



# Winter Recreation Guide

## Active Together

The cover photo was taken by Neil Zandbergen of Maple Ridge; 3rd place winner in Parks & Leisure Services Active Community Photo Contest held last year. The photo was taken on Panorama Ridge in Golden Ears Park.

Neil says, "This picture illustrates through the harsh weather the challenges of negotiating the mountain, yet the serenity offered to those who explore our backyard."



This book is printed on newsprint with no less than 40% post-consumer fibre using canola based inks. Please recycle this book with your newspapers.

**REGISTRATION INFORMATION ON PAGE 2**  
**Phone 604-465-2470 • [www.recreg4u.ca](http://www.recreg4u.ca)**  
**Valid until April, 2007**



## 4 Ways to Register with Parks & Leisure Services

You can view all of our programs and schedules online at [www.mapleridge.org](http://www.mapleridge.org)

### 1 On-Line using recreg4u

www.  
**recreg4u**  
CA

**Begins Sat. Dec. 2nd**  
24 hours a day

Family Pin# and personal barcodes  
needed. Visa or Mastercard required.

### 2 Mail In/Drop Off/Fax **Begins Sat. Dec. 2nd**

**Fax to: 604-465-2493  
or 604-467-7373**

**Mail In or Drop off to:**

Pitt Meadows Family Rec. Centre  
12027 Harris Road  
Pitt Meadows, B.C. V3Y 2B5

Or

Maple Ridge Leisure Centre  
11925 Haney Place  
Maple Ridge, B.C. V2X 6G2

Complete the registration form below.

Provide your visa or master card #. No cash or  
debit cards accepted during this time.

**Make cheques payable to:**

Maple Ridge Pitt Meadows  
Parks and Leisure Services

**You can now access or  
create your family pin# and  
personal barcodes on-line  
at recreg4u.ca**

You will need to provide home phone #,  
mailing address with postal code, family  
member's names with birth date if under  
the age of 19 and visa or mastercard  
number.

Please note: Registration and payment  
must be completed for your new number  
to be saved in system.

### 3 In Person **Begins Tues. Dec. 5th** 8:00 AM - 8:00 PM

Pitt Meadows Family Rec. Centre  
12027 Harris Road, Pitt Meadows  
Or

Maple Ridge Leisure Centre  
11925 Haney Place, Maple Ridge

Cash, cheque, visa, master card,  
and debit card all accepted.

### 4 Phone In **604-465-2470** **Begins Tues. Dec. 5th** **10:00 AM - 7:00 PM**

**New Phone System to Help  
Serve You Better!**

Please have home phone #,  
mailing address with postal code,  
family members names with birth  
date if under 19, program barcode  
and your visa or master card #.

## For Your Information

\*All Registrations are processed on a first come first serve basis.

\*Refunds will only be granted prior to the start of the second class.

\*A \$5.00 service fee will apply to all requests.

\*Class exchange may be possible based on availability. Five days notice prior to the start of the class is required.

\*If we cancel a program, a full refund will be credited to your account.

\*Non attendance is not accepted as a refund request.

\*Medical requests require a medical note.

Parent/Guardian: First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Contact Phone #: Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_ Fax: \_\_\_\_\_

Mailing Address: Street Address: \_\_\_\_\_ City: \_\_\_\_\_ PC: \_\_\_\_\_

Participant Name			Birthdate	Program Name:	Barcode #	Cost
Last	First		M D Y			

Form of Payment - Please do not send cash in the mail.

☐ Cheque - Make payable to Maple Ridge Pitt Meadows Parks & Leisure Services

☐ Visa \_\_\_\_\_ Expiry Date: Year \_\_\_\_\_ Month \_\_\_\_\_

☐ MasterCard \_\_\_\_\_ Expiry Date: Year \_\_\_\_\_ Month \_\_\_\_\_

Signature: \_\_\_\_\_

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## Delivery Dates

December 1, 2006 through the TIMES Newspaper. If you know of someone who did not receive a copy, please call Parks & Leisure Services at 604-465-2470.



For more information call 604-467-7322 or 604-465-2452 or visit [www.mapleridge.org](http://www.mapleridge.org)



## Special Services

### Recreation is for Everyone

Maple Ridge and Pitt Meadows Parks and Leisure programs are accessible to people of all abilities. Parks and Leisure Services strives to provide support to people of all ages to assist them in overcoming barriers to participation. If you or your family member requires further information regarding services available, please call 604-467-7355.

### Participation Program

Maple Ridge and Pitt Meadows Parks and Leisure Services strive to make every program accessible to all community members. To ensure that cost is not a barrier to accessing services, we have developed the Participation Program. The Participation Program offers reduced admissions and program fees to residents who meet financial eligibility. To apply for this service please contact 604-467-7355 in Maple Ridge and 604-465-2453 in Pitt Meadows.

### Leisure Access Program

Provided in partnership with the Fraser Health Region - Mental Health services. This wellness program focuses on leisure as one component of an individual treatment plan. For more information call 604-467-7303.

### Leisure Access Card

This card is available to people requiring additional support in order to participate in leisure programs. By presenting this card the participant is able to bring a support person along at no charge. (Fee of \$5 per card/per year). Apply at the Leisure Centre or the Pitt Meadows Family Recreation Centre.

### Municipal Advisory Committee on Accessibility Issues

This committee is an advisory committee to council in both Maple Ridge and Pitt Meadows. For more information and meeting minutes please call 604-467-7355

### Low Cost Opportunities

#### **NEW!** LOONIE SUNDAYS AT THE MAPLE RIDGE LEISURE CENTRE 7:00am - 2:30pm ONLY

\$1 per person flat rate (\*no family rate during these hours)

### Toonie Tuesdays at the Pitt Meadows Family Rec. Centre

All day, every Tuesday, all drop in programs are just \$2 per person.

### Parent & Child Playtime - \$1 per child/\$2 per family

Pitt Meadows Family Rec. Centre Gymnasium	
Monday & Wednesday	10:00 - 11:30 a.m.
Leisure Centre Gymnasium	
Monday & Wednesday	9:30 - 10:30 a.m.
Tuesday	6:00 - 7:00 p.m.

### Accessibility

We strive to ensure everyone can benefit from our services by being open and flexible. For your child/youth to participate in one of our integrated programs, please call Petra Rutten at 604-467-7355.







# Arenas & Public Skating

Winter public skating runs from January 8 to March 16, 2007

## Admission Rates:

(both locations)

Adult	\$3.40
Child/Senior	\$2.00
Family	\$5.75
Teen	\$2.35
Parent & Tot	\$2.80
(during P&Tot sessions only)	

<b>Rental Rates:</b>	
Helmet	\$1.75
Skates	\$2.75

Cash only/**NO DEBIT**  
at Ridge Meadows  
Arenas



## FREE Lesson Evaluations:

Don't know what level to register your child in or are they ready for ice skating yet? Join Danielle and Mike on the ice for an assessment of what level you should register for. Free for those being assessed, but there is a regular charge for the skate rentals if needed

## Planet Ice

Thurs Dec 7 or Jan 4  
6:45 PM - 8:15 PM

## Ridge Meadows

**Arenas - Red Rink**  
Fri Dec 8 or Jan 5  
6:45 PM - 8:15 PM

## Lesson Schedules:

Preschool pg 19/20  
Child/Youth pg 24/25  
Teen/Adultpg 34/35/36

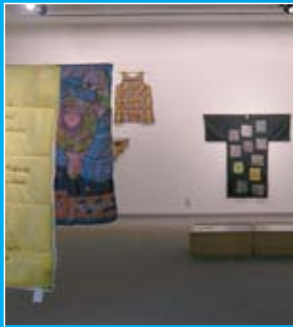
Planet Ice Phone: 604-467-2883 23588 - 205th Ave., Maple Ridge, BC V2W 1B8							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Skate	1:00 PM - 2:30 PM	12:00 PM - 1:00 PM	6:45 PM - 8:15 PM	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM & 6:45 PM - 8:15 PM	12:00 PM - 1:00 PM	1:30 PM - 3:00 PM
Parent & Tot 0-6 Years		10:15 AM - 11:45 AM		1:15 PM - 2:45 PM	10:15 AM - 11:45 AM	10:15 AM - 11:45 AM	
Pro-D Day Skates						Feb 16/07 1:15 PM - 2:45 PM	

Ridge Meadows Arenas Phone: 604-465-5877 11435 Bonson Rd., Pitt Meadows, BC V3Y 1R8							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Skate	3:00 PM - 4:30 PM		12:00 PM - 1:00 PM			6:45 PM - 8:15 PM	6:45 PM - 8:15 PM
Parent & Tot 0-6 Years			1:00 PM - 2:30 PM				
Pro-D Day Skates						Feb 16/07 10:30 AM - 12:00 PM	

Christmas Holiday Schedule	Sunday Dec. 31 & Jan 7	Monday Jan 1	Tuesday Jan 2	Wednesday Dec 27 & Jan 3	Thursday Dec 28 & Jan 4	Friday Dec 29 & Jan 5	Saturday Dec 30 & Jan 6
Planet Ice	1:00 PM - 2:30 PM	12:00 PM - 1:30 PM	6:45 PM - 8:15 PM	12:00 PM - 1:30 PM	12:00 PM - 1:30 PM & 6:45 PM - 8:15 PM	12:00 PM - 1:30 PM	1:30 PM - 3:00 PM
Ridge Meadows Arenas	3:00 PM - 4:30 PM Jan 7 only		12:00 PM - 1:30 PM	3:00 PM - 4:30 PM Dec 27 2:30 PM - 4:00 PM Jan 3	3:00 PM - 4:30 PM	6:45 PM - 8:15 PM	6:45 PM - 8:15 PM

Spring Break Schedule	Sunday Mar 18	Monday Mar 19	Tuesday Mar 20	Wednesday Mar 21	Thursday Mar 22	Friday Mar 23	Saturday Mar 17 Mar 24
Planet Ice	1:00 PM - 2:30 PM	12:00 PM - 1:30 PM	12:00 PM - 1:30 PM & 6:45 PM - 8:15 PM	12:00 PM - 1:30 PM	12:00 PM - 1:30 PM & 6:45 PM - 8:15 PM	12:00 PM - 1:30 PM	1:30 PM - 3:00 PM Mar 17 only
Ridge Meadows Arenas	3:00 PM - 4:30 PM	3:00 PM - 4:30 PM	12:00 PM - 1:00 PM	3:00 PM - 4:30 PM	3:00 PM - 4:30 PM	3:00 PM - 4:30 PM & 6:45 PM - 8:15 PM	6:45 PM - 8:15 PM

For more information call 604-467-2883 or 604-465-5877 or visit [www.mapleridge.org](http://www.mapleridge.org)



For details on visual, performing & educational arts programs, theatre events, gallery exhibits, projects and workshops call 604-476-2787 or go to [www.theactmapleridge.org](http://www.theactmapleridge.org)

Music Dance Drawing Painting Art Gallery & Shop  
Artist Trading Cards Educational Art Programs  
Acting Camps Open Pottery Sculpture Photography  
Workshops Live Model Drawing and more!

## Adult Open Studio Time/Drop-in Programs

### Pottery: Open Studio At the ACT

These non-instructional sessions are for adult students enrolled in arts council programs and hobbyists interested in developing their skills. We are unable to accommodate production potters. Only work produced in our pottery studio, from clay purchased on site, can be fired in our kilns. Open studio participation is on a first-come-first-serve basis. Our studio has ten wheels, a slab roller, three canvases covered working tables, a clay extruder and several colors of dipping glazes. You do not register through Parks and Leisure for this class. To participate, please purchase tickets at the ACT ticket centre.

#### Times: *excluding holidays*

Monday and Wednesday evenings  
5:30pm to 9:30pm  
Thursday mornings  
9:30am to 1:30pm

#### Drop-in price:

Purchase tickets at the ACT  
Drop in: .....\$9.00  
Package of 8 .....\$68.00  
Package of 16 .....\$128.00

### Drawing: Open Studio

#### At Yennadon Elementary School

The Maple Ridge Life Drawing Group offers a drop-in workshop for anyone interested in working from the undraped model. This workshop is for experienced and novice artists. Through these workshops a friendly, positive environment is offered to practice figure drawing. No instruction is given and everyone is expected to bring their own materials.

For more information call Roger Luko at 604-462-8859.

#### Times: *excluding holidays and school closures*

Thursdays; 7:00pm to 10:00pm  
Drop-in price: Pay for drop-in on site.  
Cash only .....\$12.00

### Dance: Friday Night

#### At the ACT

Friday Night Dance offers dancers of all levels and want-to-be dancers an opportunity to join our fabulous instructor Robyn Picard, for a social evening of fun and dance. The night starts at 7:00 pm with a one hour lesson and then at 8:00 pm moves forward to the practice-dance portion of the evening. Students are welcome to join the practice-dance portion of the evening or sign in for the lesson and practice-dance. Please check our web site, [www.thactmapleridge.org](http://www.thactmapleridge.org), under Arts Programs for specific dates, themes and lessons.

#### Times: *excluding holidays*, Most Fridays from 7:00pm to 10:00pm

Drop-in price: Purchase tickets at the ACT  
Practice-dance only \$7.00

Lesson and practice-dance \$10.00

### Photography: Open Darkroom At the ACT

This is a non-instructional time for using the darkroom at the ACT, to develop black and white film. All users are expected to have, at a minimum, one beginner's black and white photography course with Charles Britt. Drop-in facility use is done on a first-come-first-serve basis, with a limit of six people using the space at once.

#### Times: *excluding holidays*

Monday to Friday; 9:30 am to 8:00 pm  
Saturdays; 10:00 am to 4:00 pm

#### Drop-in price:

Purchase tickets at the ACT .....\$10.00



## Children's Programs

### Youth Services - Children's Programs

To recognize and promote the importance of recreation and leisure opportunities for all children. With community collaboration, we provide programs that are age appropriate and support social, physical and emotional development. Our recreational opportunities focus on fun!

"Play helps develop social and intellectual growth in children."

