

JULY - AUGUST • SUMMER 2021

# Active

## Living Guide

Registration begins  
May 13, 8:30 am Residents  
May 14, 8:30 am Non-residents

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0 - 5 years

.....	28 - 29
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6 - 12 years

.....	30 - 37
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.....	38 - 39
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19+ years

.....	40 - 47
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## FAMILY

All Ages

.....	48 - 49
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## HERITAGE

All ages

.....	50
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## Stay Connected

View all the Parks and Recreation news including program changes, park and facility updates, special events and more.

[newwestcity.ca/rec](http://newwestcity.ca/rec)  
[active@newwestcity.ca](mailto:active@newwestcity.ca)

Follow us on:



## FACILITY

## FACILITY RECEPTION HOURS

Hours of operation may differ on holidays, long weekends and due to COVID-19 safety requirements that affect operations. Please visit our website for the most current information: [www.newwestcity.ca/covid-19-service-update](http://www.newwestcity.ca/covid-19-service-update).

### ANVIL CENTRE

777 Columbia Street  
604.527.4640

Monday - Wednesday & Friday, 9:00 am - 5:00 pm  
 Thursday, 9:00 am - 8:00 pm  
 Saturday - Sunday, 10:00 am - 5:00 pm  
 By appointment only

### NEW WESTMINSTER MUSEUM & ARCHIVES

Wednesday - Sunday, 9:50 am - 4:50 pm  
 By timed, ticketed entry only  
[booking.nwmuseumarchives.ca](http://booking.nwmuseumarchives.ca)

### ARCHIVES & REFERENCE SERVICES

By appointment only.  
 Email [archives@newwestcity.ca](mailto:archives@newwestcity.ca)

### IRVING HOUSE

302 Royal Avenue

Fridays, 3:00 - 8:00 pm  
 Saturday & Sunday, 12:00 - 5:00 pm  
[booking.nwmuseumarchives.ca](http://booking.nwmuseumarchives.ca)

### NEW MEDIA GALLERY

Wednesday - Sunday, 10:00 am - 5:00 pm  
 Exhibition Bookings Required  
[newmediagallery.ca](http://newmediagallery.ca)  
 Email [contact@newmediagallery.ca](mailto:contact@newmediagallery.ca)

### CANADA GAMES POOL

65 East Sixth Avenue  
604.526.4281

Monday - Friday, 8:00 am - 8:00 pm  
 Saturday & Sunday, 8:00 am - 6:00 pm

### CENTENNIAL COMMUNITY CENTRE

65 East Sixth Avenue  
604.777.5100

Monday - Friday, 8:30 am - 8:00 pm  
 Saturday & Sunday, 8:00 am - 12:30 pm

### CENTURY HOUSE

620 Eighth Street  
604.519.1066

Monday - Friday, 9:00 am - 4:00 pm

### MOODY PARK ARENA

701 Eighth Avenue  
604.525.5301

Monday - Friday, 8:30 am - 4:00 pm

### NEW WEST YOUTH CENTRE

620 Eighth Street  
604.515.3801

Monday - Saturday, 3:30 - 9:00 pm  
[newwestyouth.ca](http://newwestyouth.ca)

### QUEEN'S PARK ARENA

First Street & Third Avenue  
604.777.5111

Monday - Friday, 8:30 am - 4:00 pm

### QUEEN'S PARK SPORTSPLEX

51 Third Avenue  
604.777.5121

Monday - Friday, 8:30 am - 4:00 pm

### QUEENSBOROUGH COMMUNITY CENTRE

920 Ewen Avenue  
604.525.7388

Monday - Friday, 8:00 am - 8:00 pm  
 Saturday, 8:30 am - 2:00 pm  
 Sunday, 8:30 am - 1:00 pm



## WHAT TO KNOW BEFORE YOU GO

Due to Provincial Health Orders, your service visits will be different than before COVID-19. This information is intended to prepare you for your next visit. An up-to-date list is available at [newwestcity.ca/what-to-know](https://newwestcity.ca/what-to-know)

- **Advanced Booking is Required:** To ensure everyone can participate safely [Register for Programs](#) and [Reserve a Drop-in](#) online or by phone.
- **Waitlists & Standbys:** If you are on a waitlist, and a spot becomes open, staff will contact you to complete the registration process and take the payment. Unless you have a paid reservation, please do not go to the recreation facility or service. Also please do not go to a recreation facility or service and 'Standby' hoping to get in if a paid participant is late or does not attend. Sorry there are no Standby opportunities.
- **Wear a Mask:** Masks are mandatory in all common areas of recreation facilities and may be required during participation in your activity.
- **Keep Your Distance:** Physical distancing of 2 metres is required at all times, and 2.5 metres is required while exercising.
- **No Spectators:** Unless you are a designated support person, for a specific service or situation, you are not permitted to stay in the recreation centre and watch activities.
- **Arrive Dressed & Prepared to Participate:** Come dressed for your activity along with a prefilled water bottle, mat, towel, and any other items you need for your visit. Change room, washroom and shower availability will be limited or unavailable. (See [Service Updates](#)).
- **Be Prompt:** Arrive 5 - 10 minutes in advance of your booking and not earlier.
- **Sanitize Hands Upon Entry:** All must use sanitizer upon entry to reduce the transmission of COVID-19.
- **Healthy Screening Questionnaire:** Completion of a COVID-19 health screening is required to participate. If you feel unwell, please stay home.
- **Follow All Signage & Staff Direction:** Signage and staff direction will help you find your way around facilities safely and understand new requirements. We appreciate your patience and attention.
- **Leave Valuables at Home:** Lockers are not available. Storage bins, as applicable, are not locked or monitored.
- **Limit Your Visit:** Promptly exit the facility after your activity so staff can sanitize spaces and equipment for the next group of participants.
- **Back to Back Bookings:** If you have back to back bookings, you will be required to exit the building and re-enter for your second booking.
- **Call to Cancel:** Refunds will be issued for reserve drop-in cancellations 24+ hours in advance. Registered program cancellations require 7+ days advance notice. No-shows will be tracked and failure to cancel may result in revoked privileges.
- **Correct Online Account Information:** Clients must enter correct and accurate family account information online. If inaccurate account details are entered online the accounts will be deleted or suspended and the client may be subject to fines or lose the ability to participate in Parks and Recreation services.

### Stay up-to-date with these links:

Health Screening and Participation Requirements:	<a href="https://newwestcity.ca/what-to-know#health-screening-and-participant-requirements">newwestcity.ca/what-to-know#health-screening-and-participant-requirements</a>
Parks & Recreation Service Updates:	<a href="https://newwestcity.ca/covid-19-service-update">newwestcity.ca/covid-19-service-update</a>
COVID-19 Safety Plans:	<a href="https://newwestcity.ca/covid-19-safety-plans">newwestcity.ca/covid-19-safety-plans</a>
Parent & Guardian Information:	<a href="https://newwestcity.ca/what-to-know#parent-and-guardian-information">newwestcity.ca/what-to-know#parent-and-guardian-information</a>
Mask Requirements:	<a href="https://newwestcity.ca/2020/11/10/new-temporary-mandatory-mask-requirement.php">newwestcity.ca/2020/11/10/new-temporary-mandatory-mask-requirement.php</a>

### PARKING IS LIMITED AT CANADA GAMES POOL & CENTENNIAL COMMUNITY CENTRE

Construction on the New Westminster Aquatics and Community Centre has begun. There is no access to the East Sixth Avenue parking lot. Please visit [youractivenw.ca](https://youractivenw.ca) for up-to-date project information.

# PROGRAM REGISTRATION

May 13 at 8:30 am

Open for New Westminster residents

May 14 at 8:30 am

Open for residents and non-residents

## Reserved Drop-in Activities:

New Westminster residents may reserve activities 3 days in advance.  
Non-residents (and residents) may reserve activities 2 days in advance.

## How to Register:

**ONLINE** Log into, or create your account: [newwestcity.ca/activeliving](http://newwestcity.ca/activeliving)

**PHONE** Call a recreation facility during operating hours for assistance.

**IN PERSON** Program registration is on-going and accepted at recreation facilities during operating hours. Please note: facility capacity restrictions at this time may result in longer wait times.

## Do you Have Duplicate Recreation Accounts?

If you have participated in any registered programs or have had a membership pass with Parks and Recreation within the last three years, you already have an online recreation account! If you're experiencing login issues, missing credits or just have questions about the system, call a recreation facility to get help from a friendly staff member.

## One-to-One Program Support

Parks and Recreation is not currently offering one-to-one support in programs. If you require the ability to bring your own support person (an outside organization or acquaintance) to accompany you to a program or reserved drop-in, please call the facility you wish to attend in advance to arrange. All support persons must register in advance (at no charge) in order to be accounted at this time due to capacity restrictions at our facilities.

## Cancellations & Refunds

[newwestcity.ca/rec-policies](http://newwestcity.ca/rec-policies)

### Parks and Recreation Cancellations:

Refunds are provided according to the Refund Policy or COVID-19 requirements.

### Reserved Drop-in Bookings:

Customer requests for withdrawals and transfers must be made 24 hours prior to the start of a Reserved Drop-in class. Please call our facilities to request withdrawal. Non-attendance is not accepted as a cancellation request and may result in revoked service/registration privileges.

### Registered Programs, Lessons & Day Camps:

Cancellation requests must be made with 7 days' notice of the program start. Refunds related to registered programs and private lessons are subject to withdrawal or cancellation fees. No refunds are issued for Day Camps with less than five days' notice.

## Active Pass Update

Sorry, memberships and passes cannot be used during COVID-19 restrictions.

## Sales Tax

Where applicable, sales tax is included in the listed prices.

## Oops!

Despite the best efforts of our Active Living Guide team, an error may slip through. We apologize for any inconvenience. In the event of a publishing error, the information or fee provided by our staff will be deemed accurate.

## You are Picture Perfect

We have friendly photographers who visit our programs and events looking for a picture of you. If you object to having your child's picture taken, please let our photographers or staff know.





## Sales Options

All sales require a Parks and Recreation account and may be processed using the following methods:

**ONLINE:** Payment options include Visa, Master Card, account credit or subsidy credits.

**PHONE:** Sales can be completed through staff by calling the recreation facility offering the desired service. All phone sales will require a client account and payment by Visa, Master Card, account credit or subsidy credits.

**IN-PERSON:** Limited in-person sales can be accommodated before or after your scheduled activity visit. Payment options include cash, debit, Visa, Master Card, account credit or subsidy credits.

## Sales Limitations

To help ensure your safety and to help reduce the potential transmission of COVID-19, the Province of BC requires us to ensure physical distancing. This will mean fewer people can participate in our services and spaces. To help accommodate residents and the highest allowable number of participants, restrictions include:

### 1. FACILITY VISITS REQUIRE RESERVATION OR REGISTRATION:

This requirement applies to drop-in services and registered programs. For all other matters, please contact a facility ahead of time via phone or email. An appointment may be arranged for your visit if it is unrelated to participation in a program or service.

### 2. ACTIVITY TIME:

Please note that all activities have a defined time. You must leave after this time has elapsed to allow staff to clean the space for the next participants to arrive.

### 3. RESIDENCY:

New Westminster residents will receive the ability to register prior to non-residents as follows:

#### Registered Programs and Lessons:

**May 13:** New Westminster residents.

**May 14:** Both residents and non-residents.

#### Reserved Drop-in Activities:

New Westminster residents may reserve activities 3 days in advance.

Non-residents (and residents) may reserve activities 2 days in advance.

### 4. ACTIVE PASS:

Due to the prepayment requirement, you will not be able to use your membership pass. We will extend your membership term during COVID-19 or you can request a prorated refund.

## Errors & Omissions

COVID-19 has totally changed how Parks and Recreation is allowed to operate. We have done our best to ensure that our information is accurate and complete, but if we got it wrong in any of our materials, the information or fee provided by our customer service representatives will be deemed accurate.

## ACCESS & INCLUSION OPPORTUNITIES

### Financial Assistance

The Parks and Recreation Financial Assistance Program is designed to help residents participate in year-round active living.

Eligible residents are entitled to a 50% fee discount on some registered programs. Sorry, memberships and passes are not eligible during COVID-19. For full details and to apply for Financial Assistance visit: [newwestcity.ca/access](http://newwestcity.ca/access)

### Try It!

Parks and Recreation offers select Reserved Drop-in activities with a reduced admission fee to encourage participation in new experiences including swimming, skating, fitness, sports, etc. The reduced admission services are subject to change seasonally. View all Try it! offerings on page 16.

## WELCOME



If you feel unwell, stay home

ADVANCED BOOKING IS REQUIRED



ARRIVE DRESSED AND PREPARED TO PARTICIPATE



FOLLOW ALL SIGNAGE AND STAFF DIRECTION



CLEAN HANDS UPON ENTRY



HEALTH SCREENING QUESTIONS MAY BE ASKED



EXIT PROMPTLY AFTER YOUR ACTIVITY



The City of New Westminster thanks you for your cooperation

[newwestcity.ca/covid-19](http://newwestcity.ca/covid-19)

NEW WESTMINSTER

# RESERVED DROP-IN

CANADA GAMES POOL • 65 EAST SIXTH AVENUE • 604.526.4281

## Reserved Drop-in Schedule • June 26 - September 6

See full schedule for reservable time slots and information at [newwestcity.ca/dropin](http://newwestcity.ca/dropin)

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Shallow Widths</b>	6:00 - 7:00 am	6:00 - 7:00 am	6:00 - 7:00 am	6:00 - 7:00 am	6:00 - 7:00 am	8:00 - 9:00 am	8:00 - 9:00 am
	7:30 - 8:30 am	7:30 - 8:30 am	7:30 - 8:30 am	7:30 - 8:30 am	7:30 - 8:30 am		
<b>Shallow Leisure Swim</b>	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am		
	10:30 - 11:30 am <i>Try It!</i>	10:30 - 11:30 am	10:30 - 11:30 am	10:30 - 11:30 am	10:30 - 11:30 am		11:00 am - 12:00 pm <i>Try It!</i>
					1:30 - 2:30 pm		
	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	3:00 - 4:00 pm	12:30 - 1:30 pm	12:30 - 1:30 pm
	1:30 - 2:30 pm	1:30 - 2:30 pm	1:30 - 2:30 pm	1:30 - 2:30 pm	4:30 - 5:30 pm	2:00 - 3:00 pm	2:00 - 3:00 pm
	3:00 - 4:00 pm	3:00 - 4:00 pm	3:00 - 4:00 pm	3:00 - 4:00 pm	6:00 - 7:00 pm	3:30 - 4:30 pm	3:30 - 4:30 pm
	4:30 - 5:30 pm				7:30 - 8:30 pm <i>Try It!</i>	5:00 - 6:00 pm	5:00 - 6:00 pm
	6:00 - 7:00 pm	7:30 - 8:30 pm		7:30 - 8:30 pm			
<b>Middle Lanes</b>	6:00 - 7:00 am	6:00 - 7:00 am	6:00 - 7:00 am	6:00 - 7:00 am	6:00 - 7:00 am	8:00 - 9:00 am	8:00 - 9:00 am
	7:30 - 8:30 am	7:30 - 8:30 am	7:30 - 8:30 am	7:30 - 8:30 am	7:30 - 8:30 am	9:30 - 10:30 am	9:30 - 10:30 am
	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	11:00 am - 12:00 pm	11:00 am - 12:00 pm <i>Try It!</i>
	10:30 - 11:30 am <i>Try It!</i>	10:30 - 11:30 am	10:30 - 11:30 am	10:30 - 11:30 am	10:30 - 11:30 am	12:30 - 1:30 pm	12:30 - 1:30 pm
	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	2:00 - 3:00 pm	2:00 - 3:00 pm
	1:30 - 2:30 pm	1:30 - 2:30 pm	1:30 - 2:30 pm	1:30 - 2:30 pm	1:30 - 2:30 pm	3:30 - 4:30 pm	3:30 - 4:30 pm
	3:00 - 4:00 pm	3:00 - 4:00 pm	3:00 - 4:00 pm	3:00 - 4:00 pm	3:00 - 4:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm
	4:30 - 5:30 pm	4:30 - 5:30 pm	4:30 - 5:30 pm	4:30 - 5:30 pm	4:30 - 5:30 pm		
	6:00 - 7:00 pm	6:00 - 7:00 pm	6:00 - 7:00 pm	6:00 - 7:00 pm	6:00 - 7:00 pm		
7:30 - 8:30 pm	7:30 - 8:30 pm	7:30 - 8:30 pm	7:30 - 8:30 pm	7:30 - 8:30 pm <i>Try It!</i>			
<b>Deep Lanes</b>	7:30 - 8:30 am	7:30 - 8:30 am	7:30 - 8:30 am	7:30 - 8:30 am	7:30 - 8:30 am	8:00 - 9:00 am	8:00 - 9:00 am
	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am		9:30 - 10:30 am
	10:30 - 11:30 am <i>Try It!</i>	10:30 - 11:30 am	10:30 - 11:30 am	10:30 - 11:30 am	10:30 - 11:30 am		
		12:00 - 1:00 pm		12:00 - 1:00 pm	12:00 - 1:00 pm	12:30 - 1:30 pm	
						2:00 - 3:00 pm	
	4:30 - 5:30 pm		4:30 - 5:30 pm			3:30 - 4:30 pm	
	6:00 - 7:00 pm		6:00 - 7:00 pm			5:00 - 6:00 pm	
7:30 - 8:00 pm	7:30 - 8:30 pm	7:30 - 8:00 pm	7:30 - 8:30 pm				
<b>Deep End Leisure Swim</b>	1:30 - 2:30 pm	1:30 - 2:30 pm	1:30 - 2:30 pm	1:30 - 2:30 pm	1:30 - 2:30 pm		12:30 - 1:30 pm
	3:00 - 4:00 pm	3:00 - 4:00 pm	3:00 - 4:00 pm	3:00 - 4:00 pm	3:00 - 4:00 pm		2:00 - 3:00 pm
							3:30 - 4:30 pm
							5:00 - 6:00 pm
<b>Lesson</b>		4:30 - 5:00 pm	4:30 - 5:00 pm	4:30 - 5:00 pm		9:15 - 9:45 am	
		5:30 - 6:00 pm	5:30 - 6:00 pm	5:30 - 6:00 pm		10:00 - 10:30 am	
		6:30 - 7:00 pm	6:30 - 7:00 pm	6:30 - 7:00 pm		10:45 - 11:15 am	
			7:15 - 7:45 pm			11:30 - 12:00 pm	
<b>Aquafit</b>	12:00 - 1:00 pm Deep		12:00 - 1:00 pm Deep		12:00 - 1:00 pm Shallow		9:30 - 10:30 am (shallow Zumba)
	7:30 - 8:30 pm Shallow	<b>Try It!</b> times have a reduced \$2.00 admission fee. See more offerings on page 16			7:30 - 8:30 pm Deep <i>Try It!</i>		11:00 am - 12:00 pm Deep <i>Try It!</i>

**Schedule Subject to Change. All Aquatics Reserved Drop-in activities require advanced registration.**

For Outdoor Swim Schedule, see page 8.

For Fitness Centre Schedule, see page 9.

For Aquafit & Indoor Fitness Schedules, see page 10.

## What to know before you go:

Things look a little different than before COVID-19. Come prepared by reviewing our [newwestcity.ca/what-to-know](https://newwestcity.ca/what-to-know) webpage or see page 3.

## Reserved Drop-in Fees:

All bookings are 1 hour in duration

Child (under 4 years)	Free
Child (4 - 12 years)	\$2.70
Youth (13 - 18 years)	\$3.85
Adult (19 - 64 years)	\$5.60
Senior (65+ years)	\$4.00

## Deep & Shallow Aquafit

Classes provide a low-impact workout to improve cardio and strength. All abilities are assured to have a great workout! Flotation belts are provided for Deep classes. Classes begin 15 minutes into the swim time to allow participants to warm up.

## Deep End Leisure Swimming

Available during select days and times. Limited mats and diving boards will be available. Pool depth 1.8 - 4.5 metres.

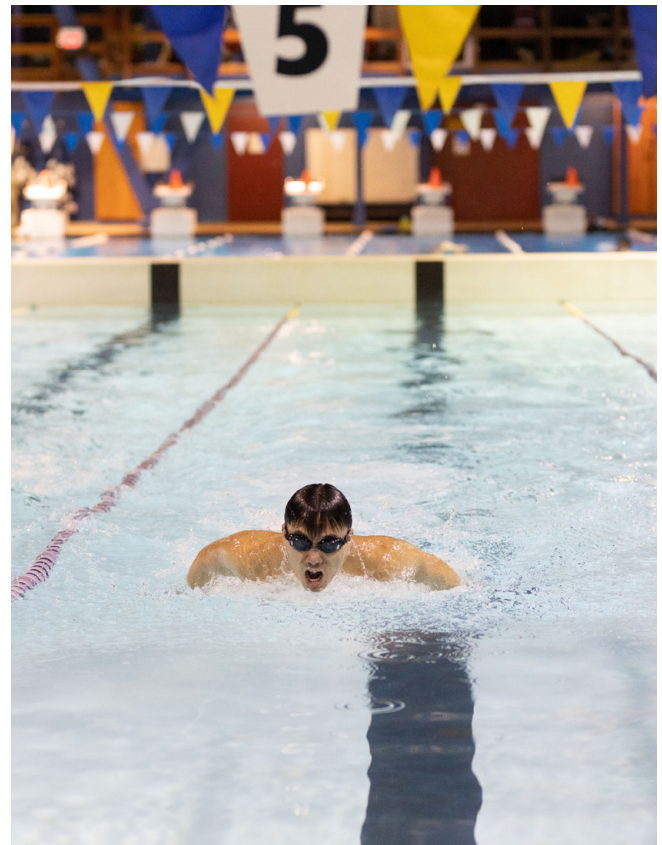
## Shallow End Leisure Swimming

Limited mats and toys will be available in the leisure and tot pool. Pool depth 1.2 - 1.5 metres.

