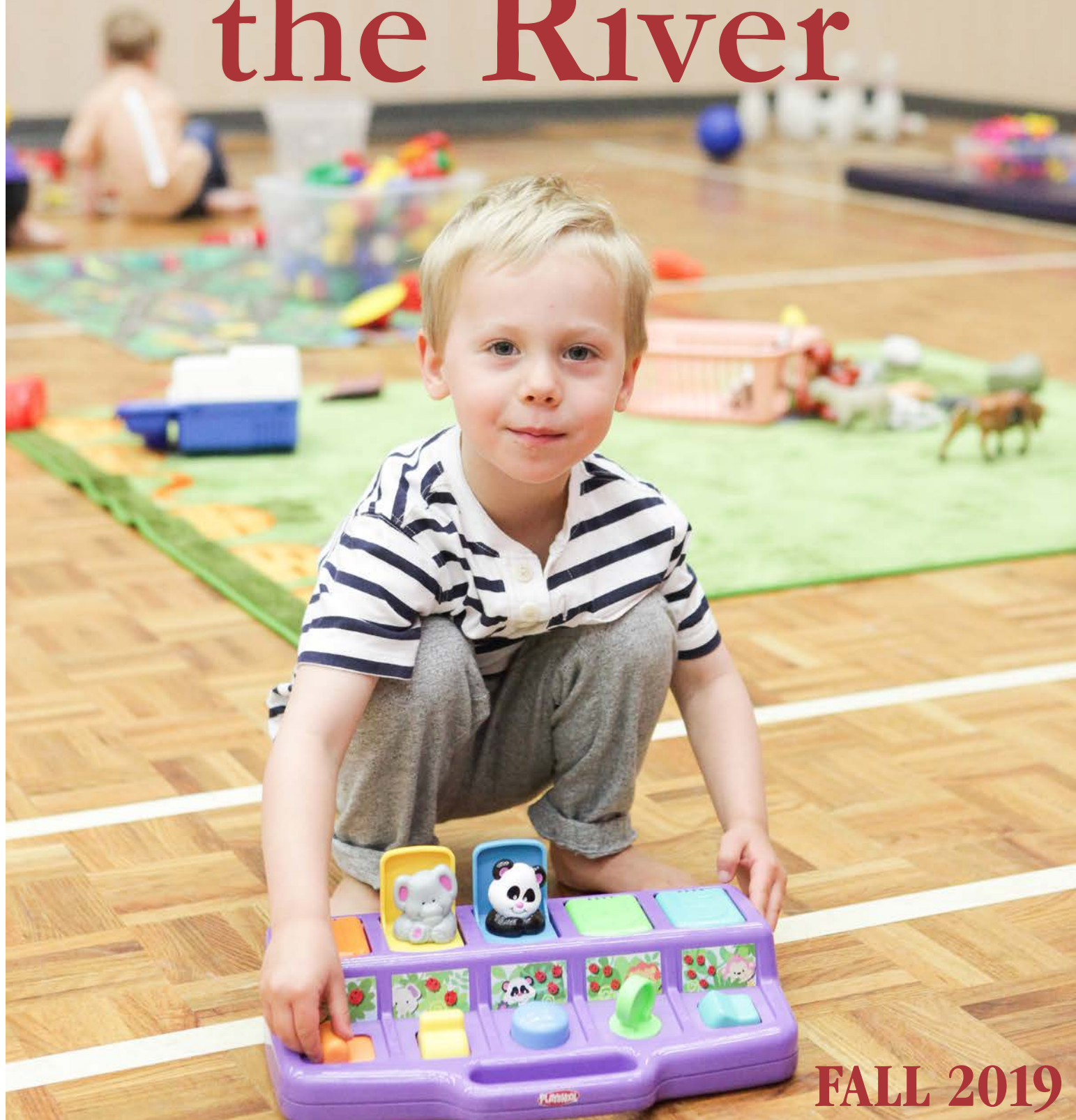


# Life Along the River



FALL 2019

# GENERAL INFORMATION

Through all our programs and activities, the **Queensborough Community Centre** is committed to building a strong, vibrant and healthy community for all. If you have an idea for a program, please let us know by calling the centre at 604.525.7388.

## New Westminster Public Library,

### Queensborough Branch

Monday - Thursday 10:00 am - 7:00 pm  
Friday 10:00 am - 6:00 pm  
Saturday 11:00 am - 3:00 pm  
Sunday Closed

For library services please contact 604.636.4450.

## Registration

Visit or call any New Westminster Parks and Registration facility during opening hours or visit [newwestcity.ca/rec](http://newwestcity.ca/rec) to register anytime. Queensborough Community Centre: 604.525.7388.

## Refunds

Refunds related to registered programs, private lessons, and rental bookings are now subject to withdrawal or cancellation fees. This policy has been implemented to keep more registration spots open and deter individuals from registering for more programs than they intend to use. These fees will be applied directly to customer's account upon withdrawal or cancellation.

## Queensborough Staff

- Facility Manager Renee Chadwick
- Recreation Programmer Ryan Weber
- Health and Wellness Programmer Courtney Firlotte
- Recreation Leader Alison Ching (Adults 50+)
- Recreation Leader Erin Franklin (Youth)
- Recreation Leader Adam Wrohan
- Attendants Bruno Savino  
Greg Radnidge  
Joel MacKenzie
- Recreation Facility Workers Scott Earle  
Andrew Brown  
Laurence Solis  
Sandeep Cheema  
Jalen Bachra
- Recreation Facility Clerks Diane Torris  
Danae Mclean  
Rina Thompson

## Community Partners

Queensborough Community Centre is proud to be working with the following community partners to offer programs and services to our community.

- Family Service of Greater Vancouver
- Simon Fraser Society for Community Living
- Queensborough Special Programs Committee
- Queen Elizabeth Elementary School
- Queensborough Middle School
- Queensborough Activities Club
- Queensborough Residents Association
- Seniors Services Society
- Self-Management British Columbia
- Osteoporosis Canada
- Family Place
- Purpose Society
- Fraser Health
- Police Services
- 50+ Social Club
- SUCCESS
- KIDS Childcare
- Aragon Properties Ltd
- Library Services

## Oh no! We had to cancel it!

The decision to run a program is made approximately one week prior to the class start date. Minimum class numbers must be registered by that time to avoid cancellation of these fun and fabulous classes. Be sure to register early to avoid disappointment for yourself and for others!

