
COLUMBIA

LANGLEYMUSIC.COM

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

Aquatics

2026 SEASON



LIFEGUARD



**REGISTER
NOW**

Aquatics

Al Anderson Memorial Pool

4949 207 Street 604.514.2860
swim@langleycity.ca

OFFICE HOURS

- 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.

July 1 1:00 pm to 8:00 pm
Aug 4 1:00 pm to 8:00 pm

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.

PRICING & PASSES

	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

*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

Al Anderson Memorial Pool

Al Anderson Memorial Pool is a 25-metre, 8 lane, outdoor pool located in beautiful City Park. Al Anderson does not provide beachfront entry and starts at 4 feet. Activities include swimming lessons, aquatic fitness, and length swimming.

JUNE 29-SEPT 6, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Length Swim 7:00 am-9:00 am						
Shallow Aquafit 8:00 am-9:00 am		Deep Aquafit 8:00 am-9:00 am		Shallow Aquafit 8:00 am-9:00 am		
Swimming Lessons 9:00 am-1:00 pm					Length Swim 9:00 am-11:00 am	
					Parent & Tot Swim 10:30 am-11:30 am	Rentals 10:30 am-11:30 am
					Rentals 11:45 am-12:45 pm	Rentals 11:45 am-12:45 pm
Lunch Hour Length Swim 12:00 pm-1:00 pm						
Public Swim 1:00 pm-4:00 pm					Public Swim 1:00 pm-3:00 pm	Public Swim 1:00 pm-3:00 pm
Swimming Lessons 5:00 pm-7:00 pm					Public Swim 3:30 pm-5:30 pm	Public Swim 3:30 pm-5:30 pm
Public Swim 7:00 pm-9:00 pm	Public Swim 7:00 pm-9:00 pm	Public Swim 7:00 pm-9:00 pm	Public Swim 7:00 pm-9:00 pm	Public Swim 7:00 pm-9:00 pm	Public Swim 6:00 pm-8:00 pm	Loonie/Toonie Swim 6:00 pm-8:00 pm
	Deep Aquafit 6:30 pm-7:30 pm	Shallow Aquafit 6:30 pm-7:30 pm	Deep Aquafit 6:30 pm-7:30 pm			
Adult Swim Lessons 8:30 pm-9:30 pm				Youth Swim 9:00 pm-10:30 pm	Rentals 8:00 pm-9:00 pm	Rentals 8:00 pm-9:00 pm
Adult Only Public Swim & Length Swim 9:00 pm-10:30 pm						

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

Aquatics

Aquatic Fitness See page 12 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: Summer (April 29) and Fall (August 5)

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	\$331.40
141-200 Guests	\$319.35	\$378.60
201-300 Guests	\$366.55	\$425.80
301-325 Guests	\$413.75	\$473.00

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

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

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.

Important notes about swimming lessons

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.

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.

Please bring your previous report card to the first day of lessons.

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

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 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

Summer Swimming Lessons

SUMMER LESSON SET 1 - JUNE 29 - JULY 10 (9 SESSIONS)												
(30 min)	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	12:00pm	12:30pm	5:00pm	5:30pm	6:00pm	6:30pm
Parent & Tot Combo 1					51353						51354	
Parent & Tot Combo 2					51356						51355	
Parent & Tot Combo 3					51357						51358	
Preschool 1	51359	51360	51361	51362	51363	51364	52315	52316	52320	52321	52322	52323
Preschool 2	51399		52317				52318			52319		
Preschool 3		51400		52324		52325			52326			
Preschool 4* Preschool 5*				51401 51402						52327 52328		
Swimmer 1	51403 52340	52329 52431	52330 52341	52331 52432	52332 52342	52333 52433	52334 52343	52335	52336	52337	52338 52344	52339
Swimmer 2	51404	52345 52358	52346 52434	52347	52348	52349 52357	52350	52351	52352	52353	52354	52355 52356
Swimmer 3	51405	52435		52359	52436	52360		52361	52362			52437
(45 min)	9:00am		10:00am		11:00am		12:00pm		5:00pm		6:00pm	
Swimmer 4	51411				52438						52439	
Swimmer 5* Swimmer 6*			51406 51407				52440 52442		52441 52443			
(60 min)	9:00am				11:00am						6:00pm	
Swimmer 7* Swimmer 8* Swimmer 9*					51408 51409 51410						52444 52445 52446	

*NOTE: Preschool 1/2/3 Combo, 4/5 Combo, Swimmer 5/6 Combo, & Swimmer 7/8/9 are combined classes.

Aquatics

SUMMER LESSON SET 2 - JULY 13 - JULY 24 (10 SESSIONS)												
(30 min)	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	12:00pm	12:30pm	5:00pm	5:30pm	6:00pm	6:30pm
Parent & Tot Combo 1					52363						52364	
Parent & Tot Combo 2					52366						52365	
Parent & Tot Combo 3					52367						52368	
Preschool 1	52369	52370	52371	52372	52373	52374	52375	52376	52377	52378	52379	52380
Preschool 2	52381		52382				52383			52384		
Preschool 3		52385		52386		52387			52388			
Preschool 4* Preschool 5*				52389 52391						52390 52392		
Swimmer 1	52393 52405	52394	52395 52406	52396	52397 52407	52398	52399 52408	52400	52401	52402	52403 52409	52404
Swimmer 2	52410	52411 52424	52412	52413 52589	52414	52415 52423	52416	52417	52418	52419	52420	52421 52422
Swimmer 3	52425			52426		52427		52428	52429			52700
(45 min)	9:00am		10:00am		11:00am		12:00pm		5:00pm		6:00pm	
Swimmer 4			52590				52591		52592			
Swimmer 5* Swimmer 6*	52593 52596				52594 52597						52595 52598	
(60 min)	9:00am				11:00am						6:00pm	
Swimmer 7* Swimmer 8* Swimmer 9*					52599 52601 52603						52600 52602 52604	
SUMMER LESSON SET 3- JULY 27 - AUGUST 7 (9 SESSIONS)												
(30 min)	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	12:00pm	12:30pm	5:00pm	5:30pm	6:00pm	6:30pm
Parent & Tot Combo 1					52460						52461	
Parent & Tot Combo 2					52463						52462	
Parent & Tot Combo 3					52464						52465	
Preschool 1	52466	52467	52468	52469	52470	52471	52472	52473	52474	52475	52476	52477
Preschool 2	52478		52479				52480			52481		
Preschool 3		52482		52483		52484			52485			52549
Preschool 4* Preschool 5*				52486 52488						52487 52489		
Swimmer 1	52490 52502	52491 52507	52492 52503	52493 52508	52494 52504	52495 52509	52496 52505	52497	52498	52499	52500 52506	52501
Swimmer 2	52510	52511 52524	52512 52525	52513	52514	52515 52523	52516	52517	52518	52519 52550	52520	52521 52522
Swimmer 3	52526	52531		52527	52532	52528		52529	52530			52533
(45 min)	9:00am		10:00am		11:00am		12:00pm		5:00pm		6:00pm	
Swimmer 4	52534				52535						52536	
Swimmer 5* Swimmer 6*			52537 52540				52538 52541					
(60 min)	9:00am				11:00am						6:00pm	
Swimmer 7* Swimmer 8* Swimmer 9*					52543 52544 52545							

Aquatics

SUMMER LESSON SET 4- AUGUST 10 - AUGUST 21 (10 SESSIONS)