#### Shawn Matthewson Recreation Coordinator

Telephone: 467-7464

Email: smatthewson@mapleridge.org

#### Tracee Fawcett

#### Youth Services Programmer

Telephone: 604-466-4339

Email: tfawcett@mapleridge.org

**The Active Kids Club** - Located at Yennadon, Eric Langton, Hammond and Mount Crescent elementary schools, the Active Kids Club is an after school program based on promoting healthy lifestyles. This program is in partnership with School District #42 and provides qualified supervision from Parks and Leisure employees, daily healthy snacks, and a variety of "action-packed" activities that focus on fun and teamwork. The program takes place inside the school so kids can easily walk from their classroom to the Active Kids Club. It operates Monday to Friday 2:30 - 6:00pm during regular instructional days.

After school programs can provide a safe place for kids and additional opportunities for learning. Canadian studies show that inactivity is one of the main causes of poor health and fitness levels in children. Research also shows that physical activity can help reduce stress, improve kids outlook on life, strengthen the heart and lungs, increase energy levels, and help achieve and maintain a healthy lifestyle. Active Kids Clubs encourage children to develop good habits that will contribute to lifelong wellness.

For more information, please contact Julie Rengert at 604-467-7439 or Tracee Fawcett at 604-466-4339.



## Youth Services Y.O.I. (Youth Outreach Initiative) Programs

Maple Ridge 604-467-7354

Pitt Meadows 604-465-2442

**YOI Youth Staff:** Tammy/Brad/Haydon/Natalie/Devon/Alicia/ Jonathon/Derek/Amelia/MeganC/Lisa/Wendy/Matt/Jessica/ Correne/Becci/Michelle/Judith/Jason/Kris

**Year Round Youth Programs:** Pick up detailed program information and schedules or view online at [www.mapleridge.org](http://www.mapleridge.org) or [www.youthservices.ca](http://www.youthservices.ca)

- \* M2AD (Men Making a Difference) (13- 18 yrs.)
- \* Nights Alive Programs!
- \* Women in Action (12- 18 yrs.)
- \* Youth Centre & Gymnasium Drop-in
- \* Youth Initiated Activities
- \* Drop In Gym Programs (13- 18 yrs.)
- \* Drop-In Homework Club (13- 18 yrs.)



### Greg Moore Active Pass

To participate in the active area activities such as inline skating, skateboarding, and rock-climbing an ACTIVE PASS is required. Cost includes 20% discounted price on special events and out trips.

Cost: \$50.00 Pass Valid 1 year from date of purchase

Cost: \$25.00 Pass Valid 6 months from date of purchase

### YOI Membership Card for Maple Ridge/Pitt Meadows

Cost includes 10% discounted price on special events, dances and out trips. Cost: \$5.00 Expires on nineteenth B-Day

### Pre-Teen Dances Time: 7:00-10:00 PM Ages: 10-14 yrs

Youth Services team recognizes that "pre-teen's" need a fun, safe and interactive place to socialize! Our dances offer full supervision, contests, prizes and a DJ playing all of your favorite tunes! Proceeds from the concession go to the Youth Council.

Pitt Meadows: Dates TBA - call 604-465-2442 for details

Hammond Community Centre		Maple Ridge (GMYC)	
Tickets:	\$5	\$6 or \$5 with active pass	
Dates:	Jan 5	Jan 26	
	Feb. 2	Feb 23	
	Mar. 2	Mar 30	
	Apr. 6	Apr 27	
	May 4	May 25	
	Jun.1	June 29	

### Maple Ridge and Pitt Meadows Youth Councils

Youth ages 13 -18 yrs will work with others to plan opportunities for social and recreational activities for the youth of Maple Ridge and Pitt Meadows.

Greg Moore Youth Centre:	Tue 7:00 PM - 8:00 PM
Pitt Meadows Youth Centre:	Tue 7:00 PM - 8:00 PM

### Drop In Gym (13- 18 yrs.)

Come check out our open gym and play sports such as basketball, volleyball, and floor hockey.

Westview Secondary School	Fri 7:00-9:00 PM
Cost:	Free!!!

### Drop In Skate Boarding Program (10- 12 yrs.)

This is primarily a drop in skateboarding program but if you have other interests come and see us!

Waiver Needed: Download at [www.youthservices.ca](http://www.youthservices.ca)

Greg Moore Youth Centre	Sat & Sun 3:00-5:00 PM
Cost:	\$3.00 Drop In

For more information call 604-467-7354 or 604-465-2442 or visit [www.mapleridge.org](http://www.mapleridge.org)



## Maple Ridge Leisure Centre

11925 Haney Place, Maple Ridge, BC V2X 6G2  
Ph: 604-467-7322 • Fx: 604-467-7373

### Hours of Operation:

Mon to Fri 6:00 AM-10:00 PM  
Sat and Sun 7:00 AM-9:30 PM

### Statutory Holidays:

Jan 1 New Years Day CLOSED  
Apr 6 Good Friday 8:30 AM-4:00 PM  
Apr 8 Easter Sunday 8:30 AM-4:00 PM  
Apr 9 Easter Monday 8:30 AM-4:00 PM

### Low cost opportunities:

Loonie Sundays at the Leisure Centre 7:00 AM-2:30 PM  
\$1. per person (family rates does not apply during this time)

### Waterslide times:

Sunday 10-7pm  
Monday to Thursday 4-8pm  
Friday 2-9pm  
Saturday 12-9pm

**YOUTH SWIM**  
3rd Friday of each month  
8:00-10:00 PM

## Pitt Meadows Family Recreation Centre

12027 Harris Road, Pitt Meadows, BC V3Y 2B5  
Ph: 604-465-2452 • Fx: 604-465-2493

### Hours of Operation:

Mon to Sat 8:00 AM-9:30 PM  
Sun 9:30 PM-8:00 PM

### Statutory Holidays:

Jan 1 New Years Day Closed  
Apr 6 Good Friday Closed  
Apr 8 Easter Sunday Closed

Toonie Tuesdays at Pitt Meadows Family Recreation Centre  
All day, every Tuesday you can drop in for just \$2.

### Parent & Child Playtime:

\$1. per child and parent /  
\$2. per family

Leisure Centre Mon & Wed 9:30 AM-11:30 AM  
Tue 6:00 PM-7:00 PM  
PMFRC Mon & Wed 10:00 AM-11:30 AM

### Leisure Centre Pass or Flexi Pass

Flexi pass includes admission to both the Leisure Centre and the Pitt Meadows Family Rec. Centre.  
Admission includes use of aquatics area, drop in aerobics and cycle classes, drop in gymnasium programs, weight room use (\*16+), raquet ball & squash court rental (equipment rental is extra).

### Corporate Fitness Pass Rates

Rates include admission to the Leisure Centre, Pitt Meadows Family Rec. Centre, public skating at Planet Ice & Ridge Meadows Arenas, Hammond & Harris Rd Outdoor Pools. Pass also includes a personal training session and inclusion in special offers.

### Pitt Meadows Family Recreation Centre Pass

Admission includes use of weight room (\*16+), drop in aerobics and spinning classes and drop in gymnasium programs.

Choose the pass that's right for you!	Adult (19-59 yrs)			Child (3-12yrs)		Family (2 adults & children/grandchildren under 19 yrs)			Senior (60+ yrs)		Spousal (or Parent/ Child)	Student (Flexi/LC/PM: 13-18 yrs or proof of school registration) (Corporate Working Youth pass must show pay stub and be under 19 yrs of age)			Trainer or Business	
	Corp	Flexi or Leisure Centre	PM	Flexi or LC	PM	Corp	Flexi or LC	PM	Flexi or LC	PM		Corp Working youth	Flexi or LC	PM	Flexi or LC	PM
Single Drop In	n/a	5.25	4.20	2.65	2.10	n/a	9.20	7.90	2.95	2.65	n/a	n/a	3.25	2.65	7.05	6.00
10 visits	n/a	47.20	37.80	23.80	18.90	n/a	82.80	71.10	26.50	23.80	n/a	n/a	29.20	23.80	63.40	54.00
20 visits	n/a	84.00	67.20	42.40	33.60	n/a	147.20	126.40	47.20	42.40	n/a	n/a	52.00	42.40	n/a	n/a
1 month	n/a	52.50	42.00	26.50	21.00	n/a	92.00	79.00	29.50	26.50	n/a	n/a	32.50	26.50	n/a	n/a
3 month	n/a	133.88	107.10	67.58	53.55	n/a	234.60	201.45	75.23	67.60	n/a	57.00	82.88	67.60	n/a	n/a
6 month	240.00	252.00	n/a	127.20	n/a	472.50	441.60	n/a	141.60	n/a	360.00	n/a	156.00	n/a	n/a	n/a
1 year	456.00	504.00	n/a	254.40	n/a	912.00	883.20	n/a	283.20	n/a	687.00	n/a	312.00	n/a	n/a	n/a

## SPECIAL NOTES AND ANNOUNCEMENTS

Please expect more children using our facilities on the following dates:

Christmas Break: December 23-Jan 7 inclusive  
Spring Break: March 17-25 inclusive  
District Wide Pro-D Day: Feb 23, 2007

**Special Event Closures:** Periodically, our schedules may change to accommodate special events. Please check schedules regularly or visit [www.mapleridge.org](http://www.mapleridge.org) to view schedules on line.

**Childminding by Offsprings:** Available at the Leisure Centre for children aged 2 to 7 years old. Take part in one of our classes or have a workout while your little one enjoys some social play.

**Hours of operation are:** Mon to Fri 8:30 AM-8:00 PM  
Sat 8:00 AM-12:00 PM  
**Cost:** \$3.00 per child 1hour 15 minutes  
\$5.00 per child 1.5-2.5 hours

### Supervision of Children:

**After school drop in gym:** Youth staff coordinate activities within the gymnasium but children may come and go from the gymnasium area. Arrival & departure are unsupervised.

**Leisure Centre Pools:** In accordance with provincial guidelines, we require someone over 16 years of age to be within arms reach of children under 7 years of age. (maximum of 3 children per adult)

**\*Weight Room:** Leisure Centre & Pitt Meadows Family Rec. Centre children and youth between the ages 13 and 15 must be approved for an Access Card and be orientated before they can be permitted in the weight room area. Please speak to a customer service representative for details.





# Program Locations & Service Contacts

## Program Site Locations:

Parks & Leisure Services and their partners are pleased to offer programs throughout our community at the following locations:

Artist's Studios: Instructor: Joan Duquette Prelude Glass 20635 Maple Cres., Maple Ridge	Maple Ridge Lapidary Club, 23750 Fern Cres., Maple Ridge	Ridge Meadows Seniors 12150 – 224 St. Maple Ridge & 12027 Harris Rd., Pitt Meadows
Instructor: Eric Svendsen 24045-109th Ave., Maple Ridge	Maple Ridge Leisure Centre 11925 Haney Place, Maple Ridge	Rivers Heritage Centre 24959 Alouette Rd., Maple Ridge (Allco Park)
Eric Langton Elem. School 12138 Edge St., Maple Ridge	Maple Ridge Library #130, 22470 Dewdney Trunk Rd., Maple Ridge	Webster's Corner Elem. School 25554 Dewdney Trunk Rd., Maple Ridge
Greg Moore Youth Centre 11925 Haney Place, Maple Ridge (entrance on south side of Leisure Centre facing Haney Place Mall)	Mount Crescent Elem. School 21821 – 122 Ave., Maple Ridge	Westview Secondary School 20905 Wicklund, Maple Ridge
Hammond Community Centre 20601 Westfield Ave., Maple Ridge	Pitt Meadows Family Recreation Centre 12027 Harris Rd., Pitt Meadows	Whonnock Elem. School 27471 112 Ave., Maple Ridge
Hammond Elem. School 11520 – 203 St., Maple Ridge	Pitt Meadows Heritage Hall 12067 Harris Rd., Pitt Meadows	Whonnock Lake Centre 27871-113th Ave., Maple Ridge
Highland Park Elementary School 18961 Advent, Pitt Meadows	Planet Ice 23588 – 105th Ave., Maple Ridge	Yennadon Community Centre 232nd St, Maple Ridge
	Ridge Meadows Arenas 11435 Bonson Rd., Pitt Meadows	Yennadon Elementary School 23347 – 128th Ave., Maple Ridge

## LEISURE CENTRE SERVICE CONTACTS:

Adult Fitness - Pauline Vandermoor .....	604-467-7466
Aquatic Supervisors .....	604-467-7302
Arts & Crafts Programs (Arts Council) - Lorrie Wager .....	604-476-2787
Big Brothers & Sisters .....	604-466-7555
Children's Programs - Tracee Fawcett .....	604-466-4339
Children's Program Coordinator - Shawn Matthewson .....	604-467-7464
Corporate Fitness .....	604-467-7489
Customer Service Office .....	604-467-7322
Customer Service Supervisor - Julie Rengert .....	604-467-7439
Golden Ears Orthopaedic & Sports Physiotherapist .....	604-465-2833
Golden Ears Preschool .....	604-463-4652
Iron Horse Youth Clinic .....	604-463-6268
Leisure Centre Facility Recreation Manager - Lex Tierney .....	604-467-7310
Offsprings - Michelle Grandbois .....	604-467-7494
PLEA (Pacific Legal Education Association) .....	604-476-9153
Seniors Programs - Ridge Meadows Seniors Society .....	604-467-4993
Special Events (Ridge Meadows Festival Society) - Bill Hartley ..	604-467-7325
Special Services - Petra Rutten .....	604-467-7355
Volunteer Services - Kathryn Baird .....	604-467-7459
West Coast Kinesiology Ltd. ....	604-467-4675
Youth Outreach Initiative .....	604-467-7354
Zuppa Café .....	604-476-2570

## PITT MEADOWS FAMILY RECREATION CENTRE SERVICE CONTACTS:

Adult Recreation - Tracy Miyashita .....	604-465-2453
Community Policing Office .....	604-465-2402
Customer Service Office .....	604-465-2452
Customer Service Supervisor - Tammy MacIver .....	604-465-2469
Discovery Preschool/Daycare .....	604-465-4428
Innovative Rehabilitation Services .....	604-465-5585
Pitt Meadows Facility Recreation Manager -	

Don Cramb .....	604-465-2451
Seniors Lounge .....	604-465-2478
Tinaz Concession/Catering .....	604-721-4524
Youth Outreach Initiative .....	604-465-2442
Youth Services Programmer - Brian Patel .....	604-465-2484
Youth Services Program Assistant - Jen Baillie .....	604-465-2447

## FACILITY BOOKINGS 604-467-7438

Room/Hall/Fairground/Gym/Dry Floor Rentals/ Ice Rentals .....	ext. 1
Sports Fields .....	ext. 2
Park Shelters .....	ext. 3
Field Conditions .....	ext. 4



# Maple Ridge and Pitt Meadows Public Libraries

## Maple Ridge Public Library

#130 - 22470 Dewdney Trunk Rd.,  
Maple Ridge

January to May, 2007

## CHILDREN

### STORYTIMES:

Peek-a-Book. 10:15 a.m.

