RECREATION GUIDE

2019 WINTER EDITION

Langley City

langleycity.ca

BIRTHDAY PARTIES

ALL BIRTHDAY PARTIES

Cost:

$148.50 (up to 10 children) *or*
$168.50 (up to 24 children)

Day/Time Options:

Saturday Sessions - 11:30am to 1:30pm
Sunday Sessions - 1:00pm to 3:00pm

Location:

Timms Community Centre
20399 Douglas Crescent

All Parties Include:

- 1 hour in private party room with a City staff member
- paper plates, napkins, cutlery & room decorations
- your choice of one of three themes (Creative Arts, Preschool or Sports)

CREATIVE ARTS PARTIES (3-12 years)

Includes:

- 1 hour of supervised arts and crafts in a private room
- 2 art projects to create and take home

PRESCHOOL PARTIES (1-5 years)

Includes:

- 1 hour of supervised playtime in the gymnasium
- use of sports equipment, ride on toys, tumbling mats and parachute games

SPORTS PARTIES (3-12 years)

Includes:

- 1 hour of supervised sports activities in gymnasium
- use of sports equipment (soccer, basketball, volleyball, badminton, pickleball)

To book a Birthday Party with us call 604.514.2940 or 604.514.2865

Learn More
recreation@langleycity.ca
604.514.2940 | 604.514.2865
langleycity.ca

Langley City
THE PLACE TO BE

Message from the Mayor

On behalf of Langley City Council, it is my pleasure to extend greetings to all our citizens and best wishes for good health and happiness as we head into the new year!

With the winter season truly upon us, this is an exciting time of year in our beautiful city and I encourage you to put on your rain jackets and take advantage of all our community has to offer! Whether going for a run or taking the kids and/or dogs for a walk, we are fortunate to have an amazing parks and trails system that can be enjoyed year round.

Avid runners will want to start the new year off on the right foot by taking advantage of the Langley Running Room 'Annual Resolution Run' taking place on January 1st. And mark your calendars as Rogers™ Hometown Hockey™ comes to downtown Langley City on January 12 and 13 as part of the 2018-19 hockey festival tour! This event celebrates Canada's deep hockey roots and will be fun for everyone!!

Our Recreation, Culture and Community Services department continues to offer fantastic recreational opportunities intended to meet the needs of each and every resident. I hope that you will find something within these pages that is just right for you!

Val van den Broek
Mayor

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GENERAL INFORMATION

ADMISSION RATES - TIMMS COMMUNITY CENTRE & DOUGLAS RECREATION CENTRE
(Applicable taxes included)

	Child[2] (4-12 years)	Youth (13-18 years)	Student (with valid ID)	Adult (19+ years)	Senior (60+ years)	Family[3]
Drop-in[1]	$2.75	$4.10	$4.10	$5.50	$4.10	$11.00
10 Visit Pass	$24.75	$36.90	$36.90	$49.50	$36.90	n/a
20 Visit Pass	$44.00	$65.60	$65.60	$88.00	$65.60	n/a
1 Month Pass	$33.00	$49.20	$49.20	$66.00	$49.20	n/a
3 Month Pass	$74.25	$110.70	$110.70	$148.50	$110.70	n/a
6 Month Pass	$111.40	$166.05	$166.05	$222.75	$166.05	n/a
1 Year Pass[4]	$178.25	$265.70	$265.70	$356.40	$265.70	$712.80

Valid for: Weight Room, Fitness Track, Games Room, Drop-In Sports, Drop-In Fitness, and Al Anderson Memorial Pool (public swim, youth swim, aquafit, & length swim - Seasonal Outdoor Facility)

Notes:

1. Drop-in is valid for the entire day and includes all age appropriate activities
2. Children under 4 years are free
3. Family; is a combination of 2 parents (guardians or grandparents) with children under the age of 19 years who reside in the same household
4. The 1 Year pass can be put on hold once, for up to 2 months.

1 Year Games & Track Pass	$10.00 per person
Valid for: Fitness Track and Games Room at Timms Community Centre	

Langley City Admission Policies: All admissions and passes are non-refundable; Prices are subject to change

REGISTER FOR A PROGRAM

CLICK!

- SAVE 10% when you register online up to 7 days prior to the start of a class; *some restrictions apply*
- Go to Langley City online registration at www.langleycity.ca
  Click on the RECCONNECT tab
- Pay by American Express, Master Card, Visa

CALL!

- 604.514.2940 *or* 604.514.2865
- Pay by American Express, Master Card, Visa

COME IN! Visit a Langley City recreation facility:

- Douglas Recreation Centre
  20550 Douglas Crescent
- Timms Community Centre
  20399 Douglas Crescent
- Pay by American Express, Master Card, Visa, Interac, Cash, or account credit

REGISTERED PROGRAM REFUNDS

Regular Programs *unless otherwise specified*

notice is received **prior** to the **start of the first class**	full refund
notice is received **prior** to the **start of the third class**	pro-rated refund
notice is received **after** the **start of the third class**	no refund

Short Programs (1 week or less) ie: Camps, Workshops, Out Trips, and Special Events *unless otherwise specified*

notice is received **prior** to **5 business days before the start of the first class**	full refund
notice is received **less** than **5 business days prior** to the **first class**	50% refund
notice is received **on** or **after** the **start of the first class**	no refund

Contract Programs These programs may have different refund policies, please call for details

LANGLEY CITY RECREATION FACILITIES

DOUGLAS RECREATION CENTRE
(DRC)

20550 Douglas Crescent
604.514.2865
recreation@langleycity.ca

Office Hours
- Monday to Friday - 8:30am to 4:30pm
- Saturdays, Sundays & Holidays - Closed

TIMMS COMMUNITY CENTRE
(TCC)

20399 Douglas Crescent
604.514.2940
recreation@langleycity.ca

Front Desk & Weight Room Hours
- Monday to Friday - 6:00am to 10:00pm
- Saturdays - 8:00am to 10:00pm
- Sundays & Holidays - 8:00am to 8:00pm

Games Room Hours
- Monday to Friday - 8:30am to 10:00pm
- Saturdays - 8:00am to 7:00pm
- Sundays & Holidays - 8:00am to 8:00pm

Fitness Track Hours
- Monday to Friday - 6:00am to 10:00pm
- Saturdays - 8:00am to 7:00pm
- Sundays & Holidays - 8:00am to 8:00pm

OTHER PROGRAM FACILITIES

LANGLEY COMMUNITY MUSIC SCHOOL
(LCMS)

4899 207 Street
604.534.2848
info@langleymusic.com

Office Hours
- Monday to Friday - 9:30am to 7:00pm
- Saturdays, Sundays & Holidays - Closed

FACILITY HOLIDAY HOURS

DATE & HOLIDAY	DRC	TCC
Jan 1 - New Year's Day	Closed	Closed
Feb 18 - Family Day	Closed	8am-8pm
Apr 19 - Good Friday	Closed	8am-8pm
Apr 22 - Easter Monday	Closed	8am-8pm

Facility Rentals

To book a room at Douglas Recreation Centre or Timms Community Centre, call 604 514 2865.

Douglas Recreation Centre

20550 Douglas Crescent, Langley BC

Conveniently located in downtown Langley City, Douglas Recreation Centre is a perfect location to hold meetings, celebrate milestone events or host a private function.

Rental Rates (per hour)

Room (Capacity)	Non Profit	Private	Commercial
Multipurpose (50)	$12.50	$25.00	$ 37.50
Games (20)	$ 9.00	$18.00	$ 27.00
Main Hall (217)	$36.00	$72.00	$108.00
1/2 Main Hall (100)	$18.00	$36.00	$ 54.00
GST to be added to all rental rates			

Additional Details	
Facility Rental Hours	Monday to Friday 8:30am-9:45pm Saturday 8:30am-2:00am Sunday 8:30am-5:45pm* *Victoria Day-Labour Day only
Damage Deposit	$500
Liability Insurance	starting at $10
Liquor License and SOCAN and ReSound fees may apply	
Tables, Chairs, White Board, Flip Chart, Presentation Monitor and WIFI included	
Group to do own set up and take down	

Timms Community Centre

20399 Douglas Crescent, Langley BC

Convenient downtown location near transit, Timms Community Centre offers multiple rooms that can be booked for your next meeting, family gathering or private event.

Rental Rates (per hour)

Room (Capacity)	Non Profit	Private	Commercial
Multipurpose 1 (40)	$12.50	$25.00	$37.50
Multipurpose 2 (55)	$12.50	$25.00	$37.50
Multipurpose 4 (30)	$12.50	$25.00	$37.50
GST to be added to all rental rates			

Additional Details	
Facility Rental Hours	Monday to Friday 6:00am-9:45pm Saturday, Sunday & Holidays 8:00am-7:45pm
Damage Deposit	$500
Liability Insurance	starting at $10
SOCAN and ReSound fees may apply	
Tables, Chairs, White Board, Flip Chart, Presentation Monitor and WIFI included	
Group to do own set up and take down	

LEISURE ACCESS GRANT PROGRAM

DESCRIPTION

The City of Langley'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.

ELIGIBILITY

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

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

PROGRAM

If approved, residents may choose one eligible program or pass per person, per season. Eligible programs are advertised in the City of Langley 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 times per year (Fall, Winter, Spring, Summer)

Application forms can be picked up at Douglas Recreation Centre, Timms Community Centre, or downloaded from our website at www.langleycity.ca

Questions?
Contact us at 604.514.2865

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Canadian Tire Jumpstart

What is it? Who is eligible?
A national charitable program that helps financially disadvantaged kids aged 4 to 18 years old participate in organized sport and recreation by providing a subsidy of up to $200 towards the cost of registration, equipment and/or transportation.

How can I apply?
As a Local Chapter Representative of Jumpstart, the City of Langley is able to facilitate the application and approval process through our Recreation, Culture and Community Services Department.
To apply call 604.514.2865

KidSport Langley

What is it? Who is eligible?
To remove the financial obstacles that prevent some children in our community from participating in local sport. Through individual grants of up to $300 are awarded to children (18 yrs and under) who are residents of either the City of Langley 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.

How can I apply?
To apply for funding visit www.kidsportlangley.ca and download a grant application form.

Kids Up Front Foundation

What is it? Who is eligible?
Kids have the opportunity to experience a variety of sports, recreation and arts & cultural events that otherwise would not be possible. Since 2004, Kids Up Front has been providing quality entertainment and educational experiences to kids and families across Greater Vancouver by redistributing unused event tickets and by creating special events to help heal, bond, and unite.

How can I apply?
As a partner agency, the City of Langley is able to facilitate the application and approval process. Contact cdaum@langleycity.ca for more information or visit: www.kidsupfrontvancouver.com

EVENTS

JANUARY 1

LANGLEY RUNNING ROOM RESOLUTION RUN

Douglas Park
20550 Douglas Crescent

10:00 am Start

Start the New Year off on the right foot by establishing or maintaining an active lifestyle. To register visit resolutionrun.ca or call the store at 604 534 2112.

JANUARY 12-13

ROGERS HOMETOWN HOCKEY

Timms Community Centre
20399 Douglas Crescent

Activities All Day

The free family-friendly hockey celebration features two days of live entertainment, NHL alumni, local celebrities and hockey-themed activities for all ages. Running from Saturday through to Sunday evening, the festival culminates with an outdoor viewing party of a national NHL game broadcast hosted live.

Note: Free to Participate

JANUARY 26

LCMS ROSE GELLERT HALL SERIES

Langley Community Music School
4899 207 Street

7:30 pm Start

Internationally renowned pianist, Jon Kimura Parker joins together with his wife, Aloysia Friedmann, to perform an exciting programme of both solo piano, and violin and piano repertoire.

Note: Tickets are required; purchase through LCMS directly.

FEBRUARY 10

LCMS CONCERTS CAFÉ CLASSICO

Langley Community Music School
4899 207 Street

2:30 pm Start

Former LCMS student, pianist Susan Tang, performs solo works and joins forces with the LCMS resident string quartet The Borealis String Quartet to perform the beloved Schumann Piano Quintet.

Note: Tickets are required; purchase through LCMS directly.

FEBRUARY 14

VALENTINE'S DAY CRAFTS & PLAY

Timms Community Centre
20399 Douglas Crescent

9:30 am to 11:00 am

Create valentine's day crafts including, greeting cards, then join us in the gymnasium for unstructured play using a variety of gym equipment.

Note: Parent & Tot Drop-In rates apply.

FEBRUARY 18

FAMILY DAY

Timms Community Centre
20399 Douglas Crescent

10:00 am to 12:00 pm

Celebrate Family Day at Timms Community Centre. The gymnasium will be filled with games, crafts and activities.