(30 min)	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	12:00pm	12:30pm	5:00pm	5:30pm	6:00pm	6:30pm
Parent & Tot Combo 1					52617						52618	
Parent & Tot Combo 2					52620						52619	
Parent & Tot Combo 3					52621						52622	
Preschool 1	52623	52624	52625	52626	52627	52628	52629	52630	52631	52632	52633	52634
Preschool 2	52635		52636				52637			52638		
Preschool 3		52639		52640		52641			52642			52703
Preschool 4* Preschool 5*				52643 52645						52644 52646		
Swimmer 1	52647 52659	52648	52649 52660	52650	52651 52661	52652	52653 52662	52654	52655	52656	52657 52663	52658
Swimmer 2	52664	52665 52678	52666	52667 52679	52668	52669 52677	52670	52671	52672	52673	52674	52675 52676
Swimmer 3	52680	52701		52681		52682		52683	52684		52702	
(45 min)	9:00am		10:00am		11:00am		12:00pm		5:00pm		6:00pm	
Swimmer 4			52685				52686		52687			
Swimmer 5* Swimmer 6*	52688 52691				52689 52692						52690 52693	
(60 min)	9:00am				11:00am						6:00pm	
Swimmer 7* Swimmer 8* Swimmer 9*					52694 52696 52698						52695 52697 52699	

SUMMER LESSON SET 5 - AUGUST 24-SEPT 4 (10 SESSIONS)

(30 min)	5:00pm	5:30pm	6:00pm	6:30pm
Parent & Tot 1 Combo			52706	
Parent & Tot 2 Combo			52707	
Parent & Tot 3 Combo			52708	
Preschool 1	52709	52710	52711	52712
Preschool 2		52713		
Preschool 3	52714			52715
Preschool 4 Combo		52716		
Preschool 5 Combo		52717		
Swimmer 1	52718	52719	52720 52722	52721
Swimmer 2	52723	52724	52725	52726 52727
Swimmer 3	52728		52729	
(45 min)	5:00pm		6:00pm	
Swimmer 4	52730			
Swimmer 5 Combo			52731	
Swimmer 6 Combo			52732	
(45 min)	5:00pm		6:00pm	
Swimmer 7 Combo Swimmer 8 Combo Swimmer 9 Combo			52733 52734 52735	

Summer Super Set

These 45-minute Superset Swimming Lessons pack focused, high intensity learning into one week. Longer classes mean more feedback, and faster progress than our two week, 10 session format. Ideal for participants working on one or two skills.

	SUMMER LESSON SUPER SET 6 - AUGUST 31-SEPT 4 (5 SESSIONS)					
(45 min)	9:00am	9:45am	10:30am	11:15am	12:00pm	COST:
Parent & Tot 1 Combo		52783				\$31.60
Parent & Tot 2 Combo		52784				
Parent & Tot 3 Combo		52785				
Preschool 1	52786	52787	52788	52789	52790	\$63.70
Preschool 2	52791		52792		52793	
Preschool 3		52794		52795		
Preschool 4 Combo	52797				52798	
Preschool 5 Combo	52796				52799	
Swimmer 1	52800 52805	52801	52802 52806	52803	52804 52807	\$52.05
Swimmer 2	52808	52811	52809	52812	52810	
Swimmer 3			52813	52814		
Swimmer 4		52815		52816		

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)
51412	AAMP	Mon-Fri	June 29- July 10	6:00 pm- 7:00 pm	\$60.40 9 classes
52546	AAMP	Mon-Fri	July 27- Aug 7	6:00 pm- 7:00 pm	\$60.40 9 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)
51413	AAMP	Mon-Fri	June 29- July 10	6:00 pm- 7:00 pm	\$60.40 9 classes
52547	AAMP	Mon-Fri	July 27- Aug 7	6:00 pm- 7:00 pm	\$60.40 9 classes

Aquatics

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)
51414	AAMP	Mon-Fri	June 29- July 10	6:00 pm- 7:00 pm	\$60.40 9 classes
52548	AAMP	Mon-Fri	July 27- Aug 7	6:00 pm- 7:00 pm	\$60.40 9 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.

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 13** for the summer schedule.

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)
52753	AAMP	Tue-Thu	June 29- July 2	8:30 pm- 9:45 pm	\$60.40 3 classes
52758	AAMP	Mon-Thu	July 6- July 9	8:30 pm- 9:30 pm	\$60.40 4 classes
52759	AAMP	Mon-Thu	July 13- July 16	8:30 pm- 9:30 pm	\$60.40 4 classes
52760	AAMP	Mon-Thu	July 20- July 23	8:30 pm- 9:30 pm	\$60.40 4 classes
52765	AAMP	Mon-Thu	July 27- July 30	8:30 pm- 9:30 pm	\$60.40 4 classes
52766	AAMP	Tue-Thu	Aug 4- Aug 6	8:30 pm- 9:45 pm	\$60.40 3 classes
52771	AAMP	Mon-Thu	Aug 10- Aug 13	8:30 pm- 9:30 pm	\$60.40 4 classes
52772	AAMP	Mon-Thu	Aug 17- Aug 20	8:30 pm- 9:30 pm	\$60.40 4 classes
52777	AAMP	Mon-Thu	Aug 24- Aug 27	8:30 pm- 9:30 pm	\$60.40 4 classes
52778	AAMP	Mon-Thu	Aug 31- Sept 3	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)
52754	AAMP	Tue-Thu	June 29- July 2	8:30 pm- 9:45 pm	60.40 3 classes
52757	AAMP	Mon-Thu	July 6- July 9	8:30 pm- 9:30 pm	\$60.40 4 classes
52761	AAMP	Mon-Thu	July 13- July 16	8:30 pm- 9:30 pm	\$60.40 4 classes
52762	AAMP	Mon-Thu	July 20- July 23	8:30 pm- 9:30 pm	\$60.40 4 classes
52767	AAMP	Mon-Thu	July 27- July 30	8:30 pm- 9:30 pm	\$60.40 4 classes
52768	AAMP	Tue-Thu	Aug 4- Aug 6	8:30 pm- 9:45 pm	\$60.40 3 classes
52773	AAMP	Mon-Thu	Aug 10- Aug 13	8:30 pm- 9:30 pm	\$60.40 4 classes
52774	AAMP	Mon-Thu	Aug 17- Aug 20	8:30 pm- 9:30 pm	\$60.40 4 classes
52779	AAMP	Mon-Thu	Aug 24- Aug 27	8:30 pm- 9:30 pm	\$60.40 4 classes
52780	AAMP	Mon-Thu	Aug 31- Sept 3	8:30 pm- 9:30 pm	\$60.40 4 classes

Aquatics

Summer Fun in the City

Summer in Langley City is packed with fun for all ages from **outdoor concerts** and **community festivals** to **outdoor movie nights** and **cultural celebrations**. Whether you're looking to enjoy live entertainment, explore local markets, or take part in active events, there's something happening all season long. Be sure to check the online events calendar regularly so you don't miss out on what's coming up!