## City of New Westminster

### Bill Payments

Flat Rate Utility Bill, Property Taxes, Electrical Bills, Parking tickets, Dog Licences and By-Law tickets can be processed at the centre reception counter.

### Garbage Tags

You can purchase extra garbage tags at Queensborough Community Centre for \$4.00 per tag.

# QUEENSBOROUGH FITNESS CENTRE

## Fitness Centre

Work on your fitness in our non-intimidating, bright and friendly fitness centre. Achieve your fitness goals with our great blend of cardio and strength equipment and knowledgeable Fitness Advisors.

## Fitness Advisors:

Consult with one of our Fitness Advisors to help design an exercise program that meets your goals while ensuring you are using the equipment safely and effectively. A free service.

Monday - Friday, 5:15 - 9:45 pm  
Tuesday, 10:00 am - 2:00 pm  
Saturday, 1:30 - 5:30 pm  
Sunday, 8:30 am - 12:30 pm



## Queensborough Drop-in Programs

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY                                  | FRIDAY   | SATURDAY                            | SUNDAY                                |
|--|--|---|---|--|-------------------------------------|---------------------------------------|
|  | <b>Nordic Walking</b><br>9:00 - 10:00 am                 |   |   |  |                                     |                                       |
| <b>Strength &amp; Stretch</b><br>9:15 - 10:15 am | <b>Tabata Training</b><br>9:15 - 10:15 am                | <b>Strength &amp; Stretch</b><br>9:15 - 10:15 am  |   |  |                                     | <b>Pilates Mat</b><br>9:15 - 10:15 am |
| <b>Indoor Playland</b><br>9:30 - 11:30 am        | <b>Pickleball</b><br>9:30 am - 12:00 pm                  | <b>Pickleball</b><br>9:30 am - 12:00 pm           | <b>Indoor Playland</b><br>9:30 - 11:30 am | <b>Pickleball</b><br>9:30 am - 12:00 pm          |                                     |                                       |
|  |  | <b>Table Tennis</b><br>10:30 am - 12:30 pm        |   |  |                                     |                                       |
|  |  | <b>Storytime</b><br>(Library)<br>11:00 - 11:30 pm |   |  |                                     |                                       |
| <b>Pickleball (50+)</b><br>12:30 - 2:30 pm       |  | <b>Chat &amp; Play</b><br>11:30 am - 1:00 pm      |   | <b>Babytime</b><br>(Library)<br>12:00 - 12:30 pm | <b>Basketball</b><br>1:15 - 3:15 pm | <b>Basketball</b><br>1:15 - 3:15 pm   |
| <b>TBC Boot Camp</b><br>6:15 - 7:15 pm           | <b>Pickleball/<br/>Badminton (QMS)</b><br>6:30 - 8:30 pm | <b>TBC Boot Camp</b><br>6:15 - 7:15 pm            |   | <b>Zumba</b><br>6:15 - 7:15 pm                   |                                     |                                       |
| <b>Hatha Yoga</b><br>7:30 - 8:30 pm              | <b>Hatha Yoga</b><br>7:30 - 8:30 pm                      |   | <b>Volleyball (QMS)</b><br>7:00 - 9:00 pm |  |                                     |                                       |

## Queensborough Drop-in Fees

|                          |        | Active 10 | Active 30 | Active 90 | Active 365                  |
|--------------------------|--------|-----------|-----------|-----------|-----------------------------|
|                          |        | 10 Visits | Day       | Day       | Day                         |
|                          |        | SAVE 20%  | SAVE 25%  | SAVE 25%  | SAVE 45%                    |
| Drop-in Fee              |        |           |           |           |                             |
| Child<br>(1 - 12 years)* | \$3.00 | \$24.00   | \$27.00   | \$81.00   | \$237.60<br>(\$19.80/month) |
| Youth<br>(13 - 18 years) | \$4.25 | \$34.00   | \$38.25   | \$114.75  | \$336.80<br>(\$28.06/month) |
| Adult<br>(19 - 64 years) | \$6.25 | \$50.00   | \$56.25   | \$168.75  | \$495.00<br>(\$41.25/month) |
| Senior<br>(65+ years)    | \$4.50 | \$36.00   | \$40.00   | \$120.00  | \$357.00<br>(\$29.75/month) |

Includes GST.

## TODDLER

### Chat & Play (Infant - 3 years)

Little ones can meet and socialize with other families. There will be fun activities and time to enjoy unstructured playtime!

**Queensborough Community Centre 604.525.7388**

Wednesday, 11:30 am - 1:00 pm

September 11 - December 11

**Drop-in Fee: \$3.00/ per parent and one child**

### Parent & Baby Yoga (Infant - 18 months)

Get that mind and body connection back post pregnancy! You will focus on strengthening your core, regaining your posture and relaxing through proper yoga postures and breath work; recommended for infants, pre-crawling babies.

**Queensborough Community Centre 604.525.7388**

Thursday, 9:30 - 10:15 am

September 12 - October 17

October 31 - December 5

**Registration Fee: \$42.86**

**29195**

**29198**

### Babytime (Newborn - 23 months)

Come to the library to hear stories, join in singing, and learn fun rhymes to take home.

**New Westminster Public Library 604.527.4660**

**Queensborough Branch**

Friday, 12:00 - 12:30 pm

September 20 - December 13

**Drop-in Fee: Free**

### Parent & Tot Pre-Dance 1

(1 - 2 years)

**Parent Participation**

Get moving, marching, clapping and dancing to a variety of childrens' music. Little ones are encouraged to go at their own pace as they enjoy music, movement and dance together. This class is for both new and returning participants.