Note: Free to Participate

FEBRUARY 23

COLDEST NIGHT OF THE YEAR

Gateway of Hope
5787 Langley Bypass

4:00 pm Registration Opens

The Coldest Night of the Year is a fun, family friendly walking fundraiser that raises money for the hungry, homeless and hurting in 100+ communities across Canada. Gateway's famous Chili will be served! To register visit coldestnightoftheyear.org or call 604 514 7375.

MARCH 2

SHAPE YOUR WORLD SOCIETY AMAZING RACE

Douglas Park
20550 Douglas Crescent

9:30 am to 10:30 am

This is a yearly event in Abbotsford & Langley to raise money for Shape Your World Society and the local food bank Create a team of 4 or 5, create a theme for your team, and dress-up! Race around your city to collect signatures for your passport. For more information visit shapeyourworldsociety.com

MARCH 3

MEC RACE SERIES LANGLEY CITY 5 & 10K

City Park
4949 207 Street

Time TBD

Mountain Equipment Co-op is once again hosting it's Run Race Series 5k/10k race in Langley City. A beautiful 5k loop course from City Park heading out on the neighbouring streets. Those doing the 10k will do the loop twice. For more information visit http://events.mec.ca

MARCH 10

LCMS CONCERTS CAFÉ CLASSICO

Langley Community Music School
4899 207 Street

2:30 pm Start

Two of LCMS' local alumni, Stephen Duncan and Derek Stanyer, will be presenting an array of English, German and Russian art songs on this programme.

Note: Tickets are required; purchase through LCMS directly.

APRIL 13

LCMS ROSE GELLERT HALL SERIES

Langley Community Music School
4899 207 Street

7:30 pm Start

LCMS alumna Renee Rosnes, one of the world's premiere jazz pianists and composers of her generation, teams together with her husband, acclaimed jazz pianist Bill Charlap, to present a concert of jazz on two pianos. They will be playing some of their original works and arrangements as well as jazz standards.

Note: Tickets are required; purchase through LCMS directly.

APRIL 17

NATIONAL CANADIAN FILM DAY

Langley City Hall
20399 Douglas Crescent

9:30 am to 11:00 am

Join us for a screening of a Canadian Film to celebrate the sixth annual event.

Note: Free to Participate

APRIL 18

EASTER CRAFTS & PLAY

Timms Community Centre
20399 Douglas Crescent

9:30 am to 11:00 am

Create Easter crafts including, Easter egg painting, then join us in the gymnasium for unstructured play using a variety of gym equipment.

Note: Parent & Tot Drop-In rates apply.

APRIL 27

PITCH-IN DAY

City Park
4949 207 Street

9:00 am to 11:00 am

Pitch-In and help clean up the parks and trails in your neighbourhood. City staff will be on-site to provide clean up supplies, equipment and information. No pre-registration is required.

Langley City
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Please note the listed events are subject to change. Please check our website regularly for updated event schedules, new events, or changes to currently scheduled events

Contact Us
604 514 2940
604 514 2865
www.langleycity.ca
events@langleycity.ca

FAMILY

HOBBIES

Spring Container Garden for Kids

Do you have trouble getting your kids to eat their vegetables? Once they grow their own, you won't have to worry. This hands-on workshop is intended for children aged 3-7 years, and requires parent participation. In partnership with Langley Environmental Partner Society.

AGES 3-7 *parent participation*					
Code	Location	Day(s)	Date(s)	Time	$
13398	TCC MPR 2	Wed	Mar 20 - Mar 20	12:00 pm - 1:00 pm	$8.50 1 class
Contract Program - Refund Policy May Differ					

PARENT & TOT DROP-IN

Baby Talk

Enjoy a casual drop-in environment where babies, parents, and soon-to-be parents can play and learn. Connect with other parents, gain knowledge, make friends, and learn from guest speakers in our community.

AGES 0-12 MONTHS				
Code	Location	Day(s)	Date(s)	Time
Drop-In	DRC Main Hall	Wed	9:45am - 10:45am	Jan 16 - Mar 13

Roaming Rascals

Spend Quality time with your toddler in a safe and active environment while meeting other parents and caregivers. This unstructured program allows you to play together using a variety of gym equipment,gymnastics mats, sports equipment and socialize with other families.
Maximum of four children per caregiver.

AGES 0-5				
Code	Location	Day(s)	Date(s)	Time
Drop-In	DRC Main Hall	Tuesdays	Jan 8 - Apr 23	10:15am - 11:45am
Drop-In	TCC East Gym	Thursdays	Jan 10 - Apr 25	9:30am - 11:00am
Drop-In	DRC Main Hall	Fridays	Jan 11 - Apr 26	10:15am - 11:45am
Drop-In	TCC East Gym	Saturdays	Jan 12 - Apr 27	9:30am - 11:00am

PARENT & TOT DROP-IN PRICING		
	OPTIONS	$
DROP-IN	1 Adult & 1 Child	$3.50
DROP-IN	1 Adult & 2-4 Children	$5.00
PASSES	Preschool Passport - 10 Passes - 1 Child	$30.00
PASSES	Preschool Passport - 10 Passes - Family	$40.00
Note: Passes are not available for purchase online		

PERFORMING ARTS

Baby & Me - Music & Play

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

AGES 6-18 MONTHS *parent participation*					
Code	Location	Day(s)	Date(s)	Time	$
13224	DRC MPR	Mon	Jan 21 - Mar 11	9:30 am - 10:15 am	$63.50 7 classes

SPORTS

Active Start - Floor Hockey

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

AGES 2-3 *parent participation*					
Code	Location	Day(s)	Date(s)	Time	$
13236	TCC West Gym	Mon	Jan 21 - Mar 11	4:00 pm - 4:45 pm	$54.20 7 classes

Active Start - Multi - Sports

Learn fundamental movement skills such as running, jumping, hopping, throwing, catching, and kicking which will give kids the confidence to participate in other physical activities.

AGES 2-3 *parent participation*					
Code	Location	Day(s)	Date(s)	Time	$
13238	DRC East Hall	Wed	Jan 23 - Mar 13	4:00 pm - 4:45 pm	$61.95 8 classes

Active Start - Soccer

Participants will learn the fundamental movement skills of soccer structured games and skill development such as dribbling, passing, shooting, and footwork. Emphasis is on developing enjoyment of fundamental movement skills and the game of soccer.

AGES 2-3 *parent participation*					
Code	Location	Day(s)	Date(s)	Time	$
13240	TCC West Gym	Sat	Jan 26 - Mar 16	9:45 am - 10:30 am	$61.95 8 classes

VISUAL ARTS

Baby & Me - Art & Play

Create unique pieces of art with your baby or toddler's hands & feet!

AGES 6-18 MONTHS *parent participation*					
Code	Location	Day(s)	Date(s)	Time	$
13229	DRC MPR	Thu	Jan 24 - Mar 14	9:30 am - 10:15 am	$69.95 8 classes

Family Art Drop-In

Our facilitators offer ideas as sources of inspiration to encourage visitors to engage with art and craft making. All supplies will be provided.

ALL AGES				
Drop-In Rate	Location	Day(s)	Date(s)	Time
Facility Admission Rates Apply	TCC MPR 4	Sundays	1:00 pm - 3:00 pm	Jan 20 - Apr 28

PRESCHOOL

PERFORMING ARTS

Dance Combo

Groove to the beat and build self-confidence exploring a variety of dance styles. Try Jazz, Ballet, Tap Rhythms, Modern and Stage Dance.

AGES 2-3					
Code	Location	Day(s)	Date(s)	Time	$
13233	TCC MPR 4	Sat	Jan 26 - Mar 16	9:30 am - 10:15 am	$70.55 8 classes

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	$
13234	TCC MPR 4	Sat	Jan 26 - Mar 16	10:30 am - 11:15 am	$70.55 8 classes

SOCIAL DEVELOPMENT

ABC's & 123's

This preschool preparation class is suited for children who are ready to participate in programs but not old enough for preschool. Colours, numbers, letters, shapes will all be introduced in a fun, social environment. Activities include games, puzzles, and learning centers designed to get your child ready for preschool.

AGES 2-3					
Code	Location	Day(s)	Date(s)	Time	$
13226	DRC East Hall	Wed	Jan 23 - Mar 13	9:30 am - 11:00 am	$95.35 8 classes

SPORTS

Active Start - Floor Hockey

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

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	$
13237	TCC West Gym	Mon	Jan 21 - Mar 11	5:00 pm - 5:45 pm	$54.20 7 classes

Active Start - Multi-Sports

Learn fundamental movement skills such as running, jumping, hopping, throwing, catching, and kicking which will give kids the confidence to participate in other physical activities.

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	$
13239	DRC East Hall	Wed	Jan 23 - Mar 13	5:00 pm - 5:45 pm	$61.95 8 classes

Active Start - Soccer

Participants will learn the fundamental movement skills of soccer structured games and skill development such as dribbling, passing, shooting, and footwork. Emphasis is on developing enjoyment of fundamental movement skills and the game of soccer.

AGES 4-5					
Code	Location	Day(s)	Date(s)	Time	$
13241	TCC West Gym	Sat	Jan 26 - Mar 16	10:45 am - 11:30 am	$61.95 8 classes

VISUAL ARTS

Art We Messy

Inspire imagination & self-expression with a world of hands-on open-ended art activities. Explore & experiment with a variety of mediums including paint, sculpture, recyclables, charcoal, collage & much more. Develop imagination, self-esteem, fine motor skills & unique creative voices.

AGES 3-5					
Code	Location	Day(s)	Date(s)	Time	$
13232	DRC MPR	Thu	Jan 24 - Mar 14	10:30 am - 11:30 am	$69.95 8 classes

BRITISH COLUMBIA | Early Years Centre

The Langley Early Years Centre supports families with young children (prenatal – 6 years) by offering programs, services, information, and referrals that encourage healthy child development.

The Early Years Coordinator is on-site at the Douglas Recreation Centre every Tuesday from 9:00am-3:00pm (times may vary), offering supports and outreach to Langley City families. Drop-in anytime if you have questions about child care, drop-in programs, community resources, early intervention, kindergarten transition and/or health information.

e-mail: earlyyearscoordinator@langleycdc.com
www.leyc.ca
Facebook: @langearlyyears

MUSIC

Langley Community Music School

Bringing Music to Life

In the community for 50 years, LCMS has established itself as a leader in music education. It is recognized nationally and internationally for its comprehensive and innovative programs for all ages and levels. Experienced teachers work to develop the potential of every student while encouraging a love of music. LCMS programs have been building student success for generations. Langley Community Music School is a non-profit organization and registered charity, and is partnering with the City of Langley to provide popular classes to the community. All classes take place at the school, situated in beautiful Langley City Park.

Langley Community Music School
4899 207 Street, Langley
Tel: 604-534-2848
info@langleymusic.com
langleymusic.com

Cradle Class

This pre-natal music class teaches expectant parents a variety of lullabies and rhymes to share with their babies. The class also explores the calming benefits of creating attachment through the joy of music.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	$
13400	LCMS	Mon	Feb 11	7:00 pm - 8:00 pm	FREE
13401	LCMS	Sat	Mar 2	1:00 pm - 2:00 pm	FREE

Guitar Workshops

Designed to take your playing to the next level, these series of short-term group classes will focus on specific skills and genres. Dive into different genres like bluegrass, jazz or fusion, or work on your improvisation skills with specific techniques.

AGES 13-18					
Code	Location	Day(s)	Date(s)	Time	$
13405	LCMS	Sat	Jan 19 - Mar 2	1:00 pm - 2:00 pm	$60.00 6 classes

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	$
13406	LCMS	Thu	Jan 17 - Feb 28	7:15 pm - 8:15 pm	$60.00 6 classes
Contract Program - Refund Policy May Differ					

Music for Babies & Toddlers

Music for Babies and Toddlers is designed with the developing child in mind. Action songs, lullabies and rhymes are interspersed with opportunities to play simple rhythm instruments. Parents are encouraged to observe and respond to their children as they develop new skills through their natural enjoyment of music in this stimulating environment. Each participant is required to attend classes with a parent or caregiver. No class Feb 7.

AGES 0-3 *parent participation*					
Code	Location	Day(s)	Date(s)	Time	$
13402	LCMS	Thu	Jan 17 - Feb 14	10:00 am - 10:45 am	$40.00 4 classes
13403	LCMS	Thu	Feb 21 - Mar 14	10:00 am - 10:45 am	$40.00 4 classes
Contract Program - Refund Policy May Differ					

Orff Ensemble

Play xylophones and percussion instruments! Develop creativity in a fun environment, exploring different instruments and learning music fundamentals through movement, games and more. No class Feb 4, 18.