[VIEW THE EVENTS CALENDAR](#)

Adult Swim Lessons

ADULT SWIM LEVEL 2

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)
52755	AAMP	Tue-Thu	June 29- July 2	8:30 pm- 9:45 pm	60.40 3 classes
52756	AAMP	Mon-Thu	July 6- July 9	8:30 pm- 9:30 pm	\$60.40 4 classes
52763	AAMP	Mon-Thu	July 13- July 16	8:30 pm- 9:30 pm	\$60.40 4 classes
52764	AAMP	Mon-Thu	July 20- July 23	8:30 pm- 9:30 pm	\$60.40 4 classes
52769	AAMP	Mon-Thu	July 27- July 30	8:30 pm- 9:30 pm	\$60.40 4 classes
52770	AAMP	Tue-Thu	Aug 4- Aug 6	8:30 pm- 9:45 pm	\$60.40 3 classes
52775	AAMP	Mon-Thu	Aug 10- Aug 13	8:30 pm- 9:30 pm	\$60.40 4 classes
52776	AAMP	Mon-Thu	Aug 17- Aug 20	8:30 pm- 9:30 pm	\$60.40 4 classes
52781	AAMP	Mon-Thu	Aug 24- Aug 27	8:30 pm- 9:30 pm	\$60.40 4 classes
52782	AAMP	Mon-Thu	Aug 31- Sept 3	8:30 pm- 9:30 pm	\$60.40 4 classes

Adapted Swim Lessons

ADAPTED SWIMMER

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

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52447	AAMP	Mon-Thu	June 29- July 3	9:00 am- 9:30 am	\$67.00 4 classes
52448	AAMP	Mon-Fri	July 6- July 10	9:00 am- 9:30 am	\$83.75 5 classes
52458	AAMP	Mon-Fri	July 27- July 31	9:00 am- 9:30 am	\$67.00 5 classes
52459	AAMP	Mon-Fri	Aug 4- Aug 7	9:00 am- 9:30am	\$83.75 4 classes

Private Lesson Sets

Perfect for all skill levels and ages, enjoy progressive one on one instruction with the same instructor. Customize your swimming lesson experience and focus on only the skills you would like to work on.

(45 min)	9:00am	10:00am	11:00am	12:00pm	5:00pm	6:00pm
JUNE 29 - JULY 10		51398	52449	52450	52451	52452
JULY 13 - JULY 24	52605	52606	52607	52608	52609	52610
JULY 27 - AUGUST 7		52453	52454	52455	52456	52457
AUGUST 10 - AUGUST 21	52611	52612	52613	52614	52615	52616
AUGUST 24 - SEPTEMBER 4					52704	52705

Private Lesson Set Fees

	8 SESSIONS	9 SESSIONS
Private Lesson Sets	\$268.00	\$301.50

Single Private Lessons

PRIVATE SWIMMING LESSONS

For those students who need some extra work on a specific skill or who prefer an individual instructor. (For all swimming levels and ages).

Code	Location	Day(s)	Date(s)	Time	\$
Various	AAMP	Mon-Fri	Summer	Various Times	\$33.50 30 min



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

Aquatics

Advanced Aquatics

BRONZE MEDALLION

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard Training in Bronze Cross.

AGES 13+ OR BRONZE STAR CERTIFICATION					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52736	AAMP MPR	Mon-Fri	July 13- July 17	12:30 pm- 5:30 pm	\$184.00 5 classes
52738	AAMP MRP	Mon-Fri	July 27- July 31	12:30 pm- 5:30 pm	\$184.00 5 classes

Additional fee: \$40 manual fee payable at registration.

BRONZE CROSS

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

AGES 13+ AND BRONZE MEDALLION					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52737	AAMP MPR	Mon-Fri	July 20- July 24	12:30 pm- 5:30 pm	\$184.00 5 classes
52739	AAMP MPR	Mon-Thu	Aug 4- Aug 7	12:30 pm- 5:30 pm	\$184.00 5 classes

Additional fee: \$40 manual fee payable at registration.

NATIONAL LIFEGUARD (POOL)

The National Lifeguard Pool Certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard Course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

PREREQUISITES: Bronze Cross (need not be current), Standard First Aid (Must be from one of 5 recognized agencies. Need not be current), 15 years old (by last day), Airway Management and Oxygen Administration (scheduled alongside the course).

AGES 15+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52741	AAMP MPR	Sun-Fri	Aug 23- Aug 28	11:00 am- 8:00 pm	\$503.25 6 classes
52742	AAMP MRP	Sun-Fri	Aug 30- Sept 4	11:00 am- 8:00 pm	\$503.25 6 classes

Additional fee: \$41 manual fee payable at registration.

SWIM INSTRUCTOR

The Lifesaving Society Swim Instructor course trains candidates to the Competency Level 1 knowledge, skills and attitudes needed to teach the Society's Swim for Life and Canadian Swim Patrol programs.

PREREQUISITES: 15 Years Old, Bronze Cross

AGES 15+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52740	AAMP MPR	Mon-Fri	Aug 17- Aug 21	9:30 am- 5:00 pm	\$465.00 10 classes
			Aug 24- Aug 28	9:00 am- 12:00 pm	

Additional fee: \$110 instructor kit fee payable at registration.



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



**REGISTER
NOW**

Day Camps

3-12 YEARS

Day Camps

General

FUNTASTIC ADVENTURES DAY CAMP

Our day camp is an action-packed week that will keep even the most busy kids entertained. We will make memories that will last forever. Day camp includes crafts, sports, theme days, adventure, science, and much more including field trips every Wednesday and swimming every Friday. We encourage participation and hope that they will try new things each day at camp. Need more schedule flexibility on days your child is in a day camp? Extended play is offered from 7:00 am-8:30am and 3:00 pm - 6:00 pm at an additional cost. **Note: Children must have completed Kindergarten and be eligible for Grade 1 to register for camp.**

AGES 5-7					
Code	Location	Day(s)	Date(s)	Time	\$
51283	DRCC East Hall	MTThF	June 29- July 3	8:30 am-3:00 pm	\$200.00 4 classes
52154	DRCC East Hall	Mon-Fri	July 6- July 10	8:30 am-3:00 pm	\$250.00 5 classes
52155	DRCC East Hall	Mon-Fri	July 13- July 17	8:30 am-3:00 pm	\$250.00 5 classes
52156	DRCC East Hall	Mon-Fri	July 20- July 24	8:30 am-3:00 pm	\$250.00 5 classes
52157	DRCC East Hall	Mon-Fri	July 27- July 31	8:30 am-3:00 pm	\$250.00 5 classes
52158	DRCC East Hall	Tue-Fri	Aug 4- Aug 7	8:30 am-3:00 pm	\$200.00 4 classes
52159	DRCC East Hall	Mon-Fri	Aug 10- Aug 14	8:30 am-3:00 pm	\$250.00 5 classes
52160	DRCC East Hall	Mon-Fri	Aug 17- Aug 21	8:30 am-3:00 pm	\$250.00 5 classes
52161	DRCC East Hall	Mon-Fri	Aug 24- Aug 28	8:30 am-3:00 pm	\$250.00 5 classes
52162	DRCC East Hall	Mon-Fri	Aug 31- Sept 4	8:30 am-3:00 pm	\$250.00 5 classes

AGES 8-9					
Code	Location	Day(s)	Date(s)	Time	\$
51284	DRCC West Hall	MTThF	June 29- July 3	8:30am-3:00pm	\$200.00 4 classes
52186	DRCC West Hall	Mon-Fri	July 6- July 10	8:30 am-3:00 pm	\$250.00 5 classes
52187	DRCC West Hall	Mon-Fri	July 13- July 17	8:30 am-3:00 pm	\$250.00 5 classes
52188	DRCC West Hall	Mon-Fri	July 20- July 24	8:30 am-3:00 pm	\$250.00 5 classes
52189	DRCC West Hall	Mon-Fri	July 27- July 31	8:30 am-3:00 pm	\$250.00 5 classes
52190	DRCC West Hall	Tue-Fri	Aug 4- Aug 7	8:30 am-3:00 pm	\$200.00 4 classes
52191	DRCC West Hall	Mon-Fri	Aug 10- Aug 14	8:30 am-3:00 pm	\$250.00 5 classes
52193	DRCC West Hall	Mon-Fri	Aug 17- Aug 21	8:30 am-3:00 pm	\$250.00 5 classes
52194	DRCC West Hall	Mon-Fri	Aug 24- Aug 28	8:30 am-3:00 pm	\$250.00 5 classes
52195	DRCC West Hall	Mon-Fri	Aug 31- Sept 4	8:30 am-3:00 pm	\$250.00 5 classes

Extended hours

NEED DAYCAMP BEFORE OR AFTER CARE?

