QUEENSBOROUGH COMMUNITY CENTRE

Life Along the River

SPRING 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 - Friday 9:00 am - 7:00 pm
Saturday 10:00 am - 5:00 pm
Sunday 12:00 - 5:00 pm
For library services please contact 604.636.4450.

Registration
Drop by any New Westminster facility or call 604.525.7388 using Visa or MasterCard.

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.

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, Bruno Savino, Laurence Solis, Joel MacKenzie
• Attendants Scott Earle, Andrew Brown, Lawrence Pizzin, Sandeep Cheema
• Recreation Facility Workers
• Recreation Facility Clerks Diane Torris, Erika Tajiri, 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 goals in our friendly and non-intimidating bright and open fitness centre with vaulted ceilings. Achieve your fitness goals with our great blend of cardio and strength equipment and knowledgeable fitness advisors.

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

Monday - Friday 5:00 - 9:30 pm
Saturday 2:00 - 5:30 pm
QUEENSBOROUGH DROP-IN PROGRAMS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td>Strength &amp; Stretch</td>
<td>Cardio A.M.</td>
<td>Indoor Playland</td>
<td>Cardio &amp; Core</td>
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QUEENSBOROUGH DROP-IN FEES

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TODDLER

Coffee Chat for Caregivers!
(Infant - 3 years)
Bring your little one for a relaxed opportunity to meet and socialize with other mom’s in our community. Enjoy complimentary coffee or tea while making new connections.
Queensborough Community Ctr. 604.525.7388
Wednesday, 11:30 am - 1:00 pm
April 3 - June 26
Drop-In Fee: $3.00 per child

Indoor Playland
(1 - 5 years) Parent Participation
Enjoy a morning of energy burning activities and play. Experience a variety of fun and interactive activities including a bouncy castle to jump the energy away, tons of fun for your little ones and also a great opportunity to meet other families in the neighborhood.
Queensborough Community Ctr. 604.525.7388
Monday & Thursday, 9:30 - 11:30 am
April 1 - June 27 (no class April 22, May 20)
Drop-in Fee: $3.00 for parent & one child
Pottery for the Small and Tall
(2 - 4 years) Parent Participation
Time to play with clay! During this special pottery program, not only does your child get to play with clay, but caregivers are invited to create art of their own. Spend time together making play tea sets, dragons, maybe even a set of cocoa mugs! All supplies are included, kiln fired, non-toxic and dinnerware safe. Cost includes first adult & child combo, additional participants are $25.00 please contact 604.525.7388 to register any additional family members.
Queensborough Community Ctr. 604.525.7388
Saturday, 10:30 - 11:30 am
April 27 - June 1
Registration Fee:$55.25 21266
$25.00 (extra person) 21274

Dance Variety
(2 - 5 years) Parent Participation
A fun introduction to the fundamental movements of dance for children. This class incorporates the fun of music and rhythm with bubbles, parachute and hula hoops. Children must be accompanied by a caregiver.
Queensborough Community Ctr. 604.525.7388
Friday, 10:00 - 10:45 am (2 - 3 years)
April 26 - June 7 21214
Friday, 11:00 - 11:45 am (3 - 5 years)
April 26 - June 7 21219
Registration Fee: $46.50

Ballet - Beginner (2 - 5 years)
Perfect for children who enjoy exploring ballet and dance movement in a fun and playful environment. This program is designed to encourage children to learn at their own pace while gaining an early appreciation for dance.
Queensborough Community Ctr. 604.525.7388
Sunday, 10:00 - 10:45 am (2 - 3 years)
April 28 - June 9 (no class May 19) 21222
Sunday, 11:00 - 11:45 am (3 - 5 years)
April 28 - June 9 (no class May 19) 21224
Registration Fee: $46.50

Discovery Playtime (3 - 5 years)
Our Playtime program features fully qualified preschool instructors and specially equipped rooms with scaled down furniture, toys and play areas. Our objective is socialization through play and fun. Your child can attend from one to five times per week, on the days and locations of your choice. Parent participation is not required and registration is ongoing.
Connaught Heights Elem. Schl. 604.525.7388
9:15 - 11:15 am
Tuesday 11177
Wednesday 11180
Thursday 11181
Queensborough Community Ctr. 604.525.7388
9:15 - 11:15 am
Monday 11111
Tuesday 11117
Wednesday 11120
Thursday 11125
Friday 11137
12:30 - 2:30 pm
Tuesday 11142
Thursday 11147
Classes begin: Week of April 1
Classes end: Week of June 17
(no class April 19, April 22 & May 20)
Registration Fee:$139.20 (Tues., Wed., Thurs.)
$127.60 (Fri.)
$116.00 (Mon.)
Yoga Story Playtime (3 - 5 years)
Children will learn fun ways to relax, breath and exercise. Using stories and yoga poses children will learn proper body alignment, strengthen core muscles and explore stress relieving breathing exercises. Participants will enjoy imaginative play, crafting and fun games!
Queensborough Community Ctr. 604.525.7388
Monday, 12:30 - 2:30 pm
April 8 - June 10 (no class April 22 & May 20)
Registration Fee: $69.00