AGES 5-6					
Code	Location	Day(s)	Date(s)	Time	$
13404	LCMS	Mon	Jan 14 - Mar 4	4:00 pm - 4:45 pm	$60.00 6 classes
Contract Program - Refund Policy May Differ					

CHILDREN

EDUCATION

Home Alone Program

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

AGES 10-14					
Code	Location	Day(s)	Date(s)	Time	$
13288	DRC MPR	Fri	Feb 15 - Feb 15	9:00 am - 2:00 pm	$44.15 1 class

HOBBIES

Top Chef Kids

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

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	$
13287	TCC MPR1	Tue	Jan 22 - Mar 12	5:30 pm - 7:00 pm	$98.35 8 classes

PERFORMING ARTS

Dance Combo

Groove to the beat and build self-confidence exploring a variety of dance styles. Try Jazz, Ballet, Tap Rhythms, Modern and Stage Dance.

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	$
13289	TCC MPR 3	Thu	Jan 24 - Mar 14	4:00 pm - 5:00 pm	$58.80 8 classes

Hip-Hop

Learn all the hottest moves such as popping and locking, tutting, crumping, breakin' and street styles that will blow your mind. Be the best that you can be and also be a part of hip hop culture.

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	$
13291	TCC MPR 3	Thu	Jan 24 - Mar 14	6:15 pm - 7:15 pm	$58.80 8 classes

SPRING BREAK CAMPS

Spring Break Camp

AGES 5-12

Our day camp is an action-packed week that will keep even the most busy kids entertained. Whether you are registering for one week or one day, you will make memories that will last forever. Camp includes crafts, sports, outrips, theme days, adventure, science, cooking, and much more.

WEEKLY CAMPS

Code	Location	Day(s)	Date(s)	Time	$
13357	DRC Main Hall	Mon - Fri	Mar 18 - Mar 22	8:30 am - 3:00 pm	$160.00 5 classes
13358	DRC Main Hall	Mon - Fri	Mar 25 - Mar 29	8:30 am - 3:00 pm	$160.00 5 classes

DAILY REGISTRATION

Code	Location	Day(s)	Date(s)	Time	$
13359	DRC Main Hall	Mon	Mar 18	8:30 am - 3:00 pm	$42.00 1 class
13360	DRC Main Hall	Tue	Mar 19	8:30 am - 3:00 pm	$42.00 1 class
13361	DRC Main Hall	Wed	Mar 20	8:30 am - 3:00 pm	$42.00 1 class
13362	DRC Main Hall	Thu	Mar 21	8:30 am - 3:00 pm	$42.00 1 class
13363	DRC Main Hall	Fri	Mar 22	8:30 am - 3:00 pm	$48.00 1 class
13364	DRC Main Hall	Mon	Mar 25	8:30 am - 3:00 pm	$42.00 1 class
13365	DRC Main Hall	Tue	Mar 26	8:30 am - 3:00 pm	$42.00 1 class
13366	DRC Main Hall	Wed	Mar 27	8:30 am - 3:00 pm	$42.00 1 class
13367	DRC Main Hall	Thu	Mar 28	8:30 am - 3:00 pm	$42.00 1 class
13368	DRC Main Hall	Fri	Mar 29	8:30 am - 3:00 pm	$48.00 1 class

EXTENDED PLAY

Code	Location	Day(s)	Date(s)	Time	$
	DRC Main Hall	Extended Play AM	Single Day	7:00 am - 8:30 am	$3.00 1 class
	DRC Main Hall	Extended Play PM	Single Day	3:00 pm - 6:00 pm	$6.00 1 class

SPORTS

Fundamental Basketball

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

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	$
13295	TCC Gym East	Mon	Jan 21 - Mar 11	5:00 pm - 6:00 pm	$54.20 7 classes

Fundamental Indoor Soccer

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

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	$
13298	TCC Gym East	Fri	Jan 25 - Mar 15	5:00 pm - 6:00 pm	$61.95 8 classes

Fundamental Multi-Sports

Get ready for some action! An introduction to rules, sport skills and basic physical literacy fundamental movement skills, followed by game play for a variety of sports including soccer, ball hockey, basketball, badminton and many more. Emphasis is on sportsmanship.

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	$
13297	TCC West Gym	Tue	Jan 22 - Mar 12	5:00 pm - 6:00 pm	$61.95 8 classes

Wheelchair Basketball

Learn to play wheelchair basketball, focus on basic movement and wheelchair skills. Ideal for children, teens and adults who use manual wheelchairs. This program is delivered in partnership with the Fraser Valley Wheelchair Sports Club.

AGES 6-99					
Code	Location	Day(s)	Date(s)	Time	$
13301	TCC West Gym	Thu	Jan 17 - Mar 14	6:00 pm - 7:15 pm	$83.60 9 classes
Contract Program - Refund Policy May Differ					

PHYSICAL LITERACY

WHAT IS PHYSICAL LITERACY?

Physical literacy is when kids have developed the skills and confidence to be active in lots of different sports and physical activities.

HOW IS PHYSICAL LITERACY DEVELOPED?

Kids develop physical literacy gradually through a variety of structured and unstructured activities. The nature of these activities changes as kids grow in age and ability.

0-3 years
Encourage early movement.

3-5 years
Expand on play, and keep it fun.

5-8 years
Increase the focus on fundamental movement skills.

8-12 years
Introduce more complex skills as kids are ready.

Langley City offers the following Physical Literacy programs: Preschool Active Start, Children's Fundamental Sports and Children's Dance classes.

VISUAL ARTS

Photography

This program introduces children to their cameras and the fun things they can do with them. Hands-on photography and a unique learning environment where they get to explore both the creative and technical side to image making. Must have their own camera.

AGES 10-15					
Code	Location	Day(s)	Date(s)	Time	$
13299	DRC MPR	Tue	Jan 22 - Mar 12	5:00 pm - 6:00 pm	$64.60 8 classes

Water Paper Paint Make

Immerse your child in a creative experience that sparks imagination and curiosity. Your child acquires skills, knowledge and confidence by using an array of art mediums and artistic techniques with the emphasis on fun and exploration.

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	$
13292	TCC MPR 2	Thu	Jan 24 - Mar 14	5:00 pm - 6:00 pm	$69.95 8 classes

YOUTH

LANGLEY YOUTH HUB

Resources and Support

for 12-24 year olds

- medical care
- free meals
- counselling
- life skill building
- basic needs support
- music, art, and cooking sessions
- indigenous cultural support
- housing and job help

drop by and check us out

6275 203 Street, Langley, BC
604.546.1130
LangleyYouthHub.com

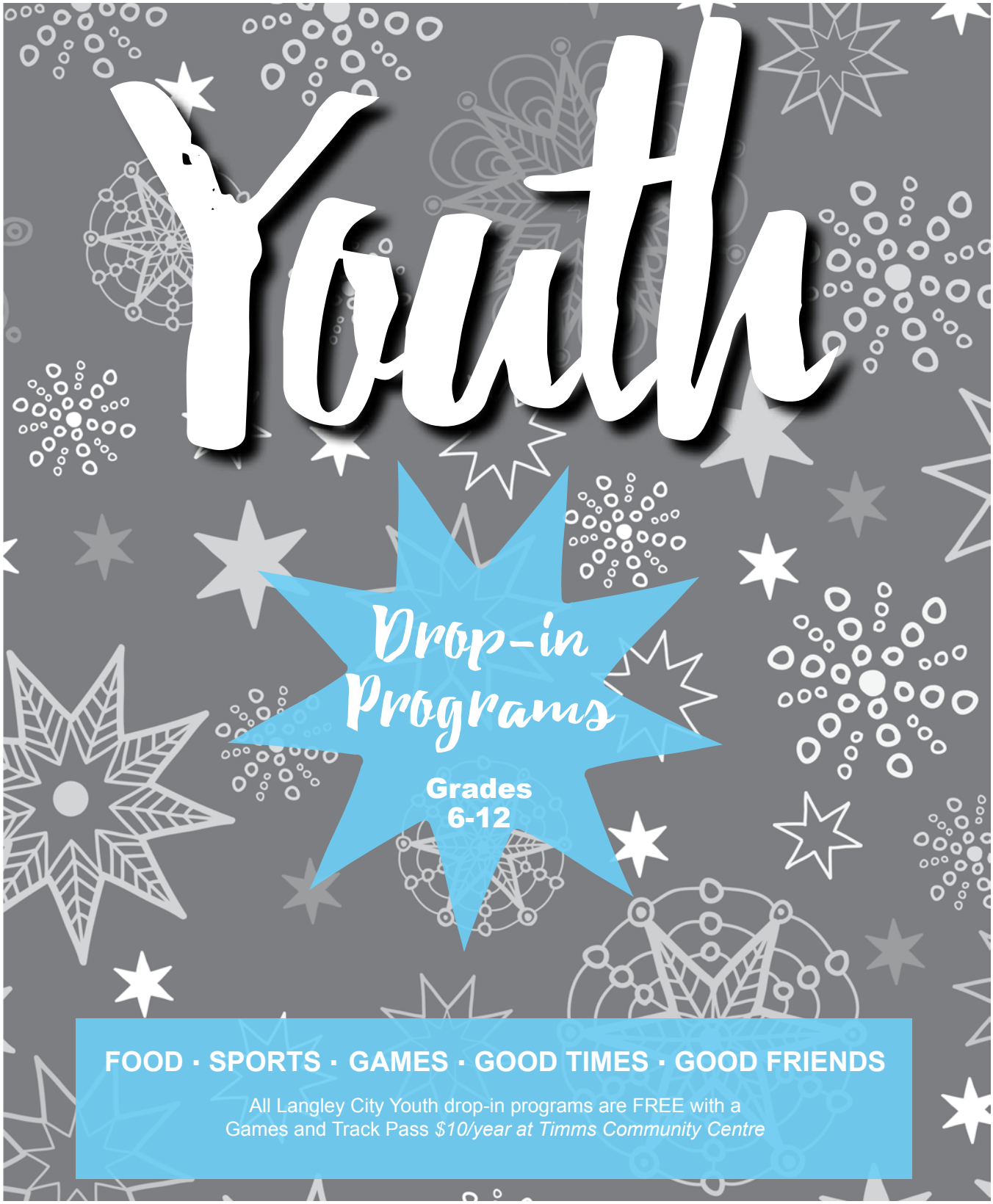
encompass support services society

EDUCATION & TRAINING

Babysitter Training

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

AGES 11-16					
Code	Location	Day(s)	Date(s)	Time	$
13393	TCC MPR 4	Tue Wed Thu Fri	Mar 26 - Mar 29	1:00 pm - 3:30 pm	$72.00 4 classes


Youth
Drop-in Programs
Grades 6-12
FOOD · SPORTS · GAMES · GOOD TIMES · GOOD FRIENDS
All Langley City Youth drop-in programs are FREE with a Games and Track Pass *$10/year at Timms Community Centre*

Basketball

Play pickup or just practice.
All skill levels welcome.

Tuesdays
5:00pm - 7:00pm
Timms Community Centre

After Three

Food, games, crafts, and good times after school for H.D Stafford students.

Wednesdays
3:00pm - 4:30pm
Room 138 - H.D. Stafford Middle School

Jam Night

An opportunity for young musicians to collaborate. Instruments provided.

Wednesdays
7:00pm - 8:30pm
Timms Community Centre

Teen Time

Fun games, cool DIY projects, cooking, baking, and more!

Thursdays
6:30pm - 8:30pm
Timms Community Centre

Open Gym

Drop-in for some recreational fun.
All skill levels welcome.

Fridays
5:00pm - 7:00pm
Timms Community Centre

Youth Night

Games, sports, food, music, and nights to remember with all your best friends!

Saturdays
7:00pm - 10:00pm
Timms Community Centre

More Info?

Contact our Rec Leader

phone: 604-514-2999
email: youth@langleycity.ca
instagram: langleycityyouth
facebook: City of Langley - Youth
twitter: @langleyyouth

FITNESS

Teen Pump

Learn the safe and effective techniques for weight training for teens. With proper guidance, youth will learn how to build strength, define their muscles and prevent injuries while using a variety of strength and cardio equipment. Each participant will get an individualized training plan based on their individual goals. Youth who successfully complete the Teen Pump program will be permitted into the Timms Community Centre Weight Room without Adult Supervision.