\* One-on-one Monday baby storytimes  
with your 3-18 months old baby!

6 sessions on January 15, 22, 29, and  
February 5, 12, 19.

5 sessions on April 16, 23, 30 & May 7, 14.

## You, Me and the Li-bra-ry

Stories, songs and fingerplays for all.

\* Starting on January 16, 2007

Tuesdays..... 10:15 a.m.

Thursdays..... 10:15 a.m.

Thursdays..... 1:15 p.m.

Fridays..... 10:15 a.m.

## Once-Upon-a-Moon, 6:45 p.m.

Monthly evening storytime magic for the  
whole family.

\* In the Land of Dragons

Tuesday, January 16

\* Bear Necessities

Tuesday, February 20

\* Bark Like a Duck

Tuesday, March 20

\* Fine Feathered Friends

Tuesday, April 17

\* On Old MacDonald's Farm

Tuesday, May 15

## TEENS

### Student Library Council

The Student Library Council meets every  
third Wednesday in the month.

### Poetry Café and competition

Wednesday, April 4 from 7:00 - 8:30

Celebrate International Poetry Month with  
Guest speaker Michael Josiah. Prizes and  
refreshments!

### Herding Wild Cats

January to May, 7:00-8:00 p.m. on the first  
Wednesday of every month.

Our teen book club nominates titles for  
BC's Stellar Book Award.

### Youth Chess Club, grades 7-12

Mondays, January 8 - April 30. 6:00 -  
8:30 p.m.

## LITERACY PROGRAMMES:

### Red Cedar Club, 3:30 p.m.

Fridays, January 19, February 2 and 16,  
March 2, 16, and 30.

Young readers from Grades 4-7 discuss  
books by Canadian authors and vote for  
the Red Cedar Award winners. Registration  
starts Tuesday, January 2, 2007.

### Readers.com Club

Fridays, May 4, 11, 18 and 25  
from 3:30 - 4:30 p.m.

Children in grades 1 - 3, stories, crafts  
and more. Registration starts on January  
2, 2007.

### Have Books... Will Travel

In-School booktalks for grades 4, 5, 6  
and 7. Teachers, call early for reservations.

### Jack Emberly: "Hope", "It's Your Fault, Billy and Bobby Mess Up at the Assembly"

Tuesday, January 30, 7:00 - 8:00 p.m.

Local storyteller. This programme is for  
children in grades 3 to 7 and their parents.  
Seating is limited. Please call the library  
to register.

### Reading Buddies

Weekly, January 17/18 to March 7/8.

Reading Buddies for Grades 1 - 3. Early  
registration is recommended.

### Junior Chess Club, grades 1-6

Mondays, January 8 - April 30. 3:30 -  
5:00 p.m.

### Petites Etoiles

Tuesdays, January 16 to March 6. 3:15  
- 3:45 p.m.

Reading Buddies programme in French for  
children in grades 1 - 4.

### Crafty Fun for Everyone

March 20, 1:30 - 3:30 p.m.

### TEEN TUESDAYS, 7:00 p.m.

Grade 7 and up. Register for Teen  
Tuesday events at the library's upstairs  
information desk or call 604-467-7417.

\* **Survivor!**

Tuesday, January 23.

\* **Creative Drawing with Carla**

Tuesday, February 27.

**Creative Journaling with Gwynne**

Tuesday, March 27.

\* **Simple Scrapbooking**

Tuesday, April 24.

\* **Bead It: The Sequel**

Tuesday, May 22.

## ADULTS

\* **Bhutan : into the Kingdom of the  
Thunder Dragon.**

Wednesday, January 31, 7:00 - 8:30 p.m.

A digital multimedia show celebrating  
the culture and nature of this remote  
Himalayan Kingdom.

\* **Multicultural Food Fair.**

Wednesday, February 21, 6:00 - 8:00 p.m.

Every one is welcome to taste finger size  
samples of dishes from a variety of cul-  
tures.

\* **Journey to the Stars**

Thursday, April 19, 7:00 - 8:30 p.m.

Join Astronomer Paul Hickson for the jour-  
ney of a lifetime!

## LOCAL VOICES SERIES, 7:00 p.m.

\* Joan Fisher, M.S.W. - De-stressing  
through mindfulness

Wednesday, February 7.

\* Christine Harvey - And Now My Art  
Wednesday, April 25.

\* Dutchie Mathison-Wild Roses -  
Memories of a Homesteader's Daughter  
Wednesday, May 30.

## Friends of the Library Book Sale: March 9 & 10

## Pitt Meadows Public Library

January to May, 2007

12047 Harris Road, Pitt Meadows

### Storytimes:

\* Tuesdays, January 30 - April 17, 11:00 a.m.

**Call 604-465-4113 for more  
information.**

### Our Mission

To connect people to the world  
of information and ideas.



### Our Vision

To be an innovative organization  
that is recognized as a vital  
community destination and resource  
for literacy, recreation, and  
informed decision-making.



# RIDGE MEADOWS SENIORS

## PROGRAMS - PROGRAMS - PROGRAMS

### For Anyone 55 Plus

R.M.S.S., the Ridge Meadows Seniors Society extends an invitation to all seniors in Maple Ridge and Pitt Meadows to come and join in the diverse programs and activities that have been planned "for seniors, by seniors". Sign up for one of our trips, have a delicious lunch at our Maple Ridge location or if you just want tea or coffee, cookies and conversation, drop in to the Seniors Lounge. We also offer ongoing programs, day trips and fantastic special events!

**R.M.S.S.**  
**12150 224th St,**  
**Maple Ridge**



There is always something to do. We look forward to meeting you and hope that you will pay a visit to our Activity Centre in Maple Ridge or to our Seniors Lounge in Pitt Meadows Family Recreation Centre.

For information on all the exciting things we have planned, please call the Activity Centre at 604-467-4993 or pick up a copy of our monthly newsletter, "GrapeVine". Or better yet, come in for a coffee and a chat!

**P.M. Seniors Lounge**  
**12027 Harris Rd.,**  
**Pitt Meadows.**



### Early Bird Membership Sales Campaign – March 1 – 31st

Purchase your membership in the month of March and you will be entered into our Membership Prize Draw. Membership dues are \$15.00 per year including GST.

**Free Income Tax Clinics:** Membership does have its privileges! Members in good standing can register for our annual Income Tax Clinics. Clinics are scheduled during the month of March – pick up a GrapeVine for schedule details.

**Health and Wellness Clinics:** This popular program is operated by retired Registered Nurses and is designed to work in conjunction with your family physician to detect early health concerns. Your height, weight, blood pressure, and pulse is checked and recorded on a personalized and confidential medical card. During your visit you could also enjoy a ten minute massage, have your hearing aid cleaned, have minor repairs done on your eye glasses, or discuss your diet and medication challenges with our Diabetic educator. Drop-in fees are waived in cases of hardship. No appointments are required. Join us and learn what you can do to continue on your pathway of healthy aging.

**Maple Ridge Clinic**  
**Tue 9:00 AM-12:00 PM**

**Cost: \$1.00**

**Willow Manor – NEW Third Monday of Month**

**Pitt Meadows Clinic**  
**Every 2nd Fri 10:00 AM-12:00 PM**

**Cost: \$0.50**

**10:00 AM-12:00 PM**



"Enjoying meeting friends or relax with a massage at the MR Health and Wellness Clinic"

**For more information call 604-467-4993 or 604-465-2478 or visit [www.mapleridge.org](http://www.mapleridge.org)**



# Winter 2007 Preschool Lessons

Fees:		Sunday	Monday	Tues	Tues/Thur	Wed/Fri	Thurs	Sat	Tue/Thur	Wed/Fri
10 lessons \$48.00	Level:	Jan 7 to March 11 10 lessons	Jan 8 to March 12 10 lessons	Jan 9 to March 13 10 lessons	Jan 9 to Feb 8 10 lessons	Jan 10 to Feb 9 10 lessons	Jan 11 to Feb 10 10 lessons	Jan 13 to March 17 10 lessons	Feb 13 to March 15 10 lessons	Feb 14 to March 16 9 lessons No class Feb 23
	Guppies 1		10:00 (95126) 6:00 (95130)	3:45 (95129) 6:15 (95130)	3:30 (95138) 6:00 (95141)		10:30 (95131) 1:00 (95132) 4:45 (95133) 5:45 (95134)	8:30 (95227)	3:30 (95139) 6:00 (95226)	
	Guppies 1-2	10:30 (95238) 4:00 (95239) 5:30 (95240) 6:30 (96178) 9:30 (95237)	9:00 (95228) 4:00 (95229) 5:30 (95230)	9:30 (95231)		10:00 (96176) 5:00 (95233)	10:00 (95232)	9:00 (95235) 10:30 (95236)		10:00 (96177) 5:00 (95234)
	Guppies 2		11:00 (95241)	5:45 (95242)	5:30 (95244)		3:15 (95243)		5:30 (95245)	
	Minnows 1	10:30 (96031)		10:30 (95247) 4:15 (95248) 5:15 (95249)	4:00 (95280) 6:30 (95281)	10:30 (95276) 5:30 (95277)	10:30 (95250) 1:30 (95251) 3:45 (95252) 4:15 (95253) 5:15 (95254)		4:00 (95282) 6:30 (95283)	10:30 (95278) 5:30 (95279)
9 lessons \$43.50	Minnows 1-2	8:30 (95296) 10:00 (95297) 4:30 (95298) 6:00 (95299)	9:30 (95284) 10:30 (95285) 3:30 (95286) 6:00 (95287)	10:00 (95288)		9:30 (95290) 4:30 (95291)	11:00 (95289)	8:30 (95294) 11:00 (95295)		4:30 (95292) 9:30 (95293)
	Minnows 2			4:45 (95300)	4:30 (95302)		6:45 (95301)	10:30 (95304)	4:30 (95303)	
	Minnows 2-3	11:00 (95310)	4:30 (95305)			4:00 (95307)	9:30 (95306)	9:30 (95309)		4:00 (95308)
	Minnows 3-4	9:00 (95323) 5:00 (95324) 10:00 (96030)	10:00 (95311) 5:00 (95312)	10:30 (95313) 3:15 (95314)	5:00 (95320)	10:30 (95316) 5:30 (95317)	6:15 (95315)	10:00 (95322)	5:00 (95321)	5:30 (95318) 10:30 (95319)
	Level:	Jan 7 to Feb 4						Jan 11 to Feb 8	Jan 13 to Feb 10	
5 lessons \$24.00	Level:	Feb 11 to Mar 11					Feb 15 to Mar 15	Feb 17 to Mar 17		
	Waterbabies	8:30 (96080) 9:30 (96081)					9:00 (96076) 9:30 (96077)	10:00 (96078) 9:00 (96079)		
	Parent & Tot 1	9:00 (96130) 9:00 (96131)					9:00 (96126) 9:00 (96127)	9:00 (96128) 9:30 (96129)		
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	Waterbabies	8:30 (96080) 9:30 (96081)					9:00 (96076) 9:30 (96077)	10:00 (96078) 9:00 (96079)		
	Parent & Tot 1	9:00 (96130) 9:00 (96131)					9:00 (96126) 9:00 (96127)	9:00 (96128) 9:30 (96129)		
	Parent & Tot 2	9:30 (96136) 8:30 (96137)					9:30 (96132) 9:00 (96133)	9:30 (96136) 10:00 (96135)		
	Level:	Jan 7 to Feb 4						Jan 11 to Feb 8	Jan 13 to Feb 10	
5 lessons \$24.00	Level:	Feb 11 to Mar 11					Feb 15 to Mar 15	Feb 17 to Mar 17		
	Waterbabies	8:30 (96080) 9:30 (96081)					9:00 (96076) 9:30 (96077)	10:00 (96078) 9:00 (96079)		
	Parent & Tot 1	9:								





# Winter 2007 Swim Kids Lessons

		Sunday	Monday	Tues	Tues/Thur	Wed/Fri	Thurs	Sat	Tue/Thur	Wed/Fri
	Level:	Jan 7 to March 11 10 lessons	Jan 8 to March 12 10 lessons	Jan 9 to March 13 10 lessons	Jan 9 to Feb 8 10 lessons	Jan 10 to Feb 9 10 lessons	Jan 11 to Feb 10 10 lessons	Jan 13 to March 17 10 lessons	Feb 13 to March 15 10 lessons	Feb 14 to March 16 9 lessons No class Feb 23
Fees:  Swim Kids 1-5 Smart to Start Smart Teen 10 lessons \$44.50 9 lessons \$40.00	Swim Kids 1	5:45 (96028)			3:45 (96026)			9:30 (96027)	3:45 (96179)	
	Swim Kids 1-2	5:00 (95428)	4:00 (95426) 5:15 (95427)	3:30 (95429) 6:00 (95430)		4:00 (95432) 5:30 (95433)	7:00 (95431)	9:00 (95436)		4:00 (95435) 5:30 (95434)
	Swim Kids 2		4:00 (95426) 5:15 (95427)		4:45 (95477) 7:30 (95478)		5:30 (95481)	10:45 (96029)	4:45 (95480) 7:30 (95479)	
	Swim Kids 2-3	4:30 (95482) 6:30 (95576)	4:30 (95577)	4:30 (95578)		4:30 (95579)	3:30 (95926)	10:00 (95927)		4:30 (96180)
			5:45 (95626)		5:15 (95627) 6:30 (95628)		5:00 (95629)	11:00 (95630)	5:15 (95631) 6:30 (95632)	
	Swim Kids 3-4	5:30 (95633)	3:30 (95634) 5:00 (95635)	4:00 (95636) 5:30 (95637)		3:30 (95680) 6:30 (95681)	4:30 (95638) 7:30 (95639)	9:30 (95640)		3:30 (95683) 6:30 (95682)
					3:15 (95684) 7:00 (95686)			9:00 (95726)	3:15 (95685) 7:00 (95687)	
	Swim Kids 4-5	6:00 (95727)	4:45 (95729) 5:30 (95728)	5:00 (95730)		5:00 (95826) 6:00 (95827)	4:00 (95826)	10:30 (95829)		5:00 (96226) 6:00 (96227)
	Swim Kids 5	4:30 (95830)	6:30 (95831)		4:15 (95832)		6:30 (95833)	11:30 (95834)	4:15 (96181)	
	Swim Kids 6	5:00 (95835)	3:15 (95836) 5:45 (95837)	6:30 (95838)	5:45 (95839)	6:00 (95840)	5:00 (95841)	8:30 (95842) 11:15 (95843)	5:45 (96182)	6:00 (96183)
Swim Kids 6-10 10 lessons \$49.50 9 lessons \$45.00	Swim Kids 7	5:15 (95876)	4:00 (95881)					9:15 (95877) 11:00 (95878)		
	Swim Kids 7-8		6:15 95847	7:15 ( 95850)		4:00 ( 95848)	5:45 (95849)			4:00 (96184)
	Swim Kids 8	4:30 (95879)						10:00 ( 95880)		
	Swim Kids 9-10	6:00 (95882)	6:30 (95883)	7:00 (95884)		4:45 (95885)		11:00 (95886)		4:45 (96185)
	Private Lessons									
\$20.50	Smart to Start	6:15 (95887)	6:00 (95888)							
	Smart Teen	7:00 (96166)					8:00 (96138)			
\$52.00	Adult Level 1	7:00 (95889)					8:00 (96139)			
	Adult Level 2	7:00 (95890)					8:00 (96140)			

For more information call 604.467-7322 or 604.465-2452 or visit [www.mapleridge.org](http://www.mapleridge.org)



# Aquatic Leadership

## Aquatics Standard First Aid

**Age: 14Y+**

This course includes CPR 'C', secondary survey, first aid for broken bones, wounds, bleeding, medical conditions, heat and cold emergencies, poisons and more. There is no age restriction except the participant must be physically and mentally capable of performing and understanding the skills involved. This is a pre requisite for the National Lifeguarding Service Award.