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

Register now to secure your spot.

Day Camps

General

NEW! FUNTASTIC PRETEEN CAMP

FUNtastic for Pre-Teen's is an action-packed week that is specifically designed for youth. Day camp includes crafts, sports, theme days, cooking, science, swimming, field trips and much more. We encourage participation and hope that you will try new things each day at camp. Need more schedule flexibility on days your pre-teen is in Day camp? Extended Play is offered from 7:00 am - 8:30 am and 3:00 pm - 6:00 pm at an additional cost at Douglas Recreation Centre. Supervised walks are included between sites.

NICOMEKL ADVENTURE DAY CAMP

Join us for an unforgettable fun-filled week at Nicomekl Elementary. Each day is packed with exciting activities, and it is the perfect place to make new friends, learn new skills, and create memories that will last a lifetime. Day camp includes crafts, sports, theme days, adventure, science, and much more. We encourage participation and hope that you will try new things each day at camp. **Note: Children must have completed Kindergarten and be eligible for Grade 1 to register for camp.**

AGES 10-12					
Code	Location	Day(s)	Date(s)	Time	\$
51285	TCC Gym	MTThF	June 29- July 3	8:30 am- 3:00 pm	\$200.00 4 classes
52196	TCC Gym	Mon-Fri	July 6- July 10	8:30 am- 3:00 pm	\$250.00 5 classes
52197	TCC Gym	Mon-Fri	July 13- July 17	8:30 am- 3:00 pm	\$250.00 5 classes
52198	TCC Gym	Mon-Fri	July 20- July 24	8:30 am- 3:00 pm	\$250.00 5 classes
52199	TCC Gym	Mon-Fri	July 27- July 31	8:30 am- 3:00 pm	\$250.00 5 classes
52200	TCC Gym	Tue-Fri	Aug 4- Aug 7	8:30 am- 3:00 pm	\$200.00 4 classes
52201	TCC Gym	Mon-Fri	Aug 10- Aug 14	8:30 am- 3:00 pm	\$250.00 5 classes
52202	TCC Gym	Mon-Fri	Aug 17- Aug 21	8:30 am- 3:00 pm	\$250.00 5 classes
52203	TCC Gym	Mon-Fri	Aug 24- Aug 28	8:30 am- 3:00 pm	\$250.00 5 classes
52204	TCC Gym	Mon-Fri	Aug 31- Sept 4	8:30 am- 3:00 pm	\$250.00 5 classes

AGES 5-12					
Code	Location	Day(s)	Date(s)	Time	\$
51286	Nicomekl Elem	MTThF	June 29- July 3	8:30 am- 3:00 pm	\$180.00 4 classes
52214	Nicomekl Elem	Mon-Fri	July 6- July 10	8:30 am- 3:00 pm	\$225.00 5 classes
52215	Nicomekl Elem	Mon-Fri	July 13- July 17	8:30 am- 3:00 pm	\$225.00 5 classes
52216	Nicomekl Elem	Mon-Fri	July 20- July 24	8:30 am- 3:00 pm	\$225.00 5 classes
52217	Nicomekl Elem	Mon-Fri	July 27- July 31	8:30 am- 3:00 pm	\$225.00 5 classes
52218	Nicomekl Elem	Tue-Fri	Aug 4- Aug 7	8:30 am- 3:00 pm	\$180.00 4 classes
52219	Nicomekl Elem	Mon-Fri	Aug 10- Aug 14	8:30 am- 3:00 pm	\$225.00 5 classes
52220	Nicomekl Elem	Mon-Fri	Aug 17- Aug 21	8:30 am- 3:00 pm	\$225.00 5 classes
52221	Nicomekl Elem	Mon-Fri	Aug 24- Aug 28	8:30 am- 3:00 pm	\$225.00 5 classes
52222	Nicomekl Elem	Mon-Fri	Aug 31- Sept 4	8:30 am- 3:00 pm	\$225.00 5 classes

Note: Nicomekl Elementary School (20550 53 Ave)

Day Camps

General

GIRLS ONLY CAMP

Welcome to Camp! This program is for 11-15 year olds who identify as female. Each week will be packed with fun, friendship, and adventure! Campers will enjoy an exciting mix of outdoor games, creative crafts, out-trips and a variety of sports, all designed to build confidence and teamwork. Whether they're trying a new sport, making DIY creations, or just enjoying the pool with new friends, every day will be full of laughter and unforgettable memories! The low cost of this program is made possible by Canadian Tire Jumpstart Grant Funding.

AGES 11-15					
Code	Location	Day(s)	Date(s)	Time	\$
52143	HD Stafford	Mon-Fri	July 6- July 10	9:30 am- 2:30 pm	\$50.00 5 classes
52139	HD Stafford	Mon-Fri	July 13- July 17	9:30 am- 2:30 pm	\$50.00 5 classes
52140	HD Stafford	Mon-Fri	July 20- July 24	9:30 am- 2:30 pm	\$50.00 5 classes
52141	HD Stafford	Mon-Fri	July 27- July 31	9:30 am- 2:30 pm	\$50.00 5 classes

Note: HD Stafford Middle School (20441 Grade Cres)

Summer Fun Pass

Starting June 29, 2026, City residents aged 4-18 years are eligible for a Summer Fun Pass! You will receive 10 free visits to use throughout the summer. Activities include public swim at AAMP, Single session sports at TCC, and Games Room at TCC.

Click here to learn more about this free offer.

Preschool Camps

PRESCHOOL SUMMER CAMP (3-5YRS)

Preschool might be over but the fun continues! Staffed by Early Childhood Educators.

THEME: COOKING					
Code	Location	Day(s)	Date(s)	Time	\$
52915	DRCC Prsch Rm	Mon-Thu	June 29- July 3	9:00 am- 12:00 pm	\$130.00 4 classes
52916	DRCC Prsch Rm	Mon-Thu	June 29- July 3	12:30 pm- 3:30 pm	\$130.00 4 classes

THEME: SPACE					
Code	Location	Day(s)	Date(s)	Time	\$
52917	DRCC Prsch Rm	Mon-Fri	July 20- July 24	9:00 am- 12:00 pm	\$150.00 5 classes
52918	DRCC Prsch Rm	Mon-Fri	July 20- July 24	12:30 pm- 3:30 pm	\$150.00 5 classes

THEME: CREEPY CRAWLERS					
Code	Location	Day(s)	Date(s)	Time	\$
52919	DRCC Prsch Rm	Mon-Fri	July 27- July 31	9:00 am- 12:00 pm	\$150.00 5 classes
52920	DRCC Prsch Rm	Mon-Fri	July 27- July 31	12:30 pm- 3:30 pm	\$150.00 5 classes

THEME: DINOSAURS					
Code	Location	Day(s)	Date(s)	Time	\$
52921	DRCC Prsch Rm	Mon-Fri	Aug 10- Aug 14	9:00 am- 12:00 pm	\$150.00 5 classes
52922	DRCC Prsch Rm	Mon-Fri	Aug 10- Aug 14	12:30 pm- 3:30 pm	\$150.00 5 classes

Day Camps

Science Camps

NEW! MEGA BUILDS: ENGINEERING STEM CAMP

Build big and think like an engineer! In this hands-on camp, campers will use robotics, coding, and 3D printing to tackle exciting large-scale engineering challenges. Students will design, build, test, and improve their creations while solving fun problems that encourage creativity, teamwork, and critical thinking. By the end of the week, students will take home their own 3D-printed design, a small robotics build, and other creations. With a supply fee of \$50, all materials are provided for an enriching and immersive camp experience. No previous experience is needed! Presented in partnership with the experts at Young Innovators.