AGES 13-16					
Code	Location	Day(s)	Date(s)	Time	$
13389	TCC Weight	Sun	Jan 13 - Jan 27	12:00 pm - 1:00 pm	$57.00 3 classes
13391	TCC Weight	Sun	Mar 3 - Mar 17	12:00 pm - 1:00 pm	$57.00 3 classes

YOUTH ADVENTURE CLUB

Drop-off and pick up at Timms Community Centre Games Room.

Parental/ Guardian consent form must be completed and submitted at the time of registration.

Price includes transportation, admission and is supervised by Langley City staff.

Participants should bring water, a lunch and snacks or extra money for concession.

Youth Adventure Club Snow Tubing

Join us for a day on the slopes at the Cypress Mountain Snow Tubing Track. Cost includes your 2 hour tubing time, equipment, transportation and supervision. Please bring water, snacks and a lunch. Participants should wear a winter coat, snow pants, gloves, hat and boots. Pick up and drop-off will be at the Timms Community Centre Games Room. Youth will be traveling to the destination via private van.

AGES 12-17					
Code	Location	Day(s)	Date(s)	Time	$
13268	TCC Games	Sat	Jan 26 - Jan 26	11:00 am - 6:30 pm	$45.00 1 class

Youth Adventure Club Lazer Tag

Enjoy some Spring Break fun at Planet Lazer! Price includes 2 games, transportation and supervision. Please bring snacks and water and be dressed for action! Pick up and drop-off will be at the Timms Community Centre Games Room. Youth will be traveling to the destination via public transit.

AGES 12-17					
Code	Location	Day(s)	Date(s)	Time	$
13270	TCC Games	Wed	Mar 27 - Mar 27	11:30 am - 3:00 pm	$45.00 1 class

MARTIAL ARTS

Introduction to Karate - Children

An introduction to karate for those interested but want to try it out before you sign your child up. You will be immersed into a regular karate class with students from all levels from experienced to beginners. This fun atmosphere is meant to teach the basics of karate based on our maxim of 'courtesy and respect'. Classes are taught by certified karate instructors from the local Kyokushin Karate club teaching the Langley community at DRC for 22 years.

AGES 6-12					
Code	Location	Day(s)	Date(s)	Time	$
13327	DRC Main Hall	Tue Thu	Jan 8 - Jan 17	6:30 pm - 7:30 pm	$20.00 4 classes
13328	DRC Main Hall	Tue Thu	Jan 22 - Jan 31	6:30 pm - 7:30 pm	$20.00 4 classes
13329	DRC Main Hall	Tue Thu	Feb 5 - Feb 14	6:30 pm - 7:30 pm	$20.00 4 classes
13330	DRC Main Hall	Tue Thu	Feb 19 - Feb 28	6:30 pm - 7:30 pm	$20.00 4 classes
13331	DRC Main Hall	Tue Thu	Mar 5 - Mar 14	6:30 pm - 7:30 pm	$20.00 4 classes
13332	DRC Main Hall	Tue Thu	Mar 19 - Mar 28	6:30 pm - 7:30 pm	$20.00 4 classes
Contract Program - Refund Policy May Differ					

Introduction to Karate - Teen & Adult

An introduction to karate for those interested but want to try it out before you sign up. You will be immersed into a regular karate class with students from all levels from experienced to beginners. This fun atmosphere is meant to teach the basics of karate based on our maxim of 'courtesy and respect'. Classes are taught by certified karate instructors from the local Kyokushin Karate club teaching the Langley community at DRC for 22 years.

AGES 13+					
Code	Location	Day(s)	Date(s)	Time	$
13333	DRC Main Hall	Tue Thu	Jan 8 - Jan 17	7:30 pm - 9:00 pm	$20.00 4 classes
13334	DRC Main Hall	Tue Thu	Jan 22 - Jan 31	7:30 pm - 9:00 pm	$20.00 4 classes
13335	DRC Main Hall	Tue Thu	Feb 5 - Feb 14	7:30 pm - 9:00 pm	$20.00 4 classes
13336	DRC Main Hall	Tue Thu	Feb 19 - Feb 28	7:30 pm - 9:00 pm	$20.00 4 classes
13337	DRC Main Hall	Tue Thu	Mar 5 - Mar 14	7:30 pm - 9:00 pm	$20.00 4 classes
13338	DRC Main Hall	Tue Thu	Mar 19 - Mar 28	7:30 pm - 9:00 pm	$20.00 4 classes
Contract Program - Refund Policy May Differ					

Ladies Self Defense Workshop

A practical hands on approach to self-defense. You will learn what and what not to do in a physical assault situation, when it happens, and before it even happens. Students will leave with the knowledge to better be prepared for anything. Awareness, assertiveness and physical fitness are the keystones to this fun educational program. This program is a must for your daughter! Taught by certified karate instructors from our own local Kyokushin Karate club, which has been teaching the Langley community at DRC 25 years.

AGES 12+					
Code	Location	Day(s)	Date(s)	Time	$
13339	DRC Main Hall	Sat	Jan 26 - Jan 26	12:00 pm - 1:30 pm	$0.00 1 class
13340	DRC Main Hall	Sat	Feb 23 - Feb 23	12:00 pm - 1:30 pm	$0.00 1 class
13341	DRC Main Hall	Sat	Mar 23 - Mar 23	12:00 pm - 1:30 pm	$0.00 1 class
Contract Program - Refund Policy May Differ					

ADULT

ADAPTIVE PROGRAMS

Adapted Boccia

Boccia is a Paralympic sport is for persons with physical disabilities adapted to be played in a gym with custom balls and equipment. You will learn the basic skills and strategies of Boccia through games and activities. This program is offered in partnership with SportAbility.

AGES 6-99					
Code	Location	Day(s)	Date(s)	Time	$
13392	DRC Main Hall	Thu	Jan 24 - Mar 14	4:15 pm - 5:30 pm	$60.00 8 classes
Contract Program - Refund Policy May Differ					

EDUCATION & TRAINING

High Five - PHCD

Providing direct leadership to children (ages 6 to 12) in recreational settings can be a challenging experience. Join this 7.5 hour course to learn how to implement the five HIGH FIVE® guiding principles that contribute to a supportive and healthy experience for children. Learn ways to make positive child-centred interactions, and effective, age-appropriate ways to address behaviour challenges. Consisting of training, resources and tools, the HIGH FIVE® system is based on years of research and consultation with experts, and is the only quality assurance standard in North America designed to specifically support the safety, well-being and healthy development of children in sport and recreation programs. Learn best practices for healthy childhood development, and get certified.

AGES 14+					
Code	Location	Day(s)	Date(s)	Time	$
13124	TCC MPR 1	Sat	Feb 2 - Feb 2	9:00 am - 5:00 pm	$75.00 1 class

HEALTH & WELLNESS

Healthy Living Bag

The Healthy Living Bag contains a variety of fresh fruit and vegetables as well as information on local programs. It contains 2 to 3 times more than would be the case if purchased in store. It is ready for pick-up, usually on the first Tuesday of the month, from 11:00am to 4:00pm. Orders must be pre-paid by the Wednesday prior to delivery.

AGES					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13442	DRC Office	Tue	Jan 8	11:00 am - 4:00 pm	$5.00 1 class
13443	DRC Office	Tue	Feb 5	11:00 am - 4:00 pm	$5.00 1 class
13444	DRC Office	Tue	Mar 5	11:00 am - 4:00 pm	$5.00 1 class
13445	DRC Office	Tue	Apr 2	11:00 am - 4:00 pm	$5.00 1 class

Self Management Workshop Chronic Pain

Do you or someone you live with have Chronic PAIN? Peer leaders discuss tools to help break the pain symptom cycle and live a healthier life.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13440	DRC MPR	Wed	Feb 6 - Mar 13	1:00 pm - 3:00 pm	Free 6 classes

Self Management Workshop Diabetes

Six-week workshop that helps people with diabetes to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with diabetes.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13441	DRC MPR	Wed	Mar 5 - Apr 9	1:00 pm - 3:00 pm	Free 6 classes

FOOD & FRIENDS
SOCIAL LUNCH

Seniors (50+) are invited to enjoy a social luncheon with guest speakers, great food and good company for only $6/person.

Flourishings Chinese Seafood Restaurant
20472 Fraser Highway
2nd & 4th Monday of Month 11:30am - 1:00pm
January 14 & 28
February 11 & 25
March 11 & 25
April 8

Payment is required at the restaurant; 48 hours notice is required for a refund.

Christmas Luncheon ($12/person)
Church in the Valley- 23589 Old Yale Road
Thursday, December 13
12:00 - 3:00pm

Payment is required at time of registration; 72 hours notice is required for a refund.

To register please call:
Timms Community Centre
604-514-2940

HOBBIES

Greener Cleaners & DIY Soap

Many household cleaning products contain surfactants which are very harmful for the environment and carcinogens which can be harmful to people. Participants in this workshop make and take home a homemade bar of soap and all-purpose cleaner. In partnership with Langley Environmental Partner Society.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$
13395	TCC MPR 4	Sat	Jan 26 - Jan 26	1:00 pm - 3:00 pm	$8.50 1 class
Contract Program - Refund Policy May Differ					

Hot Water Bath Canning

Now is your chance to learn how to use a hot water bath canner! If you have been reluctant to preserve on your own, join Langley Environmental Partners Society in this 2 hour workshop to discover how easy canning actually is. Participants will learn basic home canning techniques for creating delicious home preserves, salsas, and fruits. Ideal for vegetable gardeners, food lovers, new and intermediate canners. Each participant will go home with a tasty treat and tips and for their own canning adventures. 2 hours. 1 class. In partnership with Langley Environmental Partner Society.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$
13396	TCC MPR 1	Mon	Feb 25 - Feb 25	6:00 pm - 8:00 pm	$8.50 1 class
Contract Program - Refund Policy May Differ					

Pollinators Paradise

Learn about local pollinators and discuss the role of pollinators in the local environment. Participants will discover the principles and benefits of planting a pollinator garden.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$
13399	TCC MPR 4	Sat	Apr 13 - Apr 13	10:00 am - 11:30 am	$8.50 1 class
Contract Program - Refund Policy May Differ					

Spring Gardening

Always wanted to grow your own produce, but not sure where to begin? This workshop for beginners will guide you through decisions such as where to locate your veggie patch, what to grow, when to plant it, and what to do with the harvest. In partnership with Langley Environmental Partner Society.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$
13397	TCC MPR 2	Sat	Mar 9 - Mar 9	12:00 pm - 1:30 pm	$8.50 1 class
Contract Program - Refund Policy May Differ					

PERFORMING ARTS

Ballroom Dance

Have you always wanted to learn a few steps or see what ballroom dance is all about? This class will introduce you to the seven basic dances in ballroom and latin dance: Foxtrot, Waltz, Tango, Cha Cha, Rumba, Samba, and Jive. Singles welcome!

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	$
13318	DRC West Hall	Wed	Jan 23 - Feb 27	5:30 pm - 7:00 pm	$60.00 6 classes
13319	DRC West Hall	Wed	Mar 13 - Apr 17	5:30 pm - 7:00 pm	$60.00 6 classes
Contract Program - Refund Policy May Differ					

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. Have fun as well as learn new choreography and shimmy like the pros!

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	$
13312	TCC MPR3	Tue	Jan 22 - Feb 26	7:30 pm - 9:00 pm	$60.00 6 classes
13313	TCC MPR3	Tue	Mar 12 - Apr 16	7:30 pm - 9:00 pm	$60.00 6 classes
Contract Program - Refund Policy May Differ					

Line Dance Beginner

Line dancing is an easy way to have fun while you exercise your body and your 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	$
13314	DRC West Hall	Wed	Jan 23 - Feb 27	3:00 pm - 4:00 pm	$48.00 6 classes
13315	DRC West Hall	Wed	Mar 13 - Apr 17	3:00 pm - 4:00 pm	$48.00 6 classes
Contract Program - Refund Policy May Differ					

Line Dance Plus

This is for those who have taken Beginner Line Dance and are looking for something that is a little more challenging. This is your next level up in the Line Dance spectrum so join us for a knee-slappin?, heel-tappin? good time.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	$
13316	DRC West Hall	Wed	Jan 23 - Feb 27	4:15 pm - 5:15 pm	$48.00 6 classes
13317	DRC West Hall	Wed	Mar 13 - Apr 17	4:15 pm - 5:15 pm	$48.00 6 classes
Contract Program - Refund Policy May Differ					

SOCIAL CLUBS

All Social Clubs require the participant to hold a valid Games & Track Pass (cost: $10/year).

Social Bridge

Drop-in for some card play! Beginner and more advanced players welcome however all participants should have basic knowledge of the rules, strategies and game play.