**Location: Preschool Room; Leisure Centre**

2 Sessions:..... Fee: \$140  
Sa-Su .....09:00 AM-05:00 PM  
#93631 .....Mar 17-18

## Bronze Cross

**Age: 13Y+**

Prerequisite: Bronze Medallion. Original wallet card as proof of prerequisite will be required on first day of class.

Candidates will be learning lifesaving and basic CPR skills. This course is a requirement for the National Lifeguard Service Award.

**Location: Teach Pool; Leisure Centre**

5 Sessions:..... Fee: \$105  
Su .....09:00 AM-01:00 PM  
#93630 .....Feb 11-Mar 11

## Bronze Medallion

**Age: 13Y+**

Prerequisites: 13 yrs. of age OR successful completion of Bronze Star. This course prepares candidates to take their Bronze Cross. Candidates will learn water rescue techniques, basic first aid, and CPR.

**Location: Teach Pool; Leisure Centre**

5 Sessions:..... Fee: \$145  
Su .....09:00 AM-01:00 PM  
#93629 .....Jan 7-Feb 4

## Bronze Star

**Age: 12Y+**

This first level of the Bronze family in excellent preparation for success in Bronze Medallion. Candidates learn CPR, land spinal recovery, solo and partner rescues, searches and other rescue and first aid skills. Allows participants to continue to Bronze Medallion without the age requirement.

**Location: Competition Pool; Leisure Centre**

6 Sessions:..... Fee: \$70  
W, F .....06:00 PM-08:00 PM  
#93628 .....Feb 28-Mar 16

## Jr. Lifeguard Club

**Age: 8Y - 16Y**

A fun and exciting program for kids ages 8 and over. Teaches basic lifeguarding techniques as well as swimming for fitness.

**Location: Competition Pool; Leisure Centre**

12 Sessions:..... Fee: \$70  
W, F .....06:00 PM-07:00 PM  
#93627 .....Jan 10-Feb 16

## NLS - National Lifeguard

### Recertification

**Age: 6Y - 12Y**

This is a recertification course only. Proof of original certification must be shown at course. CPR 'C' must be current within one year of the date of the recertification.

**Location: Preschool Room; Leisure Centre**

2 Sessions:..... Fee: \$85  
Su .....08:30 AM-01:30 PM  
#93676 .....Mar 18-25

## NLS - National Lifeguard Service Award

**Age: 16Y+**

Prerequisites: Current CPR C within 1 year, current SFA within 2 yrs, 16 years of age by exam date (last day of the course), and Lifesaving Society Bronze Cross (does not need to be current). Price includes pocket mask, candidate fee and course material. Candidates will need a whistle. Upon successful completion of this course candidate will be a certified Lifeguard through the Lifesaving Society - Canada's lifeguarding experts.

**Location: Teach Pool; Leisure Centre**

6 Sessions:..... Fee: \$270  
M-Sa.....09:00 AM-05:30 PM  
#93626 .....Mar 19-24



# PROGRAM LISTING: All Ages/General Interest

## Community Development Workshops

### EFFECTIVE LEADERSHIP - WHAT DOES IT LOOK LIKE?

Developing and recruiting leaders is critical to the success of any not-for-profit organization. This workshop is designed to review the key components of effective leadership while discovering some of the new challenges faced organizations attempting to recruit new leaders. Join us as we re-discover what effective leadership looks like. Refreshments are provided but please "lug a mug" for beverages.

Free session with donations to the Friends in Need Food Bank would be appreciated. As space is limited, please register early by calling Joanne at 604-467-7405.

**Location: Fraser Room of the Maple Ridge Library**

1 Session: .....Fee: \$0.  
Tue. Feb. 6, 2007.....6:30 - 9:00pm

## Getting People On Board

Have you ever wondered what not-for-profit boards do? Are you a Board member and interested in learning more about your roles and responsibilities? Join us for this fun and informative workshop. Refreshments are provided but please "lug a mug" for beverages. Free session with donations to the Friends in Need Food Bank would be appreciated. As space is limited, please register early by calling Joanne at 604-467-7405.

**Location: Fraser Room of the Maple Ridge Library**

1 session: .....Fee: \$0.  
Tue. Mar. 6 .....6:30 - 9:00pm

## Just for Kids Swap Meet

### All Ages

You can't swap your kid for someone else's but you can buy and sell used toys, clothing and other items!

**Location: Pitt Meadows Heritage Hall**

1 Sessions: .....Fee: \$20  
Sa .....10:00 AM-02:00 PM  
#94929 .....Mar 10

## Volunteer Information Session

### Age: 9Y+

Volunteer Information Sessions provide details about opportunities for community involvement in Maple Ridge and Pitt Meadows. For more details or to register as a guest speaker, please call Kathryn Baird at 604-467-7459 or email kbaird@mapleridge.org.

**Location: Volunteer Office, Leisure Centre Facility**

3 Sessions: .....Fee: \$0  
Tu.....07:00 PM-08:00 PM  
#94985 .....Jan 9  
#96277 .....Feb 6  
#96278 .....Mar 6

*Please register early!  
Great programs get cancelled if  
the minimum is not met.  
Decisions regarding  
program cancellation will  
be made three days  
prior to the start date.*



## February 9 - 17, 2007

Healthy living in our communities is becoming more important as we move toward 2010.

In fact, the Province of BC set a target to increase physical activity in British Columbia by 20% by 2010. Working together, we can help make British Columbia one of the healthiest jurisdiction to ever host an Olympic and Paralympics Winter Games. Please join Maple Ridge Pitt Meadows Parks & Leisure Services as they show their spirit.

### FREE SPIRIT SKATE

Saturday, Feb 10th Planet Ice 1:00 - 2:30pm  
Saturday, Feb 10th Ridge Meadows Arena 6:45 - 8:15pm

We will have some interactive games on the ice during these times.



### FAMILY TRAIL WALK

Saturday, Feb 17th 10:00 AM-12:00 PM

Stay active together as a family and join us for a family trail walk along Grant Narrows. Participate in the walk and be eligible to win a family pool pass. Refreshments will be provided. For more information contact Tracy at 604-465-2453.

To register for this FREE EVENT, please call 604-465-2470. Barcode #96976



Register by phone @ 604-465-2470 or online at [www.recreg4u.ca](http://www.recreg4u.ca)

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# PROGRAM LISTING: Preschool

## PRESCHOOL ARTS COUNCIL



### Clay Explorations

**Age: 4Y - 6Y**

Creative play with clay will be explored during this 6-session program. Through personal exploration as well as group projects students will learn to mould and create clay forms while having fun. Once glazed and fired all pieces are functional and dishwasher safe. On the last day we will celebrate with a party using the dishes made during class. All supplies included. Instructor: Filio Scott

**Location: 3D Studio; The ACT**

6 Sessions: .....Fee: \$46  
Tu .....01:00 PM-02:00 PM  
#92435 .....Jan 23-Feb 27

### Dance - Hip Hop for Preschoolers

**Age: 3Y - 5Y**

Students do what comes naturally; this is a fun movement program with hip hop moves and rhythmic action. Heather will take your preschooler through hip hop dance moves in this action-packed class!

**Location: Studio Theatre; The ACT**

8 Sessions: .....Fee: \$37  
Instructor: Heather Morrison  
Sa .....10:00 AM-10:45 AM  
#92432 .....Jan 20-Mar 17  
Sa .....12:00 PM-12:45 PM  
#92433 .....Jan 20-Mar 17  
Instructor: Amber Georgeson  
M .....03:30 PM-04:15 PM  
#92434 .....Jan 22-Mar 12

### Friday Fun With Art

**Age: 3Y - 5Y**

An exciting opportunity for preschoolers to explore and create with a variety of art materials. Students will get a chance to develop their motor skills, exercise their imagination and expand their creativity. Art activities may include: painting, collage, drawing, printmaking and sculpture. Creative play and stories will round out the fun. Bring a paint shirt.

Instructor: Shelly Davies-Conley

**Location: 2-D Studio; The ACT**

8 Sessions: .....Fee: \$45  
F .....10:00 AM-11:00 AM  
#92426 .....Jan 19-Mar 9  
F .....11:15 AM-12:15 PM  
#92427 .....Jan 19-Mar 9

## Once Upon a Dream...

### Themed Birthdays and Parties at the ACT

**Kids parties can be a handful to plan and two handfuls to host. Let Once Upon a Dream host your child's party at The ACT and let us do the work!**

**From an Alice in Wonderland "un-birthday" to parties featuring Princesses, Knights, Wizards, Teddy Bears and much more, Once Upon a Dream can build an experience that both you and your kids will love. Your child will have a great birthday experience and we do all the clean-up!**

**For more information or to book call The ACT at 604-476-2787**

**Come celebrate your big day with us and enjoy your best birthday ever. We have several options for you to choose from hosted by an Offsprings party leader who will lead you through lots of fun and active games. Party options include food service provided by Persian Catering. Extra options may be available at an additional fee. Parties must be booked a minimum of 7 days prior to event.**

**\*Limited dates available for MRLC Gymnasium**

#### Gymnasium Party - 2 Hours. All Ages

Up to 15 participants - \$160 • 16-20 Participants - \$180

#### Playroom Party - 2 Hours. Ages 7 and under

Up to 10 participants - \$120 • 11-15 Participants - \$140

#### Pool Party - Unlimited Swim Time, 1 Hour Playroom

Up to 10 participants - \$140 • 11-15 Participants - \$16



**To book your party call 604-465-2470. For detailed information call Offsprings 604-467-7494**



# PROGRAM LISTING: Preschool

## PRESCHOOL ARTS COUNCIL



### Imagination Station

**Age: 3Y - 5Y**

In this fun introductory drama class, student's let their imagination take them to incredible places while they explore fairytale, go on inventive journeys and make up characters from our 'tickle trunk'. Introduce your child to the magic of theatre.

Instructor: Sharon Heath

**Location: 2-D Studio; The ACT**

8 Sessions: .....Fee: \$45  
Tu.....01:30 PM-02:30 PM  
#92431 .....Jan 16-Mar 6

### Musical Rainbow - Red Level

**Age: 3Y - 4Y**

This innovative program is a fun way for children to learn music. In this level for 3-4 year olds children begin by building a repertoire of musical experiences. The songs and rhymes learned at this level will be used to discover musical concepts in later years. The goal is to have a fun, positive experience in a group setting. Comparatives such as fast/slow, loud/soft, and higher and lower pitches are the concepts covered at this level. Children are made aware of beat in music. Lots of singing & musical games. Lots of fun!

Instructor: The Musical Rainbow

**Location: 2-D Studio; The ACT**

8 Sessions: .....Fee: \$56  
Tu.....02:40 PM-03:25 PM  
#92438 .....Jan 16-Mar 6

**Location: Upper Floor; Pitt Meadows Heritage Hall**

8 Sessions: .....Fee: \$56  
Th .....02:40 PM-03:25 PM  
#92440 .....Jan 18-Mar 8

### Musical Rainbow - Yellow Level

**Age: 5Y**

More singing, more games, more FUN! Students begin their first music reading and writing booklets. Hand signs are used to denote awareness of pitch differences. Rhythm names are spoken and written in stick notation. Pitch matching and melody charts are used to facilitate in-tune singing.

Instructor: The Musical Rainbow

**Location: 2-D Studio; The ACT**

8 Sessions: .....Fee: \$56  
Tu.....03:30 PM-04:15 PM  
#92441 .....Jan 16-Mar 6

**Location: Upper Floor; Pitt Meadows Heritage Hall**

8 Sessions: .....Fee: \$56  
Th .....03:30 PM-04:15 PM  
#92442 .....Jan 18-Mar 8

### Musical Rainbow - Green Level

**Age: 6Y**

This innovative program is a fun way for children to learn music. The music staff is introduced. Children learn to read and write notes upon the staff using both absolute pitch names and hand sign names. The students create three booklets using three different keys for their reading and writing of music. Students also begin the recorder at this level.

Instructor: The Musical Rainbow

**Location: 2-D Studio; The ACT**

8 Sessions: .....Fee: \$64  
Tu.....04:20 PM-05:20 PM  
#92443 .....Jan 16-Mar 6

**Location: Upper Floor; Pitt Meadows Heritage Hall**

8 Sessions: .....Fee: \$64  
Th .....04:20 PM-05:20 PM  
#92444 .....Jan 18-Mar 8

### Parent & Tot Rhythmic Gymnastics

**Age: 2Y - 3Y**

Students develop body movement and explore rhythmic skills in this introductory gymnastics class. The classes allow children aged 2 to 3 to experience a fun yet structured program using balls, scarves, hoops and ropes while exploring movement to music.