AGES 7-15					
Code	Location	Day(s)	Date(s)	Time	\$
52265	TCC MPR 4	Mon-Fri	July 27- July 31	9:00 am-12:00 pm	\$275.00 5 classes

SCIENCE DETECTIVE CAMPS

Outdoor exploration is coupled with hands-on science that encourages creativity and analytical reasoning. Includes forest play and walking excursions to nearby Penzer park. Each day is a new fun learning adventure! No two camps are the same! This is an outdoor program.

AGES 7-12					
Code	Location	Day(s)	Date(s)	Time	\$
52239	Buckley Park	Mon-Fri	July 20- July 24	9:00 am-3:00 pm	\$300.00 5 classes

Note: Buckley Park (19680 48 Ave)

SCIENCE EXPLORERS CAMPS

Are you ready for science adventures in nature this summer? Fun outdoor activities that engage natural curiosity about our local environment and its inhabitants. Includes forest play and walking excursions to nearby Penzer park. Each day is a new fun learning adventure! No two camps are the same! Tent is provided for shelter. **Note: Children must have completed kindergarten and be eligible for Grade 1 to register for camp.**

AGES 5-12					
Code	Location	Day(s)	Date(s)	Time	\$
52242	Buckley Park	Mon-Fri	July 13- July 17	9:00 am-3:00 pm	\$300.00 5 classes
52241	Buckley Park	Mon-Fri	July 20- July 24	9:00am-3:00pm	\$300.00 5 classes

Note: Buckley Park (19680 48 Ave)

NEW! SCIENCE OF SOCCER & ROBOTICS STEM CAMP

Experience the beautiful game through a new lens! This camp combines a love for soccer with the innovation of hands-on technology. Campers will tackle fun challenges that use coding, robotics, and 3D printing to solve problems, create custom projects, and see soccer in a whole new way. By the end of the week, students will take home their own 3D-printed design, a small robotics build, and other creations. With a supply fee of \$50, all materials are provided for an enriching and immersive camp experience. No previous experience is needed! Presented in partnership with the experts at Young Innovators.

AGES 7-14					
Code	Location	Day(s)	Date(s)	Time	\$
52243	Buckley Park	Mon-Fri	July 27- July 31	12:30 pm-3:30 pm	\$300.00 5 classes

Note: Buckley Park (19680 48 Ave)

Day Camps

Science Camps

NEW! URBAN SEARCH AND RESCUE STEM CAMP

Welcome to the frontline of innovation! In this hands-on camp, young responders will use coding, robotics, 3D printing & design to tackle real-world problems. They'll design solutions, engineer interactive tools, and code simulations that explore the vital role of technology in disaster response and recovery. By the end of the week, students will take home their own 3D-printed design, a small robotics build, and other creations. With a supply fee of \$50, all materials are provided for an enriching and immersive camp experience. No previous experience is needed! Presented in partnership with the experts at Young Innovators.

AGES 7-14					
Code	Location	Day(s)	Date(s)	Time	\$
52266	TCC MPR 4	Mon-Fri	Aug 10-Aug 14	9:00 am-12:00 pm	\$275.00 5 classes

NEW! WEATHER RANGERS STORM & SENSOR STEM CAMP

Unleash the power of creative technology through the lens of weather! This camp is all about building, coding, 3D printing, and designing while exploring the science behind storms, winds, and atmospheric pressure. Your kid will turn observations of nature into tangible, exciting tech creations. By the end of the week, students will take home their own 3D-printed design, a small robotics build, and other creations. With a supply fee of \$50, all materials are provided for an enriching and immersive camp experience. No previous experience is needed! Presented in partnership with the experts at Young Innovators.

AGES 7-14					
Code	Location	Day(s)	Date(s)	Time	\$
52275	TCC MPR 4	Mon-Fri	Aug 10-Aug 14	12:30 pm-3:30 pm	\$275.00 5 classes

Sports Camps

EVOLVE ACTION MULTI-SPORT CAMP

This exciting and engaging camp offers the opportunity to develop skills across a wide range of action sports. Hosted at Penzer Action Park, the camp includes BMX, parkour, basketball, soccer, and obstacle course challenges, creating a fun and diverse learning environment. Campers will be introduced to sport fundamentals and will engage in daily activities designed to build confidence, teamwork, and athletic skills in a safe, structured environment. We ask that campers bring a bike, bike helmet, knee pads, and elbow pads to camp every day. While the program is open to campers of all proficiency levels and confidence in sports, we recommend that campers be able to ride a bike without training wheels to fully participate in the program. **Note: Children must have completed kindergarten and be eligible for Grade 1 to register for camp.**

AGES 5-12					
Code	Location	Day(s)	Date(s)	Time	\$
52223	Penzer Park	Mon-Fri	July 20-July 24	9:00 am-4:00 pm	\$350.00 5 classes
52224	Penzer Park	Mon-Fri	July 27-July 31	9:00 am-4:00 pm	\$350.00 5 classes
52225	Penzer Park	Mon-Fri	Aug 10-Aug 14	9:00 am-4:00 pm	\$350.00 5 classes
52226	Penzer Park	Mon-Fri	Aug 17-Aug 21	9:00 am-4:00 pm	\$350.00 5 classes

Note: Penzer Park (198C & 48 Ave)

New refund policy

A new refund policy is in effect for programs starting in January 2026. **For camps, a 10% withdraw fee will apply to all activity sessions.** A withdrawal with less than 5 days notice will have a 50% withdrawal fee applied.

Day Camps

Sports Camps

SPORTS & SWIM CAMP

This fun-filled camp offers the perfect blend of sports and refreshing swim sessions at Al Anderson Memorial Pool. In the mornings, kids will have the opportunity to engage in a wide range of sports activities at City Park that will keep them active and entertained. They will enjoy a variety of sports such as soccer, basketball, flag football, and more! The focus is on physical literacy and having fun! After a morning of exciting sports, they will then head to Al Anderson Memorial Pool for an exhilarating swim session in the afternoon where they will splash, dive, and glide through the crystal-clear waters under the supervision of our certified lifeguards during this free swim time. **Note: Extended Play is not available for this camp.**

AGES 8-12					
Code	Location	Day(s)	Date(s)	Time	\$
51287	City Park Field B	MTThF	June 29- July 3	8:30 am- 3:00 pm	\$180.00 4 classes
52205	City Park Field B	Mon-Fri	July 6- July 10	8:30 am- 3:00 pm	\$225.00 5 classes
52206	City Park Field B	Mon-Fri	July 13- July 17	8:30 am- 3:00 pm	\$225.00 5 classes
52207	City Park Field B	Mon-Fri	July 20- July 24	8:30 am- 3:00 pm	\$225.00 5 classes
52208	City Park Field B	Mon-Fri	July 27- July 31	8:30 am- 3:00 pm	\$225.00 5 classes
52209	City Park Field B	Tue-Fri	Aug 4- Aug 7	8:30 am- 3:00 pm	\$180.00 4 classes
52210	City Park Field B	Mon-Fri	Aug 10- Aug 14	8:30 am- 3:00 pm	\$225.00 5 classes
52211	City Park Field B	Mon-Fri	Aug 17- Aug 21	8:30 am- 3:00 pm	\$225.00 5 classes
52212	City Park Field B	Mon-Fri	Aug 24- Aug 28	8:30am- 3:00pm	\$225.00 5 classes
52213	City Park Field B	Mon-Fri	Aug 31- Sept 4	8:30am- 3:00pm	\$225.00 5 classes

Note: City Park (4949 207 Street)

Themed Camps

DUNGEONS & DRAGONS ADVENTURE HALF DAY CAMP

Embark on an epic journey in a Dungeons & Dragons Fantasy Adventure Camp, where imagination meets reality! This camp is for adventurers 10 to 15 years old who are eager to dive into the magical world of D&D. Whether you're a seasoned player or new to the game, our camp offers an unforgettable experience filled with excitement, creativity, and camaraderie. Participants will explore the rich lore of the D&D universe and learn how to navigate a campaign throughout the week. Presented in partnership with the experts at Bookwyrms Games. A D&D dice set is required (also available as an optional purchase for \$10 during checkout).