**Queensborough Community Centre 604.525.7388**

Sunday, 11:15 - 11:45 am

September 22 - December 8 (no class Oct. 13 & Nov. 10)

**Registration Fee: \$40.50**

**29054**



## Parent & Tot Pre-Dance 2

(2 - 3 years)

**Parent Participation**

Songs and dances in this level will be longer in length than the Pre-Dance 1 class. This class is for both new and returning participants. Little one's are encouraged to go at their own pace as they enjoy music, movement and dance together.

**Queensborough Community Centre 604.525.7388**

Wednesday, 9:15 - 9:45 am

September 18 - December 4

**Registration Fee: \$48.60**

**29066**

## Sportball Parent & Child

### Outdoor Soccer (2 - 3 years)

Get an introduction to the fundamentals of soccer required to score with confidence in fun, skills-focused games. With Sportball Coaches, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Coaches help grown-ups understand proven teaching techniques that can be applied outside of Sportball classes. This program does not qualify for City subsidy.

**Queensborough Community Centre 604.525.7388**

Saturday, 10:00 - 10:45 am

**30150**

Saturday, 10:45 - 11:30 am

**30151**

September 7 - October 5

**Registration Fee: \$90.00**

## Sportball Parent & Child

### Indoor Soccer (2 - 3 years)

Learn and practice essential skills for beginner level soccer! This action-packed parent participation session will introduce children to the skills of soccer in a fun and friendly environment. All skill levels welcome. This program does not qualify for City subsidy.

**Queensborough Community Centre 604.525.7388**

Wednesday, 4:30 - 5:15 pm

October 16 - December 4

**Registration Fee: \$144.00**

**30153**

# PRESCHOOL

## Parent & Tot Indoor Playland (1 - 5 years)

Enjoy a morning of energy burning activities and play! This parent-involved structured program provides a variety of fun and interactive games for young ones to enjoy with their parents. It's a fun environment for you and your little one to play and meet other families from the neighborhood.

**Queensborough Community Centre 604.525.7388**

Monday & Thursday, 9:30 - 11:30 am

September 9 - December 19 (no class Oct. 14 & Nov. 11)

**Drop-in Fee: \$3.00 for parent and one child**

## Pottery Fun with Baby

(2 months - 4 years)

**Parent Participation**

Time to play with clay! Baby will enjoy socializing while you parallel play with other parents; making baby's first cup, maybe even a casserole dish! Spend toddler/preschooler together time making little tea sets; dragons are always fun! Non-toxic, kiln-fired, dinnerware-safe glazes are used. New project ideas are presented each season. Price includes one adult and one child. Instructor: Venetia Inglis

**Queensborough Community Centre 604.525.7388**

Friday, 10:00 - 11:00 am

October 18 - November 22

**Registration Fee: \$107.15**

**29043**

**\$53.55 per extra person**

**29340**

## Little Gardeners

(2 - 4 years)

**Parent Participation**

Explore the wonderful world of gardening. You will be digging, planting and discovering the secrets and pleasures of plants. This class can get dirty, so please dress accordingly!

**Queensborough Community Centre 604.525.7388**

Monday, 1:30 - 2:30 pm

September 16 - October 21 (no class Oct. 14)

**Registration Fee: \$48.50**

**28995**

## Storytime (2 - 5 years)

Join us at the library to explore stories and sing fun songs together.

**New Westminster Public Library 604.527.4660**

**Queensborough Branch**

Wednesday, 11:00 - 11:30 am

September 18 - December 11

**Drop-in Fee: Free**

## Preschool Ballet Intro (3 - 4 years)

This is an introductory program for children who are ready to be on their own and follow an instructor. Children will learn the movements of Ballet - closed position, first position, pliés and bend and stretch. Emphasis is on group participation, cooperation, and having fun.

**Queensborough Community Centre 604.525.7388**

Wednesday, 9:45 - 10:15 am

September 18 - December 4

**Registration Fee: \$48.60**

**29078**

Sunday, 10:00 - 10:30 am

September 22 - December 8 (no class Oct. 13 & Nov. 10)

**Registration Fee: \$40.50**

**29081**

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



@newwestrec

### Preschool Dance Combo (3 - 5 years)

A great program for children wanting to explore a variety of dance disciplines. Class will cover skills in Ballet, Jazz, Tap and Highland. The focus will be on group participation and having fun.

**Queensborough Community Centre 604.525.7388**

Wednesday, 10:15 - 11:00 am

September 18 - December 4

**Registration Fee: \$66.60**

**29088**

### Preschool Ballet (4 - 5 years)

This introductory class will teach children the basics of Ballet including first, second and third positions of the feet and arms, plies, tendues, sautés and relevés. Some barre work will be introduced, props may be used and dancers will combine newly learned movements into simple routines.

**Queensborough Community Centre 604.525.7388**

Monday, 4:45 - 5:30 pm

**29096**

September 16 - December 2 (no class Oct. 14 & Nov. 11)

Sunday, 10:30 - 11:15 am

**29097**

September 22 - December 8 (no class Oct. 13 & Nov. 10)

**Registration Fee: \$55.50**

### Discovery Playtime (3 - 5 years)

Our preschool program Discovery Playtime offers fully qualified Preschool instructors and specially equipped rooms featuring scaled down furniture, toys and play areas. Parent participation is not required. Our objective is socialization through play with an emphasis on fun. Register anytime for as many days as you like. Fall season classes begin the week of September 9 and conclude the week of December 9.

**Queensborough Community Centre 604.525.7388**

Monday - Friday

9:15 - 11:15 am

Monday

**27518**

Tuesday

**27521**

Wednesday

**27524**

Thursday

**27527**

Friday

**27529**

12:30 - 2:30 pm

Monday

**29169**

Tuesday

**27530**

Wednesday

**29179**

Thursday

**27531**

(No class on Oct. 14, Nov. 11)

**Registration Fee: \$162.40 per day/week for 14 weeks  
(Tue/Wed/Thu/Fri)**

**\$139.20 per day/week for 12 weeks  
(Mon)**



### Mini Chefs (3 - 5 years)

You are never too young to learn your way around a kitchen! Children will learn about food and kitchen safety and prepare breakfast, lunch, desserts, and other healthy snacks.