Instructor: Leanne Karpus

**Location: Studio Theatre; The ACT**

8 Sessions: .....Fee: \$25  
W .....09:30 AM-10:00 AM  
#92436 .....Jan 24-Mar 14  
W .....10:15 AM-10:45 AM  
#92437 .....Jan 24-Mar 14

### Preschool Adventure Centre

**Age: 3Y - 5Y**

This is a fun place for your preschooler to learn new songs & stories and create nifty arts and crafts. Your preschooler will access their imaginations with creative play using costumes from our 'tickle trunk'. This is a twice per week program. Bring a snack.

Instructor: Shelly Davies-Conley

**Location: 2-D Studio; The ACT**

8 Sessions: .....Fee: \$56  
M, W .....09:30 AM-11:00 AM  
#92428 .....Jan 15-Feb 7  
#92429 .....Feb 12-Mar 7

### Preschool Explorers

**Age: 3Y - 5Y**

Your preschoolers will explore the world of insects, animals, and plants. Have fun learning through songs, stories, movement, and crafts.

Instructor: Shelly Davies-Conley

**Location: 2-D Studio; The ACT**

8 Sessions: .....Fee: \$45  
W .....12:00 PM-01:00 PM  
#92430 .....Jan 17-Mar 7

*Visit our website!*

*[www.mapleridge.org](http://www.mapleridge.org)*



Register by phone @ 604-465-2470 or online at [www.recreg4u.ca](http://www.recreg4u.ca)

# PROGRAM LISTING: Preschool

## PRESCHOOL ARTS COUNCIL



### Time for Tots

**Age: 2Y - 3Y**

This introductory preschool program will encourage children to explore, discover and create. Activities will include arts & crafts, music, stories and songs. This is a special experience for one child and one parent. Parents are encouraged to stay, but not extra siblings. Bring a paint smock. Instructor: Laura Johnson

**Location: 2-D Studio; The ACT**

8 Sessions: .....Fee: \$45  
Tu .....09:30 AM-10:30 AM  
#92422 .....Jan 16-Mar 6  
Tu .....10:40 AM-11:40 AM  
#92423 .....Jan 16-Mar 6

**Location: Art Workshop; Pitt Meadows Family Recreation Centre**

8 Sessions: .....Fee: \$45  
M .....09:30 AM-10:30 AM  
#92424 .....Jan 15-Mar 5  
M .....10:40 AM-11:40 AM  
#92425 .....Jan 15-Mar 5

## PRESCHOOL PARKS & LEISURE



### Basketball-Hooped

**Age: 3Y - 5Y**

An introduction to the game of basketball. Participants will learn basic skills, play games and have a ball!

Instructor: Offsprings

**Location: Leisure Centre Gymnasium 1/2 South**

6 Sessions: .....Fee: \$40  
Th .....09:00 AM-09:30 AM  
#93481 .....Jan 11-Feb 15  
#93482 .....Feb 22-Apr 5

### Hockey-Shoot to Score

**Age: 3Y - 5Y**

Little hockey lovers will learn the basic rules and skills involved in the game. The emphasis is always on fun!

Instructor: Offsprings

**Location: Leisure Centre Gymnasium 1/2 South**

6 Sessions: .....Fee: \$40  
Tu .....09:45 AM-10:15 AM  
#93483 .....Jan 9-Feb 13  
Tu .....09:45 AM-10:15 AM  
#93484 .....Feb 20-Apr 3

### Little Treasures

**Age: 1Y - 4Y**

You and your child will enjoy social interaction with other parents and children. Crafts, circle games and songs will be the highlight of the day.

**Location: Art Workshop; Pitt Meadows Family Recreation Centre**

4 Sessions: .....Fee: \$21  
Sa .....12:30 PM-01:30 PM  
#94927 .....Jan 20-Feb 10  
#96526 .....Mar 31-Apr 21

**Location: Classroom; Yennadon Community Centre**

4 Sessions: .....Fee: \$21  
Sa .....12:30 PM-01:30 PM  
#94928 .....Jan 20-Feb 10  
#94930 .....Mar 17-Apr 7

### Mini Mini Put

**Age: 3Y - 5Y**

This class introduces your child to fun aspects of golf. Skills such as position, aim, spatial awareness and strength of the put encouraged as well as listening, patience and golf etiquette like waiting your turn and acknowledging a friend's good shot.

Instructor: Offsprings

**Location: Leisure Centre Gymnasium 1/2 South**

6 Sessions: .....Fee: \$40  
Tu .....09:00 AM-09:30 AM  
#93485 .....Jan 9-Feb 13  
#93486 .....Feb 20-Apr 3

### Pajama Play

**Age: 1Y - 5Y**

Parent Participation Required. This program is for the toddler/preschooler who likes to play into the night. Come down after dinner with your PJ's on and have fun with your child in an unstructured atmosphere just before bedtime. There will be circle time, teddy bear songs, a number of sport stations and a variety of equipment will be set-up for your use. This program is from 6:30-7:30pm.

**Location: Half Gymnasium A; Pitt Meadows Family Recreation Centre**

6 Sessions: .....Fee: \$21  
Th .....06:30 PM-07:30 PM  
#94881 .....Jan 18-Feb 22  
#94882 .....Mar 1-Apr 12

### Parent & Tot All Sports

**Age: 2Y - 3Y**

Parents and tots play a variety of sports together. Have some fun, get some exercise and meet new friends.

**Location: Gymnasium; Pitt Meadows Family Recreation Centre**

4 Sessions: .....Fee: \$15  
Sa .....09:00 AM-10:00 AM  
#94931 .....Feb 17-Mar 24

**Location: Gymnasium/Multipurpose Room; Yennadon Community Centre**

4 Sessions: .....Fee: \$15  
Sa .....09:00 AM-10:00 AM  
#94932 .....Feb 17-Mar 10



# PROGRAM LISTING: Preschool

## PRESCHOOL PARKS & LEISURE



### Preschool Fitness

#### 3Y - 5Y

Keep your 3- 5 yr old active with this fun filled class. Play games, dance, and move to music. Parent participation not required.

Instructor: Lifeline Fitness

**Location: Half Gymnasium B; Pitt Meadows Family Recreation Centre**

4 Sessions: .....Fee: \$20  
F .....10:15 AM-11:15 AM  
#93979 .....Jan 12-Feb 2  
#93980 .....Feb 9-Mar 2

### Skating - Look at Me, I'm 3

#### Age: 3Y - 3Y

For the 3 year old that has completed Parent & Tot 2 and is not quite old enough for the Primary levels. Participants will be led through various on-ice skills and activities in this non-evaluated program in order to refine skills already acquired.

Instructor: MJT Enterprises

**Location: Rink 1/3; Planet Ice**

4 Sessions: .....Fee: \$24  
M .....10:45 AM-11:15 AM  
#94313 .....Jan 8-29  
#94314 .....Feb 5-26  
W .....01:45 PM-02:15 PM  
#94316 .....Jan 10-31  
#94317 .....Feb 7-28  
Th .....10:45 AM-11:15 AM  
#94319 .....Jan 11-Feb 1  
#94320 .....Feb 10-Mar 3

### Skating - Mighty Ducks

#### Age: 4Y - 5Y

Introductory hockey programs that place emphasis on skating, puck skills and FUN! Participants should have completed level 1 skating and be able to skate the width of the rink on their own.

Instructor: MJT Enterprises

**Location: Planet Ice**

5 Sessions: .....Fee: \$31  
W .....04:30 PM-05:00 PM  
#94322 .....Jan 10-Feb 7  
#94323 .....Feb 14-Mar 14  
W .....05:05 PM-05:35 PM  
#94324 .....Jan 10-Feb 7  
#94325 .....Feb 14-Mar 14

**Please register early!**

Great programs get cancelled if the minimum is not met. Decisions regarding program cancellation will be made three days prior to the start date.

### Skating - Parent & Tot 1

#### Age: 2Y - 3Y

An introductory program for 2-3 yr olds in which the parents take an active part in learning progressive steps in teaching basic skating skills. Parents must be in attendance and wear skates. Helmets are mandatory.

Instructor: MJT Enterprises

**Location: Planet Ice**

4 Sessions: .....Fee: \$24  
W .....05:40 PM-06:10 PM  
#94332 .....Jan 10-31  
#94333 .....Feb 7-28  
Th .....10:15 AM-10:45 AM  
#94326 .....Jan 11-Feb 1  
#94327 .....Feb 8-Mar 1  
F .....10:15 AM-10:45 AM  
#94329 .....Jan 12-Feb 2  
#94330 .....Feb 9-Mar 2

**Location: Red Rink 1/3; Pitt Meadows Arena**

4 Sessions: .....Fee: \$24  
Sa .....10:30 AM-11:00 AM  
#94335 .....Jan 13-Feb 3  
#94336 .....Feb 10-Mar 3

### Skating - Parent & Tot 2

#### Age: 2Y - 3Y

Parents will join their tots with the instructor and continue to learn the basics. Parents must wear skates.

Instructor: MJT Enterprises

**Location: Planet Ice**

4 Sessions: .....Fee: \$24  
Th .....10:45 AM-11:15 AM  
#94338 .....Jan 11-Feb 1  
#94339 .....Feb 8-Mar 1

**Location: Red Rink, Pitt Meadows Arena**

4 Sessions: .....Fee: \$24  
Sa .....11:00 AM-11:30 AM  
#94341 .....Jan 13-Feb 3  
#94342 .....Feb 10-Mar 3

### Skating - Primary 1

#### Age: 4Y - 5Y

For beginner skaters with very little or no skating skills. Skaters will learn how to fall, stand up, have controlled, skate forwards, glide, and be introduced to one foot gliding, T- pushes and stopping.

Instructor: MJT Enterprises

**Location: Red Rink, Planet Ice**

5 Sessions: .....Fee: \$31  
M .....10:15 AM-10:45 AM  
#94344 .....Jan 8-Feb 5  
#94345 .....Feb 12-Mar 12  
W .....10:15 AM-10:45 AM  
#94348 .....Jan 10-Feb 7  
#94349 .....Feb 14-Mar 14  
W .....11:15 AM-11:45 AM  
#94933 .....Jan 10-Feb 7  
#94934 .....Feb 14-Mar 14  
W .....01:15 PM-01:45 PM  
#94350 .....Jan 10-Feb 7  
#94351 .....Feb 14-Mar 14  
W .....03:00 PM-03:30 PM  
#94352 .....Jan 10-Feb 7  
#94353 .....Feb 14-Mar 14  
W .....03:30 PM-04:00 PM  
#94354 .....Jan 10-Feb 7  
#94355 .....Feb 14-Mar 14  
W .....04:00 PM-04:30 PM  
#94356 .....Jan 10-Feb 7  
#94357 .....Feb 14-Mar 14  
Th .....11:15 AM-11:45 AM  
#94358 .....Jan 11-Feb 8  
#94359 .....Feb 15-Mar 15  
F .....11:15 AM-11:45 AM  
#94360 .....Jan 12-Feb 9  
#94361 .....Feb 16-Mar 16

**Location: Red Rink, Pitt Meadows Arena**

5 Sessions: .....Fee: \$31  
M .....04:15 PM-04:45 PM  
#94346 .....Jan 8-Feb 5  
#94347 .....Feb 12-Mar 12  
Sa .....10:00 AM-10:30 AM  
#94362 .....Jan 13-Feb 10  
#94363 .....Feb 17-Mar 17





# PROGRAM LISTING: Preschool

## PRESCHOOL PARKS & LEISURE



### Skating - Primary 2

**Age: 4Y - 5Y**

For intermediate skaters who will continue to master the skills outlined in level 1. Skaters will also be introduced to double sculling, turns, backwards skating and cross-overs.

Instructor: MJT Enterprises

**Location: Planet Ice**

5 Sessions: .....Fee: \$31  
W .....10:45 AM-11:15 AM  
#94366 .....Jan 10-Feb 7  
#94367 .....Feb 14-Mar 14  
W .....03:00 PM-03:30 PM  
#94368 .....Jan 10-Feb 7  
#94369 .....Feb 14-Mar 14  
W .....03:30 PM-04:00 PM  
#94370 .....Jan 10-Feb 7  
#94371 .....Feb 14-Mar 14  
W .....04:00 PM-04:30 PM  
#94372 .....Jan 10-Feb 7  
#94373 .....Feb 14-Mar 14  
F .....10:45 AM-11:15 AM  
#94374 .....Jan 12-Feb 9  
#94375 .....Feb 16-Mar 16

**Location: Red Rink, Pitt Meadows  
Arena**

5 Sessions: .....Fee: \$31  
M .....04:50 PM-05:20 PM  
#94364 .....Jan 8-Feb 5  
#94365 .....Feb 12-Mar 12  
Sa .....11:00 AM-11:30 AM  
#94376 .....Jan 13-Feb 10  
#94377 .....Feb 17-Mar 17

### Skating - Primary 3

**Age: 4Y - 5Y**

For advanced skaters who will continue to master the skills outlined in level 2. A heavier emphasis is placed on technique with an increase in difficulty relating to each skill.

Instructor: MJT Enterprises

**Location: Planet Ice**

5 Sessions: .....Fee: \$31  
W .....02:15 PM-02:45 PM  
#94380 .....Jan 10-Feb 7  
#94381 .....Feb 14-Mar 14  
W .....03:00 PM-03:30 PM  
#94382 .....Jan 10-Feb 7  
#94383 .....Feb 14-Mar 14  
Th .....10:45 AM-11:15 AM  
#94384 .....Jan 11-Feb 8  
#94385 .....Feb 15-Mar 15  
F .....11:15 AM-11:45 AM  
#94386 .....Jan 12-Feb 9  
#94387 .....Feb 16-Mar 16

**Location: Red Rink, Pitt Meadows  
Arena**

5 Sessions: .....Fee: \$31  
M .....05:25 PM-05:55 PM  
#94378 .....Jan 8-Feb 5  
#94379 .....Feb 12-Mar 12

### Soccer - Kick It

**Age: 3Y - 5Y**

A fun-filled 1/2 hour designed to encourage participation in group activities. Players will learn basic skills and develop an understanding of the sport.