AGES 10-15					
Code	Location	Day(s)	Date(s)	Time	\$
50393	TCC MPR 1	Mon-Fri	July 13- July 17	8:30 am- 12:00 pm	\$150.00 5 classes
50394	TCC MPR 1	Mon-Fri	July 27- July 31	8:30 am- 12:00 pm	\$150.00 5 classes
50395	TCC MPR 1	Mon-Fri	Aug 17- Aug 21	8:30 am- 12:00 pm	\$150.00 5 classes

Oh no! We had to cancel.

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

Register early to get your spot!

Day Camps

Themed Camps

NEW! BYTE CAMP - 3D ANIMATION

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, a wonderful (& free!) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing a group-made short film. Presented in partnership with BYTE Camp.

AGES 11-14					
Code	Location	Day(s)	Date(s)	Time	\$
51389	TCC MPR 4	Mon-Fri	July 13- July 17	9:00 am- 3:00 pm	\$380.00 5 classes

NEW! BYTE CAMP - CLAYMATION MOVIE PRODUCTION

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work to build their own clay characters, sets and props, develop their own script, shoot their movie scenes, and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities!

AGES 9-12					
Code	Location	Day(s)	Date(s)	Time	\$
51388	TCC MPR 4	Mon-Fri	July 6- July 10	9:00 am- 3:00 pm	\$380.00 5 classes

NEW! YOUTH SEWING CAMP

This one-week camp introduces youth to essential sewing skills through hands-on projects. Participants will learn how to safely use a sewing machine, understand basic construction techniques, and complete a series of small items such as tote bags, accessories, or simple garments. The focus is one creativity, skill-building, and leaving with finished pieces they're proud of. Presented in partnership with the MAE Studio.

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
52943	TCC MPR 4	Mon-Fri	July 20- July 24	12:00 pm- 3:00 pm	\$320.00 5 classes



↪ CANLAN SPORTS™

SUMMER CAMPS



Committed Instructors

Our instructors are passionate about fostering a love for the game, while focusing on your child's development.



Play-Based Learning

Watch your child grow their game through a play-based curriculum on and off the ice, while connecting with new friends, too.



Fun With Friends

Keep your child active all summer long, creating memories that will last a lifetime at camp.

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



Youth

11-17 YEARS



FRIDAY NIGHT YOUTH SWIM

Join us every Friday at AAMP,
starting May 8.

See page 13 for schedule.



Hobbies & Interests

ONE DAY CHEF: FAST FOOD DUPES

Youth will learn to recreate their favorite fast-food classics—think crispy fries, juicy burgers, and more—using fresh ingredients and real kitchen skills. Tasty, clever, and confidence-boosting.

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
51595	TCC MPR 1	Sat	July 11	3:00 pm-5:00 pm	\$25.00 1 class

ONE DAY CHEF: CUPCAKES

A sweet, hands-on class where bakers whip up irresistible cupcakes from scratch and decorate them however they want.

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
51597	TCC MPR 1	Sat	Aug 8	3:00 pm-5:00 pm	\$25.00 1 class

ONE DAY CHEF: INTERNATIONAL DESSERTS

A globe-trotting dessert adventure. Youth will explore flavors from around the world. New tastes, new skills, and plenty of treats.

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
51599	TCC MPR 1	Sat	Aug 22	3:00 pm-5:00 pm	\$25.00 1 class

ONE DAY CHEF: SUSHI

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

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
51596	TCC MPR 1	Sat	July 25	3:00 pm-5:00 pm	\$25.00 1 class

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	\$
51602	TCC MPR 1	Tue	July 7- July 28	4:30 pm-6:00 pm	\$90.00 4 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! All supplies included.

AGES 11-17					
Code	Location	Day(s)	Date(s)	Time	\$
51604	TCC MPR 1	Tue	Aug 11- Sept 1	4:30 pm-6:00 pm	\$90.00 4 classes

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	\$
51607	TCC West Gym	Fri	July 10-Aug 14	6:00 pm-7:00 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	\$
51605	TCC West Gym	Wed	July 8-Aug 12	6:00 pm-7:00 pm	\$60.00 6 classes

BADMINTON SKILLS & DRILLS

This program is designed youth who are new to the sport of badminton. Youth will learn skills including proper grip, footwork, serving, and shot techniques such as clears, smashes, and drops. Through drills and friendly matches, participants will improve their hand-eye coordination, agility, and overall fitness. This course provides a supportive environment where beginners can learn and enjoy the fast-paced game of badminton. Lots of game play opportunity!

AGES 11-14					
Code	Location	Day(s)	Date(s)	Time	\$
51606	TCC West Gym	Thu	July 9-Aug 13	6:00 pm-7:00 pm	\$60.00 6 classes

Visual Arts

NEW! ONE DAY ARTS: PALETTE KNIFE PAINTING

Youth will create beautiful west coast-inspired landscapes using palette knives and acrylic paint on canvas panels. This engaging, hands-on workshop introduces basic painting techniques, colour mixing, and guided step-by-step instruction to help each participant complete their own unique artwork to take home. Open to all skill levels. All materials are provided. The program is guided by an experienced art educator and practicing artist.

AGES 10-17					
Code	Location	Day(s)	Date(s)	Time	\$
52290	TCC MPR 2	Sat	Aug 29	1:00 pm-3:00 pm	\$38.00 1 class

Youth

Youth Drop In Schedule

GET A GAMES & TRACK PASS TODAY

Youth drop in activities are included with your Games & Track Pass. Purchase yours today for \$25/year and join us for all the fun.

AGES 13-17			
Day	Activity	Time	Location
Mon	Open Gym	3:15pm-5:15pm	Timms Community Centre - Gym
Tue	Open Gym	3:15pm-5:15pm	Timms Community Centre - Gym
Wed	Open Gym	3:15pm-5:15pm	Timms Community Centre - Gym
Thu	Open Gym Girls Social	3:15pm-5:15pm 5:00pm-7:30pm	Timms Community Centre - Gym
Fri	Open Gym Youth Swim	3:15pm-5:15pm 8:30pm-10:00pm	Timms Community Centre - Gym Al Anderson Memorial Pool
Sat	Open Gym Youth Night	4:00pm-5:30pm 6:00pm-9:30pm	Timms Community Centre - Gym

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



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](#)
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[@fodlangley](#)
[@foundrylangley](#)

P: (604) 534.2171

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



Donate



Website



Membership

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.

Youth Swim

Come down for a fun evening of swimming and games.

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 FREE Youth Week Activity Pass for full access to all of the activities and events during Youth Week.