Mondays, Fridays, Saturdays: 1:00 pm to 4:00 pm
New Player Orientation: 12:30 pm to 1:00 pm

Duplicate Bridge

Calling all bridge players! There's a new game in town! Join us for some friendly competition in a social atmosphere. Newcomers are welcome but should have a basic knowledge of Bridge (no experience in duplicate bridge required). We have a seat for you!

Wednesdays: 1:00 pm to 4:00 pm

TEXAS HOLD'EM DROP-IN

Learn to Play Texas Hold'em
Learn the rules, strategies and basic game play in a social, stress-free, small group environment.
Tuesdays 1:00pm - 4:00pm

Texas Hold'em Tournament Play
For those who already have a good understanding of the rules, strategies and game play!
Thursdays 1:00pm - 4:00pm

Timms Community Centre
Free with valid Games & Track Pass (*$10/year*)
Everything is supplied, just show up ready to learn and have fun!

SPORTS

Learn To Play Pickleball

Is it Badminton, Tennis or Table Tennis? It's all 3! Pickleball is one of the fastest growing recreational sports in Canada among the young and young at heart! This game is fun whether you are five, eighty-five or somewhere in between. Played on a traditional badminton-sized court with special paddles, pickleball uses a wiffle-ball and low net combined with several key rules that make it accessible to people of all ages and abilities. This program will teach the basic skills and rules of Pickleball for the true beginner... all equipment provided.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	$
13322	TCC Gym	Thu	Jan 24 - Feb 14	6:00 pm - 7:00 pm	$44.95 4 classes
13323	TCC Gym	Thu	Feb 28 - Mar 21	6:00 pm - 7:00 pm	$44.95 4 classes
13324	TCC Gym	Thu	Apr 4 - Apr 25	6:00 pm - 7:00 pm	$44.95 4 classes

Pickleball 201

How to become a better pickleball player. Focus on drills, mini games and strategies to take your game to the next level. Pre-requisite: You've taken the Introduction to Pickleball course and have played for a while or you haven't taken the introductory course but you've been playing pickleball for a quite a while and understand the rules. Students will receive a handout of drills and games to take away.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$
13325	TCC East Gym	Thu	Feb 21 - Feb 21	5:15 pm - 7:15 pm	$22.50 1 class
13326	TCC East Gym	Thu	Mar 28 - Mar 28	5:15 pm - 7:15 pm	$22.50 1 class

VISUAL ARTS

Photography Beginner

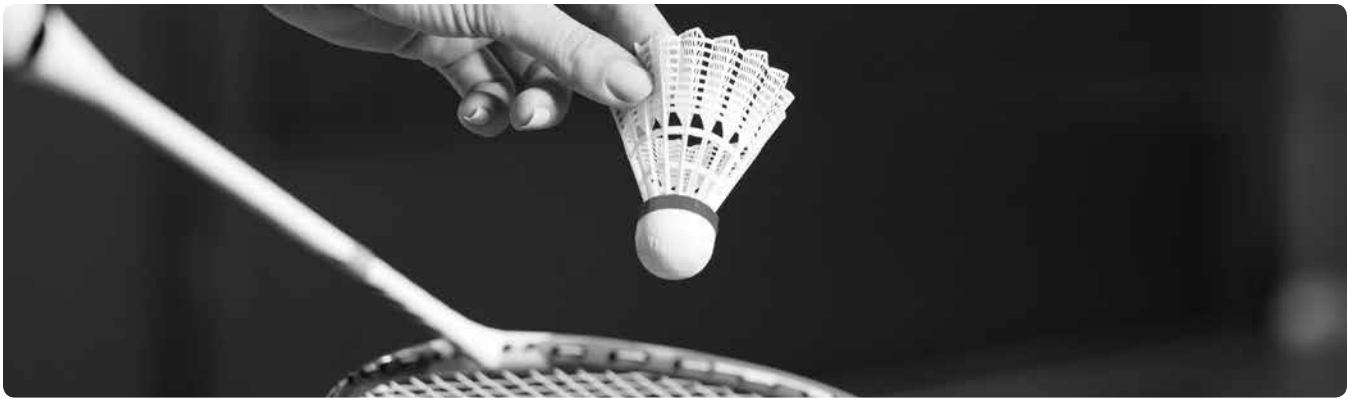
'Expose Your Creative Side' A new course on photography to help you get the most out of your creativity and camera. Use your digital camera to take better photographs of the people you love! Topics will include digital camera use, understanding natural lighting techniques, composition, and how to take better pictures. Weekly projects allow plenty of time for experimentation and instructor feedback. Please bring your digital camera to class and lots of imagination!

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$
13320	DRC Games	Thu	Jan 24 - Mar 28	5:30 pm - 6:30 pm	$96.75 10 classes

Photography Level 2

For the serious and passionate photographer, Level 2 in digital photography builds on skills learned in the beginners class. Moving beyond simple camera functions, students will learn different styles of photography and will have fun shooting macro, portraits, abstracts and more. Prerequisites: Must have completed a beginners class within the last year and have knowledge of basic camera functions and concepts.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$
13321	DRC Games	Thu	Jan 24 - Mar 28	7:00 pm - 8:00 pm	$96.75 10 classes



GYMNASIUM

COURT RENTALS

Badminton Court Rentals

45 Minutes = $9.75+gst

- Available Times:
  Sundays 6:15 pm to 7:00 pm &
  7:00 pm to 7:45 pm
- To book call 604.514.2940
- Badminton courts are booked on a first come, first served basis
- Payment required at time of booking.
- No refunds or credits for less than 48 hours notice.

DROP-IN SPORTS

Gymnasium facilities are located at Timms Community Centre and Douglas Recreation Centre.

For the most up-to-date schedule visit www.langleycity.ca.

For drop-in rates see page 4.

YOUTH ONLY DROP-IN SPORTS
See page 23 for more information!

DROP-IN SPORT DESCRIPTIONS

Badminton

AGES 16+

- Recreational Badminton open to all skill levels
- Double play and rotation of players will be required if session is full
- 18 people per half gym on rotation basis or 32 for full gym (6 courts)
- *Note: Toonie option available, check the schedule*

Badminton Family

FAMILY

- Recreational Badminton for Families
- Minimum 1 parent/guardian and 1 dependent under the age of 17yrs
- 18 people per half gym on rotation basis or 32 for full gym (6 courts)

Basketball Shoot Around

ALL AGES

- Recreational Basketball open to all skill levels
- No 5 on 5 play or full court play allowed.
- 6 Basketball Hoops available to shoot around
- Children under 8yrs must be accompanied by an adult

Basketball

AGES 16+

- Recreational Basketball open to all skill levels
- 20 spots for 5 on 5 play with a rotating group per half gym or 25 for full gym
- If full, scores go to 7 points. Winners stay on for a maximum of 2 wins
- *Note: Toonie and 50+ only options available, check the schedule*

Open Gym

ALL AGES

- Shoot some hoops, play soccer or enjoy a variety of other activities
- Maximum 20 per half gym or 25 for full gym
- First come, first serve basis
- Children under 8yrs must be accompanied by an adult accompanied by an adult

Open Gym Family

FAMILY

- Shoot some hoops, play soccer or enjoy a variety of other activities
- Minimum 1 parent/guardian and 1 dependent under the age of 17
- Maximum 20 per half gym or 25 for full gym

Pickleball

AGES 16+

- Recreational Pickleball open to all skill levels
- Double play and rotation of players is required if the session is full
- 18 person per half gym or 32 for full gym
- *Note: Toonie option available, check the schedule*

Sports & Play

AGES 6-12

- Join in on this supervised drop-in program for children
- A variety of different sports and gym games each week
- 20 person per half gym

Table Tennis

AGES 13+

- Up to 5 tables are available
- Double play and rotation of players are required if busy
- 24 person per half gym
- *Note: Toonie option available, check the schedule*

Volleyball

AGES 16+

- Recreational Volleyball open to all skill levels
- Players sort themselves into teams
- 6 on 6 per court
- Rotation of players will be required if session is full
- Maximum 18 per half gym or 32 for full gym (2 courts)

PARKOUR LESSONS

Instructed by Journey Parkour Ltd.

JOURNEY PARKOUR

Langley City is proud to offer Parkour Lessons at Penzer Parkour Park & at Timms Community Centre. Lessons and Camps are taught by our contract instructors from Journey Parkour Ltd.

Lessons and Camps are open to participants ages 6+ years. For course dates/times/costs please visit our website at www.langleycity.ca, give us a call at 604.514.2940 or visit us at Timms Community Centre - 20399 Douglas Crescent.

Learn More
recreation@langleycity.ca
604.514.2940 | 604.514.2865

langleycity.ca

Langley City
THE PLACE TO BE

FITNESS

WEIGHT ROOM HOURS

Timms Community Centre
20399 Douglas Crescent

Monday to Friday	6:00 am - 9:45 pm
Saturdays	8:00 am - 9:45 pm
Sundays and Holidays	8:00 am - 7:45 pm

Admission Age Restrictions:

Weight room users must be 16+ years.

Youth 13-15 years may use the Weight Room if:

- supervised by an adult (18+ years) or
- they have completed the Teen Pump training course or,
- they attend during Youth supervised hours:
  - Mon to Fri 3:00 pm - 5:00 pm
  - Sat/Sun 10:30 am - 12:30 pm

Disclaimer:
Timms Community Centre Weight Room is a "use at your own risk" facility. Weight Room attendants are on duty at various times to assist patrons. Please check with reception for supervised times

CHILD MINDING HOURS

Monday	9:00 am - 11:45 am
Tuesday	4:00 pm - 6:45 pm
Wednesday	9:00 am - 11:45 am & 3:45 pm - 6:30 pm
Thursday	3:45 pm - 7:15 pm
Friday	9:00 am - 10:30 am
Saturday	not available
Sunday	not available
NOTE: not available on statutory holidays	

Cost: $3/child

Caregiver must remain inside Timms Community Centre.

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 BCRPA 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	
3 - One Hour Training Sessions	$141.00+gst
5 - One Hour Training Sessions	$225.00+gst
10 - One Hour Training Sessions	$400.00+gst
Tandem Sessions* (2 people sharing)	
3 - One Hour Training Sessions	$211.50+gst
5 - One Hour Training Sessions	$337.50+gst
10 - One Hour Training Sessions	$600.00+gst

**Pairs must be at a similar fitness level.*

Weight Room Orientation

Timms Community Centre - Weight Room

AGES 16+

Book a one hour orientation session with our weight room professionals and learn how to use the equipment safely and effectively.
Orientations will include a basic program designed for beginners to get you started in the Weight Room with confidence.
Orientation times vary.
Pre-registration is required. To reserve your spot call us at 604.514.2940 or book in person.

Individual Sessions	
1 - One Hour Training Session	$12.50+gst

DROP-IN FITNESS CLASSES

AGES 14+

BCRPA certified leaders instruct a variety of drop-in fitness classes. Classes range in duration and intensity.

For the most up-to-date schedule visit www.langleycity.ca.

For drop-in rates see page 4.

DESCRIPTIONS

CARDIO & STRENGTH

ABT

60Minutes; Moderate Intensity; Low Impact

The ultimate Abs, Butt and Thigh workout! This no-sweat class uses bodyweight exercises along with targeted moves using a variety of weights, tubes and body bars to strengthen, tone and sculpt your lower body and CORE. No cardio in this work out but you will feel the burn!

Bootcamp

60 Minutes; High Intensity; Moderate Impact

Circuit-style Bootcamp using a variety of challenging work-outs to build strength and stamina, working your entire body. This class includes a combination of cardio fitness, muscular endurance and strength building exercises- never the same class twice!

Booty-Camp

60 Minutes; High Intensity; Moderate Impact

Feel the booty burn in this tone and torch class- using the principle of muscle confusion during time-based interval circuits. Cardio and strength exercises will be combined to burn body fat while emphasizing toning and shaping the legs and booty.

Body Sculpt

60 Minutes; High Intensity; Low Impact

Work all of your muscles in every way possible in this class designed to build strength, add definition and decrease your body fat by increasing your lean muscle. Using dumbbells, tubing, body bars and body weight exercises you will transform the shape of your body.

Bosu Bootcamp

60 Minutes; Moderate Intensity; Moderate Impact

Bosu cardio drills with intervals of skipping, plyometrics, strength, ABS, and balance. This class uses a variety of equipment to keep things moving including dumbbells, bands and body bars. A short stretch at the end will have you ready for the day!

Cardio Combo

60 Minutes; Low Intensity; Moderate Impact

This class has it all! A fun-filled class combining cardio drills and step to burn those calories followed by light weights and toning exercises for the entire body and relaxing stretch exercises.