## Lane Swimming

**NEW!**

Participants will have access to four 25 metre double lanes in either the mid or deep end. Depth in the mid-section is 1.5 - 1.8 metres and deep end is 1.8 - 4.5 metres. Maximum 3 people to a lane. Lanes are for length swimming and water running only. Limited Kickboards and water belts are available.



## Hot Tub & Tot Pool Access

Swimmers may access the Tot Pool (priority given to young children and their parents/guardians) or the Hot Tub (for ages 15+) for a maximum of 10 minutes. Please note, the majority of your swim should be in your reserved drop-in area. Due to lessons and capacity limitations these areas may not always be available for you to access during your reserved booking.



**Construction of the new aquatics and community centre has started.**

**Stay Up to Date:** For the latest construction information, please visit [youractivenw.ca/construction](https://youractivenw.ca/construction) or email us at [youractivenw@newwestcity.ca](mailto:youractivenw@newwestcity.ca)

  
NEW WESTMINSTER



# RESERVED DROP-IN

## MOODY PARK OUTDOOR POOL • 604.526.4281

### Reserved Drop-in Schedule • June 26 - September 6

See full schedule for reservable time slots and information at [newwestcity.ca/dropin](http://newwestcity.ca/dropin)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 - 9:30 am	Leisure Swim Shallow End	Aquafit Shallow End	Aquafit Shallow End	Aquafit (Zumba) Shallow End	Leisure Swim Shallow End	Leisure Swim Shallow End	Leisure Swim Shallow End
	Lane Swimming Deep end	Lane Swimming Deep end	Lane Swimming Deep end	Lane Swimming Deep end	Lane Swimming Deep end	Lane Swimming Deep end	Lane Swimming Deep end
10:00 - 11:00 am	Leisure Swim Shallow End	Lessons  <i>Lesson run 10:00 am to 12:30 pm</i>	Leisure Swim Shallow End	Lessons  <i>Lesson run 10:00 am to 12:30 pm</i>	Leisure Swim Shallow End	Leisure Swim Shallow End	Leisure Swim Shallow End
	Lane Swimming Deep End		Lane Swimming Deep end		Lane Swimming Deep end	Lane Swimming Deep end	Lane Swimming Deep end
11:30 am - 12:30 pm	Leisure Swim Shallow End		Leisure Swim Shallow End		Leisure Swim	Leisure Swim	Leisure Swim
	Lane Swimming Deep End	Lane Swimming Deep End	Lane Swimming Deep End	Lane Swimming Deep End	Lane Swimming Deep End		
1:00 - 2:00 pm	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim
2:30 - 3:30 pm	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim
4:00 - 5:00 pm	Leisure Swim	Leisure Swim Shallow End	Leisure Swim Shallow End	Leisure Swim Shallow End	Leisure Swim	Leisure Swim Shallow End	Leisure Swim Shallow End
		Lane Swimming Deep end	Lane Swimming Deep end	Lane Swimming Deep end		Lane Swimming Deep end	
5:30 - 6:30 pm	Leisure Swim	Leisure Swim Shallow End	Aquafit Shallow End	Leisure Swim Shallow End	Leisure Swim	Leisure Swim Shallow End	Leisure Swim Shallow End
		Lane Swimming Deep end	Lane Swimming Deep end	Lane Swimming Deep end		Lane Swimming Deep end	
7:00 - 8:00 pm	Leisure Swim	Leisure Swim Shallow End	Leisure Swim Shallow End	Leisure Swim Shallow End	Leisure Swim		
		Lane Swimming Deep end	Lane Swimming Deep end	Lane Swimming Deep end			

## Reserved Drop-in Fees:

All bookings are 1 hour in duration

Reserved Drop-in Fee (under 4 years)	Free
Reserved Drop-in Fee (5+ years)	\$2.00
Weekends	Free

## Aquafit Reserved Drop-in Fees:

Adult (15 - 64 years)	\$5.60
Senior (65+ years)	\$4.00

## Shallow Aquafit

Classes provide a low-impact, high energy workout to improve cardio and strength. All abilities are assured to have a great workout! Classes begin 15 minutes into the swim time to allow participants to warm up. Participants will be required to exit the pool promptly at the completion of the class.

## Shallow End Leisure Swimming

The swim booking includes the use of the tot area and shallow areas of the pool up until the start of the deep end lane section. Limited mats and toys will be available.

## Leisure Swimming

The swim booking includes the uses of the tot area, shallow area and deep end. Limited mats and toys will be available. The Rock Climbing Wall will be available during selected days and times.

## What to know before you go:

Things look a little different than before COVID-19. Come prepared by reviewing our [newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know) webpage or see page 3.



Water Running registered class, see page 43.

## FITNESS CENTRE RESERVED DROP-IN SCHEDULE

CANADA GAMES POOL FITNESS CENTRE • 65 EAST SIXTH AVENUE • 604.526.4281

### Reserved Drop-in Schedule (14+ years). Effective June 26, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 am	6:00 - 7:00 am	6:00 - 7:00 am	6:00 - 7:00 am	6:00 - 7:00 am	8:00 - 9:00 am	8:00 - 9:00 am
7:30 - 8:30 am	7:30 - 8:30 am	7:30 - 8:30 am	7:30 - 8:30 am	7:30 - 8:30 am	9:30 - 10:30 am	9:30 - 10:30 am
9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	11:00 am - 12:00 pm	11:00 am - 12:00 pm <i>Try It!</i>
10:30 - 11:30 am <i>Try It!</i>	10:30 - 11:30 am	10:30 - 11:30 am	10:30 - 11:30 am	10:30 - 11:30 am	12:30 - 1:30 pm	12:30 - 1:30 pm
12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	2:00 - 3:00 pm	2:00 - 3:00 pm
1:30 - 2:30 pm	1:30 - 2:30 pm	1:30 - 2:30 pm	1:30 - 2:30 pm	1:30 - 2:30 pm	3:30 - 4:30 pm	3:30 - 4:30 pm
3:00 - 4:00 pm	3:00 - 4:00 pm	3:00 - 4:00 pm	3:00 - 4:00 pm	3:00 - 4:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm
4:30 - 5:30 pm	4:30 - 5:30 pm	4:30 - 5:30 pm	4:30 - 5:30 pm	4:30 - 5:30 pm		
6:00 - 7:00 pm	6:00 - 7:00 pm	6:00 - 7:00 pm	6:00 - 7:00 pm	6:00 - 7:00 pm		
7:30 - 8:30 pm	7:30 - 8:30 pm	7:30 - 8:30 pm	7:30 - 8:30 pm	7:30 - 8:30 pm <i>Try It!</i>		

### QUEENSBOROUGH FITNESS CENTRE • 920 EWEN AVENUE • 604.525.7388

8:00 - 9:00 am	8:00 - 9:00 am	8:00 - 9:00 am	8:00 - 9:00 am	8:00 - 9:00 am	8:30 - 9:30 am	8:30 - 9:30 pm
9:30 - 10:30 am	9:30 - 10:30 am	9:30 - 10:30 am	9:30 - 10:30 am	9:30 - 10:30 am	10:00 - 11:00 am	10:00 - 11:00 am
11:00 am - 12:00 pm	11:00 am - 12:00 pm	11:00 am - 12:00 pm	11:00 am - 12:00 pm <i>Try It!</i>	11:00 am - 12:00 pm	11:30 am - 12:30 pm	11:30 am - 12:30 pm
4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm		
5:30 - 6:30 pm	5:30 - 6:30 pm	5:30 - 6:30 pm	5:30 - 6:30 pm	5:30 - 6:30 pm		
7:00 - 8:00 pm	7:00 - 8:00 pm	7:00 - 8:00 pm	7:00 - 8:00 pm	7:00 - 8:00 pm		

Fitness Centre Schedules are subject to change.

For up-to-date schedules and to reserve online visit: [newwestcity.ca/dropin](http://newwestcity.ca/dropin)



## Body Flow

An energizing fusion of total body conditioning and Yoga.

## Hatha Yoga

Suitable for a range of abilities. Improve in strength, flexibility and posture.

## Pilates Mat

Improve flexibility, strength, endurance, along with concentration, breathing and overall core strength.

## What to know before you go:

Things look a little different than before COVID-19. Come prepared by reviewing our [newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know) webpage or see page 3.

## Stretch

Relax and lengthen muscles, improve range of motion, flexibility, balance, and help prevent injury.

## Strength, Stability & Stretch

Strengthen your muscles using body weight exercises and light resistance equipment followed by an extended relaxing stretch.

## Workout Mix

A motivating mix of low impact cardio, core conditioning and stretching.

## Deep & Shallow Aquafit

Classes provide a low-impact workout to improve cardio and strength. All abilities are assured to have a great workout! Flotation belts are provided for Deep classes. Classes begin 15 minutes into the swim time to allow participants to warm up.

## Shallow Aqua Zumba

A low impact, high energy workout with upbeat music for all fitness levels.

# RESERVED DROP-IN

## CANADA GAMES POOL AQUAFIT • 65 EAST SIXTH AVENUE • 604.526.4281

### Reserved Drop-in Schedule (14+ years). Effective June 26, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Water 12:00 - 1:00 pm		Deep Water 12:00 - 1:00 pm		Shallow Water 12:00 - 1:00 pm		Aqua Zumba 9:30 - 10:30 am
Shallow Water 7:30 - 8:30 pm				Deep Water 7:30 - 8:30 pm <b>Try It!</b>		Deep Water 11:00 am - 12:00 pm (no class Aug. 21) <b>Try It!</b>

## MOODY PARK OUTDOOR POOL AQUAFIT • 604.526.4281

	Shallow Water 8:30 - 9:30 am	Shallow Water 8:30 - 9:30 am	Aqua Zumba 8:30 - 9:30 am			
		Shallow Water 5:30 - 6:30 pm				

For up-to-date schedules and to reserve online visit: [newwestcity.ca/dropin](http://newwestcity.ca/dropin)

## Aquafit Reserved Drop-in Fees:

Adult (15 - 64 years)	\$5.60
Senior (65+ years)	\$4.00

**Registered outdoor fitness classes,  
see page 44.**

## What to know before you go:

Things look a little different than before COVID-19. Come prepared by reviewing our [newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know) webpage or see page 3.



## INDOOR GROUP FITNESS RESERVED DROP-IN SCHEDULE

### CENTENNIAL COMMUNITY CENTRE • 65 EAST SIXTH AVENUE • 604.777.5100

#### Reserved Drop-in Schedule (14+ years). Effective June 26, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength, Stability & Stretch 9:15 - 10:15 am	Strength, Stability & Stretch 9:15 - 10:15 am	Strength, Stability & Stretch 9:15 - 10:15 am	Strength, Stability & Stretch 9:15 - 10:15 am	Strength, Stability & Stretch 8:15 - 9:15 am	Yoga 9:30 - 10:30 am	Pilates 8:00 - 9:00 am
Yoga 6:30 - 7:30 pm	Body Flow 5:30 - 6:30 pm	Step & Sculpt 10:45 - 11:45 am	Body Flow 5:30 - 6:30 pm	Strength, Stability & Stretch 9:45 - 10:45 am		Strength, Stability & Stretch 9:30 - 10:30 am
	Stretch 7:00 - 8:00 pm	Yoga 6:30 - 7:30 pm	Stretch 7:00 - 8:00 pm	Yoga 5:30 - 6:30 pm <b>Try it!</b>	<b>All Group Fitness classes require advanced registration.</b>	

### QUEENSBOROUGH COMMUNITY CENTRE • 920 EWEN AVENUE • 604.525.7388

#### Reserved Drop-in Schedule (14+ years). Effective June 26, 2021

Strength, Stability & Stretch 9:15 - 10:15 am		Strength, Stability & Stretch 9:15 - 10:15 am	<b>Group Fitness Schedules are subject to change and updates will be available at <a href="http://newwestcity.ca/dropin-schedule">newwestcity.ca/dropin-schedule</a>.</b>	Strength, Stability & Stretch 9:15 - 10:15 am <b>Try It!</b>
Hatha Yoga 7:30 - 8:30 pm		Workout Mix 6:30 - 7:30 pm		

For up-to-date schedules and to reserve online visit: [newwestcity.ca/dropin](http://newwestcity.ca/dropin)

**For Registered Fitness options, please see page 43.  
For outdoor fitness classes, see page 44.**



CENTURY HOUSE • 620 EIGHTH AVENUE • 604.519.1066

## Reserved Drop-in Schedule. Effective July 2, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Moderate Fitness 9:30 - 10:30 am	Moderate Fitness 9:30 - 10:30 am	Moderate Fitness 9:30 - 10:30 am	Moderate Fitness 9:30 - 10:30 am	Moderate Fitness 9:30 - 10:30 am
Mild Fitness 11:00 am - 12:00 pm		Mild Fitness 11:00 am - 12:00 pm		Mild Fitness 11:00 am - 12:00 pm
Yoga 11:30 am - 12:30 pm		Yoga 11:30 am - 12:30 pm		

Group Fitness Schedules are subject to change and updates will be available at [newwestcity.ca/dropin-schedule](http://newwestcity.ca/dropin-schedule).



## Moderate Fitness - Modified (50+ years)

Emphasis is on improving agility, reflexes, fun and moving for the joy of it. Classes may include resistance training, posture, balance work, stretching and relaxation for a balanced fitness program. For each class please bring your own mat and water bottle. No equipment will be available. There will be limited weights that can be used.

**Century House 503.519.1066**

Monday, 9:30 - 10:30 am (no class Aug. 2)		
July 5 <b>89332</b>	July 12 <b>89366</b>	July 19 <b>89480</b>
July 26 <b>89492</b>	Aug. 9 <b>89500</b>	Aug. 16 <b>89512</b>
Aug. 23 <b>89515</b>	Aug. 30 <b>89518</b>	
Tuesday, 9:30 - 10:30 am		
July 6 <b>89653</b>	July 13 <b>89656</b>	July 20 <b>89658</b>
July 27 <b>89660</b>	Aug. 3 <b>89666</b>	Aug. 10 <b>89672</b>
Aug. 17 <b>89681</b>	Aug. 24 <b>89698</b>	Aug. 31 <b>89701</b>
Wednesday, 9:30 - 10:30 am		
July 7 <b>89729</b>	July 14 <b>89731</b>	July 21 <b>89736</b>
July 28 <b>89741</b>	Aug. 4 <b>89745</b>	Aug. 11 <b>89751</b>
Aug. 18 <b>89753</b>	Aug. 25 <b>89757</b>	Sept. 1 <b>89760</b>
Thursday, 9:30 - 10:30 am (no class July 1)		
July 8 <b>89989</b>	July 15 <b>89994</b>	July 22 <b>89996</b>
July 29 <b>89998</b>	Aug. 5 <b>90007</b>	Aug. 12 <b>90009</b>
Aug. 19 <b>90012</b>	Aug. 26 <b>90014</b>	Sept. 2 <b>90016</b>
Friday, 9:30 - 10:30 am		
July 2 <b>74959</b>	July 9 <b>90018</b>	July 16 <b>90020</b>
July 23 <b>90028</b>	July 30 <b>90039</b>	Aug. 6 <b>90048</b>
Aug. 13 <b>90050</b>	Aug. 20 <b>90052</b>	Aug. 27 <b>90061</b>
Sept. 3 <b>90063</b>		

## Mild Fitness (50+ years)

This class could include breathing, stretching, balancing, chair exercises and a gentle aerobic walking component to familiar music. Tips on healthy living, osteoporosis, arthritis and fall prevention is included with lots of fun and humour. Move at your own pace. For each class please bring your own water bottle. No equipment will be available.

**Century House 503.519.1066**

Monday, 11:00 am - 12:00 pm (no class Aug. 2)		
July 5 <b>89535</b>	July 12 <b>89541</b>	July 19 <b>89546</b>
July 26 <b>89549</b>	Aug. 9 <b>89553</b>	
Aug. 16 <b>89559</b>	Aug. 23 <b>89562</b>	Aug. 30 <b>89573</b>
Wednesday, 11:00 am - 12:00 pm		
July 7 <b>89763</b>	July 14 <b>89766</b>	July 21 <b>89769</b>
July 28 <b>89771</b>	Aug. 4 <b>89773</b>	Aug. 11 <b>89775</b>
Aug. 18 <b>89777</b>	Aug. 25 <b>89911</b>	Sept. 1 <b>89915</b>
Friday, 11:00 am - 12:00 pm		
July 2 <b>74978</b>	July 9 <b>90076</b>	July 16 <b>90080</b>
July 23 <b>90082</b>	July 30 <b>90084</b>	Aug. 6 <b>90086</b>
Aug. 13 <b>90088</b>	Aug. 20 <b>90090</b>	Aug. 27 <b>90092</b>
Sept. 3 <b>90094</b>		

## Yoga (50+ years)

This class focuses on the importance of mindful breathing to prepare your body and mind to move through a gentle flow of poses, at your own pace, requiring different levels of strength and balance, a restful meditation closing will leave you feeling calm and centered. For each class please bring your own mat and water bottle. No equipment will be available.

**Century House 503.519.1066**

Monday, 11:30 am - 12:30 pm (no class Aug. 2)		
July 5 <b>89609</b>	July 12 <b>89621</b>	July 19 <b>89624</b>
July 26 <b>89627</b>	Aug. 9 <b>89630</b>	Aug. 16 <b>89632</b>
Aug. 23 <b>89635</b>	Aug. 30 <b>89637</b>	
Wednesday, 11:30 am - 12:30 pm		
July 7 <b>89918</b>	July 14 <b>89920</b>	July 21 <b>89923</b>
July 28 <b>89925</b>	Aug. 4 <b>89932</b>	Aug. 11 <b>89936</b>
Aug. 18 <b>89941</b>	Aug. 25 <b>89944</b>	Sept. 1 <b>89949</b>

Looking for more  
Century House information?  
[centuryhouseassociation.com](http://centuryhouseassociation.com)

# RESERVED DROP-IN

## RESERVED DROP-IN SPORTS • JULY - SEPTEMBER

SPORT	DAYS	TIME	LOCATION	DATES
RESERVED DROP-IN BADMINTON	Wednesday	11:00 - 12:00 pm <b>Try It!</b>	QCC	July 7 - September 1
RESERVED DROP-IN 55+ BASKETBALL	Friday	9:30 - 10:30 am 11:00 am - 12:00 pm	QCC	July 2 - September 3
RESERVED DROP-IN PICKLEBALL	Tuesday	9:30 - 10:30 am 11:00 am - 12:00 pm	QCC	July 6 - August 31
QUEEN'S PARK RUNNING CLUB	Tuesday	7:00 pm meet	QPB*	July 6 - August 31
	Thursday	7:00 pm meet	QPB*	July 8 - September 2
	Sunday	8:00 am meet	QPB*	July 4 - September 5
RESERVED DROP-IN FAMILY TABLE TENNIS	Thursday	5:00 - 6:00 pm 6:30 - 7:30 pm	QCC	July 8 - September 2
NORDIC WALKING Walking poles provided	Tuesday	9:00 am meet	QCC	July 6 - August 31
All programs are for 18+ years of age unless otherwise indicated. *Separate membership fee required.				
For up-to-date schedules and to reserve online visit: <a href="http://newwestcity.ca/dropin">newwestcity.ca/dropin</a>				
Participants must bring their own equipment for all Reserved Drop-ins (i.e. rackets and balls), nets will be provided.				

## What to know before you go:

Things look a little different than before COVID-19. Come prepared by reviewing our [newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know) webpage or see page 3.

## Reserved Drop-in Fees:

Adult \$5.60  
Senior \$4.00

## Sport Locations

CCC: Centennial Community Centre 604.777.5100  
CH: Century House (50+ years) 604.519.1066  
QCC: Queensborough Community Centre 604.525.7388  
QPB: Queen's Park Bandshell 604.525.7093  
MP: Moody Park 604.525.7388

## Queen's Park Running Club

(18+ years)

Boost your fitness while enjoying a run with motivating companionship. Groups are formed according to skill levels and training goals. Members also participate in a variety of local running and social events throughout the year. Check them out on Facebook!

Queen's Park Bandshell [queensparkrwc@gmail.com](mailto:queensparkrwc@gmail.com)

Tuesday & Thursday, 7:00 pm

Sunday, 8:00 am

Ongoing

Annual Membership Fee: \$35.00



Try it! times have a reduced  
**\$2.00 admission fee.**  
See more offerings on page 16.

**NEW WEST YOUTH SERVICES • JULY & AUGUST**  
 Call the New West Youth Centre for program details: 604.515.3801

**Reserved Drop-in Schedule. Effective July 2, 2021**  
 Schedules are subject to change. Visit [newwestyouth.ca](http://newwestyouth.ca) for updates.

AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NEW WEST YOUTH CENTRE • 620 EIGHTH STREET (Moody Park entrance)</b>						
11 - 18 years	Moody Park Mondays 12:30 - 2:30 pm	Youth & Sports Drop-in 3:30 - 9:00 pm	Worthwhile Wednesday 12:30 - 2:30 pm	Youth & Sports Drop-in 3:30 - 9:00 pm	Royal City Sound Drop-in 12:30 - 2:30 pm	Youth & Sports Drop-in 3:30 - 9:00 pm
	Youth & Sports Drop-in 3:30 - 9:00 pm	Fitness Centre 3:30 - 9:00 pm	Youth & Sports Drop-in 3:30 - 9:00 pm	Fitness Centre 3:30 - 9:00 pm	Youth & Sports Drop-in 3:30 - 9:00 pm	Fitness Centre 3:30 - 9:00 pm
	Fitness Centre 3:30 - 9:00 pm		Media Mastery 3:30 - 5:30 pm		Fitness Centre 3:30 - 9:00 pm	
<b>QUEENSBOROUGH COMMUNITY CENTRE • 920 EWEN AVENUE</b>						
11 - 18 years	Youth & Sports Drop-in 3:30 - 6:00 pm		Youth & Sports Drop-in 3:30 - 6:00 pm		Youth & Sports Drop-in 3:30 - 7:30 pm	
<b>QUEEN'S PARK SPORSPLEX • 51 THIRD AVENUE</b>						
11 - 18 years					Gymnastics 7:00 - 9:00 pm	
<b>CENTURY HOUSE • 620 EIGHTH STREET</b>						
11 - 18 years		Royal City Sound DJ Program 3:30 - 6:00 pm		Royal City Sound Music Scene 6:30 - 8:30 pm		
Fees are not all \$1.00. Call or reserve online: <a href="http://newwestcity.ca/youthdropin">newwestcity.ca/youthdropin</a>						

## What to know before you go:

Things look a little different than before COVID-19. Come prepared by reviewing our [newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know) webpage or see page 3.