Paper Art Attack (3 - 5 years)
Using a variety of art mediums children will create imaginative projects using various forms of paper. This program is designed to enhance motor skills through play and fun.
Queensborough Community Ctr. 604.525.7388
Wednesday, 12:30 - 2:30 pm
April 10 - May 8
Registration Fee: $57.50

Tot Explorers (3 - 5 years)
Explore the wonders of wild life in the city through creating natural art, playing games and having exciting outdoor adventures. Participants will create flower chains, pine cone creatures and wild life masks! Please dress appropriately for the weather as participants will be going outside.
Queensborough Community Ctr. 604.525.7388
Wednesday, 12:30 - 2:30 pm
May 15 - June 12
Registration Fee: $57.50

SPORTBALL - Parent and Child Indoor Soccer (2 - 3½ 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.
Queensborough Community Ctr. 604.525.7388
Wednesday, 4:30 - 5:15 pm
April 10 - May 8
May 15 - June 12
Registration Fee: $89.25

SPORTBALL - Parent and Child Outdoor Soccer (2 - 3½ years)
Get a kick out of Sportball soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more.
Attention: this class takes place outdoors.
Queensborough Community Ctr. 604.525.7388
Saturday, 10:00 - 10:45 am
May 4 - June 15
Registration Fee: $108.00

Get up to date info by joining the New Westminster Parks and Recreation Facebook Group!
SPORTBALL - Multi-Sport (4 - 6 years)
Get a kick out of Sportball soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Classes take place outdoors.
Queensborough Community Ctr. 604.525.7388
Monday, 5:15 - 6:15 pm
April 10 - May 8
May 15 - June 12
Registration Fee: $89.25

SPORTBALL - Outdoor Soccer (4 - 6 years)
Get a kick out of Sportball soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Attention: this class takes place outdoors.
Queensborough Community Ctr. 604.525.7388
Saturday, 11:00 am - 12:00 pm
May 4 - June 15
Registration Fee: $108.00

Preschool Party Host (3 - 5 years)
Our playful party hosts will assist in guiding all the special touches for your child’s birthday party and will help you facilitate interactive play. Your party includes two large pizzas (Hawaiian or cheese), juice, balloons and grab bags. Contact us for details and how to set up a party.
Queensborough Community Ctr. 604.525.7388
Sunday, on-going
11:00 am - 1:00 pm or 2:00 - 4:00 pm
Registration Fee: $181.00 for 14 party guests

CHILDREN

Piano and Voice Lessons (5+ years)
Join our wonderful music instructor as she teaches you how to use your singing voice to its best advantage. Whether you wish to perfect your singing in the shower or train for a solo this is the class for you.
Queensborough Community Ctr. 604.525.7388
Wednesday, call for times
April 10 - June 17
Registration Fee: $235.55

Guitar, Piano, or Voice Lessons (5+ years)
Do you want to learn or improve your guitar, piano or voice skills? Our instructor can assist in your development while you advance your skills to the next level. Explore musical styles such as pop, rock, classical, metal, country and funk; all skill levels are welcome. Registrants must have their own guitar; piano provided.
Queensborough Community Ctr. 604.525.7388
Monday, call for times
April 8 - June 10 (no class April 22, May 20)
Registration Fee: $186.75
**Floor Hockey - Beginner** *(5 - 11 years)*
Introduce your child to the basics of floor hockey and teamwork. Participants will complete drills, play interactive games and have fun. Safety equipment such as goggles is encouraged. Don’t forget your water bottle!

**Queensborough Community Ctr. 604.525.7388**
- **Tuesday,** 3:15 - 4:30 pm *(5 - 7 years)*
- **April 23 - June 11**
- **Wednesday,** 3:15 - 4:30 pm *(8 - 11 years)*
- **April 24 - June 12**
- **Registration Fee:** $46.50

**Mini Chefs** *(5 - 11 years)*
Mini chefs go on a foody adventure by learning fresh recipes and tasting new flavors. Prepare healthy snacks while learning about food and kitchen safety. Children will take breaks for active fun.