Circuit Express

40 Minutes; Moderate Intensity; Moderate Impact

Never the same thing twice! Running, STEP, jumping rope, squats, planks, partner challenges and so much more! The goal is to get your body burning calories and your mind focused. This class uses a variety of equipment and body weight exercises. Mat work is part of the fun!

H.I.I.T Express

40 Minutes; High Intensity; Moderate Impact

Interval training blasts calories and provides noticeable results in muscle tone and weight loss. This high intensity class will challenge your strength and endurance! Each timed exercise series includes cardio, strength and CORE.

Light Toning

60 Minutes;Moderate Intensity; Non-Impact

Body Sculpting for all ages and abilities! Work and tone all of your body parts using light weights, bands and pilates ball. Targeted core training and muscular endurance is the focus using the barre for balance and assistance.

Mix-Fit

60 Minutes; Moderate Intensity; Moderate Impact

Experience a new type of workout each week to keep your muscles guessing and your body transforming. Each class will incorporate both strength and endurance exercises using a variety of equipment and body weight exercises. This class provides definite variety that your body demands as it combines fun routines with specific muscle conditioning tailored to the class needs from week to week.

Seniorcize

60 Minutes; Low Intensity; Low Impact

A low-impact fitness class focusing on enhancing 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 work, all levels of fitness welcome.

Walk-fit

45 Minutes; Low Intensity; Low Impact

Walk your way to fitness in this group class that will teach you how to get the most out of a walking routine. Body weight exercises will be included so you can learn how to build strength and flexibility training into your walking routine. 30 minute cardio walking will be followed by 15 minutes of stretching and toning exercises. Class is held on the indoor walking track.

CORE & STABILITY

Core & Stretch

60 Minutes; Moderate Intensity; Low Impact

40 minutes of moderately intense abdominal exercises followed by a 20 minute stretch and relax session. Using the stability ball and dynamic movement, participants will work the upper and lower ABS, oblique and lower back muscles.

CORE Express

45 Minutes; Moderate Intensity; Non-Impact

This class will target abdominals, obliques and back to activate and strengthen your core muscles. 30 minutes of intense targeted Abs and Core exercises using a variety of equipment including Bosu, light weights and bands followed by stretching and a cool-down using elements of Yoga and Pilates. Participants must be comfortable with mat/floor work.

Gentle Abs

30 Minutes; Low Intensity; Non-Impact

30 minutes of low intensity abdominal and core strengthening exercises. Using a variety of equipment and bodyweight exercises, participants will work to strengthen the core and improve posture, flexibility and balance. Participants must be comfortable getting to and from the floor.

Mobility & Stability

60 Minutes; Moderate Intensity; Non-Impact

This class is suitable for all fitness levels as the focus is on stability, flexibility and mobility. Through core strengthening, focused stretching and dynamic movement patterns this class will help create longer muscles, improve range of motion, improve circulation, and reset posture. Participants must be comfortable getting to and from the floor as mat work is part of the program.

Stretch & Roll

60 Minutes; Low Intensity; Non-Impact

Stretch and roll tired, sore muscles in this unique class designed to increase your flexibility, relax tight muscles and increase blood flow using foam rolling techniques along with static and dynamic stretching. Each class will also include guided relaxation and breathing techniques leaving you feeling calm, restored and limber. Participants must be comfortable getting to and from the floor.

DANCE FITNESS

DanceFit

60 Minutes; Moderate Intensity; Moderate Impact

This cardio workout features dance moves from a variety of dance styles around the world. Suitable for all ages and abilities.

Zumba Adapted

45 Minutes; Moderate Intensity; Moderate Impact

For those with cognitive or physical challenges needing a slower pace but still wanting the exhilarating high-energy class with great music and unique dance moves. This program allows participants to move at their own pace and does not follow the traditional choreographed dance routines practiced in most Zumba programs.

Zumba Fitness

60 Minutes; High Intensity; High Impact

Inspired by traditional Latin dance including salsa and merengue with a fusion of Hip-Hop thrown in for fun! Zumba Fitness is an exhilarating dance fitness class that is more like a party than a workout. No dance experience needed.

INDOOR CYCLING

Gentle Cycle

45 Minutes; Moderate Intensity; Low Impact

Indoor cycling is an ideal fitness activity for all ages. This 45 minute class allows participants to go at their own pace in a fun, motivating environment. 30 minute cardio training will be followed by a 15 minute stretch & tone session that will relieve stiff joints and help improve posture.

Rise N' Spin

45 Minutes; High Intensity; Non-Impact

Get your day started with an energizing cycling workout. 45 minutes of interval cycling including a cool down & stretch. Adjust the tension to go at your own pace. This workout will wake-up your mind, body & soul!

Spin & Core

60 Minutes; Moderate-High Intensity; Low Impact

A 60 minute class broken down into 30 minutes of cardio training on the spin bike and 30 minutes of focused CORE training. Abdominal exercises will range from slower paced to higher intensity moves using mats, stability balls and tubing.

Spin Express

40-45 Minutes; High Intensity; Non-Impact

Intensive interval cycling including a cool down & stretch. Adjust the tension to go at your own pace. Please Note: Calories will burn in this class!

Spin & Sculpt

60 Minutes; Moderate Intensity; Non-Impact

30 minutes of intense cardio training on the bike followed by 30 minutes of total body conditioning using a variety of strength training equipment including body bars, tubing and bodyweight exercises.

Spin & Yoga

60 Minutes; Moderate-High Intensity; Low Impact

30 minutes of Cardio spin to burn calories and make you sweat followed by 30 minutes of relaxing Yoga poses and stretching to help elongate your muscles, strengthen your core and limber up! No yoga experience necessary.

YOGA

Power Yoga

60 Minutes; Moderate Intensity; Moderate Impact

This dynamic, flowing practice combines strength, flexibility, balance and endurance. Each class consists of dynamic flow of asanas (postures) combined with powerful breathing exercises that work the body as well as the mind. Through this cardiovascular and yoga workout, calories will burn, muscles will strengthen and flexibility will increase!

Yoga Express

40 Minutes; Moderate Intensity; Non-Impact

Short on time? This express Yoga class will get you through the day with renewed energy and an elevated mood. Breath control, simple meditation, and basic Hatha Yoga poses are all part of this fitness class designed for all levels of fitness. Previous Yoga experience is recommended but not mandatory.

Yoga Sculpt

60 Minutes; Moderate Intensity; Non-Impact

This dynamic class incorporates hand weights throughout to help sculpt and tone your body as you stretch and move through various yoga poses. Each major muscle groups is targeted. No previous Yoga experience required.

REGISTERED FITNESS CLASSES

CARDIO & STRENGTH

Pilates

Restore physical vitality, invigorate your mind and elevate your spirit! Pilates is a low-impact technique that focuses on developing muscle balance and postural awareness through precise movements and specific breathing techniques. Pilates combines elements of Yoga, Modern Dance and Gymnastics to tone your muscles creating a lean, flexible physique. This program is designed to allow you to move at your own pace and challenge yourself to try more advance poses as you feel more comfortable.
Drop-ins welcome if space permits $10/visit

AGES 15+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13260	TCC MPR 3	Tue	Jan 8 - Feb 26	6:30 pm - 7:30 pm	$64.00 8 classes
13261	TCC MPR 3	Tue	Mar 5 - Apr 16	6:30 pm - 7:30 pm	$56.00 7 classes
13235	TCC MPR 2	Tue	Mar 12 - Apr 23	10:15 am - 11:15 am	$56.00 7 classes

Strong By Zumba

Strong by Zumba is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. This non-dance interval class uses high impact moves in coordination with Music motivation. Music has been crafted to match every move providing intensity and challenging progressions for a full body workout every class. Using your own body weight, you will gain muscular endurance, tone and definition and still enjoy the traditional Zumba party-like atmosphere.
Drop-ins welcome if space permits $10/visit.

AGES 14+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13266	TCC Fitness	Sun	Jan 13 - Mar 10	5:00 pm - 6:00 pm	$64.00 8 classes
13267	TCC Fitness	Sun	Mar 31 - Apr 28	5:00 pm - 6:00 pm	$32.00 4 classes

Stronger You - Ladies Only Circuit

Stronger You Circuit is a small-group women's only program designed to help you increase your strength in an effective and challenging way. Our certified trainer incorporates functional exercise, anatomy integration, body awareness cues and habitual patterning to set the stage for building strength. You'll learn many different exercises and you will use various tools including dumbbells, kettle bells, TRX bands and gym machines. Participants will meet 2X per week to establish accountability, commitment and consistency. Registration occurs monthly and as the routines are constantly changing, you can repeat the program as many times as you like. This program is recommended for those with beginner-intermediate fitness levels. Students & Seniors receive a 25% -must register in person!

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13300	TCC Weight	Tue Thu	Jan 8 - Jan 31	9:30 am - 10:30 am	$160.00 8 classes
13302	TCC Weight	Tue Thu	Feb 5 - Feb 28	9:30 am - 10:30 am	$160.00 8 classes
13303	TCC Weight	Tue Thu	Mar 5 - Mar 28	9:30 am - 10:30 am	$160.00 8 classes
13304	TCC Weight	Tue Thu	Apr 2 - May 2	9:30 am - 10:30 am	$200.00 10 classes
13305	TCC Weight	Tue Thu	Jan 8 - Jan 31	6:00 pm - 7:00 pm	$160.00 8 classes
13306	TCC Weight	Tue Thu	Feb 5 - Feb 28	6:00 pm - 7:00 pm	$160.00 8 classes
13307	TCC Weight	Tue Thu	Mar 5 - Mar 28	6:00 pm - 7:00 pm	$160.00 8 classes
13308	TCC Weight	Tue Thu	Apr 2 - May 2	6:00 pm - 7:00 pm	$200.00 10 classes
Contract Program - Refund Policy May Differ					

Stronger You - Ladies Only Lift Heavy Workshop

Stronger You Lift Heavy is a two hour, women's only workshop for those who want to take their strength building to the next level and discover exercises and techniques required to safely and effectively lift heavy. The first part of the workshop is a brief seminar that includes an overview of the exercises covered, an introduction on how to safely test for your max weight, as well as an explanation in keeping a log of your weights. Afterwards, we will be working in the weight room, where you will learn and test your max weight for the four foundational strength lifts- Back Squat, Dead-lift, Bench Press and Barbell Row. At the end of this workshop you will be equipped to train on your own or to continue working with our certified trainer by registering for the next session of Stronger you Strength. This workshop is recommended for those with intermediate-advanced fitness levels. Please come wearing proper gym attire. Students & Seniors receive a 25% -must register in person!

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13309	TCC Weight	Sat	Jan 5 - Jan 5	10:00 am - 12:00 pm	$50.00 1 class
13310	TCC Weight	Sat	Feb 2 - Feb 2	10:00 am - 12:00 pm	$50.00 1 class
13311	TCC Weight	Sat	Mar 30 - Mar 30	10:00 am - 12:00 pm	$50.00 1 class
Contract Program - Refund Policy May Differ					

Stronger You - Ladies Only Strength

An advanced training program for women who want to take their strength building to the next level and discover what it takes to become really, really strong. Incorporating the barbell, bench, squat rack and smith machine our certified trainer will teach you the techniques necessary to effectively challenge your muscles and to stimulate the growth required to lift heavy. You will learn four foundational strength lifts: Back Squat, Dead-lift, Bench Press and Barbell Row. You will also learn how to log and keep track of your weights in order to document your progress. Classes may include endurance training, metabolic conditioning and tabata interval training. Participants will meet 2X per week to establish accountability, commitment and consistency. Registration occurs monthly, and as the routines are constantly changing you may repeat the program as many times as you like. Recommended for those with intermediate-advanced fitness levels. Students & Seniors receive a 25% -must register in person!

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13290	TCC Weight	Mon Wed	Jan 7 - Jan 30	5:00 pm - 6:00 pm	$160.00 8 classes
13293	TCC Weight	Mon Wed	Feb 4 - Feb 27	5:00 pm - 6:00 pm	$140.00 7 classes
13294	TCC Weight	Mon Wed	Mar 4 - Mar 27	5:00 pm - 6:00 pm	$160.00 8 classes
13296	TCC Weight	Mon Wed	Apr 1 - May 1	5:00 pm - 6:00 pm	$180.00 9 classes
Contract Program - Refund Policy May Differ					

DANCE FITNESS

Zumba Plus Brazilian Moves

Have a blast and burn calories with Zumba Fitness! This high energy class uses low to moderate impact dance moves to tone the entire body and burn calories fast. Zumba Plus Brazilian Moves is a unique fitness class that explores Latin and world rhythms with the flavour of Brazilian dance moves including: Samba, Axe, Capoeira, Timbalada, Frevo, Lambada and more. The best part? No dance experience needed - those with two left feet are welcome!
Drop-ins permitted if space allows $10/visit.