## Themed Day Time Drop-in (11 - 18 years)

Youth Services has created themed daytime Reserved Drop-ins that make entry easier than before. Come and leave when you want during your 2 hour reserved session, no ins and outs. Learn to DJ, play an instrument, play around with our podcasting equipment, do art, or outdoor sports. See Drop-in chart above for themes. All the other Youth Centre amenities will still be open so you can have fun the way you want. The Fitness Centre and gymnasium (Sports Drop-in) are also open to keep you active.

**New West Youth Centre** 604.515.3801  
 Monday, Wednesday, Friday, 12:30 - 2:30 pm  
**Reserved Drop-in Fee: \$1.00**

## Youth Drop-in (11 - 18 years)

Hang out with friends, play video games, chat with youth staff, or create your own fun! New safety protocols are in place. Spaces are limited.

**New West Youth Centre** 604.515.3801

Monday - Saturday, 3:30 - 9:00 pm

**Queensborough Community Centre** 604.515.3801

Monday & Wednesday, 3:30 - 6:00 pm

Friday, 3:30 - 7:30 pm

**Reserved Drop-in Fee: \$1.00**

## Media Mastery (11 - 18 years)

We've had to think of new ways to engage with you during this time. We have been creating promotional videos, interacting on Instagram, and updating our website. We want you to be a part of the process. Learn to engage with the public through different media by creating engaging content, or use our podcasting equipment and let New West hear what you have to say.

**New West Youth Centre** 604.515.3801

Wednesday, 3:30 - 5:30 pm

**Reserved Drop-in Fee: \$1.00**





## Youth DJ / Production Program

(11 - 18 years)

Learn to DJ and perform! Don't like to be in the spotlight? Get in behind the scenes and learn to produce music. No experience is necessary and we will work with you to help find your unique sound. The program is separated into two 1-hour blocks to allow for cleaning in between sessions. Spots are limited to two youth per block.

**New West Youth Centre** **604.515.3801**

Tuesday, 3:30 - 6:00 pm

**Reserved Drop-in Fee: \$1.00**

## Music Scene (11 - 18 years)

Looking for a place to jam? Never played an instrument? Want to learn to record your sound? Or record someone else's sound? At Music Scene all the above is possible. We have some instruments but feel free to bring your own. Instrument will not be shared and will be sanitized and left to sit in between weeks.

**New West Youth Centre** **604.515.3801**

Thursday, 6:30 - 8:30 pm

**Reserved Drop-in Fee: \$1.00**

## Fitness Centre (13 - 18 years)

The Fitness Centre is open again! Youth must run through a quick orientation before using the centre. Time blocks run parallel to Youth Centre time blocks. Only two youth per block.

**New West Youth Centre** **604.515.3775**

Monday - Saturday, 3:30 - 9:00 pm

**Reserved Drop-in Fee: \$1.00**

## Sports Drop-in (11 - 18 years)

Reserved gymnasium access is available at both the Youth Centre and Queensborough Community Centre. Youth Services is following viaSport Return to Sport Phase 2. All Sports Drop-ins are non-contact. Please bring your own equipment.

**New West Youth Centre** **604.515.3801**

3-person maximum per time block

Monday - Saturday, 3:30 - 9:00 pm

**Queensborough Community Centre** **604.515.3801**

10 person-maximum per time block

Monday & Wednesday, 3:30 - 6:00

Friday, 3:30 - 7:30 pm

**Reserved Drop-in Fee: \$1.00**

## Youth Gymnastics Drop-in

(11 - 18 years)

Youth Services is partnering with Gymnastics! Check out the new Sportsplex by coming out to this Friday evening unstructured program. Bring your friends or come alone and hang with Youth Services! Spots are limited.

**Queen's Park Sportsplex** **604.515.3801**

Friday, 7:00 - 9:00 pm

**Reserved Drop-in Fee: \$2.00**

### QUEENSBOROUGH COMMUNITY CENTRE • 920 EWEN AVENUE • 604.525.7388

#### Reserved Drop-in Schedule. Effective July 2, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Parent and Tot Play 9:30 - 10:15 am	Nordic Walking 9:00 - 10:15 am	Chat & Play 11:30 am - 1:00 pm	
Parent and Tot Play 10:45 - 11:30 am			Queensborough Knitters 10:00 am - 12:00 pm

Schedule is subject to change. For up-to-date schedules and to reserve online visit: [newwestcity.ca/dropin](http://newwestcity.ca/dropin)

## Reserved Drop-in Parent & Tot Play

(0 - 5 years)

### Parent Participation

Reserve your spot in our fun and playful gym space for you and your little one. Each reserved drop-in consists of a 45-minute time slot, which includes use of a variety of toys, games, and gym space.

**Queensborough Community Centre** **604.525.7388**

June 28 - August 30 (no class August 2)

**Reserved Drop-in Fee: \$3.00 per child**

## Queensborough Knitters (50+ years)

Love to knit, crochet or weave? Join the Queensborough Knitters and bring your own project or work on one of our special projects. Don't know how to knit? Drop in for some guidance from one of our pros. You don't have to be 50+ years to participate.

**Queensborough Community Centre** **604.525.7388**

July 8 - August 26

**Reserved Drop-in Fee: Free**

<b>GYMNASTICS &amp; TRAMPOLINE</b> QUEEN'S PARK SPORTSPLEX • 51 THIRD AVENUE • 604.777.5121					
Reserved Drop-in Schedule. Effective July 5 - September 2, 2021					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Parent & Tot Gymnastics 9:00 - 9:55 am
					Parent & Tot Gymnastics 10:15 - 11:10 am
Children's Gymnastics 11:30 am - 12:15 pm	Children's Gymnastics 11:30 am - 12:15 pm	Children's Gymnastics 11:30 am - 12:15 pm	Children's Gymnastics 11:30 am - 12:15 pm	Children's Gymnastics 11:30 am - 12:15 pm	Children's Gymnastics 11:30 am - 12:15 pm
Children's Gymnastics 12:30 - 1:15 pm	Children's Gymnastics 12:30 - 1:15 pm	Children's Gymnastics 12:30 - 1:15 pm	Children's Gymnastics 12:30 - 1:15 pm	Children's Gymnastics 12:30 - 1:15 pm	Children's Gymnastics 12:30 - 1:15 pm
Youth & Adult Gymnastics & Trampoline 6:30 - 8:00 pm	Family Gymnastics 6:30 - 8:00 pm	Youth & Adult Gymnastics & Trampoline 6:30 - 8:00 pm <i>Try It!</i>	Family Gymnastics 6:30 - 8:00 pm <i>Try It!</i>	Youth Services Drop-in Gymnastics 7:00 - 9:00 pm	

Schedule is subject to change. For up-to-date schedules and to reserve online visit: [newwestcity.ca/dropin](http://newwestcity.ca/dropin)

## What to know before you go:

Things look a little different than before COVID-19. Come prepared by reviewing our [newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know) webpage or see page 3.

## Reserved Child Drop-in Gymnastics (4 - 14 years)

This program is an ideal way to take our gymnastic programs for a "test drive" without committing to a full set of classes. This drop in is ideal for friends of our current students and a great way to receive a quick assessment of skill level. Each class will be tailored to suit the needs of the children on that day.

**Reserved Drop-in Fee: \$2.70 / child**

## Reserved Youth & Adult Gymnastics & Trampoline (13+ years)

Perfect for the beginners to the advanced, divers, skiers, snowboarders, stunt people, and gymnasts. Each class is tailored for all skill levels.

Monday, 6:30 - 8:00 pm

**Reserved Drop-in Fee: Youth \$3.85  
Adult \$5.60  
Senior \$4.00**

Wednesday, 6:30 - 8:00 pm

**Reserved Drop-in Fee: \$2.00 / person**

**Try it! times have a reduced  
\$2.00 admission fee.  
See more offerings on page 16.**



## Reserved Parent & Tot Gymnastics

(1 - 6 years)

**Parent Participation**

Team up with your toddlers for an exciting introduction to the wide skies of gymnastics. Our top-notch instructors emphasize safety as they teach the basic techniques and help toddlers develop their balance, motor skills and body awareness.

**Reserved Drop-in Fee: \$2.70 / child**

## Reserved Family Gymnastics (2+ years)

Family Drop in is a perfect activity for the whole family. Come on in and enjoy tumbling, jumping, learning and of course having fun in this great family program. One adult must be in attendance.

Tuesday, 6:30 - 8:00 pm

**Reserved Drop-in Fee: \$2.70 / family member**

Thursday, 6:30 - 8:00 pm

**Reserved Drop-in Fee: \$2.00 / family member**

# RESERVED DROP-IN

## Try It!

Each season we offer new opportunities for you to enjoy at a “Try It!” rate.

TRY IT! • JULY 2 - SEPTEMBER 3, 2021				
Programs listed below are \$2.00 per Reserved Drop-in booking.				
FITNESS CENTRES (open to participants 14+ years)				
Upstairs & downstairs	Monday	10:30 - 11:30 am	Canada Games Pool	604.526.4281
	Friday	7:30 - 8:30 pm		
	Sunday	11:00 am - 12:00 pm		
Fitness Centre	Thursday	11:00 am - 12:00 pm	Queensborough Community Centre	604.525.7388
GROUP FITNESS CLASSES (open to participants 14+ years)				
Strength & Stretch	Sunday	9:15 - 10:15 am	Queensborough Community Centre	604.525.7388
Yoga	Friday	5:30 - 6:30 pm	Centennial Community Centre	604.777.5100
GYMNASIUM SPORTS (Open to 18+ years unless noted otherwise)				
Badminton	Wednesday	11:00 am - 12:00 pm	Queensborough Community Centre	604.525.7388
GYMNASTICS & TRAMPOLINE (2+ years)				
Youth & Adult Gymnastics & Trampoline	Wednesday	6:30 - 8:00 pm	Queen's Park Sportsplex	604.777.5121
Family Gymnastics	Thursday	6:30 - 8:00 pm		
SWIMMING				
Lanes and Shallow Leisure	Monday	10:30 - 11:30 am	Canada Games Pool	604.526.4281
	Friday	7:30 - 8:30 pm		
	Sunday	11:00 am - 12:00 pm		
AQUAFIT				
Aquafit	Friday	7:30 - 8:30 pm	Canada Games Pool	604.526.4281
	Sunday	11:00 am - 12:00 pm		
Program offerings and schedules are subject to change. For up-to-date schedules and to reserve online visit: <a href="http://newwestcity.ca/dropin">newwestcity.ca/dropin</a>				

## ONGOING OPPORTUNITIES

### New West Youth Services

Visits to most afterschool Reserved Drop-in programs through Youth Services at the New West Youth Centre or Queensborough Community Centre are just \$1.00!

See page 13 for schedule.

Visit [newwestyouth.ca](http://newwestyouth.ca) for updates.

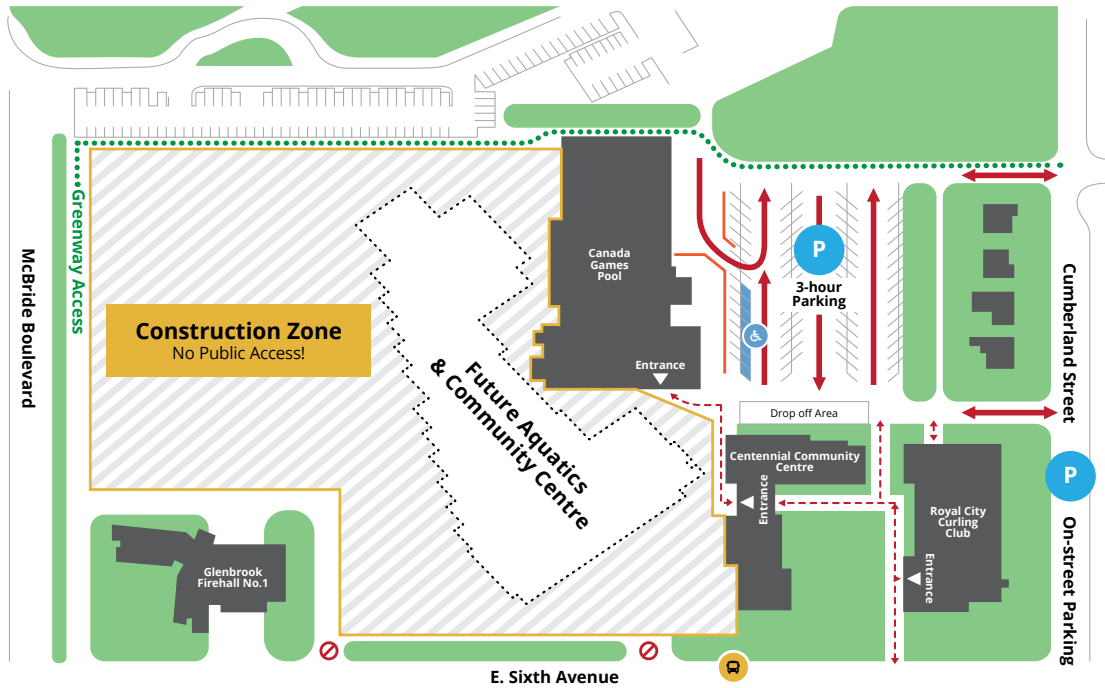
### What to know before you go:

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# CONSTRUCTION ON THE NEW AQUATICS AND COMMUNITY CENTRE HAS STARTED.



During construction, there will be **no access** to the Sixth Avenue parking lot.

## PROGRAMS & SERVICES

**Canada Games Pool and Centennial Community Centre will remain open during construction and all programs and services will continue as advertised.**

Facility users should plan to arrive early for lessons and programs as parking will be limited and additional time may be required to walk from alternate parking locations.

## PARKING

During construction, on-site parking will only be available at the Cumberland Street parking lot. Parking is limited to three hours and will be strictly enforced.

We encourage everyone to consider alternate modes of transportation such as walking, cycling, transit, and carpooling.

**Please check the project website for parking updates and changes.**

**STAY UP TO DATE:** For the latest construction information, please visit [youractivenw.ca/construction](http://youractivenw.ca/construction) or email us at [youractivenw@newwestcity.ca](mailto:youractivenw@newwestcity.ca)



## Making Waves Swim Program Parent & Tot to School Age Equivalent

Parent & Tot 3	➔	Tiny Tot Beginners
Incomplete Tiny Tot Beginners	➔	Preschool 1
Complete Tiny Tot Beginners Tiny Tot Advanced	➔	Preschool 2
Preschool 1 Incomplete Preschool 2	➔	School Age Level 1
Completed Preschool 2 Preschool 3	➔	School Age Level 2
Incomplete Preschool 4 Completed Preschool 4	➔	School Age Level 3
Preschool 5 Incomplete Preschool 6	➔	

## What to know before you go:

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## About Lessons for Summer 2021

Canada Games Pool and Moody Park Outdoor Pool will offer swimming lessons this summer. When registering, please be sure to enroll in your current level. Please review lesson set details in the tables and lesson descriptions provided. Lessons are 30 minutes in length.

If you are unsure which level to register for, call Canada Games Pool directly for assistance: 604.526.4281 or book a Reserved Drop-In Leisure Swim and ask a Lifeguard for a swim assessment. Please Note: if a child is 6 years or younger, a parent is required to book a Reserved Drop-in swim and be in the water with their child during the swim assessment.

## Lesson Set Registration Dates

Opens at 8:30 am

**May 13** New Westminster Residents

**May 14** Residents & non-residents

Swim Lesson participants can only register for one lesson set at a time to ensure participants meet all level prerequisites. You can check grades online under "Logs" in your client record. This grade determines what level to register into next. Grades are viewable at 8:30 am on the last day of your lesson set. Once you have your grades you can register for the next set of lessons.

## Water Safety Requirement

### Parent Participation Required

Tot, Preschool and School Age 1 - 4 lessons require a parent or guardian participant who must get in the water, one adult per child. If a parent or guardian is not present to go in the water, the lesson will be forfeited.

Adult 1 requires an additional person in-water for assistance.

**Canada Games Pool  
Reserved Drop-in Schedule see page 6.**

## Canada Games Pool Swimming Lesson Sets

65 E Sixth Avenue • New Westminster • 604.526.4281

TUES./ THURS. SET 1	TUES. / THURS. SET 2	WEDNESDAY
<b>Starts</b> JULY 6	<b>Starts</b> AUG. 3	<b>Starts</b> JULY 7
<b>Ends</b> JULY 29	<b>Ends</b> AUG. 26	<b>Ends</b> AUG. 25
<b>Classes</b> 8	<b>Classes</b> 8	<b>Classes</b> 8

**TINY TOT BEGINNERS (3 years)**  
 4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes

5:30 PM <b>58738</b>	5:30 PM <b>86035</b>	4:30 PM <b>85900</b>
		6:30 PM <b>85907</b>
		7:15 PM <b>93798</b>

**TINY TOT ADVANCED (3 years)**  
 4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes

4:30 PM <b>85767</b>	4:30 PM <b>86008</b>	5:30 PM <b>85916</b>
6:30 PM <b>85746</b>	6:30 PM <b>86048</b>	8:00 PM <b>93827</b>

**PRESCHOOL 1 (4 - 6 years)**  
 4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes

4:30 PM <b>85733</b>	4:30 PM <b>86002</b>	5:30 PM <b>85932</b>
		7:15 PM <b>93798</b>

**PRESCHOOL 2 (4 - 6 years)**  
 4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes

4:30 PM <b>85767</b>	4:30 PM <b>86008</b>	4:30 PM <b>85950</b>
6:30 PM <b>85845</b>	6:30 PM <b>86050</b>	8:00 PM <b>93827</b>

**PRESCHOOL 3 (4 - 6 years)**  
 4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes

6:30 PM <b>85821</b>	6:30 PM <b>86049</b>	6:30 PM <b>85964</b>
		7:15 PM <b>93807</b>

**PRESCHOOL 4 (4 - 6 years)**  
 4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes

4:30 PM <b>85887</b>	4:30 PM <b>86012</b>	4:30 PM <b>85988</b>
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**PRESCHOOL 5 (4 - 6 years)**  
 4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes

4:30 PM <b>85821</b>	4:30 PM <b>86012</b>	4:30 PM <b>85972</b>
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**PRESCHOOL 6 (4 - 6 years)**  
 4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes

4:30 PM <b>85821</b>	4:30 PM <b>86012</b>	4:30 PM <b>85972</b>
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**PRIVATE SWIMMING LESSONS SHALLOW END**  
 For all levels - (single bookings only)  
 Class Length 30 mins - \$32.00 / 1 classes

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4:30 PM	4:30 PM	4:30 PM	9:15 AM
5:30 PM	5:30 PM	5:30 PM	10:00 AM
6:30 PM	6:30 PM	6:30 PM	10:45 AM
	7:15 PM		11:30 AM
	8:00 PM		

TUES./ THURS. SET 1	TUES. / THURS. SET 2	WEDNESDAY
<b>Starts</b> JULY 6	<b>Starts</b> AUG. 3	<b>Starts</b> JULY 7
<b>Ends</b> JULY 29	<b>Ends</b> AUG. 26	<b>Ends</b> AUG. 25
<b>Classes</b> 8	<b>Classes</b> 8	<b>Classes</b> 8

**Level 1 (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

	6:30 PM <b>85978</b>	
	7:15 PM <b>93980</b>	

**Level 2 • (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

5:30 PM <b>85818</b>	5:30 PM <b>86039</b>	6:30 PM <b>85978</b>
		8:00 PM <b>93981</b>

**Level 3 (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

5:30 PM <b>85835</b>	5:30 PM <b>86040</b>	5:30 PM <b>85983</b>
		8:00 PM <b>93836</b>

**Level 4 (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

4:30 PM <b>85887</b>	4:30 PM <b>86020</b>	4:30 PM <b>85988</b>
		8:00 PM <b>93983</b>

**Level 5 (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

5:30 PM <b>85899</b>	5:30 PM <b>86041</b>	5:30 PM <b>85995</b>
		7:15 PM <b>93829</b>

**Level 6 (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

6:30 PM <b>85908</b>	6:30 PM <b>86053</b>	6:30 PM <b>85998</b>
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**Level 7 (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

4:30 PM <b>85920</b>	4:30 PM <b>86026</b>	4:30 PM <b>86004</b>
		7:15 PM <b>93848</b>

**Level 8 (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

4:30 PM <b>85930</b>	4:30 PM <b>86032</b>	4:30 PM <b>86009</b>
		7:15 PM <b>93848</b>

**Level 9 (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

6:30 PM <b>85973</b>	6:30 PM <b>86055</b>	5:30 PM <b>86016</b>
		8:00 PM <b>93861</b>

**Level 10 (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

6:30 PM <b>85973</b>	6:30 PM <b>86055</b>	5:30 PM <b>86023</b>
		8:00 PM <b>93861</b>

**Level 11 (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

5:30 PM <b>85953</b>	5:30 PM <b>86042</b>	6:30 PM <b>86030</b>
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**Level 12 (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

5:30 PM <b>85967</b>	5:30 PM <b>86046</b>	6:30 PM <b>86038</b>
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**Moderate Training Swimfit for Children (6 - 14 years)**  
 4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes

5:30 PM <b>85967</b>	5:30 PM <b>86046</b>	6:30 PM <b>86038</b>
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**Adult Level 1 (15+ years)**  
 6 Students Per Class - Class Length 30 mins - \$44.96 / 8 classes