**Queensborough Community Centre 604.525.7388**

Thursday, 1:30 - 2:30 pm

September 19 - October 24

**29026**

November 14 - December 19

**29865**

**Registration Fee: \$58.20**

### Sportball Multisport (4 - 6 years)

Refine, rehearse & repeat. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. This program does not qualify for City subsidy.

**Queensborough Community Centre 604.525.7388**

Wednesday, 5:15 - 6:15 pm

October 16 - December 4

**Registration Fee: \$144.00**

**30147**

## CHILDREN

### Hip Hop (6 - 10 years)

Step and groove to a popular mixture of modern hip hop and jazz dance moves set to trendy music. The class uses improvisation, simple progressions and a breakdown of steps to give students the chance to learn great dance moves, develop a funky dance and boost confidence. Be inspired, get an awesome workout and learn some cool moves!

**Queensborough Community Centre 604.525.7388**

Monday, 4:00 - 4:45 pm

September 16 - December 2 (no class Oct. 14 & Nov. 11)

**Registration Fee: \$55.50**

**29299**

### Kids Gardening (5 - 8 years)

Come learn and grow through gardening and connecting to nature. You will be digging, planting and discovering the secrets of plants while being creative. This class can get dirty, so please dress accordingly!

**Queensborough Community Centre 604.525.7388**

Monday, 3:15 - 4:45 pm

September 16 - October 21 (no class Oct. 14)

**Registration Fee: \$67.20**

**28996**

## Beyond the Bell AM (5 - 11 years)

We provide a safe and social space for school-aged children prior to school hours. Participants will enjoy daily school-prep and physical activities to start the day.

**Queensborough Community Centre 604.525.7388**

7:00 - 9:00 am

September 4 - December 20

Monday (no class Sept. 23, Oct. 14 & Nov. 11)

**27714**

**Registration Fee: \$117.00**

Tuesday

**27715**

Friday (no class Oct. 25)

**27712**

**Registration Fee: \$135.00**

Wednesday

**27707**

Thursday

**27710**

**Registration Fee: \$144.00**

## Beyond the Bell PM (5 - 11 years)

We provide an accessible, age-appropriate opportunity for children to create friendships and have equal participation time while being supervised by a caring recreation leader.

**Queensborough Community Centre 604.525.7388**

2:55 - 5:00 pm

September 4 - December 20

Monday SPORTS

**27717**

(no class Sept. 23, Oct. 14 & Nov. 11)

**Registration Fee: \$188.50**

Tuesday ARTS

**27718**

**Registration Fee: \$217.50**

Wednesday COOK

**27719**

**Registration Fee: \$232.50**

Thursday ACTIVE

**27720**

**Registration Fee: \$232.50**

Friday FUN SCIENCE (no class Oct. 25)

**27723**

**Registration Fee: \$217.50**

## Fun, Literally (7 - 12 years)

Kids are invited to have fun (literally!) as we play fun and engaging games. This is a supervised Drop-in program. Registration begins September 3.

**New Westminster Public Library 604.527.4660**

**Queensborough Branch**

Wednesday, 3:30 - 4:30 pm

September 25 - November 27

**Registration Fee: Free**

## UME Academy - Video Game Design

(7 - 12 years)

Create your own video game! In partnership with UME Academy experts, participants will learn creative problem solving skills, physics, and math through the game design process using today's games, tools and technology. There will be time to create, play and evaluate games while finishing with an open house showcasing their creations to family and friends. Hardware and software are provided.

**Queensborough Community Centre 604.525.7388**

Wednesday, September 25 - October 30

5:30 - 6:30 pm (7 - 9 years)

**29861**

6:30 - 7:30 pm (10 - 12 years)

**29863**

**Registration Fee: \$120.00**



## Piano and Voice Lessons (5+ years)

Whether you wish to perfect your singing in the shower, or train for a solo, this is the class for you. Our wonderful music instructor will teach you how to use your singing voice to its best advantage.

**Queensborough Community Centre 604.525.7388**

Wednesday, call for times.

September 18 - December 4

**Registration Fee: \$279.00**

## Guitar, Piano, or Voice Lessons (5+ years)

Do you want to learn or improve your guitar, piano or voice skills? Explore any musical style you're into; all skill levels are welcome. Our instructor can guide your development helping you advance your skills to the next level. Registrants must have their own guitar; piano provided.

**Queensborough Community Centre 604.525.7388**

Monday, call for times.

September 16 - December 2

**Registration Fee: \$232.50**

## Queensborough Kickers

(5+ years)

**Adult Participation**

Craving extra practice time? Extra family time? Extra time in the outdoors? Try out our obstacle course for kickers of all ages! The added ball time with a mix of outdoor and indoor activities will help sharpen skills during games. Activities are moved indoors during inclement weather.

**Queensborough Community Centre 604.525.7388**

Sunday, 1:15 - 2:45 pm

November 3 - December 29 (no class Dec. 8)

**Drop-in Fee: \$3.00 or Active Pass**

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



@newwestrec

## Floor Hockey (6 - 10 years)

Nothing beats a good old game of floor hockey. Instructors will teach all the skills of the sport while introducing the new rules each week during recreational scrimmage games. Sticks and balls will be provided. Helmets are recommended.

**Queensborough Community Centre 604.525.7388**

Sunday, 1:15 - 2:45 pm

September 8 - October 27

Registration Fee: \$70.50

30143

## Karate Junior (6 - 13 years)

Karate Junior emphasizes traditional and sport karate in a fun and interactive environment. Karate improves your health, discipline, coordination and respect while learning self-defense. All abilities are welcome. Wear loose fitting clothing initially and uniforms are available to purchase through the instructor. Not included; belt testing and association membership fees.