AGES 14+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13218	TCC Fitness	Wed	Jan 23 - Feb 27	6:30 pm - 7:30 pm	$48.00 6 classes
13219	TCC Fitness	Wed	Mar 6 - Apr 24	6:30 pm - 7:30 pm	$64.00 8 classes
13220	TCC Fitness	Sat	Jan 26 - Mar 2	9:30 am - 10:30 am	$48.00 6 classes
13221	TCC Fitness	Sat	Mar 9 - Apr 13	9:30 am - 10:30 am	$48.00 6 classes

FIT 4 TWO

fit 4 two®
pre + postnatal fitness

Prenatal and postnatal fitness

These programs are offered in partnership with Fit 4 Two pre + postnatal fitness. All programs are led by certified Fitness instructors with additional certifications in Pre and Postnatal Fitness.
For more information contact marina@fit4two.ca

Fit 4 Two - Mom & Baby Barre

Designed specifically for postpartum women, Fit 4 Two Mom & Baby Barre focuses on posture, core strength and flexibility. Inspired by a blend of dance, strength training, pilates and yoga, barre style classes use the ballet bar and a variety of equipment. The results? A long, lean and strong body. Pre-mobile babies only please.
Drop-ins welcome if space allows $14.50/visit.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13155	TCC MPR 3	Fri	Jan 11 - Feb 8	12:30 pm - 1:30 pm	$62.50 5 classes
13156	TCC MPR 3	Fri	Feb 15 - Mar 15	12:30 pm - 1:30 pm	$62.50 5 classes
13157	TCC MPR 3	Fri	Apr 5 - Apr 26	12:30 pm - 1:30 pm	$37.50 3 classes
Contract Program - Refund Policy May Differ					

Fit 4 Two - Mom & Baby Spin & Strength

This Baby friendly class allows mom to get a great indoor cycle fit workout AND attend to baby's needs at any time. Your instructor will take you on a journey through intervals of hill climbs, speed work and endurance riding combined with intervals of muscular endurance work, postnatal specific core work and flexibility. Benefit from increased energy, improved posture and a stronger core. This is a fantastic opportunity to connect with other new moms in your community. Pre-mobile babies only please.
Drop-ins welcome if space permits $14.50 +gst/ visit.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13166	TCC Spin	Wed	Jan 9 - Feb 6	12:50 pm - 1:50 pm	$60.00 10 classes
13167	TCC Gym East	Wed	Feb 13 - Mar 13	12:50 pm - 1:50 pm	$60.00 10 classes
13168	TCC Spin	Wed	Apr 3 - Apr 24	12:50 pm - 1:50 pm	$50.00 8 classes
Contract Program - Refund Policy May Differ					

Fit 4 Two - Mom & Baby Stroller Fitness

Fit 4 Two Stroller Fitness is a mobile way for you to get a full body workout and still spend time with your baby. Each class includes intervals of power walking, functional strength training and cardio drills followed by post-natal specific core work and flexibility training. Ideal for babies who like to be on the move and a great way to meet and socialize with other moms in your community. This class is indoor/outdoor whether permitting- please dress accordingly.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13161	TCC East Gym	Thu	Jan 17 - Feb 28	11:15 am - 12:15 pm	$80.50 7 classes
Contract Program - Refund Policy May Differ					

Fit 4 Two - Mom & Baby Yoga

Strengthen, Stretch, breathe and relax. Benefit from asanas (postures) specifically tailored to your needs as a new mother. Special attention will be given to strengthening your core and releasing tension in your neck, shoulders, hips and back. Pre-mobile babies only please.
Please contact marina@fit4two.ca if your baby is mobile.
Drop-ins welcome if space permits $14.50/visit.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13158	TCC MPR 3	Wed	Jan 9 - Feb 6	11:30 am - 12:30 pm	$62.50 5 classes
13159	TCC MPR 3	Wed	Feb 13 - Mar 13	11:30 am - 12:30 pm	$62.50 5 classes
13160	TCC MPR 3	Wed	Apr 3 - Apr 24	11:30 am - 12:30 pm	$50.00 4 classes
Contract Program - Refund Policy May Differ					

Fit 4 Two - Prenatal Yoga & Barre Sampler

Try this class for free! Designed specifically for pregnant women, Fit 4 Two Prenatal Barre focuses on posture, core strength and flexibility. Inspired by a blend of ballet barre work, strength training, pilates and yoga, barre style classes use the barre and a variety of equipment. Please note: because we care about you and your baby, a PARmed-X for Pregnancy form must be signed by your healthcare provider prior to participating in class.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13165	TCC MPR 3	Sat	Feb 9 - Feb 9	9:30 am - 10:30 am	$0.00 1 class
Contract Program - Refund Policy May Differ					

Fit 4 Two - Prenatal Barre

Designed specifically for pregnant women, Fit 4 Two Prenatal Barre focuses on posture, core strength and flexibility. Inspired by a blend of ballet barre work, strength training, Pilates and yoga, barre style classes use the barre and a variety of equipment.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13162	TCC MPR 3	Sat	Jan 12 - Feb 2	9:30 am - 10:30 am	$50.00 4 classes
13163	TCC MPR 3	Sat	Feb 23 - Mar 16	9:30 am - 10:30 am	$50.00 4 classes
13164	TCC MPR 3	Sat	Apr 6 - Apr 27	9:30 am - 10:30 am	$50.00 4 classes
Contract Program - Refund Policy May Differ					

Fit 4 Two - 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. Please note: because we care about you and your baby, a PARmed-X for pregnancy form must be signed by your healthcare provider prior to your participating in class.
Drop-ins welcome if space permits $14.50/visit.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13152	TCC Fitness	Mon	Jan 7 - Jan 28	6:45 pm - 7:45 pm	$50.00 4 classes
13153	TCC Fitness	Mon	Feb 4 - Mar 11	6:45 pm - 7:45 pm	$62.50 5 classes
13154	TCC Fitness	Mon	Apr 1 - Apr 29	6:45 pm - 7:45 pm	$50.00 4 classes
Contract Program - Refund Policy May Differ					

HEALTH & WELLNESS

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 does involve mat work- participants must be comfortable getting to and from the ground. Flexibility training and relaxation techniques are also part of the fun!
Drop-ins are welcome if space permits $10/visit.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13145	TCC Fitness	Tue Thu	Jan 15 - Feb 14	10:15 am - 11:15 am	$70.00 10 classes
13146	TCC Fitness	Tue Thu	Feb 19 - Mar 28	10:15 am - 11:15 am	$84.00 12 classes
13147	TCC Fitness	Tue Thu	Apr 2 - Apr 25	10:15 am - 11:15 am	$56.00 8 classes

Get Up & Go

Created in collaboration with Fraser Health Falls Prevention Initiative, Specialized Geriatric Clinics, and Osteofit, Get Up & Go offers an appropriate entry level exercise program for older adults with balance and mobility impairments. This program is designed to improve strength, balance, and coordination as well as functional ability, independence, and quality of life.

Get Up & Go Level 1

Suitable for those with no previous experience with resistance training or have never taken an Osteofit or Get Up & Go program before. The majority of the classes are taught while sitting in chairs so mobility challenges are not an issue.

AGES 30+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13216	TCC MPR 3	Mon Thu	Jan 14 - Feb 28	12:30 pm - 1:30 pm	$71.50 13 classes
13217	TCC MPR 3	Mon Thu	Mar 4 - Apr 25	12:30 pm - 1:30 pm	$82.50 15 classes

Get Up & Go Level 2

For those who have completed Level 1 and have permission from the instructor to join Level 2.

AGES 30+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13214	TCC MPR 3	Mon Thu	Jan 14 - Feb 28	11:10 am - 12:10 pm	$71.50 13 classes
13215	TCC MPR 3	Mon Thu	Mar 4 - Apr 25	11:10 am - 12:10 pm	$82.50 15 classes

Get Up & Go Level 3

An advanced class that introduces the concepts in an Osteofit program designed to increase muscle and bone strength for further mobility and quality of life. Participants must have instructor permission before being permitted into the Level 3 program.

AGES 30+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13212	TCC MPR 3	Mon Thu	Jan 14 - Feb 28	10:00 am - 11:00 am	$71.50 13 classes
13213	TCC MPR 3	Mon Thu	Mar 4 - Apr 25	10:00 am - 11:00 am	$82.50 15 classes

Women's
BC WOMEN'S HOSPITAL & HEALTH CENTRE

Osteofit Level 1

Offered in partnership with BC Women's Health Centre, this introductory level exercise program is for people with Osteoporosis, those at an increased risk of fracture or have already had one or more fractures. Emphasis is on building strength and improving balance to prevent falls for individuals with no previous experience working with exercise equipment. The goal is to improve participants' capacity for activities of daily living.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13210	TCC MPR 3	Mon Thu	Jan 14 - Feb 28	8:30 am - 9:30 am	$104.00 13 classes
13211	TCC MPR 3	Mon Thu	Mar 4 - Apr 25	8:30 am - 9:30 am	$120.00 15 classes

Minds in Motion

Minds in Motion is a fitness and social/activity program for people with early symptoms of Alzheimer's disease or another dementia to enjoy with a friend or family member. At Minds in Motion you will:-stay active-meet and socialize with others living with dementia-get involved in activities such as board or word games, bingo and more-have access to information about dementia and services as needed This 2 hour program will include:-45 minute low impact fitness class- 1 hour social/ activity time with light refreshments

AGES 30+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13181	TCC MPR 2	Mon	Jan 7 - Feb 25	9:45 am - 11:45 am	$30.00 12 classes
13182	TCC MPR 2	Mon	Mar 4 - Apr 29	9:45 am - 11:45 am	$40.00 16 classes

This FREE, fun social program will get you moving in a relaxed and inviting environment.
Classes meet once per week in a small group setting.

Choose from 2 options:

Activage Functional Training

Exercises focus on improving activities of daily living, and strengthening muscles used daily.

January 21- April 15
1:45-2:45pm **FREE**

Activage Fitness & Sport

Exercises focus on incorporating fitness, sport and a wider range of activities.

January 21- April 15
3:00-4:00pm **FREE**

Choose to Move

active aging

Langley City

Are you 65 years or older and looking for support to get physically active?

Join Choose To Move!

This 6 month program is designed to meet your individual needs. Work one on one with a certified activity coach to develop an action plan based on your needs, interests, goals and abilities. Also take part in five motivational group meetings.

Program begins Monday January 28

Want to know more?
Join us for a **FREE** Choose To Move Information Session
Monday January 14 12:00-1:30pm
at Timms Community Centre

Space is limited and pre-registration is required; to register call 604 514 2940

MIND & BODY

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.
Drop-ins welcome if space permits $10/visit.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13150	TCC Fitness	Mon	Jan 14 - Feb 11	3:30 pm - 4:30 pm	$40.00 5 classes
13151	TCC Fitness	Mon	Feb 25 - Apr 15	3:30 pm - 4:30 pm	$64.00 8 classes

Gentle Yoga

Gentle Yoga follows the principles of Hatha Yoga focusing on a healthy mind-body connection but goes through the various body positions (Asanas) at a slower pace with gentle movements and mindfulness. This class emphasizes safety and is open to all levels - beginners welcome! Classes will consist of breathing techniques, strengthening standing poses, floor work, stretching and relaxation. Participants are encouraged to wear layers and bring a light blanket for the relaxation portion.
Drop-ins welcome if space permits $10/visit.

AGES 14+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13148	TCC Fitness	Mon	Jan 14 - Feb 11	4:45 pm - 5:45 pm	$40.00 5 classes
13149	TCC Fitness	Mon	Feb 25 - Apr 15	4:45 pm - 5:45 pm	$64.00 8 classes
13227	TCC MPR 3	Tue	Feb 19 - Mar 26	9:00 am - 10:00 am	$48.00 6 classes
13228	TCC MPR 3	Tue	Apr 2 - Apr 23	9:00 am - 10:00 am	$32.00 4 classes

Hatha Yoga - Introductory

Hatha Yoga focuses on a healthy mind-body connection. Learn how to control your breathing to improve oxygenation of the body and alleviate stress. Practices various body positions (Asanas) designed to improve health and remove diseases. Hatha Yoga will help increase muscle flexibility and bone strength as well as develop will power and concentration. Introductory classes are designed for those who are true beginners or anyone who is familiar with Yoga but enjoys the slower pace of an introductory class.