Instructor: Offsprings

**Location: Leisure Centre Gymnasium  
1/2 South**

6 Sessions: .....Fee: \$40  
Th .....10:30 AM-11:00 AM  
#93487 .....Jan 11-Feb 15  
#93488 .....Feb 22-Apr 5

### Soccer - Parent & Tot

**Age: 2Y - 3Y**

Parents and tots play indoor soccer together. Have some fun, get some exercise and meet new friends.

**Location: Gymnasium; Pitt Meadows  
Family Recreation Centre**

4 Sessions: .....Fee: \$15  
Sa .....09:00 AM-10:00 AM  
#94889 .....Jan 20-Feb 10  
Sa .....09:00 AM-10:00 AM  
#94891 .....Mar 31-Apr 21

**Location: Gymnasium/Multipurpose  
Room; Yennadon Community Centre**

4 Sessions: .....Fee: \$15  
Sa .....09:00 AM-10:00 AM  
#94890 .....Jan 20-Feb 10  
#94892 .....Mar 17-Apr 7

### Soccer - Preschool Level 1

**Age: 3Y - 5Y**

Designed to introduce children to the basics of soccer, skills are introduced through games, obstacles and a mini-soccer match at the end. Emphasis is on fun, co-operation and participation.

**Location: Gymnasium/Multipurpose  
Room; Yennadon Community Centre**

4 Sessions: .....Fee: \$26  
Sa .....10:15 AM-11:15 AM  
#94893 .....Jan 20-Feb 10  
#94894 .....Mar 17-Apr 7

**Location: Gymnasium; Pitt Meadows  
Family Recreation Centre**

4 Sessions: .....Fee: \$26  
Sa .....10:15 AM-11:15 AM  
#94895 .....Jan 20-Feb 3  
#94896 .....Mar 31-Apr 21

### Soccer - Preschool Level 2

**Age: 3Y - 5Y**

This program is designed to build upon the skills learned in level 1 or skills learned at home. Skills are taught through games, obstacles and a mini-soccer match at the end. Emphasis is on fun, co-operation and participation. Level 1 not a prerequisite.

**Location: Gymnasium/Multipurpose  
Room; Yennadon Community Centre**

4 Sessions: .....Fee: \$26  
Sa .....10:15 AM-11:15 AM  
#94939 .....Feb 17-Mar 10

**Location: Gymnasium; Pitt Meadows  
Family Recreation Centre**

Sa .....10:15 AM-11:15 AM  
#94940 .....Feb 27-Mar 24

### T-Ball-Home Run!

**Age: 3Y - 5Y**

Batting the ball and running the bases.

The participants will be introduced to the fun of T-Ball.

Instructor: Offsprings

**Location: Leisure Centre Gymnasium  
1/2 South**

6 Sessions: .....Fee: \$40  
Th .....09:45 AM-10:15 AM  
#93490 .....Jan 11-Feb 15  
#93491 .....Feb 22-Apr 5

### Tumble Bees

**Age: 3Y - 4Y**

A class designed for the specific needs of 3 year olds. They will improve their listening skills, sequencing and co-ordination through games, circuits and lots more.

Instructor: Offsprings

**Location: Leisure Centre Gymnasium  
1/2 South**

6 Sessions: .....Fee: \$40  
Tu .....10:30 AM-11:00 AM  
#93492 .....Jan 9-Feb 13  
#93493 .....Feb 20-Apr 3

*Children need regular exercise to build strength  
and flexibility. Sports are also great for relieving stress  
- for children of all ages!*



# PROGRAM LISTING: Child/Youth

## CHILD/YOUTH ARTS COUNCIL



### Adventures in Drama

**Age: 6Y - 8Y**

Discover new talents in this fun performing and acting introductory class. Join our dynamic and creative development program full of lively confidence-building exercises, improvisation, character and theatre games that build self-esteem and confidence.

Instructor: Sharon Heath

**Location: Studio Theatre; The ACT**

8 Sessions: .....Fee: \$45  
Tu .....03:30 PM-04:30 PM  
#92883 .....Jan 16-Mar 6

### Art After School

**Age: 6Y - 9Y**

This enriching program introduces students to several disciplines; drawing, painting, collage and sculpture. While learning the basic principles of composition, color, collage and form, they'll explore through imagination and have fun making different multi-media art projects.

Instructor: Danielle Swift

**Location: Craft Studio; The ACT**

8 Sessions: .....Fee: \$63  
W .....03:30 PM-05:00 PM  
#92926 .....Jan 17-Mar 7

### Art On Saturdays

**Age: 6Y - 8Y**

A fun multimedia program that will include drawing, painting, collage, and sculpture. Art projects of various themes will encourage children to explore their skills and talents. They will learn about basic fundamentals of art, such as working with colour, and how to make a picture rich and interesting. A good art enrichment program.

Instructor: Danielle Swift

**Location: Craft Studio; The ACT**

8 Sessions: .....Fee: \$63  
Sa .....10:00 AM-11:30 AM  
#92928 .....Jan 20-Mar 10

### Art Studio on Saturdays

**Age: 9Y - 12Y**

In the 'studio' we will explore a spectrum of media with projects specially designed to develop artistic ability. Students will also gain understanding of art history and art practices as we will use cultural traditions and artists' work for inspiration.

Instructor: Danielle Swift

**Location: Craft Studio; The ACT**

8 Sessions: .....Fee: \$63  
Sa .....12:00 PM-01:30 PM  
#92927 .....Jan 20-Mar 10

### Cartooning

**Age: 6Y - 9Y**

This class will show you all the ingredients that go into a comic strip, characters, actions and backgrounds, and teach you how to put them all together to create your own original strip!

Instructor: Jason Dankel

**Location: 2-D Studio; The ACT**

8 Sessions: .....Fee: \$46  
Th .....03:30 PM-04:30 PM  
#92977 .....Jan 18-Mar 8  
Th .....04:45 PM-05:45 PM  
#92978 .....Jan 18-Mar 8

### Comic Book Artist

**Age: 10Y - 16Y**

Comic books owe their graphic power to basic artistic principles such as perspective, composition and figure drawing. Learn how to use these principles and other methods to give your own comic book pages a professional edge.

Instructor: Lisa Goldney

**Location: 2-D Studio; The ACT**

8 Sessions: .....Fee: \$53  
Sa .....12:00 PM-01:30 PM  
#92980 .....Jan 20-Mar 10

### Dance Flex

**Age: 9Y - 13Y**

This class gives you the opportunity to explore several different dance styles. Every 2nd class starts a new dance style. All classes will incorporate warm up, stretch, technique body alignment & awareness through ballet and other disciplines. Try dance styles like: Dance Fusion, Jazz, Hip Hop, & Ballet.

Instructor: Sophia Soo

**Location: Studio Theatre; The ACT**

8 Sessions: .....Fee: \$45  
W .....04:00 PM-05:00 PM  
#94676 .....Jan 17-Mar 7



# PROGRAM LISTING: Child/Youth

## CHILD/YOUTH ARTS COUNCIL



### Dance - Hip Hop For Kids

**Age: 6Y - 8Y**

Hip hop is hot! This introductory class will get you started. You'll learn moves like: double takes, body isolation, and bow-flex isolations. Warm-ups, stretching and injury prevention techniques will be emphasized. Wear non-sticky runners.

**Location: Studio Theatre; The ACT**

8 Sessions: .....Fee: \$37  
Instructor: Amber Georgeson  
W .....03:15 PM-04:00 PM  
#92876 .....Jan 17-Mar 7  
Instructor: Heather Morrison  
Sa .....11:00 AM-11:45 AM  
#92878 .....Jan 20-Mar 17

### Dance - Hip Hop For Kids

**Age: 9Y - 13Y**

Hip hop is hot! This introductory class will get you started. You'll learn moves like: double takes, body isolation, and bow-flex isolations. Warm-ups, stretching and injury prevention techniques will be emphasized. Wear non-sticky runners.

**Location: Upper Floor; Pitt Meadows Heritage Hall**

10 Sessions: .....Fee: \$55  
Instructor: Sophia Soo  
Tu .....04:45 PM-05:45 PM  
#92877 .....Jan 16-Mar 27  
**Location: Studio Theatre, The ACT**  
Instructor: Heather Morrison  
M .....05:30 PM-06:30 PM  
#92879 .....Jan 15-Mar 26

### Dance - Hip Hop 1&2 Lv

**Age: 9Y - 13Y**

This class combines levels one and two of Hip Hop for youth. This benefits students that want to continue from a beginner's course. This class offers the opportunity to work on and perfect your moves. Classes start off with stretching and body alignment techniques to prevent injury and bring awareness to the body.

Instructor: Sophia Soo

**Location: Studio Theatre; The ACT**

10 Sessions: .....Fee: \$55  
W .....05:00 PM-06:00 PM  
#94677 .....Jan 17-Mar 28

### Dance - Jazz Dance for Kids

**Age: 6Y - 8Y**

Come on out and move it in this fun and energetic class. Join us for the Jazz experience. The basics are taught here but those with experience are also welcome!

Instructor: Amber Georgeson

**Location: Studio Theatre; The ACT**

8 Sessions: .....Fee: \$37  
M .....04:30 PM-05:15 PM  
#92880 .....Jan 22-Mar 12

### Dance - Jazz Dance for Kids

**Age: 9Y - 13Y**

Come on out and move it in this fun and energetic class. Join us for the Jazz experience. The basics are taught here but those with experience are also welcome!

Instructor: Sophia Soo

**Location: Upper Floor; Pitt Meadows Heritage Hall**

10 Sessions: .....Fee: \$55  
Tu .....03:45 PM-04:45 PM  
#92881 .....Jan 16-Mar 27

### Digi-kids: Digital Camera For Kids

**Age: 10Y - 16Y**

Digital Camera for kids is an 8 week course offering 16 hours of instruction on the basics of a digital camera. The course is designed to teach young people the power of their digital camera and how to print their own pictures at home.

Students will require a digital camera, preferably one with more than just one shooting mode if possible. Instruction book included. This course takes place at Artist's Studio: 24045-109 Avenue, Maple Ridge. Check out [www.ericspix.com](http://www.ericspix.com)!

Instructor: Eric Svendsen

**Location: Artist Studio; 24045 -109 Ave., MR**

8 Sessions: .....Fee: \$160  
Tu .....04:00 PM-06:00 PM  
#93926 .....Jan 23-Mar 13

### Drawing

**Age: 8Y - 12Y**

Enhance your drawing skills! If you love to draw this class is for you. Learn how to train yourself to see the world through the eyes of an artist in order to improve your drawing. Bring a plain white drawing pad and a regular HB pencil to class.

Instructor: Romah Balabanov

**Location: Craft Studio; The ACT**

8 Sessions: .....Fee: \$43  
F .....03:30 PM-04:30 PM  
#92979 .....Jan 19-Mar 9

### Drawing & Sketching

**Age: 8Y - 12Y**

This class teaches various drawing techniques while using kids' most popular subject matter. Art appreciation is developed as we discover artists of the past, explore cultural styles and learn about the cool stuff contemporary artists do now..all in our sketchbooks!

Instructor: Lisa Goldney

**Location: Whonnock Lake Centre**

8 Sessions: .....Fee: \$60  
Tu .....03:30 PM-05:00 PM  
#92981 .....Jan 23-Mar 13

### Guitar for Kids

**Age: 9Y - 12Y**

This relaxed and informal atmosphere will make learning fun! Includes: basic chords, strums, simple fingerpicking, tuning etc. Song sheets supplied. Bring an acoustic guitar.

Instructor: Peter Raszka

**Location: 2-D Studio; The ACT**

10 Sessions: .....Fee: \$130  
M .....04:00 PM-05:00 PM  
#93027 .....Jan 8-Mar 12

### Introduction to Acting

**Age: 9Y - 12Y**

Children will work together building characters and scenarios through theatre games, improvisation and specific exercises. Working with the instructor they will craft a scene stemming from class dynamics, individual interests and creative play. The rudiments of staging, blocking and projecting will be introduced, all culminating in a final scene for performance.

Instructor: Sharon Heath

**Location: Studio Theatre; The ACT**

8 Sessions: .....Fee: \$45  
Tu .....04:45 PM-05:45 PM  
#92882 .....Jan 16-Mar 6

### Pottery for Kids

**Age: 6Y - 12Y**

Express your creative ideas with clay. This pottery class will give students an opportunity to explore a variety of hand building techniques, wheel throwing and glazing. Price includes all materials and firing.

Instructor: Josie Stead

**Location: 3D Studio; The ACT**

8 Sessions: .....Fee: \$79  
Th .....03:30 PM-05:00 PM  
#93029 .....Jan 18-Mar 8  
Sa .....09:30 AM-11:00 AM  
#93030 .....Jan 20-Mar 10  
Sa .....11:30 AM-01:00 PM  
#93031 .....Jan 20-Mar 10  
W .....03:30 PM-05:00 PM  
#93032 .....Jan 17-Mar 7

# PROGRAM LISTING: Child/Youth

## CHILD/YOUTH ARTS COUNCIL



### Pottery: Kids on the Wheel

**Age: 11Y - 15Y**

Learn to use the potter's wheel to create forms such as vases, jugs, and cups. Then glaze your work. Be prepared to get muddy! One bag of clay, glazes and firings included.

Instructor: Maria Palotas

**Location: 3D Studio; The ACT**

8 Sessions: .....Fee: \$79  
Tu .....03:30 PM-05:00 PM  
#93033 .....Jan 23-Mar 13

### Spring Break Arts Camp

**Age: 6Y - 8Y**

Spend your Spring Break at the Arts Centre. This is 5 days of creative activities and games. Activities may include: drawing, painting, printmaking, pottery, sculpture, etc. Express yourself! Bring a lunch & snacks.

Instructor: Judith Atkinson

**Location: Craft Studio; The ACT**

5 Sessions: .....Fee: \$150  
M-F .....09:00 AM-03:00 PM  
#94083 .....Mar 19-23

### Spring Break Arts Camp

**Age: 9Y - 12Y**

Spend your Spring Break at the Arts Centre. This is 5 days of creative activities and games. Activities may include: drawing, painting, printmaking, pottery, sculpture, etc. Express yourself! Bring a lunch & snacks.