**Queensborough Community Ctr. 604.525.7388**
- **Tuesday,** 3:30 - 4:30 pm
- **April 23 - June 11**
- **Registration Fee:** $80.00

**Karate Junior** *(6 - 13 years)*
Karate Junior emphasizes traditional and sport karate in a fun and interactive environment. Karate can improve your health, discipline, coordination and respect while learning self-defense. All abilities, first-timers to advanced students, are welcome. Wear loose fitting clothing initially and uniforms are available to purchase through the instructor. The fee does not include belt testing or association membership fees.

**Queensborough Community Ctr. 604.525.7388**
- **Tuesday & Thursday,** 5:00 - 6:30 pm
- **April 9 - June 13**
- **Registration Fee:** $192.00

**Hip Hop - Beginner** *(6 - 11 years)*
The benefits of dance and movement are endless. Stimulate imagination, engage in physical activity and learn the basics of hip-hop. No experience is necessary for this dance party.

**Queensborough Community Ctr. 604.525.7388**
- **Monday,** 3:15 - 4:15 pm *(no class May 20)*
- **April 29 - June 10**
- **Registration Fee:** $42.00
UME Academy Pro D Day

Video Game Design Camp (10 - 14 years)
Bring your passion for play and a creative mind to this full-day camp and become a master game designer! Your UME Academy instructor will teach you how to think, design and create like a professional game developer and teach you how to use Unity, the software that game developers, scientists and engineers use to create interactive games and explore ideas. In addition, kids will design outdoor games and board games using all mediums.

Queensborough Community Ctr. 604.525.7388
Monday, 9:00 - 3:00 pm
April 29
Registration Fee: $66.00

Pro D Day Out Trip-TBC Indoor Kart Racing and Swim (Ages)
Buckle up for an exciting day of go-kart racing, swimming and fun! Youth will enjoy racing around the track at TBC Indoor Kart Racing and have a chance to cool off with a swim at Watermania. Registration covers admission, transportation and staff supervision. Pick-ups and drop-offs will take place at Queensborough Community Centre and New West Youth Centre. Please pack a lunch, swimsuit and towel.

Queensborough Community Ctr. 604.525.7388
& New West Youth Centre
Friday, 9:00 - 3:00 pm
May 17
Registration Fee: $48.50

ADULTS

Queensborough Fitness Classes

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<th>Monday</th>
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<th>Thursday</th>
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<th>Sunday</th>
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<tbody>
<tr>
<td>Stretch &amp; Strength (50+ years) 9:15 - 10:15 am</td>
<td>Nordic Walking (50+ years) 9:00 - 10:00 am</td>
<td>Gentle Cardio A.M. (50+ years) 9:15 - 10:15 am</td>
<td>Cardio and Core (14+ years) 9:30 - 10:30 am</td>
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<td>TBC Boot Camp (14+ years) 6:30 - 7:30 pm</td>
<td>Bolly X (14+ years) 7:30 - 8:30 pm</td>
<td>F.I.T. (14+ years) 6:30 - 7:30 pm</td>
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Schedule subject to change. * = Registered Programs

Fitness Class Pass Options

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Total Body Conditioning (14+ years)
Cover all your fitness bases in one class. This class combines cardio, strength and stretching. The workout is always varied, keeping class fun and challenging so you get the results you want.

BollyX (14+ years)
A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. This cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.
Cardio & Core (14+ years)
Improve your cardiovascular ability and tighten that mid-section with this fun and functional class. The first portion of the class is dedicated to a cardio workout and the second portion will include core and overall body strengthening moves. Come get your heart rate up and improve core and full-body tone and strength! All fitness levels are welcome!

Stretch & Strength (50+ year)
This one-hour class will strengthen your muscles while improving your endurance, balance and flexibility. Research has proven that these exercises will improve your ability to continue living independently.

Gentle Cardio AM (50+ years)
A more aerobic exercise based class geared towards older adults. Gradually get your heart rate up during this fun and energizing class.

Fitness Centre Circuit Training
An instructed and supervised workout in the Fitness Centre that includes the use of cardio, weight equipment, free weights, stability balls, bosu & balance to achieve a full body workout. Work at your own pace in a small group environment. Four classes per session.
Queensborough Community Ctr. 604.525.7388
Sunday, 10:45 - 11:45 am
March 31 - April 28 (no class April 21) 20888
June 9 - June 30 20904
Registration Fee: $48.00

Sew Easy (14+ years)
Get back into sewing and quilting... or give it a try! Don’t have a sewing machine or have forgotten how to use your basic machine? This is your chance to learn or re-learn. Make projects for yourself such as luggage tags, mug rugs, placemats, grocery totes and baby quilts or work on blankets for Royal Columbian Hospital’s smallest babies. Please call or leave your name at the front desk.
Queensborough Community Ctr. 604.525.7388
Wednesday, 6:30 - 9:00 pm
April 3 - June 26
Drop-in Fee: Free