**Queensborough Community Centre 604.525.7388**

Tuesday & Thursday, 5:00 - 6:30 pm

September 17 - December 5

Registration Fee: \$230.40

30219

# PRETEENS & YOUTH

## YOUTH DROP-IN SCHEDULE

| LOCATION  | TIME                            | MONDAY           | TUESDAY | WEDNESDAY                 | THURSDAY | FRIDAY                         | SATURDAY |
|---|---------------------------------|------------------|---------|---------------------------|----------|--------------------------------|----------|
| Queensborough Community Centre<br>920 Ewen Avenue | 4:00 - 6:00 pm<br>Grades 8 - 12 |                  |         | DJ Program<br>Samson Room |          |                                |          |
|   | 5:15 - 9:30 pm<br>Grades 6 - 12 |                  |         |                           |          | Basketball<br>Drop-in          |          |
|   |                                 |                  |         |                           |          | Youth Drop-in /<br>Dinner Club |          |
|   | 7:00 - 9:00 pm<br>Grades 6 - 12 |                  |         |                           |          | FIT Friday<br>Fitness Centre   |          |
| Queensborough Middle School<br>833 Salter Street  | 3:15 - 5:30 pm<br>Grades 6 - 8  | Youth<br>Drop-in |         | Youth<br>Drop-in          |          | Youth Drop-in                  |          |
|   |                                 |                  |         | Leaders in<br>Training    |          |                                |          |

Youth Drop-in Fees: \$0.50 per drop-in or \$17.00 per year. [newwestyouth.ca](http://newwestyouth.ca) for more information.

## New West Youth Membership Pass

(11 - 18 years)

Get into any Neighborhood or Youth Centre Drop-in and discounted prices on some registered programs! You can pick up your pass at any New Westminster recreation facility. Our staff will create a profile for you, take your picture, and print a membership pass card.

**Youth Centre 604.515.3775**

Neighborhood Drop-in (11 - 13 years)

Youth Centre Drop-in (13 - 18 years)

Membership Fee: \$17.00 / year

## Youth Centre Cookout (13 - 18 years)

Ever wanted to learn to cook simple recipes you can make at home? Do you want to learn how to serve food and be safe in the kitchen? If so, this is a chance learn how, and eat it too! Youth will create and prepare a menu each week of the program.

**Youth Centre 604.515.3801**

Wednesday, 4:30 - 7:00 pm

September 4 - 25

29261

October 2 - 23

29262

November 6 - 27

29263

**Free with New West Youth Membership Pass or \$17.00 Drop-in Fee**

## Friday Night Drop-in (11 - 13 years)

The place to be! Hang out with friends, play sports in the gym, help with cooking, challenge youth staff to a game, or create your own fun!

**Queensborough Middle School Gym 604.636.4441**

Friday, 3:15 - 5:30 pm

September - December

**Queensborough Community Centre 604.636.4441**

Friday, 5:30 - 9:00 pm

September - December

**Free with New West Youth Membership Pass or \$17.00 Drop-in Fee**

## Youth Voice (13 - 18 years)

Do you want to make new friends and discuss concerns that come up in the community? Whether it is personal concerns like family, body image, relationships, or social / political concerns, school district, environment, or transportation in New Westminster - we have created a space to hear your voice! Each week there will be a focused topic, but plenty of time for new topic suggestions.

**Youth Centre 604.515.3775**

Thursday, 3:30 - 5:30 pm

September - December

**Free with New West Youth Membership Pass or \$17.00 Drop-in Fee**

**MUSIC LESSONS FOR YOUTH**  
For music lessons please see page 6.

## Fun, Literally, Volunteers (13 - 18 years)

Youth volunteers are invited to join this program. You will play games and assist with activities aimed at the younger program participants, while earning volunteer hours! Registration begins September 3.

**New Westminster Public Library** 604.527.4660

**Queensborough Branch**

Wednesday, 3:30 - 4:30 pm

September 25 - November 27

**Registration Fee: Free**

## Leaders in Training (LIT) (11 - 14 years)

These groups meet once a week and are an opportunity for youth aged 11 to 14 to come together, meet new people, plan events, and build strong teamwork skills in a fun and exciting environment. LIT is based around youth learning to be leaders in their community by developing skills through activities, guest speakers, and hands-on experience.

**Queensborough Middle School** 604.636.4441

Wednesday 3:30 - 4:30 pm

September - December

**Free with New West Youth Membership Pass or**

**\$.50 Drop-in Fee**

## Life Skills for YOUth (11 - 13 years)

Participants will learn employable skills and gain the confidence to increase their marketability during the job search process. Completion of an initial application form is necessary to participate. Participants will develop hard skills such as resume building, cover letter writing, and interviewing. Customer service, communication, leadership, and conflict resolution will also be discussed and developed. Participants will leave the program with new transferable skills which they can then apply in the workplace and/or in a volunteer capacity.

**Century House** 604.515.3801

Wednesday, 3:30 - 5:00 pm

October 8 - 29

**Registration Fee: \$22.50**

**29273**

## Friday Night Fitness Sampler (13 - 18 years)

Get your fitness levels up in a fun way and register for our Friday Night Fitness program at the Youth Centre! There will be a different style of group fitness each week from Zumba to Boot Camps.

**New West Youth Centre** 604.515.3801

Friday, 3:30 - 4:30 pm

November 1 - 22

**Registration Fee: \$18.00**

**29275**

## FIT Friday (13 - 18 years)

Youth are encouraged and welcome to use Queensborough Community Centre's fitness facility on Friday evenings. A Youth Orientation session is required regardless of previous weight training experience. A session is not required for 16 to 17 year-olds with previous weight training experience however, a meeting with a Fitness Attendant to read and sign a Fitness Centre Etiquette Form is mandatory. Sessions are limited to 6 participants on a first-come, first-served basis.

**Queensborough Community Centre** 604.636.4441

Friday, 7:00 - 9:00 pm

September - December

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



## Home Alone (11 - 13 years)

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

**Queensborough Community Centre** 604.525.7388

Monday, 12:00 - 3:00 pm

September 23

**Registration Fee: \$33.10**

**29267**

## Cooking Club (11 - 13 years)

This fun-filled foodie club prepares youth by teaching them recipes and techniques to cook for themselves when they are home alone, or simply need a snack. Youth will learn kitchen and food safety as well as recipes that they can prepare on their own.