Visit LangleyCity.ca for full schedules.





**REGISTER
NOW**



Adult

18+ YEARS

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.

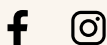
AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$
48412	TCC Front Desk	Tue	July 7	11:00 am-8:00 pm	\$6.00 1 bag
48413	TCC Front Desk	Tue	Aug 5	11:00 am-8:00 pm	\$6.00 1 bag
48536	TCC Front Desk	Tue	Sept 1	11:00 am-8:00 pm	\$6.00 1 bag



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)
52928	TCC MPR 3	Wed	July 8- July 29	3:00 pm-4:00 pm	\$48.00 6 classes
52929	TCC MPR 3	Wed	Aug 12- Aug 26	3:00 pm-4:00 pm	\$48.00 6 classes

Performing Arts

BEGINNER BELLY DANCE

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

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52926	TCC MPR 3	Tue	July 7- July 28	7:00 pm- 8:30 pm	\$40.00 4 classes
52927	TCC MPR 3	Tue	Aug 11- Aug 25	7:00 pm- 8:30 pm	\$30.00 3 classes

BELLY DANCE TROUPE & PERFORMANCE

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

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52930	TCC MPR 3	Thu	July 9- July 30	7:15 pm- 8:45 pm	\$40.00 4 classes
52931	TCC MPR 3	Thu	Aug 13- Aug 27	7:15 pm- 8:45 pm	\$40.00 4 classes

Oh no! We had to cancel.

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

Register early to get your spot!

BEYOND THE BASICS BELLY DANCE: ARMS & HANDS

Explore the grace and beauty of arms and hands. Their positions, pathways, poses and purpose. Open to all levels.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52932	TCC MPR 3	Fri	July 10- July 31	7:00 pm- 8:30 pm	\$40.00 4 classes

BEYOND THE BASICS BELLY DANCE: FUN WITH PROPS

This is an introduction to some of the props used in this cultural dance including assaya (cane), veils and trays. If you have your own please bring them with you but some will be made available for class use. Open to all levels.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52933	TCC MPR 3	Fri	Aug 14- Aug 28	7:00 pm- 8:30 pm	\$40.00 4 classes

DANCE SAMPLER: TWO STEP CONTINUATION

Continue to expand your dance vocabulary. In this class we will review the basics but continue to add to our repertoire of dance moves. Beginners are welcome, no partner required.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52934	TCC MPR 3	Fri	July 10- July 31	5:30 pm- 6:30 pm	\$40.00 4 classes

Visual Arts

ONE DAY ARTS: HAND-BUILDING POTTERY PLANTERS

Create your own pottery plant! 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+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
52313	TCC MPR 2	Sat	July 18	2:00 pm-4:30 pm	\$70.00 1 class

ONE DAY ARTS: SGRAFFITO POTTERY DECORATING

Create your own sgraffito pottery! This beginner-friendly workshop teaches a simple and fun technique where you scratch designs into a coloured surface to reveal the clay underneath. Choose from a variety of colourful underglazes to decorate pre-made pieces like mugs, bowls, vases, or planters - no experience needed. Your piece will be glazed, kiln-fired, and ready for pickup at Timms Community Centre in 5-6 weeks. Presented in partnership with Manana Studios.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$(+gst)
52314	TCC MPR 2	Sat	Aug 22	2:00 pm-4:30 pm	\$70.00 1 class



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).



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

Gymnasium

SINGLE SESSION

STAY ACTIVE THIS SUMMER

Try something new at Timms
Community Centre

[Click here for gymnasium schedule.](#)



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	July-August	5:30 pm-6:15 pm	\$11.00 45 min
Book	TCC	Sun	July-August	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 48** 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)



Active Engage Explore Connect Learn

Inclusive recreational, social and wellness programs and events for people

50+



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



Home of the 'Monday Morning Talk Show!'

- Line Dancing
- Table Tennis
- Carpet Bowling
- Fitness Classes
- Snooker
- Bus Trips
- Art Classes
- Cards & Games
- Dinner & Dancing
- Support Groups
- Pub Lunches with Live Entertainment
- Walking Group
- More!

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



Langley Senior
RESOURCES SOCIETY

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

Fitness

GET ACTIVE



 REGISTER NOW

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. If you cannot attend, please call us and cancel so that someone else can attend.

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) BODYSCULPT

High Intensity; Moderate impact

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

Note: Bodysculpt Express 45 minutes

(60 minutes) BOLLY-X®

Moderate Intensity; Moderate impact

Join us for this Bollywood-inspired cardio dance-fitness class that combines fun, choreography with the hottest music from around the world! This program cycles between high and lower intensity cardio that can be modified to suit individual needs.

No dance experience needed!

CARDIO COMBO (60 minutes)

Moderate Intensity; Moderate impact

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® (45 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) NEW! FITNESS THERAPY-TRX

Moderate Intensity; Low impact

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

(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.

GENTLE-FIT (60 minutes)

Low Intensity; Low impact

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

HATHA YOGA (60 minutes)

Low Intensity; Low impact

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

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

(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) 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!

(60 minutes) SPIN & SCULPT

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.

(75 minutes) SPIN & SCULPT & CORE

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

(60 minutes) SPIN & STRETCH

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.

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

(60 minutes)

TRX EXPRESS (45 minutes)

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.

WARRIOR COMBAT™ (60 minutes)

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.

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.

Fitness Classes



Change of plans?

If you cannot attend a class that you have registered for, please call us to withdraw so someone else can attend. Phone: 604.514.2940.

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>	

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.

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
50699	Weight Room	Wed	June 3- June 24	7:00 pm- 8:15 pm	\$64.00 4 classes

Running Club

DOUGLAS PARK PACERS

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, support, and tips from your leader.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
Drop in	Douglas Park	Mon-Fri	Ongoing	9:00 am- 9:30 am	FREE

AQUATIC FITNESS

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

See **page 13** for schedules.

Active Aging

MINDS IN MOTION™



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

AGES 30+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
50501	TCC MPR 2	Wed	May 20- June 24	10:00 am- 11:30 am	\$48.00 6 classes
51803	TCC MPR 2	Wed	July 15- Aug 5	10:00 am- 11:30 am	\$36.00 4 classes

Core Mobility

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)
50503	TCC Fitness	Wed	June 3- June 24	8:45 am- 9:30 am	\$56.00 4 classes
51804	TCC Fitness	Wed	July 15- Aug 5	8:45 am- 9:30 am	\$56.00 4 classes



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)
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

Fall Prevention & Mobility Classes

FIT FOR LIFE

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

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
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
52147	TCC Fitness Rm	T/Th	July 7- Aug 6	10:00 am- 11:00 am	\$70.00 10 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)
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
52149	TCC MPR 3	Thu	July 7- Aug 8	8:30 am- 9:30 am	\$44.00 5 classes



Yoga & Pilates

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)
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 classes
52151	TCC MPR 3	Tue	July 9- Aug 6	11:30 am- 12:30 pm	\$44.00 5 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)
50505	TCC MPR 3	Thu	June 4- June 25	4:45 pm- 5:45 pm	\$38.00 4 classes
51970	TCC MPR 3	Thu	July 16- Aug 6	4:45 pm- 5:45 pm	\$40.00 4 classes

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)
50521	TCC Fitness	Mon	May 25- June 15	8:30 am- 9:30 am	\$38.00 4 classes

PRENATAL YOGA

Strengthen, stretch and breathe your way to a more comfortable pregnancy. Improve posture, balance and flexibility as your instructor leads you through a series of pregnancy safe yoga poses. Prepare for labour by building stamina and learning to use your breath. The benefit from relaxation exercises will help you now and as a new mother. This is a great way to connect with other moms-to-be in your community as you enjoy the benefits of this popular class.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52152	TCC MPR 3	Thu	Aug 13- Sept 3	4:45 pm- 5:45 pm	\$56.00 4 classes

ALL
AGES

Community Events



REGISTER
NOW

LANGLEY COMMUNITY FARMERS MARKET

June 10 - July 8

July 29 - September 4

5:30pm-8:30pm

Douglas Park

Join us on Wednesday evenings to shop local, connect with neighbours, and enjoy the lively atmosphere alongside the Sounds of Summer Concert Series. Learn more [here](#).