Play More!
Save More!
Active 365 Pass
Belly Dancing Level 1 (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. This class is where you can get a workout, listen to music, laugh, learn, practice combos and just dance.
Get your shimmy on!
Queensborough Community Ctr. 604.525.7388
Thursday, 6:30 - 7:30 pm
March 7 - April 11
April 18 - May 23
May 30 - June 30*
Registration Fee: $50.00 for 6 classes
$33.50* for 5 classes

Belly Dance Choreography (16+ years)
In this 6 week session, we will break down a sassy choreography into manageable steps. Practice it, polish it and put it in your pocket if you want or perform it. Brenda welcomes your registration and looks forward to getting a good shimmy on!
Queensborough Community Ctr. 604.525.7388
Thursday, 7:45 - 8:45 pm
April 18 - May 23
Registration Fee: $50.00

Try-It Ukulele (50+ years)
Always wanted to try the Ukulele but don’t have an instrument? Here is your opportunity to try out some chords and learn a song while using one of our ukuleles.
Queensborough Community Ctr. 604.525.7388
Monday, 10:30 - 11:30 am
April 15
Registration Fee: Free

Ukulele or Guitar Private Lessons (50+ years)
Do you want to learn or improve your guitar or ukulele skills? Our instructor can assist in your development while you advance your skills to the next level. Explore musical styles such as pop, rock, classical, metal, country and funk; all skill levels are welcome. Registrants must have their own guitar or ukulele.
Queensborough Community Ctr. 604.525.7388
Monday, 2:30 - 3:00 pm
Monday, 3:00 - 3:30 pm
May 26 - June 16
Registration Fee: $186.75

Medication Awareness (50+ years)
The potential misuse of medications is a growing concern. Find out tips on how to interact with doctors and pharmacists to ensure safe and effective use of medications.
Queensborough Community Ctr. 604.525.7388
Monday, 10:30 - 11:30 am
Registration Fee: To Be Announced

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 helping out.
Queensborough Community Ctr. 604.525.7388
Monday - Thursday, 8:00 - 10:00 am
April 1 - June 26

Play More!
Save More!
Active 365 Pass
Queensborough Activity Club *(50+ years)*
We are planning new programs, events and activities, so we are 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.
Queensborough Community Ctr. 604.525.7388
Thursday, 10:30 - 11:30 am
April 11, May 9, June 13

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, start at 12:00 pm with lunch served at 1:00 pm. You must be 50+ Social Club member (membership is only $6.00 per year).
Queensborough Community Ctr. 604.525.7388
Tuesday, 12:00 - 2:45 pm
April 9, May 14, June 11
Drop-in Fee: $6.00

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 Ctr. 604.525.7388
Thursday, 10:00 am - 12:00 pm
April 4 - June 27
Registration Fee: Free

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 Ctr. 604.525.7388
Weekdays, 2:30 - 6:00 pm
April 1 - June 30
Registration Fee: $6.00 per year

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 Ctr. 604.525.7388
Tuesday, 12:45 - 2:45 pm
April 2 - June 25
Drop-in Fee: $1.00 for coffee plus Bingo card(s)

Queensborough Knitters *(50+ years)*
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Queensborough Community Ctr. 604.525.7388
Thursday, 10:00 am - 12:00 pm
April 4 - June 27
Registration Fee: Free

MUSIC LESSONS FOR ADULTS
For music lessons please see page 5.
Pickleball (50+ years)
Pickleball is a hybrid of badminton, tennis and table-tennis. It’s played with paddles and a perforated plastic ball. Pickleball is an easy to pick up sport and an excellent aerobic exercise. This fun low impact sport is enjoyed by all levels of players. Support will be there to help learn the game.
Queensborough Community Ctr. 604.525.7388
Monday, 12:30 - 2:30 pm
Tuesday, Wednesday & Friday, 9:30 am - 12:00 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+ years of age to participate! This program is weather dependent.
Queensborough Community Ctr. 604.525.7388
April 2 - June 25
Ongoing
Drop-in 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 use your new device! Bring your iPad, smartphone, tablet, laptop, camera… we will help you learn how to use it.
Queensborough Community Ctr. 604.525.7388
Monday, 10:30 am
April 1, May 6, June 3
Drop-in 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. Phone the Hamilton Community Centre at 604.718.8055 for information on trips and registration.

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

Get up to date info by joining our New Westminster Parks and Recreation Facebook Group!