**Queensborough Community Centre** 604.525.7388

Thursday, 3:15 - 5:15 pm

September 19 - October 24

**Registration Fee: \$83.75**

**29264**

## Babysitter Training Club (11 - 14 years)

This is an excellent opportunity to complete the Canadian Safety Council Babysitter Training Course. You will learn effective, safe and knowledgeable childcare skills in a peer friendly environment. Certificates are awarded to those who successfully complete the course.

**Queensborough Community Centre** 604.525.7388

Thursday, 3:15 - 5:30 pm

November 7 - 28

**Registration Fee: \$59.05**

**29268**

## Indoor Inline Skating (13 - 18 years)

Come on in and blade around the Youth Centre Multipurpose Room. We are offering a space for you to hang out and practice your rollerblading skills, skates and helmet required. Register to save a spot.

**New West Youth Centre** 604.515.3801

Monday, 7:30 - 8:30 pm

November 18 - December 9

**Free with New West Youth Membership Pass or**

**\$.50 Drop-in Fee**

**29297**



### Micro Drone Program (13 - 18 years)

Ever wanted to fly a drone? Here is your opportunity to learn the ins and outs of freestyle flying and racing. We have everything you need to get started flying behind a set of goggles. As you progress each week with your flying skills, you can test them against others in races and trick contests.

Register to reserve a spot.

**New West Youth Centre**

**604.515.3801**

Friday, 7:00 - 9:00 pm

September 27 - October 18

**Free with New West Youth Membership Pass or**

**\$.50 Drop-in Fee**

**29302**

### Royal City Sound Youth DJ Program

(13 - 18 years)

The Royal City Sound Youth DJ program teaches youth how to DJ while providing opportunities to perform at local events. No experience is necessary and we'll work with you to help find your sound! This program requires a weekly commitment in order to build on skills learned the previous week.

**Queensborough Community Centre** **604.636.4441**

Wednesday, 4:00 - 6:00 pm

September - December

**Free with New West Youth Membership Pass or**

**\$.50 Drop-in Fee**

### Music Scene Jam Session (13 - 18 years)

All skill levels welcome! Bring your own instrument and come play some awesome tunes with friends. We have a variety of instruments if you want to try something new!

**New West Youth Centre**

**604.515.3801**

Thursday, 4:00 - 7:00 pm

September - December

**Free with New West Youth Membership Pass or**

**\$.50 drop-in Fee**

### Badminton Drop-in (13 - 18 years)

Bring your racquet and birdie, it's time for badminton! New West Youth staff will be on site to arrange games and officiate.

**NWSS Pearson Gymnasium**

**604.834.2007**

Friday, 7:00 - 10:00 pm

September - December

**Free with New West Youth Membership Pass or**

**\$.50 Drop-in Fee. GoCard required for entrance.**

### Basketball Drop-in (13 - 18 years)

Looking for a place to play basketball with your buddies? Drop in to the Queensborough Community Centre for some friendly competition.

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

Friday, 5:00 - 9:30 pm

September - December

**Free with New West Youth Membership Pass or**

**\$.50 Drop-in Fee. GoCard required for entrance.**

### Youth Swim (11 - 18 years)

Canada Games Pool and Youth Services team up to host a youth swim, the night will include games, contests, and live DJs. Come hang out, play games, and win prizes!

**Canada Games Pool**

**604.834.2007**

Friday, 8:30 - 10:00 pm

November 15

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

**29341**



### Youth Dance (11 - 13 years)

These dances are always a blast and feature laser lights, Live DJs and a concession! Tickets may be purchased online or over the phone. Youth are asked to provide ID in order to gain entrance to the dance with a New Westminster Active Pass or New West Youth Membership Pass.

**New West Youth Centre**

**604.515.3801**

Saturday, 7:00 - 9:30 pm

December 7

**Tickets: \$7.00 in advance**

**29337**

**\$12.00 day of or at the door**

### Youth Skates (11 - 18 years)

Join your friends for games, prizes, and live music by the Royal City Sound DJs. Tickets are available from Neighborhood Youth Workers or purchase from the Youth Centre. Drop-ins are welcome.

**Moody Park Arena**

**604.834.0320**

Saturday, 8:15 - 9:45 pm

October 5, November 9, December 14

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

### Uptown Skate Jam (11 - 18 years)

New Westminster has a new skate park and Youth Services wants to celebrate! Grab your board and your buddies and head over to the New West Skate Park at Queen's Park for food, prizes, music by Royal City Sound DJs, and of course skateboarding.

**New Westminster Skate Park**

**604.834.2007**

Friday, 4:00 - 7:00 pm

September 20

**Drop-in Fee: Free**

### Youth Overnighter (11 - 13 years)

Join Youth Services for an evening of awesome group games, video game tournaments, a gross out competition, and other wild and wacky activities. Youth are asked to bring sleeping bags, pillows, and anything else they would need for an overnighter. Snacks and breakfast included!

**New West Youth Centre**

**604.834.2007**

Thursday/Friday, 8:00 pm - 8:00 am

October 24/25

**Registration Fee: \$15.00**

**29342**

# ADULTS

## Queensborough Fitness Classes

| MONDAY   | TUESDAY                                   | WEDNESDAY  | THURSDAY | FRIDAY                         | SATURDAY | SUNDAY                                |
|--|---|--|----------|--------------------------------|----------|---------------------------------------|
|  | <b>Nordic Walking</b><br>9:00 - 10:00 am  |  |          |                                |          |                                       |
| <b>Strength &amp; Stretch</b><br>9:15 - 10:15 am | <b>Tabata Training</b><br>9:15 - 10:15 am | <b>Strength &amp; Stretch</b><br>9:15 - 10:15 am |          |                                |          | <b>Pilates Mat</b><br>9:15 - 10:15 am |
| <b>TBC Boot Camp</b><br>6:15 - 7:15 pm           |   | <b>TBC Boot Camp</b><br>6:15 - 7:15 pm           |          | <b>Zumba</b><br>6:15 - 7:15 pm |          |                                       |
| <b>Hatha Yoga</b><br>7:30 - 8:30 pm              | <b>Hatha Yoga</b><br>7:30 - 8:30 pm       |  |          |                                |          |                                       |