Instructor: Brenna Maag

**Location: 2-D Studio; The ACT**

5 Sessions: .....Fee: \$150  
M-F .....09:00 AM-03:00 PM  
#94084 .....Mar 19-23

### Spring Break Theatre Camp

**Age: 8Y - 12Y**

This course offers a creative workout. During the five days together students will get to know each other, play some games and then outline ideas for a short play. Then there is some improvisation leading to the drafting of a script. After which we cast it, stage it, rehearse it, plan costumes, gather props, design and build a set, and finally put it on in front of friends and family. Join us for this fun and imaginative time!

Instructor: Sharon Heath

**Location: Studio Theatre; The ACT**

5 Sessions: .....Fee: \$150  
M-F .....09:00 AM-03:00 PM  
#94085 .....Mar 19-23

## Woodcarving for Kids

**Age: 8Y - 12Y**

Here's your chance to learn woodcarving from an expert carver. This hands-on introduction includes incised, relief and three-dimensional woodcarving techniques. One or two projects can be finished during the course. Tools and materials provided.

Instructor: Doug Morrison

**Location: Craft Studio; The ACT**

5 Sessions: .....Fee: \$39  
Th .....03:30 PM-04:30 PM  
#93035 .....Jan 25-Feb 22  
Th .....04:45 PM-05:45 PM  
#93036 .....Jan 25-Feb 22

## Young Artists' Studio

**Age: 12Y - 16Y**

This is the chance to explore your ideas and imagery while building your knowledge and skill around different materials and approaches coupled with sound references to Artists and their ideas. Watercolour, Oil, Acrylics and Multimedia are explored in this dynamic opportunity to discover your own artistic voice.

Instructor: Judith Atkinson

**Location: Craft Studio; The ACT**

8 Sessions: .....Fee: \$98  
M .....04:00 PM-06:00 PM  
#94078 .....Jan 22-Mar 12

## Young Authors' Workshop

**Age: 11Y - 14Y**

Write a book! This course is ideal for students who are serious about writing and would like to develop their story ideas using peer editing in a workshop-based format with the goal being a finished book. Students should have a strong grasp of grammar/spelling and other basic writing skills so time can be spent on developing ideas. Instruction will be given on writing and publishing your work. Class size is limited to 8 to provide time for lots of discussion.

Instructor: Sandra Diersch

**Location: Conference Room; The ACT**

6 Sessions: .....Fee: \$55  
Sa .....10:00 AM-12:00 PM  
#93038 .....Jan 20-Feb 24

## CHILD/YOUTH PARKS & LEISURE



## ARMS Junior Naturalist Club

**Age: 6Y - 13Y**

Calling all budding naturalists! Here is your opportunity to learn about nature through the expertise of seasoned naturalists by joining us for an exciting two hours of crafts, games and activities. If you have an interest in anything wild, this is the club for you. Hosted by Alouette River Management.

**Location: Rivers Heritage Centre, Allco Park**

3 Sessions: .....Fee: \$35  
Sa .....10:00 AM-12:00 PM  
#94228 .....Jan 13-Mar 10

## Babysitter Training

**Age: 11Y - 14Y**

This course comes highly recommended and is often expected from potential clients. At the completion of this course you will have the skills/knowledge to provide safe and secure care as a certified babysitter. Please note: participants must be 11 yrs. old or have their birthday during the program and before the exam date.

**Location: Multipurpose Room; Greg oore Youth Centre**

4 Sessions: .....Fee: \$42  
Sa .....02:00 PM-04:30 PM  
#94941 .....Jan 20-Feb 10  
#94942 .....Feb 17-Mar 10  
#94945 .....Mar 17-Apr 7

**Location: Youth Lounge; Pitt eadows Family Recreation Centre**

4 Sessions: .....Fee: \$42  
Sa .....02:00 PM-04:30 PM  
#94943 .....Jan 20-Feb 10  
#94944 .....Feb 17-Mar 24

*Recreating together builds strong families,  
the foundation of a stronger society.*



# PROGRAM LISTING: Child/Youth

## CHILD/YOUTH PARKS & LEISURE



### Boys Power Zone

**Age: 10Y - 12Y**

This program offers an environment that promotes participation in physical activity and sports. Each week the group will decide which games and sports to play. Focus is on FUN.

**Location: Half Gymnasium B; Pitt Meadows Family Recreation Centre**

6 Sessions: .....Fee: \$26  
W .....06:30 PM-08:00 PM  
#95003 .....Jan 24-Feb 28  
#95004 .....Mar 14-Apr 18

### Daycamp - Pro D Day

**Age: 7Y - 12Y**

Join us for Fun and Games on your school day off. We have a full day of camp for you to enjoy. Activities include floor hockey, court games, crafts, sweet treats and much more.

**Location: Active Area; Greg Moore Youth Centre**

1 Sessions:.....Fee: \$33  
F.....08:30 AM-04:00 PM  
#95020 .....Feb 23

### Fencing for Beginners

**Age: 10Y+**

Join William Coles in one of the world's most unique and challenging sports. The principals of foil, on-guard position, lunge and more are covered in this fun yet challenging program. All major equipment supplied including the mask, jacket, foil & glove.

Instructor: Bill Cole

**Location: Leisure Centre Gymnasium 1/2 North**

10 Sessions: .....Fee: \$154.50  
Tu .....07:00 PM-08:30 PM  
#93179 .....Jan 9-Mar 13

### Fitness - Sports Conditioning Camp

**Age: 10Y - 16Y**

Athletic Conditioning Camp for 10 to 16 year-old athletes in any sport. This program will take place 5 days per week and will improve coordination, speed, agility, dynamic balance, running or skating technique, strength, endurance, quickness, core strength, footwork, hand-eye coordination, cardiovascular conditioning, flexibility, injury prevention and more.

Instructor: West Coast Kinesiology

**Location: Leisure Centre Gymnasium 1/2 North**

5 Sessions: .....Fee: \$125  
M-F .....09:00 AM-10:30 AM  
#95019 .....Mar 19-23



### Girls Just Want to Have Fun

**Age: 9Y - 12Y**

It's back to basics with a twist. Come and get active with a wide variety of introductory sports and activities.

**Location: Art Workshop; Pitt Meadows Family Recreation Centre**

6 Sessions: .....Fee: \$26  
M .....06:30 PM-08:00 PM  
#95012 .....Jan 22-Feb 26

### Skateboarding - Mini Air for Beginners

**Age: 6Y - 9Y**

Participants are given the opportunity to practice and develop their skills with support from Parks and Leisure Staff. This is for kids learning the basics and are looking to gain more confidence riding their board. The perfect way to start skateboarding. Participants need to bring their own deck and helmet.

**Location: Active Area; Greg Moore Youth Centre**

6 Sessions: .....Fee: \$31.50  
M .....03:30 PM-05:00 PM  
#94877 .....Jan 15-Feb 19  
#94878 .....Feb 26-Apr 2



### Skateboarding - Mini Air Advanced

**Age: 6Y - 9Y**

This program is for the more advance skateboarder who is comfortable with pushing and turning on their skateboard. Participants are given the opportunity to practice and develop their skills with support from Parks and Leisure Staff. Participants need to bring their own deck and helmet.

**Location: Active Area; Greg Moore Youth Centre**

6 Sessions: .....Fee: \$31.50  
Tu .....03:30 PM-05:00 PM  
#94879 .....Jan 16-Feb 20  
#94880 .....Feb 27-Apr 3

### Skating - Child 1

**Age: 6Y - 8Y**

For beginner skaters with very little or no skating skills, skaters will learn how to fall, stand-up, have controlled balance, skate forwards, glide and be introduced to one foot gliding, t-pushes and stopping.

Instructor: MJT Enterprises

**Location: Planet Ice**

5 Sessions: .....Fee: \$31  
W .....04:30 PM-05:00 PM  
#94277 .....Jan 10-Feb 7  
#94278 .....Feb 14-Mar 14  
W .....05:05 PM-05:35 PM  
#94279 .....Jan 10-Feb 7  
#94280 .....Feb 14-Mar 14  
W .....05:40 PM-06:10 PM  
#94281 .....Jan 10-Feb 7  
#94282 .....Feb 14-Mar 14  
5 Sessions: .....Fee: \$31  
Su .....07:00 PM-07:30 PM  
#94283 .....Jan 7-Feb 4  
#94284 .....Feb 11-Mar 11  
Su .....07:30 PM-08:00 PM  
#94287 .....Jan 7-Feb 4  
#94288 .....Feb 11-Mar 11

**Location: Red Rink, Pitt Meadows Arena**

5 Sessions: .....Fee: \$31  
Sa .....10:00 AM-10:30 AM  
#94285 .....Jan 13-Feb 10  
#94286 .....Feb 17-Mar 17





# PROGRAM LISTING: Child/Youth

## CHILD/YOUTH PARKS & LEISURE



### Skating - Child 2

Age: 6Y - 8Y

For intermediate skaters who will continue to master the skills outlined in level 1.

Skaters will also be introduced to double sculling, turns, backwards skating and cross-overs.

Instructor: MJT Enterprises

**Location: Planet Ice**

5 Sessions: .....Fee: \$31  
W .....04:30 PM-05:00 PM  
#94292 .....Jan 10-Feb 7  
#94293 .....Feb 14-Mar 14  
W .....05:05 PM-05:35 PM  
#94726 .....Jan 10-Feb 7  
#94727 .....Feb 14-Mar 14  
W .....05:40 PM-06:10 PM  
#94294 .....Jan 10-Feb 7  
#94295 .....Feb 14-Mar 14  
Su .....07:30 PM-08:00 PM  
#94296 .....Jan 14-Feb 11  
#94297 .....Feb 11-Mar 11

**Location: Red Rink, Pitt Meadows**

**Arena**

5 Sessions: .....Fee: \$31  
Sa .....10:30 AM-11:00 AM  
#94298 .....Jan 13-Feb 10  
#94299 .....Feb 17-Mar 17

### Skating - Child 3

Age: 6Y - 8Y

For advanced skaters who will continue to master the skills outlined in level 2. A heavier emphasis is placed on technique with an increase in difficulty relating to each skill.

Instructor: MJT Enterprises

**Location: Planet Ice**

5 Sessions: .....Fee: \$31  
W .....04:30 PM-05:00 PM  
#94302 .....Jan 10-Feb 7  
#94303 .....Feb 14-Mar 14  
W .....05:05 PM-05:35 PM  
#94304 .....Jan 10-Feb 7  
#94305 .....Feb 14-Mar 14  
W .....05:40 PM-06:10 PM  
#94306 .....Jan 10-Feb 7  
#94307 .....Feb 14-Mar 14

**Location: Red Rink, Pitt Meadows**

**Arena**

5 Sessions: .....Fee: \$31  
M .....04:15 PM-04:45 PM  
#94300 .....Jan 8-Feb 5  
#94301 .....Feb 12-Mar 12

### Skating - Child 4

Age: 6Y - 8Y

Participants will learn more difficult skills related to backward skating, pivots as well as continue to refine the skills acquired in level 3.

Instructor: MJT Enterprises

**Location: Planet Ice**

5 Sessions: .....Fee: \$31  
W .....05:05 PM-05:35 PM  
#94308 .....Jan 10-Feb 7  
#94309 .....Feb 14-Mar 14

### Skating - Ice Demons

Age: 6Y - 8Y

For those who have completed Child or Primary beginners or can skate the width of the rink. Learn skating and puck handling skills.

Instructor: MJT Enterprises

**Location: Planet Ice**

5 Sessions: .....Fee: \$31  
W .....05:40 PM-06:10 PM  
#94311 .....Feb 14-Mar 14

### Skating - Youth 1

Age: 9Y - 14Y

For beginner skaters with very little or no skating skills. Skaters will learn how to fall, stand up, have controlled balance, skate forwards, glide, and be introduced to one foot gliding, T-pushes and stopping.

Instructor: MJT Enterprises

**Location: Planet Ice**

Sessions: .....Fee: \$31  
Su .....07:30 PM-08:00 PM  
#94391 .....Jan 7-Feb 4  
#94937 .....Feb 11-Mar 11

**Location: Red Rink, Pitt Meadows**

**Arena**

5 Sessions: .....Fee: \$31  
M .....04:15 PM-04:45 PM  
#94388 .....Jan 8-Feb 5  
#94389 .....Feb 12-Mar 12  
Sa .....10:30 AM-11:00 AM  
#94390 .....Jan 13-Feb 10  
#96776 .....Feb 17-Mar 17

### Skating - Youth 2

Age: 9Y - 14Y

For intermediate skaters who will continue to master the skills outlined in level 1.

Skaters will also be introduced to double sculling, turns, backwards skating and cross-overs.

Instructor: MJT Enterprises

**Location: Planet Ice**

5 Sessions: .....Fee: \$31  
Su .....07:00 PM-07:30 PM  
#94935 .....Jan 7-Feb 4  
#94936 .....Feb 11-Mar 11

**Location: Red Rink, Pitt Meadows**

**Arena**

5 Sessions: .....Fee: \$31  
M .....04:50 PM-05:20 PM  
#94392 .....Jan 8-Feb 5  
#94393 .....Feb 12-Mar 12  
Sa .....11:00 AM-11:30 AM  
#94394 .....Jan 13-Feb 10  
#94395 .....Feb 17-Mar 17

### Skating - Youth 3

Age: 9Y - 14Y

For advanced skaters who will continue to master the skills outlined in level 2. A heavier emphasis is placed on technique with an increase in difficulty relating to each skill.

Instructor: MJT Enterprises

**Location: Red Rink, Pitt Meadows**

**Arena**

5 Sessions: .....Fee: \$31  
M .....05:25 PM-05:55 PM  
#94396 .....Jan 8-Feb 5  
#94397 .....Feb 12-Mar 12  
Sa .....10:00 AM-10:30 AM  
#94398 .....Jan 13-Feb 10  
#94399 .....Feb 17-Mar 17

### Skating - Youth 4

Age: 9Y - 14Y

Participants will learn new skills related to backward skating, pivots and edge control as well as refining skill already learned in level 3.

Instructor: MJT Enterprises

**Location: Red Rink, Pitt Meadows**

**Arena**

5 Sessions: .....Fee: \$31  
M .....05:25 PM-05:55 PM  
#94400 .....Jan 8-Feb 5  
#94401 .....Feb 12-Mar 12

*Please register early!*

*Great programs get cancelled if the minimum is not met. Decisions regarding program cancellation will be made three days prior to the start date.*

# PROGRAM LISTING: Child/Youth/Teen/Adult

## CHILD/YOUTH PARKS & LEISURE



### Spring Break Nature Camp

Age: 6Y - 12Y

Join the Alouette River Management Society at the Rivers Heritage Centre for some wilderness adventures! Learn all about nature, play games, make crafts, and tour the Allico Fish Hatchery. Lunch and snacks are provided by us.