6:30 PM <b>85975</b>	6:30 PM <b>86054</b>	
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**Adult Level 2 (15+ years)**  
 6 Students Per Class - Class Length 30 mins - \$44.96 / 8 classes

6:30 PM <b>85975</b>	6:30 PM <b>86054</b>	
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## Moody Park Outdoor Pool Swimming Lesson Sets

701 10th Street • New Westminster • 604.526.4281

	TUES./ THURS. SET 1	TUES. / THURS. SET 2
<b>Starts</b>	JULY 6	<b>Starts</b> AUGUST 3
<b>Ends</b>	JULY 29	<b>Ends</b> AUGUST 9
<b>Classes</b>	8	<b>Classes</b> 8

<b>TINY TOT BEGINNER (3 years)</b>		
4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes		
10:00 AM	<b>86129</b>	10:00 AM <b>86130</b>

<b>TINY TOT ADVANCED • (3 years)</b>		
4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
11:00 AM	<b>86131</b>	11:00 AM <b>86133</b>

<b>PRESCHOOL 1 (4 - 6 years)</b>		
4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes		
10:00 AM	<b>86129</b>	10:00 AM <b>86130</b>

<b>PRESCHOOL 2 (4 - 6 years)</b>		
4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes		
11:00 AM	<b>86131</b>	11:00 AM <b>86133</b>
12:00 PM	<b>86151</b>	12:00 PM <b>86156</b>

<b>PRESCHOOL 3 (4 - 6 years)</b>		
4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes		
10:00 AM	<b>86269</b>	10:00 AM <b>86271</b>
11:00 AM	<b>86270</b>	11:00 AM <b>86272</b>

<b>PRESCHOOL 4 (4 - 6 years)</b>		
4 Students Per Class - Class Length 30 mins - \$58.80 / 8 classes		
10:00 AM	<b>86269</b>	10:00 AM <b>86271</b>
11:00 AM	<b>86270</b>	11:00 AM <b>86272</b>



	TUES./ THURS. SET 1	TUES. / THURS. SET 2
<b>Starts</b>	JULY 6	<b>Starts</b> AUGUST 3
<b>Ends</b>	JULY 29	<b>Ends</b> AUGUST 9
<b>Classes</b>	8	<b>Classes</b> 8

<b>LEVEL 1 (6 - 14 years)</b>		
4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
12:00 PM	<b>86277</b>	12:00 PM <b>86278</b>

<b>LEVEL 2 (6 - 14 years)</b>		
4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
12:00 PM	<b>86277</b>	12:00 PM <b>86278</b>

<b>LEVEL 3 (6 - 14 years)</b>		
4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
10:00 AM	<b>86273</b>	10:00 AM <b>86276</b>

<b>LEVEL 4 (6 - 14 years)</b>		
4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
11:00 AM	<b>86280</b>	11:00 AM <b>86281</b>

<b>LEVEL 5 (6 - 14 years)</b>		
4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
12:00 PM	<b>86297</b>	12:00 PM <b>86298</b>

<b>LEVEL 6 (6 - 14 years)</b>		
4 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
12:00 PM	<b>86297</b>	12:00 PM <b>86298</b>

<b>LEVEL 7 (6 - 14 years)</b>		
6 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
10:00 AM	<b>86347</b>	10:00 AM <b>86362</b>

<b>LEVEL 8 (6 - 14 years)</b>		
6 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
10:00 AM	<b>86347</b>	10:00 AM <b>86362</b>

<b>LEVEL 9 (6 - 14 years)</b>		
6 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
11:00 AM	<b>86295</b>	11:00 AM <b>86296</b>

<b>LEVEL 10 (6 - 14 years)</b>		
6 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
11:00 AM	<b>86295</b>	11:00 AM <b>86296</b>

<b>LEVEL 11 (6 - 14 years)</b>		
6 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
12:00 PM	<b>86384</b>	12:00 PM <b>86387</b>

<b>LEVEL 12 (6 - 14 years)</b>		
6 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
12:00 PM	<b>86384</b>	12:00 PM <b>86387</b>

<b>Moderate Training Swimfit for Children (6 - 14 years)</b>		
6 Students Per Class - Class Length 30 mins - \$42.40 / 8 classes		
12:00 PM	<b>86384</b>	12:00 PM <b>86387</b>

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## INFANTS

### Tiny Tot Beginners

(3 years)

**Parent Participation**

Songs and imagery will be used for a gradual introduction to getting wet, blowing bubbles, submersions and relaxed assisted back floats. Taught in the main pool.

### Tiny Tot Advanced

(3 years)

**Parent Participation**

For those comfortable submerging and able to do a relaxed assisted back float. Focus is on working from assisted floats to unassisted glides on front and back.

## PRESCHOOL

### Preschool 1

(4 - 6 years)

**Parent Participation**

Water orientation will include songs and imagery for a gradual introduction to getting wet, blowing bubbles, submersions, and relaxed assisted back floats. Taught in the main pool.

### Preschool 2

(4 - 6 years)

**Parent Participation**

For swimmers that are comfortable submerging and able to do a relaxed assisted back float. This class focuses on working from assisted floats to unassisted glides on both the front and back.

### Preschool 3

(4 - 6 years)

**Parent Participation**

Students will learn to kick in both front and back glides. They will also learn to transfer their body weight from one glide to another.

### Preschool 4

(4 - 6 years)

**Parent Participation**

Focus is on learning the breathing position and breath control for front swim. Kicking back swim continues to be refined.

### Preschool 5

(4 - 6 years)

**Parent Participation**

Students will learn arm propulsion and coordination for front swim. The back swim will focus on streamlining and body roll.

### Preschool 6

(4 - 6 years)

**Parent Participation**

Over arm recovery for both front and back crawl are introduced. Students will be challenged with distances to prepare them to move to School Age Level 3.



## CHILDREN

### Level 1

(6 - 14 years)

**Parent Participation**

For students who are non-swimmers. Focus is on fundamental skills including submersions, front and back floats and glides.

### Level 2

(6 - 14 years)

**Parent Participation**

Students will learn a propulsive kick on both front and back glides and will learn to transfer their body weight from one glide to another. They will also be introduced to the front swim breathing position.

### Level 3

(6 - 14 years)

**Parent Participation**

This class will focus on correct breathing position, breath control as well as correct timing and coordination of arm propulsion. Kicking in back swim continues to be refined.

### Level 4

(6 - 14 years)

**Parent Participation**

Students will learn over arm recovery for both front and back crawl and continue to increase propulsion in preparation for moving to the middle section in Level 5.



## Level 5 (6 - 14 years)

The focus will be on coordinating the full front crawl with a correct arm extension. Back crawl will focus on timing the body roll and kick with over arm recovery.

## Level 6 (6 - 14 years)

Strengthen your coordination of the front and back crawls with a focus on correct arm entries. Both strokes are challenged to maintain strong technique with progressive distances in preparation for moving to the deep end in Level 7.

## Level 7 (6 - 14 years)

Students will refine body rotation and arm extension in front and back crawl while maintaining stroke technique. Streamlining coordination through drill and whole stroke work will also be a priority in this level.

## Level 8 (6 - 14 years)

Front and back crawl are further refined through minimizing resistance in arm recoveries and entry. Students will be introduced to the dolphin kick for the butterfly and breast stroke.

## Level 9 (6 - 14 years)

Strengthening dolphin kick is continued and learning the mechanics of breast stroke pull. Drill work for front and back crawl will focus on maximizing propulsive forces in the arm pull.

## Level 10 (6 - 14 years)

Strengthening the mechanics of breast stroke pull and developing a strong isolated breast stroke kick. Will continue to develop back and front crawl.

## Level 11 (6 - 14 years)

The focus will be on developing a coordinated breast stroke. Butterfly stroke is introduced. Advanced front and back drills focus on strength and endurance.

## Level 12 (6 - 14 years)

Butterfly is introduced. All strokes are evaluated to competitive level proficiency. Students will be introduced to an I.M. (individual medley).

## Moderate Training Swimfit For Children (6 - 14 years)

Designed to increase endurance and prepare students for lifeguarding and swim instructor courses. Must complete level 12 to enroll.

## ADULT

### Adult Level 1 (15+ years)

**Requires an additional person in-water for assistance.** For adults with little or no swimming experience. Lessons are taught in shallow water and focus on water orientation floats glides and breath control. Lessons are taught in the shallow end of the main pool.

### Adult Level 2 (15+ years)

For adults who can glide and kick on both front and back. Lessons are taught in the shallow or middle sections and focus on adding propulsion to both front and back swims. Lessons are taught in the shallow end of the main pool.



## Queen's Park Sportsplex Gymnastics & Trampoline Lesson Sets

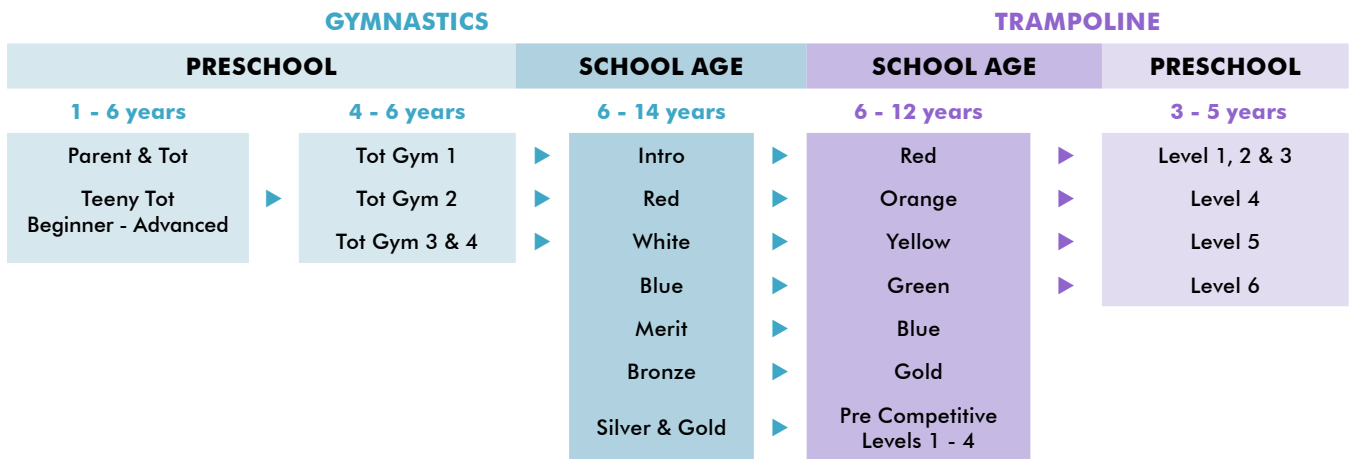
51 Third Avenue, Queen's Park • New Westminster • 604.777.5121

Monday - Friday SET 1		Monday - Friday SET 2		Monday - Friday SET 3		Monday - Thursday SET 4	
<b>Starts</b>	JULY 5	<b>Starts</b>	JULY 12	<b>Starts</b>	JULY 19	<b>Starts</b>	JULY 26
<b>Ends</b>	JULY 9	<b>Ends</b>	JULY 16	<b>Ends</b>	JULY 23	<b>Ends</b>	JULY 29
<b>Classes</b>	5	<b>Classes</b>	5	<b>Classes</b>	5	<b>Classes</b>	4
<b>TRAMPOLINE &amp; TUMBLING (4 - 5 years)</b>							
Class Length 55 mins • \$59.50 / 5 classes, \$47.75 / 4 classes							
9:00 AM	<b>83814</b>	9:00 AM	<b>84881</b>	9:00 AM	<b>84883</b>	9:00 AM	<b>84885</b>
10:00 AM	<b>84880</b>	10:00 AM	<b>84882</b>	10:00 AM	<b>84884</b>	10:00 AM	<b>84886</b>
<b>GYMNASTICS (4 - 6 years)</b>							
Class Length 120 mins • \$119.00 / 5 classes, \$95.25 / 4 classes							
9:00 AM	<b>83827</b>	9:00 AM	<b>84904</b>	9:00 AM	<b>84906</b>	9:00 AM	<b>84913</b>
11:15 AM	<b>84903</b>	11:15 AM	<b>84905</b>	11:15 AM	<b>84908</b>	11:15 AM	<b>84915</b>
<b>GYMNASTICS (6 - 14 years)</b>							
Class Length 120 mins • \$119.00 / 5 classes, \$95.25 / 4 classes							
9:00 AM	<b>83813</b>	9:00 AM	<b>85204</b>	9:00 AM	<b>85215</b>	9:00 AM	<b>85230</b>
11:15 AM	<b>85197</b>	11:15 AM	<b>85210</b>	11:15 AM	<b>85221</b>	11:15 AM	<b>85232</b>
<b>TRAMPOLINE (6 - 14 years)</b>							
Class Length 120 mins • \$119.00 / 5 classes, \$95.25 / 4 classes							
9:00 AM	<b>83812</b>	9:00 AM	<b>85151</b>	9:00 AM	<b>85153</b>	9:00 AM	<b>85156</b>
11:15 AM	<b>85145</b>	11:15 AM	<b>85152</b>	11:15 AM	<b>85155</b>	11:15 AM	<b>85154</b>
<b>TRAMPOLINE (6 - 14 years)</b>							
Class Length 55 mins • \$59.50 / 5 classes, \$47.75 / 4 classes							
2:00 PM	<b>83811</b>	2:00 PM	<b>85001</b>	2:00 PM	<b>85002</b>	2:00 PM	<b>85003</b>

Tuesday - Friday SET 1		Monday - Friday SET 2		Monday - Friday SET 3		Monday - Friday SET 4		Monday - Thursday SET 1	
<b>Starts</b>	AUG. 3	<b>Starts</b>	AUG. 9	<b>Starts</b>	AUG. 16	<b>Starts</b>	AUG. 23	<b>Starts</b>	AUG. 30
<b>Ends</b>	AUG. 6	<b>Ends</b>	AUG. 13	<b>Ends</b>	AUG. 20	<b>Ends</b>	AUG. 27	<b>Ends</b>	SEPT. 2
<b>Classes</b>	4	<b>Classes</b>	5	<b>Classes</b>	5	<b>Classes</b>	5	<b>Classes</b>	4
<b>TRAMPOLINE &amp; TUMBLING (4 - 5 years)</b>									
Class Length 55 mins • \$59.50 / 5 classes, \$47.75 / 4 classes									
9:00 AM	<b>84887</b>	9:00 AM	<b>84889</b>	9:00 AM	<b>84891</b>	9:00 AM	<b>84895</b>	9:00 AM	<b>84897</b>
10:00 AM	<b>84888</b>	10:00 AM	<b>84890</b>	10:00 AM	<b>84894</b>	10:00 AM	<b>84896</b>	10:00 AM	<b>84898</b>
<b>GYMNASTICS (4 - 6 years)</b>									
Class Length 120 mins • \$119.00 / 5 classes, \$95.25 / 4 classes									
9:00 AM	<b>84916</b>	9:00 AM	<b>84921</b>	9:00 AM	<b>84923</b>	9:00 AM	<b>84929</b>	9:00 AM	<b>84935</b>
11:15 AM	<b>84918</b>	11:15 AM	<b>84922</b>	11:15 AM	<b>84924</b>	11:15 AM	<b>84932</b>	11:15 AM	<b>84940</b>
<b>GYMNASTICS (6 - 14 years)</b>									
Class Length 120 mins • \$119.00 / 5 classes, \$95.25 / 4 classes									
9:00 AM	<b>85243</b>	9:00 AM	<b>85244</b>	9:00 AM	<b>85250</b>	9:00 AM	<b>85253</b>	9:00 AM	<b>85256</b>
11:15 AM	<b>85226</b>	11:15 AM	<b>85246</b>	11:15 AM	<b>85248</b>	11:15 AM	<b>85255</b>	11:15 AM	<b>85257</b>
<b>TRAMPOLINE (6 - 14 years)</b>									
Class Length 120 mins • \$119.00 / 5 classes, \$95.25 / 4 classes									
9:00 AM	<b>85158</b>	9:00 AM	<b>85165</b>	9:00 AM	<b>85170</b>	9:00 AM	<b>85172</b>	9:00 AM	<b>85178</b>
11:15 AM	<b>85160</b>	11:15 AM	<b>85166</b>	11:15 AM	<b>85171</b>	11:15 AM	<b>85174</b>	11:15 AM	<b>85182</b>
<b>TRAMPOLINE (6 - 14 years)</b>									
Class Length 55 mins • \$59.50 / 5 classes, \$47.75 / 4 classes									
2:00 PM	<b>85004</b>	2:00 PM	<b>85005</b>	2:00 PM	<b>85006</b>	2:00 PM	<b>85007</b>	2:00 PM	<b>85008</b>

## GYMNASTICS & TRAMPOLINE PROGRAM CONTINUUM



### What to know before you go:

Things look a little different than before COVID-19. Come prepared by reviewing our [newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know) webpage or see page 3.

## PRESCHOOL

### Trampoline & Tumbling (4 - 5 years)

This progressive level system follows our trampoline skills chart. Tumbling is added to round out the trampoline skills and teach body awareness. Classes are 55 minutes.

### Gymnastics (4 - 6 years)

All levels of Tot Gymnastics will be taught in this fun two hour class.

## CHILDREN

### Gymnastics (6 - 14 years)

A variety of gymnastic stunts and jumps will challenge every participant. Instructors will tailor-fit your child's level into this fun two hour class. Cartwheels and hand-stands galore!

### Trampoline (6 - 14 years)

High-flying fun for beginners all the way up to competitive participants. Great for divers, skiers and snowboarders too! This class is 55 minutes.

### Trampoline (6 - 14 years)

Double to bounce for those that can't get enough! All levels can be accommodated in this two hour class.



**Gymnastics & Trampoline  
Reserved Drop-in. See page 15.**

**Try it! times have a reduced  
\$2.00 admission fee.  
See more offerings on page 16.**

# Thank you for skating at Moody Park Arena!



Skating has been one of our most popular activities so far in 2021.

Due to necessary ice and arena maintenance,  
Moody Park Arena is closed for scheduled updates.

Pending project completion, skating lessons and reserved public  
skates should resume late July 2021. To reserve drop-in skating and  
for the most up to date schedule visit [newwestcity.ca/skating](https://newwestcity.ca/skating)



## HALF DAY CAMPS • 2.5 - 4 HOURS

CAMP	AGE	DAY & TIME	DATE	COURSE ID	LOCATION
Summer Dance & Art Camp	3 - 5 yrs	Mon. - Fri. 9:00 - 11:00 am	July 19 - 23 Aug. 16 - 20	94318 94319	Centennial Community Ctr.
Music Makers Camp	5 - 6 yrs	Mon. - Fri. 10:00 am - 12:00 pm	Aug. 23 - 27	92348	Anvil Centre Studio 413
Paint/Draw/Sculpt Camp	5 - 6 yrs	Mon. - Fri. 9:30 am - 12:00 pm	Aug. 16 - 20	92330	Anvil Centre Studio 413
Cartooning Camp	6 - 8 yrs	Mon. - Fri. 9:30 am - 12:00 pm	Aug. 9 - 13	92329	Anvil Centre Studio 413
Art and Cartooning Camp	6 - 10 yrs	Mon. - Fri. 10:00 am - 12:30 pm	July 12 - 16	94297	Centennial Community Ctr.
Bricks4Kidz - Amusement Park Camp	6 - 12 yrs	Mon. - Fri. 10:00 am - 1:00 pm	July 19 - 23	94304	Queensborough Community Ctr.
Bricks4Kidz - Mining & Crafting Camp	6 - 12 yrs	Tues. - Fri., 10:00 am - 1:00 pm	Aug. 3 - 6	94305	Centennial Community Ctr.
Summer & Art Dance Camp	6 - 12 yrs	Mon. - Fri. 11:30 am - 3:30 pm	July 19 - 23 Aug. 16 - 20	94307 94308	Centennial Community Ctr.
Paint/Draw/Sculpt Camp	7 - 12 yrs	Mon. - Fri. 1:00 - 3:30 pm	Aug. 16 - 20	92332	Anvil Centre Studio 413
Artist Focus Camp	7 - 12 yrs	Mon. - Fri. 10:00 am - 12:30 pm	Aug. 23 - 2	94299	Centennial Community Ctr.
Documentary Film Camp	7 - 12 yrs	Mon. & Tues., 1:00 - 4:00 pm	July 12 - 27	93610	Virtual via Zoom
Ukulele & Music Camp	7 - 12 yrs	Mon. - Fri. 1:00 - 3:30 pm	Aug. 9 - 13 Aug. 23 - 27	96470 92349	Anvil Centre Studio 413
Graphic Novel Camp	8 - 13 yrs	Mon. - Fri. 10:00 am - 12:30 pm	July 26 - 30	94298	Centennial Community Ctr.
The Secrets of Magic Camp	8 - 12 yrs	Mon. - Fri. 9:00 am - 12:00 pm	July 26 - 30	96796	Centennial Community Ctr.
Douglas College Soccer Camp	9 - 14 yrs	Mon. - Fri. 9:00 am - 12:00 pm	July 5 - 9 July 19 - 23 Aug. 16 - 20 Aug. 30 - Sept. 3	NA	Queen's Park South
Douglas College Basketball Camp	9 - 14 yrs	Mon. - Fri. 1:00 - 4:00 pm	July 12 - 16	NA	Queensborough Community Ctr.
Douglas College Multi-Sport Activity Camp	9 - 14 yrs	Mon. - Fri. 1:00 - 4:00 pm	July 26 - 30	NA	Queensborough Community Ctr.
Douglas College Badminton Camp	9 - 14 yrs	Mon. - Fri. 1:00 - 4:00 pm	Aug. 30 - Sept. 3	NA	Queensborough Community Ctr.
Douglas College Outdoor Theatre Camp	9 - 15 yrs	Mon. - Fri. 1:00 pm - 4:00 pm	July 19 - 23 Aug. 16 - 20	94255 94256	Queen's Park Bandshell
Babysitter Boot Day Camp	11 - 14 yrs	Mon. - Fri. 10:00 am - 2:00 pm	July 12 - 16 Aug. 16 - 20	93696 93697	Virtual via Zoom