## Fitness Class Pass Options

|                          |        | Active 10 | Active 30 | Active 90 | Active 365                  |
|--------------------------|--------|-----------|-----------|-----------|-----------------------------|
|                          |        | 10 Visits | Day       | Day       | Day                         |
|                          |        | SAVE 20%  | SAVE 25%  | SAVE 25%  | SAVE 45%                    |
| Drop-in Fee              |        |           |           |           |                             |
| Child<br>(1 - 12 years)* | \$3.00 | \$24.00   | \$27.00   | \$81.00   | \$237.60<br>(\$19.80/month) |
| Youth<br>(13 - 18 years) | \$4.25 | \$34.00   | \$38.25   | \$114.75  | \$336.80<br>(\$28.06/month) |
| Adult<br>(19 - 64 years) | \$6.25 | \$50.00   | \$56.25   | \$168.75  | \$495.00<br>(\$41.25/month) |
| Senior<br>(65+ years)    | \$4.50 | \$36.00   | \$40.00   | \$120.00  | \$357.00<br>(\$29.75/month) |

Includes GST.

## Total Body Conditioning (TBC)

### Bootcamp (14+ years)

A high energy class that combines cardio, strength and flexibility. Always varied and challenging to get you the results you need.

### Pilates Mat (14+ years)

A precise system of exercises to improve flexibility, strength, endurance, along with concentration, breathing and overall core strength. Please bring your own yoga mat.

### Hatha Yoga (14+ years)

A class suitable for a range of abilities that will provide improvements in strength, flexibility and posture, with the guidance of an experienced Yoga Instructor.



### Strength & Stretch (14+ years)

Strengthen your muscles using weights, tubing and your own body weight and then enjoy an extended relaxing stretch.

### Tabata Training (14+ years)

An interval style class that follows a Tabata format - short, intense work intervals that incorporate a variety of conditioning and cardio moves.

### Belly Dancing (16+ years)

Join this inclusive, safe, fun and progressive class lead by an instructor who is motivating, meets the needs of her students and encourages acceptance. Get a great workout, listen to music, laugh, learn, practice combos and just dance. Get your shimmy on; 6 classes per session. Instructor: Brenda Pellegrin.

**Queensborough Community Centre 604.525.7388**

Thursday, 6:30 - 8:00 pm (Beginner)

September 19 - October 24

November 7 - December 12

**29330**

**29331**

### Co-Ed Volleyball League (19+ years)

Join your friends and enter a team in our co-ed, recreational volleyball league. We supply referees, standings, awards and 19 weeks of fun and extracurricular play time. Limited openings for the upcoming session may be available. Dates include a winter break. First refusal will go to teams from the previous year. This program is not eligible for City subsidy.

**Queensborough Middle School 604.777.5121**

Wednesday evenings

September 25 - March 11

**Registration Fee: \$1092.00**

**30142**

## Queensborough Café

Stop by QCC for a fresh-baked cinnamon bun or one of the daily specials. We also serve hot chocolate, coffee and a wide selection of teas. Queensborough Café is run by volunteers in the community to raise money to put back into community special events and initiatives. We are always looking for extra help, so contact us if you are interested in lending a hand.

**Queensborough Community Centre** 604.525.7388  
Monday - Thursday, 8:00 - 10:00 am  
September 4 - December 13

## Queensborough Activity Club (50+ years)

We are planning new programs, events and activities, and looking for adults in the community to help guide the way. If there is an activity that you would like to see at the community centre we would love to hear from you! Please leave your name and contact information at the front desk or RSVP via email: [aching@newwestcity.ca](mailto:aching@newwestcity.ca)

**Queensborough Community Centre** 604.525.7388  
Thursday, 10:30 - 11:30 am  
September 12, October 10 & November 14

## Queensborough 50+ Social Club

Join the Queensborough 50+ Social Club to meet new friends and have fun. The annual membership is \$6.00 and this gives you access to club activities.

## Social Club Lunch (50+ years)

Join us to meet new friends and have a great meal; games, including cribbage, cards, checkers, Yahtzee and dominoes, starting at 12:00 pm with lunch at 1:00 pm. Participants must be 50+ Social Club members. For more information call 604.636.4442.

**Queensborough Community Centre** 604.525.7388  
Tuesday, 1:00 - 3:00 pm  
Sept. 10, Oct. 8, Nov. 12 & Dec. 10  
**Drop-in Fee: \$6.00**

## Bingo (50+ years)

See old friends and meet new ones while playing BINGO at QCC. We will also enjoy a break time with tea, coffee and cookies. We would love to meet you! Participants must be 50+ Social Club members.

**Queensborough Community Centre** 604.525.7388  
Tuesday, 12:45 - 2:45 pm  
September 3 - December 17  
**Drop-in Fee: \$1.00 for coffee plus Bingo card(s)**

## Cards and Games (50+ years)

Did you know that we have card game sessions at the Centre? This is a great opportunity to learn some new games or to bring a couple friends and play games you already know! Participants must be 50+ Social Club members.

**Queensborough Community Centre** 604.525.7388  
Weekdays, 2:00 - 5:00 pm  
September 1 - December 31 (no class Dec. 24, 25, 26 & 31)  
**Registration Fee: \$6.00 per year**



## Queensborough Knitters (19+ years)

Love to knit, crochet or weave? Join the Queensborough Knitters and bring your own project, or work on one of our special projects. This is an opportunity to share information and learn new techniques with this wonderful group of knitters. You don't have to be 50+ years to participate.

**Queensborough Community Centre** 604.525.7388  
Thursday, 10:00 am - 12:00 pm  
September 5 - December 19  
**Registration Fee: Free**

## Technology Help (50+ years)

Did you acquire some new tech devices and want to make use of them? Come and learn how to fully enjoy your new device! Bring your iPad, smart phone, tablet, laptop, camera and we will help you learn how to use it.

