

# TRY IT!

## PROGRAMS

## JUNE IS RECREATION & PARKS MONTH



### June is Recreation and Parks Month

The City of New Westminster is proclaiming June as “Recreation and Parks Month” in accordance with the BC Recreation and Parks Associations celebration of the importance of recreation and parks, and the integral role they play in the quality of life for all British Columbians.



# 2019 TRY-IT PROGRAMS

## JUNE IS RECREATION & PARKS MONTH

### Free Programs & Amenities

#### Athletic Step (14+ years)

Try out this exciting new STEP class incorporating simple, easy-to-follow athletic moves. The workout is challenging but can be modified for all levels.

**Centennial Community Centre** 604.777.5100

June 7 - 28

Friday, 5:15 - 6:15 pm

#### Gentle Cardio AM (50+ years)

A low-impact aerobic based class that will gradually get your heart rate up in a fun and energizing way.

**Queensborough Community Centre** 604.525.7388

June 26

Wednesday, 9:15 - 10:15 am

#### Go Skateboarding Day

This international day is held annually on the longest day of the summer. Join the fun. Don't forget a helmet, it's Go Skateboarding Day, not Go to the Hospital Day!

**Boro All Wheel Park & Queen's Park Skatepark**

June 21

#### Outdoor Fitness Circuits

##### Queen's Park

Parallel Bars, Spring Balance Beam, Back Extension & Sit-Up Bench, Hurdles, Push-Up Stand & Monkey Bars, Bounding Bars, Steps, Self-Weighted Rower, Chip-Up Bars, Air-Walker

##### Old Schoolhouse Park

Warm up & Stretch Station, Air Walker, Lat Pull, Air Swinger, Ab Crunch, Seated Leg Press

Open Daily

#### Pawfest

Your furry family members can enjoy games, treats and obstacle courses while mingling with other pooches.

Humans can enjoy an on-site BBQ and socializing too!

**Queensborough Dog Park** (920 Ewen Avenue)

July 17

Wednesday, 5:30 - 7:00 pm

#### Play Leaders

##### Queen's Park

May 18 - September 2

Daily, 11:00 am - 4:00 pm

Note: Grimston, Hume, Moody & Ryall open June 2.

[www.newwestcity.ca/playleaders](http://www.newwestcity.ca/playleaders)

#### Queen's Park Farm

A unique opportunity for children to learn about and have direct contact with a wide assortment of common farm animals.

May 18 - September 2

Daily, 10:00 am - 5:30 pm

#### Queen's Park Bandshell Entertainment

Musicians, dancers, theatre and family-fun entertainment! For more performances and updates visit [newwestcity.ca/stages](http://newwestcity.ca/stages).

Sunday, 2:00 pm

June 16 New Westminster & District Concert Band

June 23 Josie deBaat's Polynesian Dancers

June 30 The Ta Daa Lady

#### Queensborough Children's Festival

Featuring: Fun Games from Community Organizations, Face-painting, Henna, Magic, Balloon Animals, Live Children's Entertainment (including Sm;)le Band & Ginalina), a Young Entrepreneur's Market and Food Vendors!

**Queensborough Community Centre** 604.525.7388

##### Outdoor Stage

June 15

Saturday, 11:00 am - 2:00 pm

#### Spray Parks

Hume, Moody, Queen's, Ryall & Sapperton

May 18 - September 2

Daily, 10:00 am - 7:00 pm

#### Zumba

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance & flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Queensborough Community Centre** 604.525.7388

June 21

Friday, 6:30 - 7:30 pm

# 2019 TRY-IT PROGRAMS

## JUNE IS RECREATION & PARKS MONTH

### Low Cost Programs

#### Family Drop-in Gymnastics & Trampoline (2+ years)

Bring in the whole gang and Flip, Flop & Fly with our energetic gymnastics staff. A full gymnastics set up will be waiting for you. Toddlers under two-years of age are welcomed free of charge. All children must be accompanied by an adult.

**Royal City Curling Club** 604.777.5121

April 24 - June 19

Wednesday, 6:30 - 8:00 pm

Drop-in Fee: \$3.25 per person or Active Pass

#### Fitness Adviser Services

Get fitness advice and routine ideas from experts, learn how to use equipment and the correct form while doing exercises.

**Canada Games Pool** 604.526.4281

Monday - Thursday 1:00 pm - Close

Friday 9:00 am - Close

Saturday 8:00 am - 1:00 pm

3:30 pm - Close

Sunday 11:00 am - 3:00 pm

5:00 pm - Close

**Queensborough Community Centre** 604.525.7388

Monday - Friday, 5:00 - 9:00 pm

Saturday, 2:00 - 5:30 pm

Free with weight room drop-in fee.

#### Summer Solstice Youth Swim

(Grades 6 - 12)

Swim, games, prizes DJ's, inflatables, BBQ.

**Moody Park Outdoor Pool** 604.515.3801

June 21

Friday, 7:30 - 9:00 pm

Drop-in Fee: \$1.00

#### Tots on Wheels (0 - 5 years)

Looking for a smooth, safe & fun place for your toddler to ride on their wheels? Bring your tricycle, balance bike, rollerblades, scooter or any other wheels down to Moody Park Arena. Use our dry floor and practice in a safe environment. A leader will be on hand for extra assistance and to set up obstacle courses.

**Moody Park Arena** 604.525.5301

April 16 - June 20

Tuesday & Thursday, 9:30 - 11:00 am

Drop-in Fee: \$1.00

#### Try It - Junior Lifeguard Course (9 - 14 years)

This one day course introduces students to the Junior Lifeguard Club. Students will learn about lifesaving, lifeguarding and first aid while improving swimming skills in a fun environment. The Club is a great way to stay active if you've finished swimming lesson levels and want to prepare for the Bronze Medallion & Bronze Cross courses.

Prerequisites: Must have a level 7 swimming ability or higher.

**Canada Games Pool** 604.526.4281

June 22

Saturday, 9:30 - 11:00 am

Registration Fee: \$7.00 27933

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

**Royal City Curling Club** 604.777.5121

April 29 - June 24

Monday, 8:00 - 9:30 pm

Drop-in Fee: Youth \$6.75, Adult \$9.75, or Active Pass



# Try-it Programs Calendar - June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Youth and Adult Gymnastics & Trampoline	4 Tots on Wheels	5 Family Drop in Gymnastics & Trampoline	6 Tots on Wheels	7 Athletic Step	8
9	10 Youth and Adult Gymnastics & Trampoline	11 Tots on Wheels	12 Family Drop in Gymnastics & Trampoline	13 Tots on Wheels	14 Athletic Step	15 Queensborough Children's Festival
16 <b>FATHER'S DAY</b> QP Bandshell Entertainment	17 Youth and Adult Gymnastics & Trampoline	18 Tots on Wheels	19 Pawfest  Family Drop in Gymnastics & Trampoline	20 Tots on Wheels	21 Go Skateboarding Day  Summer Solstice Youth Swim  Athletic Step  Zumba	22 Junior Lifeguard Course
23 QP Bandshell Entertainment	24 Youth and Adult Gymnastics & Trampoline	25	26 Gental Cardio	27	28 Athletic Step	29
30 QP Bandshell Entertainment						

## PHOTO CONTEST

### Win an Active90 Pass!

Share your photos with #activenewwest

Details: [newwestcity.ca/activephotos](http://newwestcity.ca/activephotos)




[@newwestrec](https://www.instagram.com/newwestrec)