## FULL DAY CAMPS • 6 - 7 HOURS

CAMP DATES	AGE	DAY & TIME	COURSE ID	LOCATION
June 28 - July 2 July 5 - 9	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93534 93535	Queensborough Community Ctr.
July 12 - 16	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93536	Queensborough Community Ctr.
July 19 - 23	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93538	Queensborough Community Ctr.
July 26 - 30	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93539	Queensborough Community Ctr.
Aug. 3 - 6	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93540	Queensborough Community Ctr.
Aug. 9 - 13	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93542	Queensborough Community Ctr.
Aug. 16 - 20	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93543	Queensborough Community Ctr.
Aug. 23 - 27	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93544	Queensborough Community Ctr.
Aug. 30 - Sept. 3	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93545	Queensborough Community Ctr.
July 5 - 9	9 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93609	Queensborough Community Ctr.
July 26 - 30	9 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93611	Queensborough Community Ctr.
Aug. 3 - 6	9 - 12 yrs	Tues. - Fri., 9:00 am - 4:00 pm	93608	Centennial Community Ctr.
July 12 - 16	9 - 12 yrs	Mon. - Fri., 9:00 am - 3:00 pm	94293	Centennial Community Ctr.
Aug. 9 - 13	9 - 12 yrs	Mon. - Fri., 9:00 am - 3:00 pm	94294	Centennial Community Ctr.
Theatre Intensive: Take the Stage July 5 - 9	8 - 15 yrs	Mon. - Fri., 9:00 am - 3:00 pm	92326	Anvil Centre Studio 413

**FULL DAY CAMPS • 6 - 7 HOURS**

CAMP DATES	AGE	DAY & TIME	COURSE ID	LOCATION
<b>DAY CAMP JUNIOR</b>				
June 28 - July 2 July 5 - 9	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93506 93508	Centennial Community Ctr.
July 12 - 16	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93509	Centennial Community Ctr.
July 19 - 23	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93510	Centennial Community Ctr.
July 26 - 30	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93512	Centennial Community Ctr.
Aug. 3 - 6	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93513	Centennial Community Ctr.
Aug. 9 - 13	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93515	Centennial Community Ctr.
Aug. 16 - 20	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93516	Centennial Community Ctr.
Aug. 23 - 27	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93518	Centennial Community Ctr.
Aug. 30 - Sept. 3	5 - 7 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93519	Centennial Community Ctr.
<b>DAY CAMP KIDS</b>				
June 28 - July 2 July 5 - 9	8 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93548 93549	Centennial Community Ctr.
July 12 - 16	8 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93550	Centennial Community Ctr.
July 19 - 23	8 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93551	Centennial Community Ctr.
July 26 - 30	8 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93552	Centennial Community Ctr.
Aug. 3 - 6	8 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93553	Centennial Community Ctr.
Aug. 9 - 13	8 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93554	Centennial Community Ctr.
Aug. 16 - 20	8 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93555	Centennial Community Ctr.
Aug. 23 - 27	8 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93556	Centennial Community Ctr.
Aug. 30 - Sept. 3	8 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93557	Centennial Community Ctr.
<b>OUTDOOR DISCOVERY DAY CAMPS</b>				
June 28 - July 2	6 - 10 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93486	Ryall Park Picnic Shelter
July 12 - 16	6 - 10 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93489	Ryall Park Picnic Shelter
July 26 - 30	6 - 10 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93482	Ryall Park Picnic Shelter
Aug. 9 - 13	6 - 10 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93494	Ryall Park Picnic Shelter
Aug. 23 - 27	6 - 10 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93496	Ryall Park Picnic Shelter
July 5 - 9	6 - 10 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93487	Port Royal Park Picnic Shelter
July 19 - 23	6 - 10 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93491	Port Royal Park Picnic Shelter
Aug. 3 - 6	6 - 10 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93493	Port Royal Park Picnic Shelter
Aug. 16 - 20	6 - 10 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93495	Port Royal Park Picnic Shelter
Aug. 30 - Sept. 3	6 - 10 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93498	Port Royal Park Picnic Shelter
June 28 - July 2 July 5 - 9	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93457 93462	Lower Hume Park Picnic Shelter
July 12 - 16	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93458	Lower Hume Park Picnic Shelter
July 19 - 23	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93459	Lower Hume Park Picnic Shelter
July 26 - 30	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93460	Lower Hume Park Picnic Shelter
Aug. 3 - 6	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93461	Lower Hume Park Picnic Shelter
Aug. 9 - 13	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93466	Lower Hume Park Picnic Shelter
Aug. 16 - 20	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93467	Lower Hume Park Picnic Shelter
Aug. 23 - 27	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93469	Lower Hume Park Picnic Shelter
Aug. 30 - Sept. 3	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93470	Lower Hume Park Picnic Shelter
June 28 - July 2 July 5 - 9	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93472 93473	Queen's Park Picnic Shelter
July 12 - 16	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93474	Queen's Park Picnic Shelter
July 19 - 23	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93475	Queen's Park Picnic Shelter
July 26 - 30	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93476	Queen's Park Picnic Shelter
Aug. 3 - 6	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93477	Queen's Park Picnic Shelter
Aug. 9 - 13	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93478	Queen's Park Picnic Shelter
Aug. 16 - 20	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93479	Queen's Park Picnic Shelter
Aug. 23 - 27	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93480	Queen's Park Picnic Shelter
Aug. 30 - Sept. 3	7 - 12 yrs	Mon. - Fri., 9:00 am - 4:00 pm	93481	Queen's Park Picnic Shelter



## Tot Explorers (3 - 5 years)

Nature is a child's best education. Children are provided an opportunity to connect with the environment in a safe and enjoyable way through the nature crafts, collages, making of rain art, hunting for insects and learning about trees. On Friday, the group will visit the local spray park (please bring a bathing suit and towel). Children are asked to dress for the weather and to bring a healthy snack each day.

**Queen's Park Bandshell** **604.777.5100**

Monday - Friday, 10:00 am - 12:00 pm

July 12 - 16

**94314**

August 9 - 13

**94315**

**Queensborough Community Centre** **604.525.7388**

Monday - Friday, 10:30 am - 12:30 pm

July 26 - 30

**94316**

August 23 - 27

**94317**

**Registration Fee: \$100.00 / 5 classes**

## DANCE

### Summer Dance & Art Camp

(3 - 5 years)

Dance takes on an art twist this summer. Not only will you learn the basic steps to a variety of dance styles and music, you will explore dance through art, games and movement. Dance steps will be taught by a qualified instructor in Ballet, Jazz, Tap, Creative and Scottish dance. Bring a water bottle and healthy snack each day.

**Centennial Community Centre** **604.777.5100**

Monday - Friday, 9:00 - 11:00 am

July 26 - 30

**94318**

August 16 - 20

**94319**

**Registration Fee: \$90.00 / 5 classes**

## FITNESS

### Parent & Baby Yoga (0 - 10 months)

Begin with a Baby Yoga Flow that supports your baby's developing systems and move into a Parent's Yoga Flow which opens areas of the body that often experience repetitive strain while caring for an infant. Each class includes pranayama and core strengthening sequences. Please bring a yoga mat and blanket. Anvil Instructor: Doreen Chand.

**Anvil Centre Theatre** **604.527.4640**

Wednesday, 9:30 - 10:45 am

**92867**

Wednesday, 11:15 am - 12:30 pm

**92875**

July 14 - August 18

**Registration Fee: \$55.00 / 6 classes**

**See our Reserved Gymnastics Drop-in Schedule on page 15!**

## ARTS

### Little Voices Musical Theatre

(4 - 6 years)

A camp for young children with an emphasis on playing and making instruments, musical games and singing songs. Children will explore self-expression, creativity, social interaction and movement.

**Centennial Community Centre** **604.777.5100**

Monday - Friday, 9:30 - 11:00 am

July 5 - 9

**Registration Fee: \$80.00 / 5 classes** **94306**

### Music and Math (3 - 5 years)

Music is a magical gift to be nourished and cultivated in our children. This exciting program combines children's songs and rhymes with movement, art and simple math concepts.

**Centennial Community Centre** **604.777.5100**

Monday - Friday, 9:30 - 11:00 am

August 23 - 27

**Registration Fee: \$80.00 / 5 classes** **94313**





## GENERAL

### Playtime Fun (3 - 5 years)

A play-based, development program, focused on physical, motor and social skills in a preschool-aged focused environment. Features fully qualified preschool instructors and specially equipped rooms with scaled down furniture, toys, and play areas. Parent participation not permitted; COVID-19 modifications to our regular preschool-aged programs will be in effect.

**Century House** 604.525.7388

Monday, Wednesday, Friday, 9:00 am - 12:00 pm

July 5 - 30

**Registration Fee: \$189.00 / 12 classes** 93622

August 4 - September 3

**Registration Fee: \$220.50 / 14 classes** 93669

Tuesday, Thursday, 9:00 am - 12:00 pm

July 6 - 29

**Registration Fee: \$126.00 / 8 classes** 93623

August 3 - September 2

**Registration Fee: \$157.50 / 10 classes** 93670

**Queensborough Community Centre** 604.525.7388

Monday, Wednesday, Friday, 9:00 am - 12:00 pm

July 5 - 30

**Registration Fee: \$189.00 / 12 classes** 93620

August 4 - September 3

**Registration Fee: \$220.50 / 14 classes** 93666

Tuesday, Thursday, 9:00 am - 12:00 pm

July 6 - 29

**Registration Fee: \$126.00 / 8 classes** 93621

August 3 - September 2

**Registration Fee: \$157.50 / 10 classes** 93667

[What to know before you go](#)

### Silly Scientists (3 - 5 years)

This hands-on session will include lots of fun games and science related activities for little ones. We will enjoy exciting experiments and activities, even ones you can try at home. Participants should wear clothes that can get stained or soiled from our 'out of this world' experiments.

**Centennial Community Centre** 604.777.5100

Monday - Friday, 10:00 am - 12:00 pm

August 16 - 20

93614

**Queensborough Community Centre** 604.525.7388

Monday - Friday, 1:00 - 3:00 pm

August 9 - 13

93619

**Registration Fee: \$112.50 / 5 classes**

## HERITAGE

### Faery Fantasy (3 - 5 years)

Kids will explore the secrets of garden fairies as they discover the age-old mysteries inspired by the stories and rhymes of fairy frolic. An afternoon of fairy lore and fun with garden games and crafts will captivate young minds and hearts.

**Irving House** 604.527.4640

Saturday, 10:00 am - 12:00 pm

July 10

**Registration Fee: \$16.75**

93748

## SPORTS

### Sportball - Multi Sport (3.5 - 5 years)

Focus on physical literacy and social exploration as toddlers learn basic sport skills and participate in creative motor games. There is an additional \$20.00 equipment kit charge, each participant gets to keep these items at the conclusion of the program set. Not eligible for subsidy.

Monday - Friday, 10:45 am - 12:00 pm

**Sapperton Field**

604.777.5100

July 5 - 9

93590

**Ryall Park South Field**

604.525.7388

July 12 - 16

93592

**Hume Park Field**

604.777.5100

July 26 - 30

93594

**Queen's Park South**

604.777.5100

August 9 - 13

93598

**Ryall Park South Field**

604.525.7388

August 23 - 30

93600

**Registration Fee: \$90.00 / 5 classes**

**Moody Park Field**

604.777.5100

Tuesday - Friday, 10:45 am - 12:00 pm

August 3 - 6

93596

**Registration Fee: \$72.00 / 4 classes**

## What to know before you go:

Things look a little different than before COVID-19. Come prepared by reviewing our [newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know) webpage or see page 3.

## ARTS

### Fairies, Fortresses and Octopus Lairs! (5 - 12 years)

Let's welcome summer by creating a gnome tree-door tile with a little stone pathway, to invite magic into our garden! A sculpted knights castle, equipped with an octopus moat, is a must to keep any gremlins away! Summer isn't complete without a picnic. Let's make a teapot, cups, a little cookie platter, and perhaps a sculpture of our favourite pet to help eat the cookies! All clay projects are kiln fired and painted with dinnerware safe glazes. All materials included. Please bring a snack each day.

**Centennial Community Centre** 604.777.5100  
Monday - Friday, 10:00 am - 12:00 pm  
August 9 - 13 **94302**

**Queensborough Community Centre** 604.525.7388  
Monday - Friday, 2:00 - 4:00 pm  
August 9 - 13 **94303**

**Registration Fee: \$130.00 / 5 classes**

### Pottery & Clay: Summer Pottery (5 - 12 years)

Create Sunflower pots with little saucers to place in your window! Lemonade pitchers with little cups are fun to make. Maybe a little seashell treasure box and a few shell shaped beads to place in it? It's up to you! We will wrap things up with a garden party, games and lemonade! Bring a snack each day and be ready for daily games! All clay projects are kiln fired and painted with dinnerware safe glazes. All materials included. Please bring a snack each day.

**Centennial Community Centre** 604.777.5100  
Monday - Friday, 10:00 am - 12:00 pm  
July 5 - 9 **94300**

**Queensborough Community Centre** 604.525.7388  
Monday - Friday, 2:00 - 4:00 pm  
July 5 - 9 **94301**

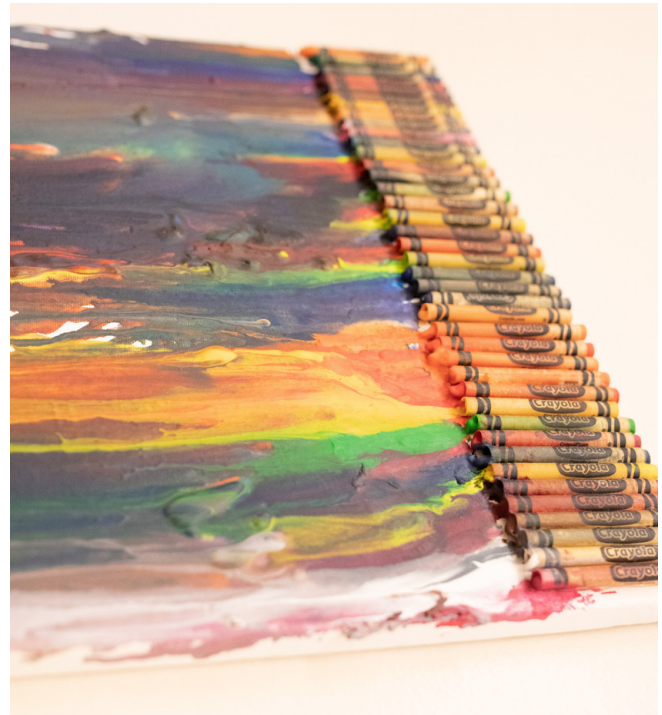
**Registration Fee: \$130.00 / 5 classes**

### Paint/Draw/Sculpt Camp (5 - 8 years)

This dynamic program develops skills, techniques and art vocabulary through painting, drawing and sculpture. Encouraging creativity and confidence, students discover the thrill of creating projects with a wide variety of media, including acrylics, clay, pastels and more. Designed to foster imagination, build artistic skills and provide a fun, fresh approach to art. All supplies included. Instructor: Noelle Horrocks.

**Anvil Centre Studio 413** 604.527.4640  
Monday - Friday, 9:30 am - 12:00 pm  
August 16 - 20 **92330**

**Registration Fee: \$89.00 / 5 classes**



### Art Adventure (6 - 10 years)

Experiment with different art mediums as you explore eco art, printmaking, sculpture and recyclable projects. Make kites, collages, go wild with superhero and other unique projects. Bring a nutritious snack daily.

**Queensborough Community Centre** 604.525.7388  
Tuesday - Friday, 10:00 am - 12:00 pm  
August 3 - 6

**Registration Fee: \$76.00 / 4 classes** **94295**  
August 16 - 20

**Registration Fee: \$95.00 / 5 classes** **94296**

### Cartooning Camp (6 - 8 years)

Learn to draw characters, create short narratives through image and text, and discover the endless possibilities of cartooning. This program will introduce curious minds to comic strips, trading cards, animated flip-books and more! All supplies included. Instructor: Melissa Thorpe.

**Anvil Centre Studio 413** 604.527.4640  
Monday - Friday, 9:30 am - 12:00 pm  
August 9 - 13

**Registration Fee: \$89.00 / 5 classes** **92329**

### Art & Cartooning Camp (6 - 10 years)

Learn about famous artists, their artworks and art history while exploring with paint, drawing and sculpture. Then get creative learning the basics of cartooning including drawing expressions, the comic strip and creating characters. All supplies included. Instructor: Melissa Thorpe.

**Centennial Community Centre** 604.777.5100  
Monday - Friday, 10:00 am - 12:30 pm  
July 12 - 16

**Registration Fee: \$110.00 / 5 classes** **94297**

Follow & connect with us!



## Artist Focus Camp (7 - 12 years)

Join an art-filled journey, reviewing the life and work of a different famous artist every day. From Frida Kahlo to Andy Warhol, this program encourages a love of learning through creativity, making and fun. Kids will be exposed to age appropriate art history while working in a variety of mediums, inspired by works of famous artists. All supplies included. Instructor: Melissa Thorpe.

**Centennial Community Centre** 604.777.5100

Monday - Friday, 10:00 am - 12:30 pm

August 23 - 27

**Registration Fee: \$110.00 / 5 classes** 94299

## Graphic Novel Camp (8 - 13 years)

Bring reading to life. Learn and explore the elements of fiction - the plot, setting and characters. You will create your own graphic novel as you develop the basic skills for storytelling. All supplies included. Instructor: Melissa Thorpe.

**Centennial Community Centre** 604.777.5100

Monday - Friday, 10:00 am - 12:30 pm

July 19 - 23

**Registration Fee: \$110.00 / 5 classes** 94298

## Bricks4Kidz - Amusement Park Camp (6 - 12 years)

Get your ticket to ride at Bricks 4 Kidz very own Amusement Park! Campers will build a new ride each day, learning how to make things spin, roll, turn and rock. Then they will take what they have learned to design their own thrills and challenges. Motorized models maximize the action and the fun. Bring a daily healthy snack. Offered in partnership with [bricks4kidz.com](http://bricks4kidz.com). Not eligible for subsidy.

**Queensborough Community Centre** 604.525.7388

Monday - Friday, 10:00 am - 1:00 pm

July 19 - 23

**Registration Fee: \$195.00 / 5 classes** 94304

## Bricks4Kidz - Mining & Crafting Camp (6 - 12 years)

Minecraft is a game about placing blocks to build anything you can imagine. At night monsters come out, make sure to build a shelter before that happens. Experience the world of Minecraft with LEGO bricks in this fun camp. Bring a daily healthy snack. Offered in partnership with [bricks4kidz.com](http://bricks4kidz.com). Not eligible for subsidy.

**Centennial Community Centre** 604.777.5100

Tuesday - Friday, 10:00 am - 1:00 pm

August 3 - 6

**Registration Fee: \$156.00 / 4 classes** 94305



## The Secrets of Magic Camp

(8 - 12 years)

Join magician Paul Albertson and learn to perform amazing tricks with confidence! Play magic theatre games, watch magic videos, and have the opportunity to perform! Over \$50.00 of supplies includes a take-home secret binder of magic tricks, Magic Wonder School kit bag and a graduation certificate and wand. Not eligible for subsidy.

**Centennial Community Centre** 604.777.5100

Monday - Friday, 9:00 am - 12:00 pm

July 26 - 30

**Registration Fee: \$180.00** 96796

## Douglas College Outdoor Theatre Camp (9 - 15 years)

A new and exciting camp for Summer 2021. Children will take part in a variety of arts-related activities that will encourage creative potential and cooperative spirit. Topics will include everything from drama and improv activities, to other film/broadcasting and acting pursuits in a relaxed and friendly environment. Participants will receive a summer camp T-shirt. Not eligible for subsidy.

**Queens Park Bandshell** 604.777.5100

Monday - Friday, 1:00 - 4:00 pm

July 19 - 23

August 16 - 20

**Registration Fee: \$125.00 / 5 classes** 94255

94256

## Documentary Film Camp (7 - 12 years)

Leap into the world of film and sound with a fun and equitable workshop focused on documentaries. Learn about important social issues and how to craft them into stories and experiences. Experiment with video and sound equipment that will inspire students to create art with purpose. Our classes will take place online, but we will also spend 2 recording days outside at the Queen's Park Farm. Instructors: Flick Harrison, Alanna Ho.

**New Media Gallery, Anvil Centre** 604.515.3834

Virtual via Zoom

Monday & Tuesday, 1:00 - 4:00 pm

July 12 - 27

**Registration Fee: \$180.00 / 6 classes** 93610

## Summer Camp at a Glance!

Check out all our summer camps  
on pages 26 & 27.





## Theatre Intensive: Take the Stage (8 - 15 years)

The play's the thing! Whether your first or hundredth time, this drama class will open your eyes to character and script work, strengthen ensemble building and help you find your confidence on stage. Learn to create a character from scratch and explore a story from your own imagination while deepening your fundamental skills of drama. All supplies and equipment included. Instructor: Seamus Fera.

**Anvil Centre Studio 413 604.527.4640**

Monday - Friday, 9:00 am - 3:00 pm

July 5 - 9

**Registration Fee: \$270.00 / 5 classes 92326**

## Fun with Interactive Media

(10 - 14 years)

Welcome to an online summer camp that will teach children to create amazing interactive digital projects around accessibility. Discover Miro and Figma, easy-to-use collaborative programs that will help kids to code using visual languages. Using storytelling and visual communication, you will create an interactive experience that can be played by everyone, even people you may never have thought about. New Media Gallery expert instructors will guide children to create thoughtful fun projects that connect with art, design and daily life. Instructors: Sara Korzec, Corrina Tang.