**Queensborough Community Centre** 604.525.7388  
Monday, 10:30 am  
Sept. 9, Oct. 7 & Nov. 4  
**Drop-in Fee: Free**

## Table Tennis (50+ years)

Get active and socialize playing this fun sport with a quick learning curve. Bring your own paddle.

**Queensborough Community Centre** 604.525.7388  
Wednesday, 10:30 am - 12:30 pm  
Ongoing  
**Drop-in Fee: Seniors \$3.75, Adults \$6.25**

## Nordic Walking (50+ years)

Proven to engage multiple muscle groups, Nordic Walking gives you an excellent workout. The proper use of walking poles improves your balance, muscle strength and bone health. Poles are provided. This is a wonderful opportunity to get out and enjoy exercise in the fresh air! You don't have to be 50+ to participate! This program is weather dependent.

**Queensborough Community Centre** 604.525.7388  
Tuesday, 9:00 - 10:15 am  
September 3 - October 22  
**Drop-in Fee: Free**

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

   @newwestrec

## Pickleball (50+ years)

A hybrid of badminton, tennis and table-tennis, Pickleball is played with paddles and a perforated plastic ball. This low impact sport is easy to pick up and is an excellent aerobic exercise. Support will be available to help you learn the game.

**Queensborough Community Centre** 604.525.7388

Monday, 12:30 - 2:30 pm

Tuesday, Wednesday & Friday, 9:30 am - 12:00 pm

September 3 - December 27 (no class Dec 24, 25)

**Drop-in Fee: Seniors \$4.50, Adults \$6.25**

## Tatting Snowflakes with Rita (19+ years)

Tatting is a technique for handcrafting lace from a series of knots and loops. Join Rita to learn this technique and make a snowflake with double stitches, chains and picots on the first day. The second day we will learn how to form the snowflake. All materials supplied.

**Queensborough Community Centre** 604.525.7388

Monday, 10:30 am - 12:30 pm

November 18 & 25

**Registration Fee: Free**

29146

## Let's Get Cooking (19+ years)

Pasta primavera and Quinoa salad are a couple of the veggie-packed lunch items we are going to create together. We will also be joined by Jess, the dietitian, who will tell us about of the wonderful nutrients in what we cook and how we can boost the nutrition even more! We will have time to sit and enjoy our creations together. Space is limited so register early!

**Queensborough Community Centre** 604.525.7388

Thursday, 10:30 am - 1:00 pm

October 24

**Registration Fee: Free**

29149

**MUSIC LESSONS FOR ADULTS**  
For music lessons please see page 6.

## FAMILY

### Diwali (All Ages)

Diwali is a traditional Indian celebration which celebrates positive energy, prosperity, knowledge and hope. Join us for this celebration of lights and enjoy Bhangra dancing, Gatka, mehndi, tasty snacks, children's activities and more.

**Queensborough Community Centre** 604.525.7388

Sunday, 1:00 - 3:30 pm

October 20

**Registration Fee: Free**

### Queensborough Festival (All Ages)

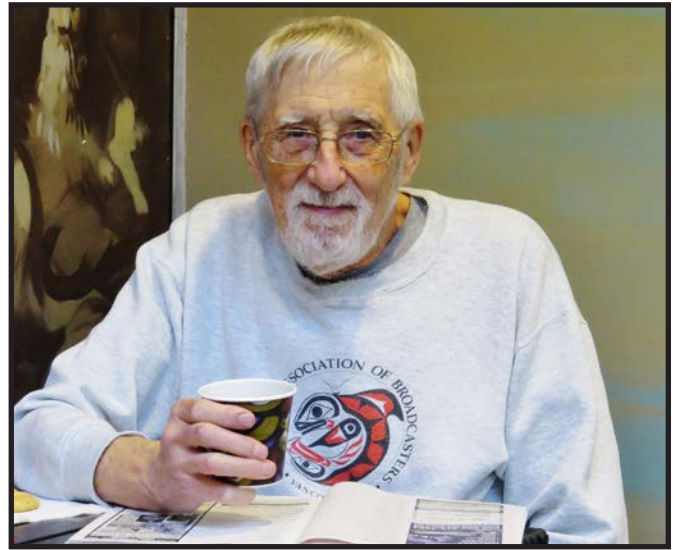
The Queensborough Festival is a non-profit community event put together by the Queensborough Special Programs Committee in partnership with the City of New Westminster's Parks and Recreation department and local businesses. Join us in celebrating the past and present of Queensborough. There will be children's games and activities, entertainment for the whole family, and food trucks.

**Ryall Park** 604.525.7388

Saturday, 3:00 - 7:00 pm

September 14

**Drop-in Fee: Free**



## Diabetes Self-Management (19+ years)

The Diabetes Self-Management Program is a six-week workshop that helps people with diabetes to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills, giving people the confidence and motivation they need to manage the challenges of living with diabetes. Register at: selfmanagement-bc.ca or call 604.940.1273.

**Queensborough Community Centre** 604.525.7388

Wednesday, 10:00 am - 12:30 pm

September 25 - October 30

**Registration Fee: Free**

## Bus Trips (55+ years)

The Hamilton Community Centre Bus is now stopping at the Queensborough Community Centre to pick up participants that would like to go on their scheduled bus trips. For dates, times, cost and registration details, call the Hamilton Community Centre at 604.718.8055.

## S.U.C.C.E.S.S.

A settlement practitioner is available every Wednesday to help immigrants from different countries with their journey. For new immigrants, assistance is provided with job searches, credential evaluation, free LINC classes to improve their English, and other resources and referrals for various services. Immigrants can also get help with their application for OAS, Bus Pass program, PR card renewal and application for citizenship. There is also the opportunity for workshops on various topics focused on assisting with settlement.

**Queensborough Community Centre** 604.430.1899

Wednesdays, 10:00 am - 3:00 pm

### Queensborough Community Centre

920 Ewen Avenue | New Westminster | 604.525.7388

#### FACILITY HOURS

Monday - Friday ..... 7:00 am - 9:30 pm

Saturday ..... 8:30 am - 5:30 pm

Sunday ..... 8:30 am - 8:30 pm