SOUNDS OF SUMMER CONCERT SERIES

June 10-July 8

July 29-September 4

6:00pm-8:30pm

Douglas Park

Sounds of Summer heats up Langley City on Wednesday nights all summer long, starting at 6:00pm! Enjoy an exciting lineup each week featuring two local musicians or bands performing a mix of musical genres.

Find the fun - view our online events calendar

APRIL *to* SEPTEMBER

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.

Event details are subject to change. For the most up-to-date event information, check our online calendar.

Summer Fun in Langley City

POP UP PLAY

Pop Up Play invites families to enjoy a free drop-in experience filled with interactive games, crafts, themed activities, and more. Designed to encourage play, creativity, and social connection, this welcoming program provides a fun and engaging environment for young children and their caregivers to explore, move, and play together.

AGES 13-17					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
Drop In	Civic Plaza	Tue	July 7-Sept 1	10:30 am-1:30 pm	FREE
Drop In	Douglas Park	Wed	July 8-Sept 2	1:30 pm-4:30 pm	FREE
Drop In	Civic Plaza	Thu	July 2-Sept 3	4:30 pm-7:30 pm	FREE
Drop In	Douglas Park	Fri	July 3-Sept 4	10:30 am-1:30 pm	FREE



Summer Fun Pass

WHAT?

Ten (10) free visits to use throughout the summer. Activities included in the pass are:

- Public Swim at AAMP
- Single Session Gymnasium Sports at TCC
- Games Room at TCC

Valid **Monday June 29 to Sunday September 6, 2026**. Passes are available for pick up on June 16, 2025.

Children 4-18 years who reside in the City of Langley. Proof of age (birth certificate or Care Card) and residency (current utility bill) required.

The pass can be picked up in person at one of these locations starting June 1, 2026. Proof of age (birth certificate or Care Card) and proof of residency (current utility bill) is required:

- **Timms Community Centre (TCC)**
20399 Douglas Crescent
- **Al Anderson Memorial Pool (AAMP)**
4949 207 Street

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

Full schedule of events available 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

SENIORS

AGES 60+

WEEK



Get a free Senior's Week Activity Pass, starting May 5, online or at Timms Community Centre

Free Registration fee

Monday, June 1	9:30AM-10:30AM	Learn to Lawn Bowl
	2:00PM-4:00PM	Watercolour Painting
Tuesday, June 2	10:30AM-4:00PM	Langley City Library Virtual Reality
	1:00PM-3:00PM	Art Café: \$5
Wednesday, June 3	6:00PM-7:30PM	Frauds & Scams Workshop
Thursday, June 4	10:00AM-1:00PM	Langley City Library Senior's Appreciation Day
	1:00PM-3:00PM	Crafternoon: Learn to Crochet
	1:30PM-3:00PM	Learn to Lawn Bowl
Friday, June 5	9:30AM-3:00PM	Mobile Hearing Clinic
	1:00PM-2:30PM	Learn to Play Pickleball
Saturday, June 6	1:30PM-3:00PM	Learn to Lawn Bowl
Sunday, June 7	1:00PM-4:00PM	Learn to Play Texas Hold Em'
	1:30PM-3:00PM	Learn to Lawn Bowl

More activities to try this week!

FREE FITNESS CLASSES

FREE SPORTS DROP-IN

FREE SWIMMING

FREE FITNESS TRACK

FREE GAMES ROOM

FREE WEIGHT ROOM



COMMUNITY

day

SATURDAY JUNE 13
11AM-7PM

DOUGLAS PARK
20550 DOUGLAS CRESCENT

Celebrate community spirit at Langley City Community Day! Join us for a fun-filled day featuring **food trucks**, **live entertainment**, **community booths**, **beer garden**, **face painting** and a **zipline experience**. Bring your friends and family and enjoy a day of connection, celebration, and local pride in the heart of Langley City.

Join us for this **family-friendly event**

LANGLEY
Advance Times ▶

FAMILY FUN

ENTERTAINMENT

FOOD TRUCKS

COMMUNITY BOOTHS

LangleyCity.ca/events

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

Your library has it all.

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



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



Explore our Playground lending items:

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



ONGOING EVENTS

Close Knit Langley

Every Tuesday, 2 - 5 pm

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

Titles and Tea Book Club

Third Tuesday of every month, 2 - 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 are served and if you would like to join the book club, please talk to our staff.

Babytime

Every Monday, 2 - 2:30 pm

(Except August 3 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 Special Extended Storytimes on July 9 and August 6 from 10:45 - 11:45 am)

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

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

- July 7 - Under the Sea
- August 4 - Fun with Food

Table Top Game Night

Last Wednesday of the month, 5 - 7 pm

Calling all Tabletop gamers! Join us at the library to play tabletop games (board games, 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.

Wednesday Wonders

**Wednesday July 8 & August 5,
10:30 - 11:30 am**

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

SPECIAL EVENTS

Summer Reading Club

All SUMMER long!

It's time for Summer Reading Club! This year's theme is "Under the Sea" and FVRL has an SRC club for every age. Join at the library or online (or both). Log your reading to earn weekly badges, draw slips, and more! Also look out for our special presenters and events throughout the summer. All ages are welcome!

Teddy Bear Picnic

Extended Storytime

Thursday, July 9, 10:45 - 11:45 am

It's time for a teddy bear picnic! Bring your favourite stuffed animal to this special extended Storytime and enjoy teddy-themed stories, songs and crafts to take home.

Cardboard Creatures

Monday, July 13, 2 - 3:30 pm

Come make underwater creatures with us using cardboard and Makedo tools! Bring cardboard from home and your imagination. We'll provide the rest! Drop in program best suited for ages 5+. Children under 10 must be accompanied by an adult.

Adult Sensory Storytime

Wednesday, July 15, 10:30 - 11:00 am

Adults with intellectual and developmental disabilities are invited to listen to stories, sing songs, and participate in sensory activities with library staff. We request that caregivers be present during story time. Registration required.

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

Thursday, July 16, 3:30 - 4:00 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 science! Enjoy interactive experiments using regular household supplies, with additional recipes to try at home. All children are welcome, best suited for ages 7-12.

Beach Party Extended Storytime

Thursday, August 6, 10:45 - 11:45 am

Have some fun in the sun and journey under the sea in this special extended Storytime! Join us for ocean-themed stories, songs and crafts to take home.

Lazy Crafternoon

Tuesday, August 11, 1 - 3:00 pm

Let your imagination run wild! Join us for an afternoon of cool DIY crafts for all levels of skill and creativity. All are welcome, best suited for children ages 7-14.

West Coast Exotics

Friday, August 21, 3 - 4 pm

Join us for a special SRC presenter! The program will include a 30 minute presentation of snakes, lizards, turtles, and tarantulas followed by 30 minutes of hands-on experience for the whole audience to meet and greet the animals. All ages are welcome!

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





Langley City

RECREATION, CULTURE & COMMUNITY SERVICES

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