**New Media Gallery, Anvil Centre 604.515.3834**

Virtual via Zoom

Friday & Saturday, 1:00 - 4:00 pm

July 30 - August 14

**Registration Fee: \$180.00 / 6 classes 93602**

## Design and Build a

### Helping Hand (9 - 13 years)

Learn how to design and create prosthetics in this challenging and fun workshop. Prosthetics have many uses, they can provide aid for people and animals with different levels of ability, increase accessibility to difficult environments or create new ways to perform and move. Kids will learn the challenges of limited mobility and invent solutions for the future. This workshop will provide both digital and hand making skills related to creating prosthetics such as measuring, mold making, 3D modeling and 3D printing. Instructors: Chris Jung, Mimi Xia.

**New Media Gallery, Anvil Centre 604.515.3834**

Virtual via Zoom

Wednesday & Thursday, 1:00 - 4:00 pm

Jul 7 - 22

**Registration Fee: \$210.00 / 6 classes 93715**

## DANCE

### Summer Dance & Art Camp

(6 - 12 years)

Dance takes on an art twist this summer. Not only will you learn the basic steps to a variety of dance styles and music, you will explore dance through art, games and movement. Dance steps will be taught by a qualified instructor in Ballet, Jazz, Tap, Hip Hop and Scottish dance. Bring a water bottle and healthy lunch each day.

**Centennial Community Centre 604.777.5100**

Monday - Friday, 11:30 am - 3:30 pm

July 26 - 30

**94307**

August 16 - 20

**94308**

**Registration Fee: \$160.00 / 5 classes**

## GENERAL

### Day Camp Junior (5 - 7 years)

Join us for exploration, action and adventure all around our community this summer. Exciting activities include high energy games, outdoor play and amazing art. Each week, this camp will enjoy a swimming, gymnastics or skating outing. Children must have attended Kindergarten prior to the summer.

**Centennial Community Centre 604.777.5100**

Monday - Friday, 9:00 am - 4:00 pm

June 28 - July 2\*

**93506**

July 5 - 9

**93508**

July 12 - 16

**93509**

July 19 - 23

**93510**

July 26 - 30

**93512**

August 3 - 6\*

**93513**

August 9 - 13

**93515**

August 16 - 20

**93516**

August 23 - 27

**93518**

August 30 - September 3

**93519**

**Registration Fee: \$232.75 / 5 classes**

**\*\$186.50 / 4 classes**



### Day Camp Kids (8 - 12 years)

Join us for exploration, action and adventure all around our community this summer. Exciting activities include high energy games, outdoor play and amazing art. Each week, this camp will enjoy a swimming, gymnastics or skating outing. Children must have attended Kindergarten prior to the summer.

<b>Centennial Community Centre</b>	<b>604.777.5100</b>
Monday - Friday, 9:00 am - 4:00 pm	
June 28 - July 2*	<b>93548</b>
July 5 - 9	<b>93549</b>
July 12 - 16	<b>93550</b>
July 19 - 23	<b>93551</b>
July 26 - 30	<b>93552</b>
August 3 - 6*	<b>93553</b>
August 9 - 13	<b>93554</b>
August 16 - 20	<b>93555</b>
August 23 - 27	<b>93556</b>
August 30 - September 3	<b>93557</b>
<b>Queensborough Community Centre</b>	<b>604.525.7388</b>
Monday - Friday, 9:00 am - 4:00 pm	
June 28 - July 2*	<b>93534</b>
July 5 - 9	<b>93535</b>
July 12 - 16	<b>93536</b>
July 19 - 23	<b>93538</b>
July 26 - 30	<b>93539</b>
August 3 - 6*	<b>93540</b>
August 9 - 13	<b>93542</b>
August 16 - 20	<b>93543</b>
August 23 - 27	<b>93544</b>
August 30 - September 3	<b>93545</b>
<b>Registration Fee: \$252.50 / 5 classes</b>	
<b>*\$202.00 / 4 classes</b>	

### Outdoor Discovery Day Camps

(6 - 12 years)

What better way to experience the summer, but in the outdoors. Our dynamic outdoor day camp leaders have a ton of exciting opportunities planned from urban forest exploration, to outdoor play, to art creations in our three new day camp locations in the picnic shelters in Queen's Park, Lower Hume, Ryall and Port Royal Parks. Highlights to include a specialized art module with an artist each week, water fun and community exploration. Children must have attended Kindergarten prior to the summer.

<b>Lower Hume Park Picnic Shelter</b>	<b>604.777.5100</b>
Monday - Friday, 9:00 am - 4:00 pm	(7 - 12 years)
June 28 - July 2*	<b>93457</b>
July 5 - 9	<b>93462</b>
July 12 - 16	<b>93458</b>
July 19 - 23	<b>93459</b>
July 26 - 30	<b>93460</b>
August 3 - 6*	<b>93461</b>
August 9 - 13	<b>93466</b>
August 16 - 20	<b>93467</b>
August 23 - 27	<b>93469</b>
August 30 - September 3	<b>93470</b>
<b>Queen's Park Picnic Shelter</b>	<b>604.777.5100</b>
Monday - Friday, 9:00 am - 4:00 pm	(7 - 12 years)
June 28 - July 2*	<b>93472</b>
July 5 - 9	<b>93473</b>
July 12 - 16	<b>93474</b>
July 19 - 23	<b>93475</b>
July 26 - 30	<b>93476</b>
August 3 - 6*	<b>93477</b>
August 9 - 13	<b>93478</b>
August 16 - 20	<b>93479</b>
August 23 - 27	<b>93480</b>
August 30 - September 3	<b>93482</b>
<b>Registration Fee: \$220.00 / 5 classes</b>	
<b>*\$176.00 / 4 classes</b>	
<b>Ryall Park Picnic Shelter</b>	<b>604.525.7388</b>
Monday - Friday, 9:00 am - 4:00 pm	(6 - 10 years)
June 28 - July 2*	<b>93486</b>
July 12 - 16	<b>93489</b>
July 26 - 30	<b>93492</b>
August 9 - 13	<b>93494</b>
August 23 - 27	<b>93496</b>
<b>Port Royal Park Picnic Shelter</b>	<b>604.525.7388</b>
Monday - Friday, 9:00 am - 4:00 pm	(6 - 10 years)
July 5 - 9	<b>93487</b>
July 19 - 23	<b>93491</b>
August 3 - 6*	<b>93493</b>
August 16 - 20	<b>93495</b>
August 30 - September	<b>93498</b>
<b>Registration Fee: \$205.00 / 5 classes</b>	
<b>*\$164.00 / 4 classes</b>	

### Summer Camp at a Glance!

Check out all our summer camps on pages 26 & 27.



## Byte Camp – Introduction to Coding (9 - 12 years)

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online. Not eligible for subsidy.

**Queensborough Community Centre 604.525.7388**

Monday - Friday, 9:00 am - 4:00 pm

July 5 - 9

**Registration Fee: \$385.00 / 5 classes**

**93609**

## Byte Camp – Introduction to Coding Level 2 (9 - 12 years)

Level-up your coding and artwork skills in this fun and challenging camp. Students will take on advanced character movements and level design to make characters, levels and gameplay that are entirely unique. The final project is a game that you can take home on USB or proudly share with friends online. Previous coding experience in Scratch or Byte Camp's - Introduction to Coding is recommended as a prerequisite. Not eligible for subsidy.

**Centennial Community Centre 604.777.5100**

Tuesday - Friday, 9:00 am - 4:00 pm

August 3 - 6

**Registration Fee: \$330.00 / 4 classes**

**93608**

## Byte Camp – 2D Animation on Tablet (9 - 12 years)

Turn your drawing skills into awesome animation skills on our tablets! We'll show you how to make beautiful animations as wild as your imagination. Participants will learn to storyboard and use some advanced animation skills to make their characters really come alive on the screen. Principles like Squash & Stretch, Anticipation and Exaggeration will be introduced in fun lessons and students will produce their own animated short films by the end of the week. Not eligible for subsidy.

**Queensborough Community Centre 604.525.7388**

Monday - Friday, 9:00 am - 4:00 pm

July 26 - 30

**Registration Fee: \$385.00 / 5 classes**

**93611**



## Science Discovery (6 - 10 years)

Join us as we explore the world of Science. We will enjoy some exciting experiments and activities you can even try at home. This is a hands-on session, participants are encouraged to wear clothing they can get messy in.

**Centennial Community Centre 604.777.5100**

Monday - Friday, 1:00 - 3:00 pm

July 5 - 9

**93615**

**Registration Fee: \$127.50 / 5 classes**

**Queensborough Community Centre 604.525.7388**

Tuesday - Friday, 1:00 - 3:00 pm

August 3 - 6

**93617**

**Registration Fee: \$102.00 / 4 classes**

## Byte Camp – Claymation Movie Production (9 - 12 years)

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

**Centennial Community Centre 604.777.5100**

Monday - Friday, 9:00 am - 4:00 pm

July 19 - 23

**Registration Fee: \$385.00 / 5 classes**

**93607**





## HERITAGE

### Hit the Dirt! (6 - 10 years)

Explore Irving House and learn how this historic family used plants and trees in their everyday lives. Get your hands dirty, plant seeds and make a garden marker to match. Harvest fresh vegetables from our Heritage Kitchen Garden to have a veggie tasting party.

**Irving House** **604.527.4640**

Saturday, 10:00 am - 12:00 pm

August 7

**Registration Fee: \$16.75** **93749**

## MUSIC

### Piano for Children (6+ years)

Our trained instructors are dedicated to teaching you the basics of piano in a friendly and relaxed atmosphere. Private 30-minute lessons are open to everyone. Students are required to purchase a piano book for the first day of class and to have access to a piano in order to practice.

**Centennial Community Centre** **604.777.5100**

Tuesday or Wednesday, call for times

July 6 - July 28

August 10 - September 1

**Registration Fee: \$100.00 / 4 classes**

### Music Makers Camp (5 - 6 years)

Little musicians test out new ways to make music, learn the basics of rhythm & pitch and participate in a variety of musically inspired craft activities. No previous musical experience required. For safety, emphasis will be placed on playing string and percussion instruments as opposed to singing. Instructor: Kaitlin Deavy.

**Anvil Centre Studio 413** **604.527.4640**

Monday - Friday, 10:00 am - 12:00 pm

August 23 - 27

**Registration Fee: \$65.00 / 5 classes** **92348**

### Ukulele & Music Camp (7 - 12 years)

Try out the ukulele and learn more about music in this fun-filled camp. Learn basic chords and strumming patterns for popular favourites. Emphasis will be placed on learning and playing the instrument as opposed to singing. All supplies included. Instructor: Kaitlin Deavy.

**Anvil Centre Studio 413** **604.527.4640**

Monday - Friday, 1:00 - 3:30 pm

August 9 - 13

August 23 - 27

**96470**

**92349**

**Registration Fee: \$89.00 / 5 classes**

## SPORTS

### Butokukan Karate (5 - 12 years)

Butokukan means "Training Hall of the Virtues of the Martial Arts" and draws the best from traditional and modern martial arts. Enjoy the physical and mental exercise and develop your poise, balance, concentration and self-confidence in a safe environment. Questions? Call 604.299.5061 or drop by to observe a class. Wear loose fitting clothing to start and uniforms can be purchased through the instructor. The fee does not include belt testing or association membership fees.

**Centennial Community Centre** **604.777.5100**

Tuesday, 4:00 - 4:45 pm *Beginner*

Saturday, 10:00 - 10:45 am

**94309**

Tuesday, 4:00 - 4:45 pm *Inter/Advanced*

Saturday, 11:05 am - 11:50 am

**94310**

July 6 - August 31 (no class July 31)

**Registration Fee: \$160.00 / 16 classes**

### AAA Butokukan Karate

#### NEW MEMBER SPECIAL

This introductory, first-time student program includes a free \$60.00 karate uniform.

**Centennial Community Centre** **604.777.5100**

Tuesday, 4:00 - 4:45 pm

Saturday, 10:00 - 10:45 am

July 6 - 17

**Registration Fee: \$39.00**

**94311**

**Butokukan Karate is also available  
for ages 13 and up. See page 38.**



## Sportball - Multi Sport (5 - 8 years)

Focus on the basic skills common to all sports, like balance, coordination, and timing in a fun, supportive, non-competitive environment. Each class covers a different sport each week from a variety of sports including: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. There is an additional \$20.00 equipment kit charge, each participant gets to keep these items at the conclusion of the program set. Not eligible for subsidy.

Monday - Friday, 1:00 - 4:00 pm

### Sapperton Field

July 5 - 9

604.777.5100  
93591

### Ryall Park South Field

July 12 - 16

604.525.7388  
93593

### Hume Park Field

July 26 - 30

604.777.5100  
93595

### Queen's Park South

August 9 - 13

604.777.5100  
93599

### Ryall Park South Field

August 23 - 30

604.525.7388  
93601

### Moody Park Field

Tuesday - Friday, 1:00 - 4:00 pm

604.777.5100

August 3 - 6

93597

Registration Fee: \$270.00 / 5 classes  
\$216.00 / 4 classes

## Tennis (6 - 9 years)

Using scaled down courts and modified balls to make learning faster and play more successful, players will learn coordination and cooperative activities that lead to the development of the basic strokes and fundamentals. Please bring your own racquet.

### New Westminster Tennis Club

604.777.5100

Monday - Thursday, 10:30 - 11:30 am

July 5 - 8

94279

July 12 - 15

94283

### Queen's Park Tennis Courts

604.777.5100

Monday - Thursday, 9:30 - 10:30 am

July 19 - 22

94267

August 9 - 12

94269

August 23 - 26

94270

### Ryall Park Tennis Courts

604.777.5100

Monday - Thursday, 9:30 - 10:30 am

August 16 - 19

94275

### Hume Park Tennis Courts

604.777.5100

Monday - Thursday, 9:30 - 10:30 am

July 26 - 29

94280

Registration Fee: \$53.00 / 4 classes

## Tennis (9 - 12 years)

Using scaled down courts and modified balls to make learning faster and play more successful, players will learn coordination and cooperative activities that lead to the development of the basic strokes and fundamentals. Please bring your own racquet.

### New Westminster Tennis Club

604.777.5100

Monday - Thursday, 11:45 am - 12:45 pm

July 5 - 8

94291

July 12 - 15

94257

### Queen's Park Tennis Courts

604.777.5100

Monday - Thursday, 10:45 - 11:45 am

July 19 - 22

94271

August 9 - 12

94272

August 23 - 26

94273

### Ryall Park Tennis Courts

604.777.5100

Monday - Thursday, 10:45 - 11:45 am

August 16 - 19

94290

### Hume Park Tennis Courts

604.777.5100

Monday - Thursday, 10:45 - 11:45 am

July 26 - 29

94292

Registration Fee: \$53.00 / 4 classes

## Douglas College Basketball Camp

(9 - 14 years)

Always our most popular camp! Enrollment is limited to maintain social distancing. The focus of the camps will be individual skill development. There will be some fun individual contests, but we will take the direction of the provincial health authority in terms of the ability to offer full games. Taught by Douglas College athletes and Sports Science coaching students. Not eligible for subsidy.

### Queensborough Community Centre

604.525.7388

Monday - Friday, 1:00 - 4:00 pm

July 12 - 16

Registration Fee: \$125.00 / 5 classes

[youthcamps@douglascollege.ca](mailto:youthcamps@douglascollege.ca)



## Douglas College Soccer Camp

(9 - 14 years)

Learn European and Brazilian style soccer from Douglas College players and Sport Science coaching students. Enrollment is limited to maintain social distancing. The focus of the camps will be individual skill development. Topics will include ball handling, footwork, dribbling, passing and shooting. There will still be some fun individual contests, but we will take the direction of the provincial health authority in terms of the ability to offer full games. Not eligible for subsidy.

**Queen's Park South** 604.777.5100

Tuesday - Friday, 9:00 am - 12:00 pm

August 3 - 6

**Registration Fee: \$99.00 / 4 classes**

**Queen's Park South** 604.777.5100

Monday - Friday, 9:00 am - 12:00 pm

July 5 - 9

July 19 - 23

August 16 - 20

August 30 - September 3

**Ryall Park** 604.525.7388

August 30 - September 3

**Registration Fee: \$125.00 / 5 classes**

[youthcamps@douglascollege.ca](mailto:youthcamps@douglascollege.ca)

## Douglas College Multi-Sport Activity Camp (9 - 14 years)

Keep the body and brain active this summer in a multi sport & activity camp. This fun-filled camp will feature a variety of indoor games and outdoor activities to keep participants active during the day. There will be a mix of sports related activities in the gym and outdoor fields, as well as some additional fun-filled activities to promote physical activity and wellness. We will maintain social distancing guidelines as set out by the provincial health authority. Not eligible for subsidy.

**Queensborough Community Centre** 604.525.7388

Monday - Friday, 1:00 - 4:00 pm

July 26 - 30

**Registration Fee: \$125.00 / 5 classes**

[youthcamps@douglascollege.ca](mailto:youthcamps@douglascollege.ca)

## Douglas College Badminton Camp

(9 - 14 years)

These half-day sessions will feature instruction on badminton techniques & strategies such as proper shot making, proper grip and footwork, shot execution and strategy. Camps will include both singles and doubles play and will teach a variety of individual skills. Taught by Douglas College athletes and Sports Science coaching students. Enrollment is limited to maintain social distancing. Not eligible for subsidy.

**Queensborough Community Centre** 604.525.7388

Monday - Friday, 1:00 - 4:00 pm

August 30 - September 3

**Registration Fee: \$125.00 / 5 classes**

[youthcamps@douglascollege.ca](mailto:youthcamps@douglascollege.ca)

## iRide Mountain Bike Camp

(9 - 12 years)

Master new bike skills with Cycling BC's iRide instructors. This 5-day camp is designed to help riders build the skills and confidence to tackle green and blue mountain bike trails. Each day will include a skill, a game and a bike ride in the area. Our week culminates with a special visit to the Burnaby Velodrome. Rental equipment is available upon request. Participants should have the ability to: lift the front wheel; ride off sidewalk curb smoothly; stop and go with one hand; ride green trails; exercise for 90 minutes.

**Centennial Community Centre** 604.777.5100

Monday - Friday, 9:00 am - 3:00 pm

July 12 - 16

August 9 - 13

94293

94294

**Registration Fee: \$350.00 / 5 classes**

## Summer Camp at a Glance!

Check out all our summer camps  
on pages 26 & 27.





## ARTS

### Douglas College Outdoor Theatre Camp (9 - 15 years)

A new and exciting camp for Summer 2021. Children will take part in a variety of arts-related activities that will encourage creative potential and cooperative spirit. Topics will include everything from drama and improv activities, to other film/broadcasting and acting pursuits in a relaxed and friendly environment. Participants will receive a summer camp T-shirt. Not eligible for subsidy.

**Queen's Park Bandshell 604.777.5100**

Monday - Friday, 1:00 pm - 4:00 pm

July 19 - 23

August 16 - 20

**94255**

**94256**

**Registration Fee: \$125.00 / 5 classes**

## GENERAL

### Babysitter Day Camp (11 - 14 years)

An excellent opportunity to complete the Canadian Safety Council Babysitter Training Course and Home Alone Course. Learn effective and safe skills in a friendly environment. Certificates will be awarded for successful completion of the courses. This course will be exclusively online and a combination of course work and play.

**New West Youth Centre 604.515.3801**

Virtual via Zoom

Monday - Friday, 10:00 am - 2:00 pm

July 12 - 16

August 16 - 20

**93696**

**93697**

**Registration Fee: \$108.00**

### Bike New West (11 - 18 years)

Do you like exploring the city and keeping active? Then this is the program for you! Bike New West provides youth with a fun and safe way to ride around the city. Youth will be introduced to a variety of cycling routes while also gaining an understanding of road and bike safety in a fun and engaging way! Participants will need to bring their own bikes and helmets.

**New West Youth Centre 604.515.3801**

Tuesday, 10:00 am - 12:00 pm

July 6 - 27

**Registration Fee: \$38.75 / 4 classes**

**93699**

Tuesday 10:00 am - 12:00 pm

August 10

August 24

**93734**

**93735**

**Registration Fee: \$9.75 / 1 class**

## SPECIAL PROGRAMS

### Youth Services Around the City (11 - 18 years)

We bring recreation to you! If you see us around, come say hi, play some outdoor games, or just have a chat. Want to know where we'll be? Follow us on Instagram @newwestyouth.

### Youth Counsellor (13 - 18 years)

If you are feeling stressed or overwhelmed, have a specific issue, or just need a sounding board, contact the Youth Counsellor, Catherine. The service is free, anonymous, and no ongoing commitment is required.

**New West Youth Centre 604.341.5897**

Online and in person sessions available

## SPORTS

### Butokukan Karate (13+ years)

Butokukan means "Training Hall of the Virtues of the Martial Arts" and draws the best from traditional and modern martial arts. Enjoy the physical and mental exercises and develop your poise, balance, concentration and self-confidence in a safe environment. Questions? Call 604.299.5061 or drop by to observe a class. Wear loose fitting clothing to start until uniform are purchased through the instructor. The fee does not include belt testing or association membership fees.

**Centennial Community Centre 604.777.5100**

Tuesday, 4:00 - 4:45 pm

Saturday, 12:10 - 12:55 pm

July 6 - August 31 (no class July 31)

**Registration Fee: \$168.00 / 16 classes**

**94246**

**Outdoor Fitness Classes (14+ years) See Page 44.**



### Tennis 1 on 1's (13 - 18 years)

Looking for a little one-on-one attention to kick start the season? Whether you're a beginner or experienced player, we'll customize your two-hour lesson to maximize participation and technique development on the court. Participants must provide their own racquets. Call to book times. Not eligible for subsidy.

**Queen's Park Tennis Courts**  
**Registration Fee: \$73.50**

**604.777.5100**

### Tennis (13 - 18 years)

Develop basic ball control skills and the fundamentals of ground strokes, volleys and serves. Rules, scoring, tactics and sportsmanship are included. All skill levels are welcome. Participants must provide their own racquets.