AGES 14+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13262	TCC MPR 3	Wed	Jan 9 - Feb 27	7:00 pm - 8:00 pm	$56.00 8 classes
13263	TCC MPR 3	Wed	Mar 6 - Apr 17	7:00 pm - 8:00 pm	$49.00 7 classes

Hatha Yoga - Intermediate

Hatha Yoga focuses on a healthy mind-body connection. Learn how to control your breathing to improve oxygenation of the body and alleviate stress. Practices various body positions (Asanas) designed to improve health and remove diseases. Hatha Yoga will help increase muscle flexibility and bone strength as well as develop will power and concentration. Intermediate classes are designed for those with previous Yoga experience. Challenge yourself to learn more advanced poses and breathing techniques while improving your mental and physical stamina. Drop-ins welcome if space permits $10/visit.

AGES 14+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13264	TCC Fitness	Wed	Jan 9 - Mar 13	5:15 pm - 6:15 pm	$70.00 10 classes
13265	TCC Fitness	Wed	Apr 3 - Apr 24	5:15 pm - 6:15 pm	$28.00 4 classes

Restorative Yoga

Restorative yoga is a healing and recuperative experience that uses props and prolonged holding of a few simple poses to achieve a deep level of relaxation. Restorative Yoga allows participants to disconnect from the frantic activity of daily life and helps prepare the mind and body for meditation and a deepened awareness. The slower pace and deep breathing in restorative yoga helps calm the nervous system and increase body awareness. Restorative Yoga is about slowing down and opening the body through passive stretching for extended periods of time. At the end of the session participants will feel refreshed and limber. No previous Yoga experience needed- beginners welcome. No drop-ins permitted.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13424	TCC MPR 3	Tue	Jan 8 - Feb 12	12:45 pm - 2:00 pm	$54.00 6 classes
13143	TCC MPR 3	Tue	Feb 19 - Mar 12	12:45 pm - 2:00 pm	$36.00 4 classes
13144	TCC MPR 3	Tue	Apr 2 - Apr 30	12:45 pm - 2:00 pm	$45.00 5 classes

Slow Vinyasa Yoga

This gentle yoga practice incorporates movement, breath, range of motion, strengthening and stretching within a Hatha Flow Yoga practice. The slower speed allows time to evaluate the pose, allowing the participant to choose modifications/options that will work best for their body. This is a mixed level class that would work for beginners to people with physical limitations to more intermediate practitioners. No drop-ins permitted.

AGES 14+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13230	TCC MPR 2	Tue	Jan 15 - Feb 19	11:30 am - 12:30 pm	$48.00 6 classes
13231	TCC MPR 2	Tue	Mar 12 - Apr 23	11:30 am - 12:30 pm	$56.00 7 classes

Stretch & Release

A series of yoga related poses and movements designed to help release tight muscles, increase circulation in the joints and improve flexibility. Using small balls, resistance/ release movements and yoga postures. This program is mostly done as mat work- participants must be comfortable getting to and from the floor. Drop-ins permitted if space allows $10/visit.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13223	TCC Fitness	Tue	Jan 15 - Feb 19	9:00 am - 10:00 am	$48.00 6 classes
13225	TCC Fitness	Tue	Mar 12 - Apr 23	9:00 am - 10:00 am	$56.00 7 classes

Tai-Chi (Yang Style)

Brought to you by the Fraser Valley Tai Chi Arts (formerly known as Fraser Valley Taijiquan Association). Instructor Travis Crombie is a 7th generation teacher of Yang Style Tai Chi with over 30 years experience. Tai Chi is an ancient Chinese exercise which emphasizes slow, graceful, connected, flowing movements helping to cultivate a relaxed body and mind. It combines the calm of meditation, the harmonizing and healing potential of the best medicine and the subtle skills of the internal martial arts. This course will teach:- the fundamental exercises which will help loosen and relax the body;-correct body alignments to help repair and heal joint, ligament and tendon problems;-energy flow and breathing known in Chinese medicine as Qi (Chi);-Natural movements to develop strength, fluidity, endurance and body cohesion.

AGES 18+					
Code	Location	Day(s)	Date(s)	Time	$ (+gst)
13286	TCC MPR 2	Wed	Jan 23 - Mar 27	7:00 pm - 8:00 pm	$130.00 10 classes
Contract Program - Refund Policy May Differ					

COMMUNITY

CITY WALKWAY GALLERY

The City Walkway Gallery is located in the walkway between the Timms Community Centre and the Langley City Branch of Fraser Valley Regional Library.

This space has been transformed into an exhibit space that features a variety of displays from members of our community.

EXHIBITS

"**Nature**"
January 4 - February 18
Ron Knox

"**Faces"**
February 20 - April 1
Group Exhibition

CULTURAL CONNECTIONS GALLERY

The Langley City Cultural Connections Gallery is located in City Hall on the first floor lobby outside of Corporate Services.

Open Monday to Friday, 8:30am to 4:30pm
Closed on Statutory Holidays

EXHIBITS

"Christmas Around the World" Dec 1 - Jan 4

"Trees" January 11 to March 1

"Spring Festival" March 8 to April 19

LANGLEY LAWN BOWLING CLUB

Location:

20471 54 Avenue, South End of Douglas Park

Contact Us:

Phone: 604.514.2695 or 604.534.7465

Email: bowlslangley@gmail.com

Website: www.langleylawnbowlingclub.weebly.com

Membership Covers:

Membership at the Langley Lawn Bowling Club allows you full access to the club grounds and equipment, entry for all in-club bowling, including drop-ins, leagues, and tournaments, and insurance through Bowls BC. Being a member also gives you the opportunity to play in inter-club leagues and tournaments through the Vancouver & District Bowls Association, and to progress further into provincial and national-level lawn bowling.

Membership Fees:

Annual Lawn Bowling membership fees are $180 for adults and $50.00 for Juniors.

Annual Social Membership fees are $20.00.

Carpet Bowling fees are an additional $50.00 for the fall and winter season, $35.00 for each season, or $2.00 fee per session.

Drop-In Times:

Tuesday - 9:30 am & 6:45 pm and Friday - 6:45 pm
Visitors and new bowlers welcome at drop-in times!
Please wear flat-soled shoes.

LANGLEY FIELD NATURALIST SOCIETY

Location:

Langley Music School - 4899 207 Street

Meeting Date & Time:

- Meetings held on the third Thursday of the month
- Starts at 7:15 pm

Contact Us:

Phone: 604 888 1787
Email: langleyfieldnaturalists@shaw.ca,
Website: langleyfieldnaturalists.org

WALKING TRACK

Location:

Timms Community Centre
20399 Douglas Crescent
Drop-In = Games & Track membership ($10/year)

Hours:

- Monday to Friday - 6:00am to 10:00pm
- Saturday - 8:00am to 7:00pm
- Sunday & Holidays - 8:00am to 8:00pm

Visit the indoor walking track at Timms Community Centre. A great option for walking or running, alone or with friends.

The track is approximately 100m per lap; complete 10 laps for 1km.

Contact Us:

Phone: 604 514 2940
Email: recreation@langleycity.ca
Website: langleycity.ca

PARKS

PARKS INFORMATION

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.

For more information call 604.514.2940

NICOMEKL FLOOD PLAIN

The Nicomekl River and floodplain runs through the middle of the City and provides a wealth of recreation opportunities. The Rotary Floodplain Trail is a multi-use pathway that follows the Nicomekl River across the City of Langley, connecting into the City of Surrey.

This area is great for cycling, jogging, walking and provides opportunities to make a loop with other nature trails in the area. Parking to access the floodplain is available off of 53 Avenue, 203 Street and 208 Street.

TRAIL MAPS

The City of Langley has a pocket-sized printed trail map available for pick-up at Timms Community Centre and Douglas Recreation Centre.

The maps are also available for viewing and to download on the City website.

The trail map features Brydon Lagoon, Buckley & Penzer park, Portage Park and Sendall Gardens.

LANGLEY CITY PARKS AND AMENITIES LIST

	Washrooms	Tennis Courts	Baseball Diamonds	Nature Trails	Benches	Picnic Tables	Soccer Fields	Playground	Off-Leash Dog Park	Water Park	Other
Buckley Park 196 St & 48 Ave	✓			✓			✓	✓			
Brydon Park 198 St & 53 Ave	✓		✓	✓	✓	✓		✓			Sport Court
City Park 207 St & 48 Ave	✓		✓		✓	✓	✓	✓		✓	Lacrosse Box, Outdoor Pool
Condor Park 198 St & 50 Ave	✓		✓					✓			
Douglas Park 206 & Douglas Cr	✓	✓			✓	✓		✓		✓	Sport Court
Dumais Park 208 St & 57 Ave					✓			✓			
Hunter Park 199 St & 43A Ave				✓	✓			✓			
Iris Mooney Park 209 St & 47 Ave					✓			✓			
Langley Prairie Park 20060 Fraser Hwy					✓						
Linwood Park 201A St & Michaud Cr	✓				✓		✓	✓	✓		Community Garden
Nicholas Park 209 St & 50A Ave	Seasonally May-Sept	✓			✓			✓		✓	
Nicomekl Park 208 St & 54 Ave											
Penzer Action Park 198C St & 47 Ave	✓			✓		✓		✓			Bike Park, Parkour, Pump Track, Sports Court
Portage Park 204 St & 51 Ave	✓			✓	✓	✓		✓			Sport Court
Rotary Centennial Park 20869 Fraser Hwy	✓		✓		✓		✓	✓			
Sendall Gardens 201A St & 51 Ave	✓			✓	✓	✓					
Uplands Park 206 St & 44A Ave	✓				✓	✓			✓		

CITY OF LANGLEY PARKS MAP

FOR MORE INFORMATION ABOUT PARKS AND TRAILS, INCLUDING A LIST OF AMENITIES, VISIT OUR WEBSITE AT CITY.LANGLEY.BC.CA

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

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

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 Universiry

Community Parks

1 Douglas Park
2 City Park
3 Sendall Gardens
4 Buckley Park
5 Uplands Dog Park

PLAYBOXES

Be active and access sports equipment and games with Live 5-2-1-0 Playboxes. Simply unlock the box, enjoy the gear, return it when you're finished and have fun!

Playboxes are big tool boxes located in five City of Langley Parks which are stocked with all sorts of play and sports equipment. Please return the equipment to the Playbox after each use to allow it to be available for other users.

Hours

Langley City parks are open throughout the year from dawn till dusk.

Live 5210 Playbox Locations

- Brydon Park - 198 Street & 53 Avenue
- City Park - 4949 207 Street
- Douglas Park - 20550 Douglas Crescent
- Linwood Park - 201A Street & Michaud Crescent
- Penzer Action Park - 198C Street & 47 Avenue

Register

To access the equipment contained in the Playbox, you can either:

- Phone: Call Timms Community Centre at 604-514-2940 and request the lock combination
- Email: Send a request for the lock combination to recreation@langleycity.ca

Note: Combinations will be changed every 3 months and users will receive an email confirmation of a new code.

Opening the Playbox

Line up the code with the 4 dashes on the lock. Please remember to lock the box when you are done and scrambler up the code to assure the lock is secure.

POINT OF PRIDE

VOLUNTEER PROGRAM

Invitation to Individuals and Community groups to keep your neighbourhood litter free: One Street, One Park and One Trail at a time.

THE PLAYGROUND AT FVRL

The Playground at FVRL offers customers of all ages free access to fun and engaging STEAM (science, technology, engineering, arts and mathematics) related learning experiences. The Playground features lending collections and in-library experiences. Ask library staff for more information about upcoming events and cool things you can borrow - like robots, ukuleles and telescopes, oh my!

FRIENDS OF THE LIBRARY

Looking for a way to support the City of Langley Library? Join our dedicated group of volunteers and give back to your library and your community through advocacy and fundraising. New members are welcome.

LEGO® FUN AT THE LIBRARY

Mondays, 4 pm - 5:30 pm

We have the LEGO®, you bring your imagination! Your creations will be displayed at the library.

BABYTIME

Mondays, 2 pm - 2:30 pm

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.

STORYTIME

Thursdays, 10:30 am - 11 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.

For more programs and events check the Events page at www.fvrl.ca

CITY OF LANGLEY LIBRARY

20399 Douglas Crescent | 604-514-2850

MON – THU 9 AM – 9 PM | FRI 9 AM – 5 PM

SAT 10 AM – 5 PM | SUN 1 PM – 5 PM

ROGERS.
Hometown Hockey
PRESENTED BY
Scotiabank
DODGE
© Rogers Communications 2018.
Celebrate our community.
Celebrate our game.
Langley City
January 12 & 13
Learn more at
rogers.com/hometownhockey
SPORTSNET
ROGERS
Make more possible.