**New Westminster Tennis Club**

**604.777.5100**

Monday - Thursday, 1:00 - 2:00 pm

July 5 - 8

**94265**

July 12 - 15

**94284**

**Queen's Park Tennis Courts**

**604.777.5100**

Monday - Thursday, 12:00 - 1:00 pm

July 19 - 22

**94258**

August 9 - 12

**94259**

August 23 - 26

**94260**

**Ryall Park Tennis Courts**

**604.777.5100**

Monday - Thursday, 12:00 - 1:00 pm

August 16 - 19

**94263**

**Hume Park Tennis Courts**

**604.777.5100**

Monday - Thursday, 12:00 - 1:00 pm

July 26 - 29

**94264**

**Registration Fee: \$53.00 / 4 classes**

### AAA Butokukan Karate (13+ years)

#### NEW MEMBER SPECIAL

This introductory, first-time student program includes a free \$60.00 karate uniform.

**Centennial Community Centre**

**604.777.5100**

Tuesday, 4:00 - 4:45 pm

Saturday, 12:10 - 12:55 pm

July 6 - 17

**Registration Fee: \$41.00**

**94249**

**Follow & connect with us!**



**Construction of the new  
aquatics and community  
centre has started.**

**Stay Up to Date:** For the latest construction information, please visit [youractivenw.ca/construction](http://youractivenw.ca/construction) or email us at [youractivenw@newwestcity.ca](mailto:youractivenw@newwestcity.ca)



**NEW WESTMINSTER**





**ARTS**

**Virtual University (18+ years)**

For the past five years our curators have developed exhibition tours, lectures and discussions for universities and colleges and for 2021 we're continuing with our virtual programming. Curators will discuss contemporary art from a New Media Gallery perspective, offering insights into past and current exhibitions, artists, technologies and processes. We explore and consider common themes in contemporary art and technology. Virtual 1 - 2 hour session.

**New Media Gallery** [contact@newmediagallery.ca](mailto:contact@newmediagallery.ca)

Tuesday - Friday, 9:00 am - 4:00 pm

**Registration Fee: \$70.00**

**ARTalk (14+ years)**

This program brings one of our international artists into your classroom. Choose an artist from our current exhibition or from a past exhibition. We will send you a short description of the artist in the context of our exhibition. We'll organize a 45 - 60 min Zoom Talk or Workshop, virtually bringing the Artist into your classroom to speak on their projects and practice, research interests, and what motivates them, or to conduct a 60 minute workshop. Our staff are here to encourage and guide discussion and questions with students.

**New Media Gallery** [education@newmediagallery.ca](mailto:education@newmediagallery.ca)

Virtual via Zoom

Tuesday - Friday, 9:00 am - 4:00 pm

**Registration Fee: \$150.00**

**Face Paint with Spark AR (16+ years)**

Social media has become a large part of everyone's life. Learn its creative possibilities through Augmented Reality using Spark AR. You will create digital masks that enhance and alter reality, add layers to it and play make-believe using 3D modeling and animation. Masks play a special role in cultures across the world. Let's have a look at them, get inspired, create our own and share it on Instagram. Requirements: A computer and a smartphone or tablet. Download Spark AR before the class on a computer. [sparkar.facebook.com/ar-studio/download](https://sparkar.facebook.com/ar-studio/download).

Instructor: Sara Korzec.

**New Media Gallery, Anvil Centre** **604.515.3834**

Virtual via Zoom

Saturday, 1:00 - 2:30 pm

June 12 - 19

**Registration Fee: \$26.25 / 2 classes**

**95171**

**Collaborative Creative Coding**

**(16+ years)**

This workshop is an introduction to the concept and practice of generative art via creative coding. Perfect for anyone curious about collaboration or interested in incorporating creative coding into their projects. Created to assist artists of diverse backgrounds and ages, particularly those who may lack the resources to afford expensive technologies and may benefit from learning new tech skills. Participants will combine their individually written code into a single gigantic coded art project. Join class a half hour early for extra help. Instructor: Mimi Xia.

**New Media Gallery, Anvil Centre** **604.515.3834**

Virtual via Zoom

Saturday, 1:00 - 3:00 pm

June 26 - July 3

**Registration Fee: \$36.75 / 2 classes**

**93732**

**Summer Sketchbooks:**

**En Plein Air (16+ years)**

Leave the four walls of the studio behind while working en plein air (in the open air). A long-standing practice made popular by French Impressionist painters, learn how to capture the ephemeral qualities of landscape, light and life. Participants meet up at varied New Westminster locations to paint, sketch and be inspired by each other and the surrounding scenery. A list of locations will be supplied at the first class at Anvil Centre as well as a suggested supply list. Supplies are not included. Please bring your sketchbook, pencil, eraser and fine permanent pen to first class. Some drawing, sketching and painting experience suggested. Instructor: Riette Gordon.

**Anvil Centre Studio 413** **604.527.4640**

Saturday, 9:00 am - 12:00 pm

July 3 - 31

**Registration Fee: \$110.00 / 5 classes**

**92366**

August 7 - 28

**Registration Fee: \$90.00 / 4 classes**

**92367**



## Mixed Media Painting (16+ years)

Discover the many possibilities available to today's acrylic painter! Try thinning your paint to layer luminous transparent glazes then switch it up by applying thick impasto molding pastes and gels to increase texture. Introduce collage papers, lettering and found objects to create further compositional interest. Experiment with a variety of substrates such as Yupo paper, canvas, and boards while learning the basic principles of colour theory. All supplies included. Instructor: Pilar Mehlis.

**Anvil Center Studio 413** 604.527.4640  
Wednesday, 6:00 - 8:00 pm  
August 4 - 25  
**Registration Fee: \$68.00 / 4 classes** 92368

## Beginner's Drawing:

### Learning to See (16+ years)

Observe and interpret what you see as opposed to what you think you see in this skills-based program. Learn to work with water-soluble graphite, regular graphite and conté during a selection of in-depth drawing projects. Develop skills required to render trees, landscapes, water and reflections as well as some basic understanding of the human figure by sketching from Brague plates. All supplies included. Instructor: Pilar Mehlis.

**Anvil Center Studio 413** 604.527.4640  
Wednesday, 6:00 - 8:00 pm  
July 7 - 28  
**Registration Fee: \$63.00 / 4 classes** 92369

## Reduction Linocuts (16+ years)

Linocut is a relief printmaking technique that is similar to stamping. Artists carve into soft linoleum using special U-gouges and the uncarved areas are inked and stamped. Participants print their linocuts by hand or using Anvil Centre's etching press. In this workshop, use one "stamp" to create a multi-colour image by inking and carving in a strategic way. No prior drawing, art, or printmaking experience is required. All supplies included. Instructor: Luca Seccafien.

**Anvil Centre Studio 411** 604.527.4640  
Thursday, 6:00 pm - 8:00 pm  
August 5 - 26  
**Registration Fee: \$66.00 / 4 classes** 92349

## Art Play with Water Media (19+ years)

Experiment and learn new techniques as you create abstract and semi-abstract paintings. Demonstration and practice will include planning a colour palette for a painting, mark making and how to pull it all together using water media paint (acrylic, watercolour, or gouache) and a variety of mark making tools. Tips on composition and helpful critiques will also be part of the lessons. A supply list will be provided. Instructor: Peri Nilan.

**Centennial Community Centre** 604.777.5100  
Wednesday, 6:30 - 8:30 pm  
July 7 - 28 94239  
August 18 - September 8 94241  
**Registration Fee: \$55.00 / 4 classes**



## Expressing Your Artistic Self Through Watercolour Journaling (19+ years)

An expressive and explorative journey using a combination of drawing and painting in watercolour, inks, and watercolour pencils, just to name a few. Some experience in drawing and watercolour is necessary. This creative process will build your confidence and skills, and allow you to free your expressive self. Bring a journal and watercolour supplies that you have. A suggested supply list will be discussed in the first class. Instructor: Riette Gordon.

**Centennial Community Centre** 604.777.5100  
Monday, 6:00 - 8:00 pm  
July 5 - 26 94237  
August 9 - 30 94243  
**Registration Fee: \$55.00 / 4 classes**

## Pottery: Hand Built Tableware (19+ years)

Suitable for beginner and intermediate levels. Our well-equipped studio is the perfect setting for learning how to create functional pottery using a variety of techniques. All firings are included. Clay is an extra fee and can be purchased through the studio. Instructor: Rylie McGuire.

**Century House** 604.519.1066  
Tuesday, 6:30 - 8:30 pm  
July 6 - August 10 94143  
Wednesday, 6:30 - 8:30 pm  
July 7 - August 11 94144  
**Registration Fee: \$86.50 / 6 classes**

## Pottery (50+ years)

Instruction and technical support is the perfect combination in our well-equipped studio. Instructor and potters determine projects. Clay can be purchased through the studio for an extra fee. Instructor: Rylie McGuire.

**Century House** 604.519.1066

Tuesday, 12:30 - 2:30 pm

July 6 - August 10

**Registration Fee: \$80.50 / 6 classes** 94141

## From Drawing to Painting Landscapes (50+ years)

Do you want to learn how to draw and paint a beautiful landscape? In this weekly art program, Kathryn will guide you through the steps to create a landscape painting using graphite, ink and watercolour paints. Bring a personal reference photo from a past trip, your favourite place or images from magazines. From drawing to painting, Kathryn will provide professional techniques, artist tips and positive encouragement to develop your artistic style. Instructor: Kathryn Wadel.

**Century House** 604.519.1066

Tuesday, 9:30 - 11:00 am

July 6 - August 3

**Registration fee: \$42.50 / 5 classes** 93671

## Botanical Inspired Watercolour Painting (50+ years)

Inspired by the beauty of nature, create botanical inspired watercolour paintings with local artist, Kathryn Wadel. In this weekly art program, Kathryn will demonstrate how to use concept sketches, colour mixing and watercolour painting techniques to create a botanical-inspired watercolour painting. Please bring your favourite botanical references for inspiration. Instructor: Kathryn Wadel.

**Century House** 604.519.1066

Thursdays, 12:30 - 2:00 pm

July 8 - August 5

**Registration Fee: \$42.50 / 5 classes** 93672

## Advanced Watercolour (50+ years)

For experienced watercolour artists at an advanced level, this progressive class will guide students in the creation of several watercolour pieces through demonstrations, individual guidance and critiques. Please bring all your own watercolour supplies. Instructor: Riette Gordon.

**Century House** 604.519.1066

Friday, 9:30 - 11:30 am

93659

Friday, 12:30 - 2:30 pm

93661

July 9 - August 27

**Registration Fee: \$93.00 / 8 classes**

## What to know before you go:

Things look a little different than before COVID-19. Come prepared by reviewing our [newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know) webpage or see page 3.



## Gouache It! - All Levels (50+ years)

Learn this increasingly popular water based painting medium, similar to watercolour but opaque. Great for art journals, seasonal cards and plein air painting, it can also be combined with pen & ink, watercolour and coloured pencil. Instruction will include how to build layers, blending & softening edges, drybrush, wet on wet and basic colour mixing techniques. Bring your own supplies to the first class. Contact Century House for suggested supply list. Instructor: Peri Nilan.

**Century House** 604.519.1066

Wednesday, 10:00 - 11:30 am

July 7- July 28

93665

August 18 - September 8

93668

**Registration Fee: \$33.00 / 4 classes**

## Plein Air - All Media (50+ years)

For artists of all levels, this class is designed to get you outdoors, sketching and/or painting. Each week the instructor will demo a different media, while participants bring their own preferred supplies, or try something new. Learn how to choose your composition and to use a limited palette to capture the essence of the subject's light, shadow, and texture. Meet for the first lesson at the Gazebo (in the Rose Garden) at Queen's Park. In the event of rain, classes will meet in the studio at Century House to work from found objects from nature. Bring your own supplies, pencil and sketchbook (and something to sit on) to the first outing. Instructor: Peri Nilan.

**Century House** 604.519.1066

Monday, 1:00 - 2:30 pm

July 5 - 26

93663

August 16 - September 13 (no class Sept. 6)

93664

**Registration Fee: \$33.00 / 4 classes**



## DANCE

### Intro to Ballet for Adults (16+ years)

Learn the fundamentals of ballet and discover the joy of dance in a supportive environment. Participants develop body awareness, musicality, ballet technique, strength and coordination. No previous experience necessary. Instructor: Jessie Au.

**Anvil Centre Theatre** **604.527.4640**

Thursday, 5:15 - 6:30 pm

July 8 - August 12

**Registration Fee: \$55.00 / 6 classes** **93078**

### Intermediate Ballet for Adults

(16+ years)

Take your ballet practice to the next level by continuing to improve and expand your conditioning, core, posture, and flexibility. Continue to build your ballet technique, coordination and body awareness. Instructor: Jessie Au.

**Anvil Centre Theatre** **604.527.4640**

Thursday, 6:45 - 8:00 pm

July 8 - August 12

**Registration Fee: \$55.00 / 6 classes** **93091**

### Ballroom & Latin for Beginners

(19+ years)

Foxtrot, Waltz, Tango, and the Latin dances of Cha Cha, Rumba and Samba are introduced slowly over the next few weeks giving you an opportunity to learn how to lead and follow, timing to music, origins of each dance and why they are danced the way they are. Instructor: Janice Stevens.

**Centennial Community Centre** **604.777.5100**

Tuesday, 7:00 - 8:00 pm

July 6 - 27

**Registration Fee: \$37.00 / 4 classes** **94244**

### Mambo/Samba Beginner (19+ years)

This Latin Combo features two distinct Latin rhythms. Samba is a Brazilian genre and has an energetic, fun rhythm. Mambo is a Cuban genre and is more of a romantic dance with flirtatious movements. Patterns will be put together in a grouping so dancers can walk away ready to get up on the dance floor. Instructor: Janice Stevens.

**Centennial Community Centre** **604.777.5100**

Tuesday, 7:00 - 8:00 pm

August 10 - 31

**Registration Fee: \$37.00 / 4 classes** **94245**

## FITNESS

### Water Running (14+ years)

Looking for a new way to increase your cardio and muscle endurance, improve your overall fitness, or simply maintain your fitness while recovering from an injury? Why not throw yourself in the deep end for a different type of workout-water running! Designed for all abilities, participants wear a floatation belt in this 45 minute clinic. Discover the benefits of how to train in a "zero impact" environment. Comfort in deep water is must! Bring your prefilled water bottle.

**Canada Games Pool** **604.526.4281**

Thursday, 3:00 pm

July 15

**92898**

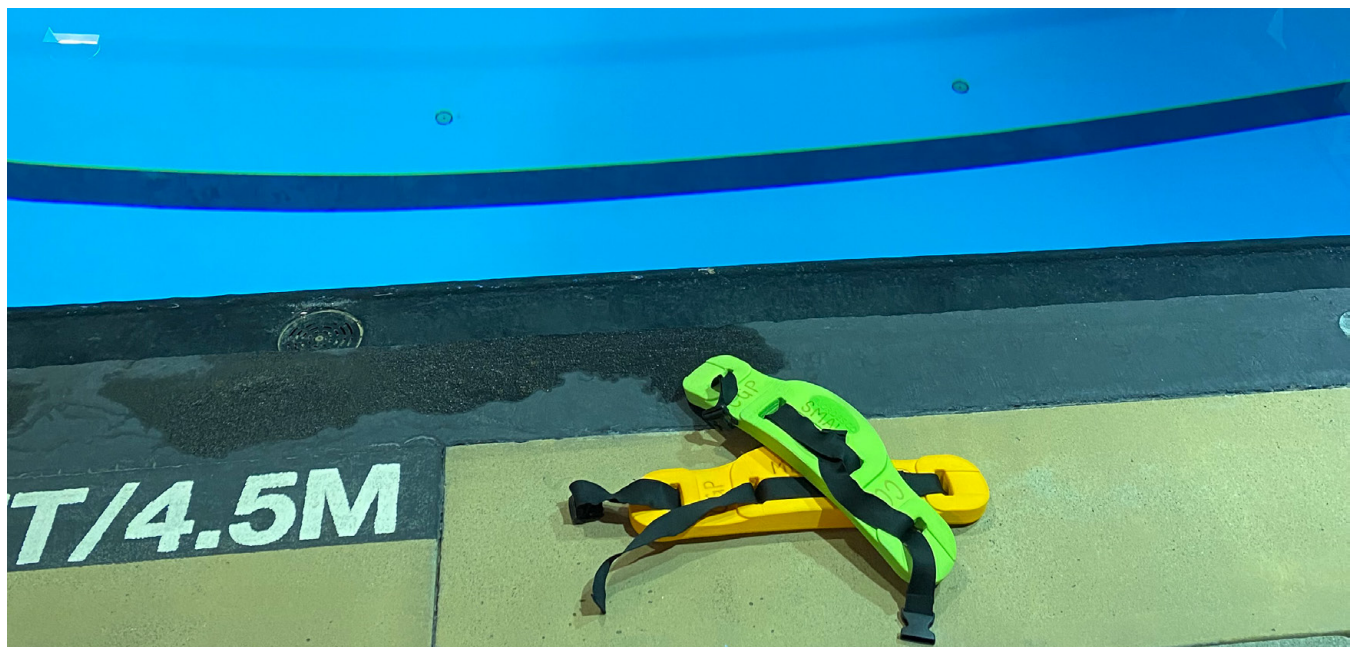
Sunday, 11:00 am

August 22

**92901**

**Registration Fee: \$8.00 / 1 class**

**Try it! times have a reduced \$2.00 admission fee.  
See more offerings on page 16.**





## OUTDOOR REGISTERED GROUP FITNESS SCHEDULE

Registered Program Schedule (14+ years). Effective July 3, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Power Yoga 9:30 - 10:30 am			Yoga 9:30 - 10:30 am	Interval Training 9:30 - 10:30 am	Interval Training 9:30 - 10:30 am
Zumba 10:45 - 11:45 am					
Interval Training 12:00 - 12:45 pm	Yoga 6:30 - 7:45 pm	Yoga 5:30 - 6:30 pm	Gental Yoga & Meditation 5:30 - 6:30 pm		Yoga 6:30 - 7:30 pm

If Outdoor Fitness Classes are not fully registered, spots will be made available for Reserved Drop-in 3 days before class.  
For up-to-date schedules and to reserve online visit: [newwestcity.ca/dropin](http://newwestcity.ca/dropin)

### Outdoor Yoga (14+ years)

Poses which encourage balance, strength, flexibility, relaxation and a mind-body connection. Please bring your own mat, towel and water bottle.

**Hume Park Lower Field** 604.777.5100  
Tuesday, 6:30 - 7:45 pm  
July 6 - 27 90903

Tuesday, 6:30 - 7:45 pm  
August 3 - 17 90904

**Registration Fee: \$30.00 / 4 classes**  
**\$22.50 / 3 classes**

**Old Schoolhouse Park** 604.777.5100  
Wednesday, 5:30 - 6:30 pm  
July 7 - 28 90925

August 4 - 25 90935

**Moody Park South Field** 604.777.5100  
Thursday, 9:30 - 10:30 am  
July 8 - 29 90933

August 5 - 26 90936

**Registration Fee: \$24.00 / 4 classes**  
**\$18.00 / 3 classes**

**Moody Park South Field** 604.777.5100  
Sunday, 6:30 - 7:30 pm  
August 15 92408

**Registration Fee: Free**

### Outdoor Power Yoga (14+ years)

Poses in flowing sequences that are both challenging and promote body, mind and breathe awareness. Please bring your own mat, towel and water bottle.

**Queen's Park Artificial Turf Field** 604.777.5100  
Monday, 9:30 - 10:30 am  
July 5 - 26 90909

August 9 - 30 90934

**Registration Fee: \$24.00 / 4 classes**

### Outdoor Classes (14+ years)

In the event of inclement weather, outdoor classes will be cancelled. Participants will be phoned prior to the class to be notified of cancellations. Please bring your own mat, towel and prefilled water bottle.

Register online: [newwestcity.ca/register](http://newwestcity.ca/register)

### Outdoor Zumba (14+ years)

Zumba fuses hypnotic Latin rhythms with easy-to-follow dance moves to create a one-of-a-kind fitness program. Routines feature interval training where fast and slow rhythms and resistance training are combined to tone and sculpt. Bring your own prefilled water bottle.

**Ryall Park Outdoor Stage** 604.777.5100  
Monday, 10:45 - 11:45 am  
July 12 92402

**Registration Fee: Free**

### Outdoor Interval Training (14+ years)

Interval training for a focused and challenging workout. Levels 1, 2 and 3 offered. Please bring your own mat, towel and water bottle.

**Tipperary Park** 604.777.5100  
Monday, 12:00 - 12:45 pm  
July 5 - 26 90916

August 9 - 30 90937

**Registration Fee: \$18.00 / 4 classes**

**Queen's Park All Weather Field** 604.777.5100  
Friday, 9:30 - 10:30 am  
July 9 - 30 90910

August 6 - 27 90938

**Old Schoolhouse Park** 604.777.5100  
Saturday, 9:30 - 10:30 am  
July 3 - 24 92395

August 7 - 28 92396

**Registration Fee: \$24.00 / 4 classes**

### Outdoor Gentle Yoga & Meditation (14+ years)

A gentle yoga component designed to be easy on your body, suitable for beginners and seniors, followed by a guided meditation. Please bring your own mat, towel and water bottle.

**Queen's Park Bandshell** 604.777.5100  
Thursday, 5:30 - 6:30 pm  
July 8 - 29 90901

August 5 - 26 90902

**Registration Fee: \$32.00 / 4 classes**

## Beginner's Iyengar Yoga (14+ years)

Iyengar Yoga instruction focuses on adapting poses to the individual needs. Breathing and alignment draw your attention inward to create 'moving meditation'. Quiet your mind while increasing flexibility, strength and mobility. Suitable for all levels. Beginners work towards a solid foundation of the poses and technique while Level 1's do more complex poses. This is a prerequisite for Iyengar Yoga Level 1. Using props is optional if you would like to bring your own. Bring your own mat and blanket.

**Centennial Community Centre** 604.777.5100

Monday, 5:30 - 6:30 pm

July 5 - July 26

90897

Aug 9 - Aug 30

90898

**Registration Fee: \$32.00 / 4 classes**

## Iyengar Yoga Level 1 (14+ years)

Advance your Iyengar practice beyond the foundations learned from Beginner's Iyengar. Previous Iyengar yoga practice, and instructor approval, is required for Level 1. Using props is optional if you would like to bring your own. Bring your own mat and blanket.

**Centennial Community Centre** 604.777.5100

Monday, 7:00 - 8:30 pm

July 5 - 26

90899

August 9 - 30

90900

**Registration Fee: \$48.00 / 4 classes**

## Yoga Basic Back Care (16+ years)

Work through poses that help to tone and strengthen the lower back and core while developing a more full range of motion throughout your joints. Move through your comfortable range of motion and discover the possibility of going beyond. Please bring your own yoga mat. Instructor: Anya Olenchenko.

**Anvil Centre Theatre** 604.527.4640

Saturday, 10:45 am - 12:00 pm

July 10 - August 21 (no class July 31)

**Registration Fee: \$55.00 / 6 classes** 92879

## YogaLates (16+ years)

This class combines core strengthening and toning of Pilates, with yoga poses to open the mind and the body. A great accompaniment to Yoga Basic Back Care, take your core strengthening a little further, while still moving at your own pace. Come and explore the similarities and the differences of Pilates and yoga and how they can benefit you. Move mindfully! Beginners welcome. Please bring your own yoga mat. Instructor: Anya Olenchenko.

**Anvil Centre Theatre** 604.527.4640

Saturday, 9:00 - 10:15 am

July 10 - August 21 (no class Jul. 31)

**Registration Fee: \$55.00 / 6 classes** 92876



## Yoga (50+ years)

All levels welcome. This gentle class will focus on breathing, stretching and relaxing the body and mind. Take your time and enjoy each position. Participants will need a yoga mat and anything else for comfort (bolster, blanket). Having water to drink nearby to help keep muscles from cramping. Class will always finish with a 10 minute shavasana.

Instructor: Myken Brooks.

**Century House** 604.519.1066

Virtual via Zoom

Tuesday & Thursday, 11:00 am - 12:00 pm

July 6 - 29

93626

Tuesday & Thursday, 11:00 am - 12:00 pm

August 3 - 26

93628

**Registration Fee: \$71.00 / 8 classes**

## What to know before you go:

Things look a little different than before COVID-19. Come prepared by reviewing our [newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know) webpage or see page 3.

## Barre and Balance for Grandes Dames (50+ years)

This is an adapted ballet exercise 'a la barre' and centre practice specifically for the mature woman's untrained body. A unique blend of art and science, this class is for non-dancers and former dancers alike. Original ballet class music creates just the right ambiance as you gently improve posture and balance, strengthen your core, hips, low back and enjoy 'foot play to benefit feet and ankles. Adaptations will keep you safe as you explore this refreshingly different healthy aging program. All stretches performed sitting or standing - no floor exercise. Instructor: Deanne Rapacioli.

**Century House** 604.519.1066

Monday, 9:30 - 10:45 am

July 5 - August 30

**Registration Fee: \$88.00 / 8 classes** 93630

## Women's Wellness Circle (50+ years)

The Women's Wellness Circle is a welcoming group for mature women where we focus on healthy aging, prevention and wellness education in an atmosphere of friendship, equanimity and respect. Topics are interesting and informative and the conversation is always lively. Social interaction is so good for our overall well being, we'd love you to come out and socialize safely with us. Instructor: Deanne Rapacioli.

**Century House** 604.519.1066

Thursday, 12:30 - 2:00 pm

July 8 93631

July 22 93632

August 5 93636

August 19 93637

**Registration Fee: \$6.75 / class**

## Meditation (50+ years)

Work to shift from the stressful fight-or-flight nervous system or sympathetic nervous system into the calming, intuitive, receiving parasympathetic nervous system. This is where healing in the body and mind can take place. We meditate together in a non-judgmental, highly supportive environment. Instructor: Tanya Boucher.

**Century House** 604.519.1066

Tuesday, 1:00 - 2:00 pm

July 6 - 27 93638

August 3 - 24 93639

**Registration Fee: \$35.00 / 4 classes**

## Get Up & Go! (50+ years)

This entry level exercise program helps with balance and mobility impairments with an emphasis on safety. You will improve strength, balance and coordination as well as functional ability, independence and quality of life. For a referral, contact Fraser Health Fall & Injury Prevention, 604.587.7866.

**Century House** 604.519.1066

Wednesday & Friday, 1:00 - 2:00 pm

July 7 - August 27

**Registration Fee: \$42.50/16 classes** 93640



## GENERAL

### Social Pods (50+ years)

Socialize in-person, safely. Book a time slot and invite up to three friends to join you. Physical distancing must be maintained and the wearing of masks is now mandatory. Please do not arrive more than five minutes early for your reservation. If needed, you may be responsible to submit the names of your party to the office. Reserve online, by phone, or in person during operation hours.

**Century House** 604.519.1066

Monday - Friday

Social Pod 1

9:30 - 10:30 am

11:30 am - 12:30 pm

1:30 - 2:30 pm

Social Pod 2

9:45 - 10:45 am

11:45 am - 12:45 pm

1:45 - 2:45 pm

Social Pod 3

10:00 - 11:00 am

12:00 - 1:00 pm

2:00 - 3:00 pm

**Queensborough Community Centre** 604.525.7388

Tuesday, 1:30 - 2:30 pm

Wednesday & Friday, 3:00 - 5:00 pm

July 5 - August 29

**Registration Fee: Free**

### Ryall Park Summer Picnic (50+ years)

Bring your own lunch to Ryall Park Picnic Shelter and enjoy time in the park. We will invite a special guest to join us for lunch to talk about a special interest topic.

**Queensborough Community Centre** 605.525.7388

Wednesday, 11:00 am - 12:30 pm

July 21

**Registration Fee: Free** 98000



## HERITAGE

### Victorian Book Club (14+ years)

Our Victorian book club has gone virtual! Every two months, discuss literature and culture as you sip tea and video chat with the club from home. We read literary works by the Brontes, Charles Dickens, Robert Louis Stevenson, Oscar Wilde, H. G. Wells, Joseph Conrad, Henry James, Mark Twain and others. This is the perfect opportunity to join other enthusiasts in your community - online!

**New Westminster Museum** 604.527.4640

Virtual via Zoom

Saturday, 1:00 - 2:00 pm

July 24

**Registration Fee: Free** [museum@newwestcity.ca](mailto:museum@newwestcity.ca)

## MUSIC

### Ukulele - Level 1 (50+ years)

For those with little or no ukulele experience. Learn how to strum, change chords and sing along to songs. This course also includes an introduction to reading music. Instructor: Kaitlin Deavy.

**Century House** 604.519.1066

Thursday, 10:00 - 11:30 am

July 22 - September 2 (no class Aug. 12, 26)

**Registration Fee: \$58.00 / 5 classes** 93641

### Ukulele - Level 2 (50+ years)

For those having completed the beginner course or who have some ukulele experience. Continue progressing with reading music, strumming, changing chords and singing along. This course also continues to build skills in reading music. Instructor: Kaitlin Deavy.

**Century House** 604.519.1066

Thursday, 12:30 - 2:00 pm

July 22 - September 2 (no class Aug. 12, 26)

**Registration Fee: \$58.00 / 5 classes** 93642

### Ukulele Intermediate (50+ years)

For those comfortable changing chords and who have mastered basic strumming patterns. Students learn more chords, additional strumming and fingerpicking patterns and continue advancing in music theory. Other topics include performing, song writing and improvisation. Instructor: Kaitlin Deavy.

**Century House** 604.519.1066

Thursday, 3:00 - 4:30 pm

July 22 - September 2 (no class Aug. 12, 26)

**Registration Fee: \$58.00 / 5 classes** 93645

## What to know before you go:

Things look a little different than before COVID-19. Come prepared by reviewing our [newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know) webpage or see page 3.



## SPORTS

### Tennis 1 on 1's (19+ years)

Looking for a little one-on-one attention to kick start the season? Whether you're a beginner or experienced player, we'll customize your two-hour lesson to maximize participation and technique development on the court. Participants must provide their own racquets. Call to book times. Not eligible for subsidy.

**Queen's Park Tennis Courts**

604.777.5100

**Registration Fee: \$73.50**

### Butokukan Karate (13+ years)

Butokukan means "Training Hall of the Virtues of the Martial Arts" and draws the best from traditional and modern martial arts. Enjoy physical and mental exercises and develop your poise, balance, concentration and self-confidence in a safe environment. Questions? Call 604.299.5061 or drop by to observe a class. Wear loose fitting clothing until uniform are purchased through the instructor. The fee does not include belt testing or association membership fees.

**Centennial Community Centre**

604.777.5100

Tuesday, 4:00 - 4:45 pm

Saturday, 12:10 - 12:55 pm

July 6 - August 31 (no class July 31)

**Registration Fee: \$168.00 / 16 classes**

94246

### AAA Butokukan Karate

**NEW MEMBER SPECIAL**

This introductory, first-time student program includes a free \$60.00 karate uniform.

**Centennial Community Centre**

604.777.5100

Tuesday, 4:00 - 4:45 pm

Saturday, 12:10 - 12:55 pm

July 6 - 17

**Registration Fee: \$41.00**

94249

**ART**

**New Media Gallery**

**Virtual School (5 - 17 years)**

New Media Gallery introduces your students to award-winning contemporary art, ideas and innovative technologies. We offer virtual multi-media classes and creative workshops for K-12 Schools. Our Program Coordinator is here to discuss how we help teachers explore some pretty amazing themes in art, technology, science, engineering... through the world of imagination! Teachers can choose from our Exhibition, Humanities or Science Streams. We're experienced in delivering the new curriculum.

**New Media Gallery** [education@newmediagallery.ca](mailto:education@newmediagallery.ca)

Tuesday - Friday, 9:00 am - 2:00 pm

**Registration Fee: \$40.00**

**GENERAL**

**Canada Day - July 1, 2021**

Celebrate community and national pride using the inspiration, activities, and tools we provide to make this experience like no other. There will be many fun opportunities. Details and a schedule of activities will be available in early June at [newwestcity.ca/canadaday](http://newwestcity.ca/canadaday)



**Spray Parks**

Splash the heat away! These fun spaces are located conveniently near other park amenities like playgrounds, washrooms and picnic areas. To conserve water, spray parks operate on manually activated 3-minute cycles while the wading pool is open on good weather days only.

**Queen's, Hume, Moody, Ryall, & Sapperton Park Spray Parks** **604.777.5121**

Daily, 10:00 am - 7:00 pm

**Grimston Park Wading Pool** **604.777.5121**

Daily, 12:00 - 5:00 pm

May 22 - September 6

**Drop-in Fee: Free**

**Geocaching (All Ages)**

Geocaching is a high-tech family friendly outdoor activity where you use your mobile phone and a free mobile app to follow clues and coordinates to find a "cache" that someone else has hidden. Geocaching is a great way to discover the city, exercise, and have fun. Come out to learn how to use the Geocaching app and then enjoy a guided community walk to find some geocaches.

**Port Royal Picnic Shelter** **604.777.5100**

Sunday, 10:00 - 11:30 am

June 27

**Registration Fee: Free**

**94234**

**HERITAGE**

**Culinary Heritage: From Garden to Table (All Ages)**

Join Chef Paul from Spirit of the Children Society as he prepares a dish utilizing ingredients from the heritage kitchen garden at Irving House. During the cooking lesson, Chef Paul will discuss the ease and advantages of growing your own food at home.

**Irving House** **604.527.4640**

Virtual via Zoom

Tuesday, 6:00 - 7:00 pm

July 27

**Registration Fee: Free**

**93742**

**Hangouts and Hidden History: A Virtual Tour of Carnarvon Street (All Ages)**

Did you know that parts of Carnarvon Street used to be bustling with businesses and people? Join our experienced volunteer, Sakura, as she leads you on a virtual tour of locations like the old public library and Chinatown. Each participant will be e-mailed a map of the locations covered during the program to take a self-guided walking tour.

**New Westminster Museum** **604.527.4640**

Virtual via Zoom

Thursday, 6:00 - 7:00 pm

August 26

**Registration Fee: Free**

**93747**



## Saving Our Stones: Cemetery Tour & Cleaning Best Practices (All Ages)

Are you interested in helping to preserve the City's grave markers in Fraser Cemetery? Join Archie Miller from A Sense of History Research Services Inc. as he leads a virtual tour about the history of Fraser Cemetery and individual gravestones, then join our experienced staff as they lead a tutorial outlining how to clean gravestones using best practices.

**New Westminster Museum** **604.527.4640**

Virtual via Zoom

Thursday, 6:00 - 7:00 pm

July 15

Registration Fee: Free

93741

## Saving Our Stones: Cemetery Preservation Project (All Ages)

Spend time outside connecting to nature and your community by helping to preserve the City's grave markers. Under the guidance of museum staff, local groups and individuals are invited to volunteer their time to clean gravestones using best practices. This is a unique way for the community to work together and show respect to those who came before them. Please meet at the main office.

**Fraser Cemetery, 100 Richmond Street** **604.527.4640**

Saturday & Sunday, 10:00 am - 12:00 pm

July 17

93736

July 18

93737

July 24

93738

July 25

93739

Registration Fee: Free

## Culinary Heritage: Chinese Cuisine in the Community Kitchen (All Ages)

Join an experienced participant from the Community Kitchen of Family Services of Greater Vancouver as she shares her favourite traditional Chinese recipe. During the cooking lesson, we will discuss the cultural heritage behind the recipe.

**New Westminster Museum** **604.527.4640**

Virtual via Zoom

Thursday, 6:00 - 7:00 pm

August 12

Registration Fee: Free

93743

## A Photographic Tour of Panoramic New Westminister (All Ages)

Panorama photographs often go unused and unseen due to their incredible width. Thanks to modern technology, Registrar Allan Blair will show these difficult photos in slow pans across the image. For the last 30 years, Allan has digitized and conserved roughly 40,000 archival images.

**New Westminister Museum** **604.527.4640**

Virtual via Zoom

Thursday, 6:00 - 7:00 pm

August 19

Registration Fee: Free

93746

## Pop-Ups in the Park (All Ages)

This summer the Museum and Library moves outdoors! Each week the Museum will bring artefacts and archival material from our collections for a different activity, craft, or game for you to explore, play, and learn. While you're here, you can also take part in the Library's Summer Reading Club activities!

**Queen's Park Farm**

**604.527.4640**

Wednesday, July 7

12:30 - 1:30 pm

97817

1:30 - 2:30 pm

97818

2:30 - 3:30 pm

97819

Wednesday, July 14

2:30 - 1:30 pm

97820

1:30 - 2:30 pm

97821

2:30 - 3:30 pm

97822

Wednesday, July 21

12:30 - 1:30 pm

97823

1:30 - 2:30 pm

97824

2:30 - 3:30 pm

97825

Wednesday, July 28

12:30 - 1:30 pm

97827

1:30 - 2:30 pm

97828

2:30 - 3:30 pm

97829

Reserved Drop-in: Free

## Family Fridays (All Ages)

Every Friday afternoon this summer, families can visit Irving House and pick up fun crafts for all ages to take home and enjoy. Be sure to pre-book a free tour and discover New Westminister's storied heritage while you're here!

[booking.nwmuseumarchives.ca/](http://booking.nwmuseumarchives.ca/)

**Irving House**

**604.527.4640**

Friday, 3:00 - 8:00 pm

July - August

Reserved Drop-in Fee: Free [museum@newwestcity.ca](mailto:museum@newwestcity.ca)





## New Westminster Museum

[nwmuseumarchives.ca](http://nwmuseumarchives.ca)  
[museum@newwestcity.ca](mailto:museum@newwestcity.ca)

Located at Anvil Centre, the New Westminster Museum cares for over 36,000 objects that celebrate our city's stories and history. Taking you on a journey from 10,000 years ago through today, our exhibits focus on the land, people and development of the place we call New Westminster. We aspire to be a fun and entertaining place of learning and use the objects in the Museum's collection as an entry-point to inquiry, discussion and exploration about the city. We look forward to welcoming you back to the Museum! Review our new safety measures:

[anvilcentre.com/our-events/were-reopening/](http://anvilcentre.com/our-events/were-reopening/)

Wednesday - Sunday

Reservation Fee: Free [booking.nwmuseumarchives.ca](http://booking.nwmuseumarchives.ca)

## Museum Exhibition

**AIR HUGS (All Ages)**

**New West Together During COVID-19**

A new exhibit on the community's resilience during the pandemic.

**Anvil Centre, Gallery 7**

Closes September 5, 2021

## Archives

The New Westminster Museum and Archives acquires a variety of records that document the city's history. Our staff ensure these records are preserved so that future researchers, historians, and anyone interested in the story of New Westminster and its citizens can access these valuable primary and secondary sources.

View over 18,000 archival records online:

[archives.newwestcity.ca/search.aspx](http://archives.newwestcity.ca/search.aspx)

**Anvil Centre**

**604.527.4640**

Wednesday - Sunday, 9:50 am - 4:50 pm

Reservation Fee: Free [archives@newwestcity.ca](mailto:archives@newwestcity.ca)

## Irving House

Enter the 1800s! Irving House is the oldest intact house in the Lower Mainland, built in 1865 by riverboat captain William Irving. Beautifully preserved original features such as 1880s wallpaper, late Victorian parlours and unique furnishings. Includes 45-minute tour for up to six guests from the same household.

Saturday, 12:00 - 4:00 pm

Registration Fee: Free

[booking.nwmuseumarchives.ca/](http://booking.nwmuseumarchives.ca/)

## School Programs

During these unprecedented times, New Westminster Museum and Archives has adapted its guided school programs and tours to be offered virtually. These inquiry-based heritage programs are in line with the current school curriculum. We also offer a contact-free Educational Kit for a two-week loan.

All information can be found in our brochure:

[newwestcity.ca/NMG-School-Brochure](http://newwestcity.ca/NMG-School-Brochure)

For information or to book a tour or program, call

604.527.4640 or email: [museum@newwestcity.ca](mailto:museum@newwestcity.ca)

## Donations

Do you have city-related photographs, family heirlooms or other objects from New Westminster's history that you would like to donate to the museum and archives?

The benefit of donating archival and artefacts is the museum and archives ability to properly store and care for these items while enriching New Westminster's history to residents, visitors and researchers.

Learn how to donate your items by contacting our Curator, Oana Capota: [ocapota@newwestcity.ca](mailto:ocapota@newwestcity.ca)

## COVID-19 Historical Documentation

New Westminster Museum and Archives is documenting the COVID-19 pandemic in New Westminster and encourages citizens to contribute.

- Collect both physical objects and digital documentation and document history as it happens.
- Keep a diary of this time and/or to contribute to a community diary, using the hashtag #nwcovidlife. During this time of social isolation, keeping a journal also has benefits for mental health.
- Oral History Interviews - People from a broad base of different backgrounds are invited to come together and share their experiences through a recorded audio and video conference interview. Interviews can either be one-on-one with a museum staff member or as part of a community program.

For more information visit:

[newwestcity.ca/services/arts-and-heritage/museums-and-archives# covid-19-historical-documentation](http://newwestcity.ca/services/arts-and-heritage/museums-and-archives# covid-19-historical-documentation)

or email Oana Capota: [ocapota@newwestcity.ca](mailto:ocapota@newwestcity.ca)

## Carnarvon Court

53 FOURTH STREET

The site of the current Carnarvon Court on Fourth Street at Carnarvon was originally the site of Dr. Charles Fagan's large house, built in 1888 at a cost of \$5,500. At the beginning of 1888, the Irish surgeon purchased four lots on Blackwood Street from Matthew Baillie Begbie, the first Chief Justice in the Colony of BC.

Charles Joseph Fagan (1857 - 1915) worked at St. Mary's Hospital further up the hill, by Irving House. A year after building his house, he bought the land on which stood the so-called "Indian Church" (which was reported to have been moved to "the reservation") to add to his garden. His house was listed alternately as being both on Blackwood Street and Carnarvon Street.

The *Vancouver Daily World* newspaper tried to contrive religious controversy when Fagan, a Catholic, married a much-younger Protestant, Miss Clute, in 1893. After leaving New Westminster, Fagan went on to become the first director of the King Edward Sanatorium. Located near Kamloops and later known as Tranquille, the sanatorium cared for tuberculosis patients. He passed away at the age of 57 in Victoria.

In March 1927, Isaac Morrow announced that he was building a new apartment block called Carnarvon Court at Fourth and Carnarvon, on the grounds of the Fagan house. The three-storey stucco block cost \$30,000 and opened in August. At that time, the building was said to be the most modern in the city.

**Carnarvon Court  
Apartments, ca. 1930**  
IHP8008-219



A few months later, in March 1928, someone threw a flammable substance into the garbage chute at the centre of the building, leading to a large fire. Most of the apartments were damaged by smoke and water, estimated at \$5000. Everyone escaped without injury, as a result of the building being mostly fireproof.



During the 1920s and 1930s, wedding notices often mentioned newlyweds making their home in Carnarvon Court. The building was home to loggers, stenographers, bakers and bank clerks.

See Hangouts and Hidden History: A Virtual Tour of Carnarvon Street, page 48.

**Carnarvon Court  
Entrance**

Image courtesy of New Westminster and Archives

### **Dr. Fagan's Tennis Lawns, ca. 1890**

The New Westminster Tennis Club assembled on Dr. Fagan's tennis lawns in the terraced yard. Dr. Fagan was the doctor in charge at St. Mary's Hospital. The church shown on the right is the 1884 Catholic First Nations mission church known as St. Charles. IHP0760-2