**Location: Rivers Heritage Centre, Allico Park; Park - Municipal**

5 Sessions: .....Fee: \$150  
M-F .....09:30 AM-03:30 PM  
#94407 .....Mar 19-23

### Super Sports

Age: 6Y - 9Y

Come out and play a variety of sports including: basketball, soccer, dodgeball, floor hockey, and more. While your siblings play on the other side of the gym at Pajama Play you will enjoy playing all sorts of games and adaptive sports with the big kids.

**Location: Half Gymnasium B; Pitt Meadows Family Recreation Centre**

6 Sessions: .....Fee: \$21  
Th .....06:30 PM-07:30 PM  
#94886 .....Jan 18-Feb 22  
#94887 .....Mar 1-Apr 12

### Tennis - Mini

Age: 6Y - 8Y

This beginners indoor tennis program for 6 - 8 year olds is offered by Yalowica's Tennis Academy. Kids learn proper stroke technique and introduce them to the game. No skills needed and equipment is provided. Parent Participation is welcomed.

Instructor: Yalowica Tennis School

**Location: Leisure Centre Gymnasium 1/2 North; Leisure Centre Facility - Whole**

6 Sessions: .....Fee: \$60  
Sa .....12:30 PM-01:30 PM  
#93476 .....Jan 13-Feb 17  
#93478 .....Feb 24-Mar 31

### Tennis - Youth

Age: 9Y - 16Y

This is an introductory indoor tennis program offered by Yalowica's Tennis Academy. Come learn about the game, improve your strokes and gain some great practice time. No skills needed, just an interest in the game. Equipment is provided.

Instructor: Yalowica Tennis School

**Location: Leisure Centre Gymnasium 1/2 North**

6 Sessions: .....Fee: \$60  
Sa .....01:45 PM-02:45 PM  
#93479 .....Jan 13-Feb 17  
#93480 .....Feb 24-Mar 31

## TEEN/ADULT ARTS COUNCIL



### Dance: Friday Night Practice Dance

Ages: 16Y Plus

Friday Night Practice Dance offers dancers of all levels an opportunity to join our fabulous instructor Robyn Picard, for a social evening of fun and dance. There is a lesson taught from 7-8pm and then the dance follows 8-10pm. Take the lesson and dance or come for the dance only.

Check our web site  
[www.theactmapleridge.org](http://www.theactmapleridge.org) under Arts Programs for specific themes and lessons. You do not register for this program. Pay at the ACT ticket centre.

**Location: Studio Theatre, the ACT**

Times: See website or call 604-476-2787  
Drop in Price: \$10.00 for Lesson & Dance; \$7.00 for Dance only.

### Dance - Country/West Coast Swing Intro

Age: 16Y+

Come and learn a style of dance that you can get out and use locally. A great way for couples to get together and have a ball. Basic steps in Country 2-Step and an introduction to West Coast Swing will be covered. Singles Welcome!

Instructor: Robyn Picard

**Location: Highland Park Elementary Gymnasium**

10 Sessions: .....Fee: \$50  
Tu .....09:00 PM-10:00 PM  
#94995 .....Jan 16-Mar 27

*It's never too late to dance! We have classes for everyone, from beginner to advanced*

### Kidz Winter Break Daycamp

Age: 7Y - 12Y

Share in the adventure of discovering new and exciting activities in this energizing camp. You will take part in sports, games, baking, arts and crafts. Each day will focus on a different creative theme.

**Location: Pitt Meadows Family Recreations Centre - Youth Lounge.**

<b>Full Camp: T-F</b>	<b>#96576</b>	<b>Cost: \$107.00</b>
<b>Individual Days:</b>		<b>Cost: \$33</b>
Tue	#96726	Jan 2
Wed	#96727	Jan 3
Thu	#96728	Jan 4
Fri	#96729	Jan 5

### Spring Break Daycamp

Age: 7Y - 12Y

This popular camp has many activities and themes oozing with excitement and adventure. Kids will play fun active games, create cool yummy treats, make fun crafts and science experiments, and much, much more. Participants should come prepared with bathing suit and fun clothes.

**Location: Active Area; Greg Moore Youth Centre**

<b>Full Week:</b>	<b>Fee: \$132</b>	
<b>Single Days:</b>	<b>Fee: \$33</b>	
<b>Friday out-trip</b>	<b>Fee: \$38.75</b>	
M-F	#95013	Mar 19-23
Mon	#95014	Mar 19
Tue	#95015	Mar 20
Wed	#95016	Mar 21
Thu	#95017	Mar 22
Fri	#95018	Mar 23

# PROGRAM LISTING: Teen/Adult

## TEEN/ADULT ARTS COUNCIL



### Dance - Hip Hop for Teens

**Age: 13Y - 18Y**

Hip hop is hot! This introductory class will get you started. You'll learn moves like: double takes, body isolation, and bow-flex isolations. Warm-ups, stretching and injury prevention techniques will be emphasized. Wear non-sticky runners. Instructor: Heather Morrison

**Location: Studio Theatre; The ACT**

10 Sessions: .....Fee: \$55  
M .....06:45 PM-07:45 PM  
#94526 .....Jan 15-Mar 26

### Dance - Hip Hop Teens & Adult

**Age: 18Y+**

Hip hop is hot! This introductory dance class will get you started. You'll learn moves like: double takes, body isolation, and bow-flex isolations. Warm-ups, stretching and injury prevention techniques will be emphasized. Instructor: Sophia Soo

**Location: Studio Theatre; The ACT**

8 Sessions: .....Fee: \$45  
W .....06:15 PM-07:15 PM  
#94946 .....Jan 17-Mar 7

### Dance - Jive Swing Level 1

**Age: 16Y+**

Here's a dance for everyone that can be done to country, big band or rock 'n roll music. Basic steps in single and triple rhythm jive will be covered. A few lessons will put you confidently on the dance floor at any occasion. Singles Welcome! Instructor: Robyn Picard

**Location: Yennadon Elementary Gymnasium**

10 Sessions: .....Fee: \$50  
W .....07:00 PM-08:00 PM  
#94996 .....Jan 17-Mar 28

### Dance - Latin Lovers I

**Age: 16Y+**

By popular demand we are offering this class as an introduction to the hot Latin Dances, and the music of Enrique Iglesias, Mark Anthony, Jennifer Lopez, Shakira, Ricky Martin as well as more traditional not so mainstream Latin music. Learn the basics and some hot moves in the Cha Cha, Rumba, Samba, Salsa and Merengue. Singles are Welcome! Instructor: Robyn Picard

**Location: Studio Theatre; The ACT**

10 Sessions: .....Fee: \$50  
Th .....08:00 PM-09:00 PM  
#95008 .....Jan 18-Mar 29

### Dance - Latin Lovers II

**Age: 16Y+**

This course is a continuation of Latin Lovers I. Only 3 of the 5 dances covered from Latin Lovers I will be focussed on, which 3 will depend on general consensus. Prerequisite is either Latin Lovers I, Social Ballroom Level 1, Latin Dancing, or if you consider yourselves fairly fast learners. There will be a review of all level 1 material anyway. Singles are Welcome! Instructor: Robyn Picard

**Location: Studio Theatre; The ACT**

10 Sessions: .....Fee: \$50  
Th .....09:00 PM-10:00 PM  
#95011 .....Jan 18-Mar 29

### Dance - Latin Lovers Int/Adv

**Age: 16Y+**

This class is for those who have taken Latin Lovers II or Social Ballroom II. Focus will be on Cha Cha, Rumba, Salsa and/or Samba. Technique and styling with some new variations. Singles Welcome! Instructor: Robyn Picard

**Location: Highland Park Elementary Gymnasium**

10 Sessions: .....Fee: \$50  
Tu .....08:00 PM-09:00 PM  
#94992 .....Jan 16-Mar 27

### Dance - Night Club Two-Step Level 1

**Age: 16Y+**

Here is a dance that can be used for all those slower ballads, some people might call them waltzes but the problem is, 90% of those songs are not 3/4 timing. Therefore, waltzes cannot be danced to them. Although the name implies country dance it instead of can be danced to many styles of music. Singles are welcome! Instructor: Robyn Picard

**Location: Highland Park Elementary Gymnasium**

10 Sessions: .....Fee: \$50  
M .....07:00 PM-08:00 PM  
#94978 .....Jan 15-Mar 26

### Dance - Night Club Two-Step Level 2

**Age: 16Y+**

This class is for those who have had beginners Night Club Two-Step. We will be reviewing all level 1 material and adding new variations to the dance. Singles welcome! Instructor: Robyn Picard

**Location: Highland Park Elementary Gymnasium**

10 Sessions: .....Fee: \$50  
Tu .....07:00 PM-08:00 PM  
#94991 .....Jan 16-Mar 27

### Dance - Social Ballroom Beginner Level 1

**Age: 16Y+**

Learn to dance to the 'Big Band Sound' Basic steps of the major dances - fox trot, rhumba, cha cha and waltz. Weddings, parties, celebrations and cruise ship evenings will be more appealing with your new found confidence on the dance floor. Singles are welcome!

Instructor: Robyn Picard

**Location: Studio Theatre; The ACT**

10 Sessions: .....Fee: \$50  
Th .....07:00 PM-08:00 PM  
#95005 .....Jan 18-Mar 29

### Dance - Social Ballroom Int. Lvl 2

**Age: 16Y+**

This class is a continuation of Social Ballroom Level 1 and all level 1 materials will be reviewed first with 1 or 2 new variations added to each of the 4 dances covered in level 1. Then an introduction to American style Tango. singles are Welcome!

Instructor: Robyn Picard

**Location: Highland Park Elementary Gymnasium**

10 Sessions: .....Fee: \$50  
M .....08:00 PM-09:00 PM  
#94983 .....Jan 15-Mar 26

### Dance -Beginners Salsa

**Age: 16Y+**

This in-depth Salsa program will start with the basic steps and progress to more advanced styles and patterns. Styling technique for Latin hip movement (Cuban motion) and proper lead and follow techniques will be covered. You'll add a new pattern to your repertoire each week to prepare for an exciting evening out at one of the many lower mainland venues offering Latin theme nights. Singles welcome!

Instructor: Robyn Picard

**Location: Highland Park Elementary Gymnasium**

10 Sessions: .....Fee: \$50  
M .....09:00 PM-10:00 PM  
#94987 .....Jan 15-Mar 26

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cancelled if the minimum  
is not met. Decisions  
regarding program  
cancellation will be made  
three days prior to the start*



# PROGRAM LISTING: Teen/Adult

## TEEN/ADULT ARTS COUNCIL



### Dance Flex

**Age: 16Y+**

This class gives you the opportunity to explore several different dance styles. Every 2nd class starts a new dance style. All classes will incorporate warm up, stretch, technique body alignment & awareness through ballet and other disciplines. Try dance styles like: Dance Fusion, Jazz, Hip Hop, Ballet & Egyptian Bellydance!

Instructor: Sophia Soo

**Location: Studio Theatre; The ACT**

8 Sessions: .....Fee: \$45  
Tu .....06:30 PM-07:30 PM  
#94628 .....Jan 16-Mar 6

### Dance-Egyptian Bellydance Lvl I

**Age: 15Y+**

A gentle way to exercise, A beautiful way to express yourself and a great way to have fun! Classes cover the basic movements and isolations necessary for an excellent basis in Egyptian Dance. All students are welcome.

Instructor: Melody Jones

**Location: Studio Theatre; The ACT**

8 Sessions: .....Fee: \$62  
W .....07:30 PM-08:45 PM  
#94955 .....Jan 24-Mar 14

### Dance-Egyptian Bellydance Lvl 2

**Age: 15Y+**

For those who have experienced beginners bellydance and wish to move forward. We will build on the basics taught in level 1, these classes focus on layering techniques, performance, and the addition of further movements to the basic repertoire of dance.

Instructor: Melody Jones

**Location: Studio Theatre; The ACT**

8 Sessions: .....Fee: \$62  
W .....08:50 PM-10:05 PM  
#94976 .....Jan 24-Mar 14

### Dance-Jive Swing 2 & Intro Street Hustle

**Age: 16Y+**

All level 1 material will be reviewed first and then new patterns will be added to both single & triple rhythm Jive (East Coast Swing). An introduction to Street Hustle will also be covered. This is the partner style of dance that came alive in the Disco era and has come back due in great part to the popular TV series 'So you think you can dance?' Singles are welcome!

Instructor: Robyn Picard

**Location: Yennadon Elementary  
Gymnasium**

10 Sessions: .....Fee: \$50  
W .....08:00 PM-09:00 PM  
#95001 .....Jan 17-Mar 28

### Dance: WC Swing Lvl 2 & SWANGO

**Age: 16Y+**

This class is for those of you with a good handle on beginner level 6 & 8 count patterns in West Coast Swing. The last 4 weeks of this course will be spent on introducing SWANGO a NEW dance that's all the rage, which fuses Argentine Tango & West Coast Swing together!!

Fabulous!!! Singles Welcome!

Instructor: Robyn Picard

**Location: Yennadon Elementary  
Gymnasium**

10 Sessions: .....Fee: \$50  
W .....09:00 PM-10:00 PM  
#95002 .....Jan 17-Mar 28

### Drawing: Open Studio

**Ages: 17Y Plus**

This Maple Ridge Life Drawing Group offers a drop-in workshop for anyone interested in working from the undraped model. This workshop is for experienced and novice artists. No instruction is given. Bring your own materials.

For further information call Roger Luko at 604-462-8859. You do not register for this program. Pay on site.

**Location: Yennadon Elementary  
School Classroom**

Times: Thursdays, 7-10pm, excluding holidays and school closures  
Drop in Price: \$12.00, cash only, pay on site.

### Face Value

**Age: 16Y+**

Create natural facial care - food for the skin! Customize face products to meet individual needs from acne to rosacea. Take home a chamomile face cleanser, aloe toner, almond oatmeal facial scrub and face cream. Recipes for hydrating facial spray and a wholesome facial mask. All supplies are included.

Instructor: Cheryl Theilade

**Location: Art Workshop; Pitt  
Meadows Family Recreation Centre**

1 Session: .....Fee: \$45  
W .....06:30 PM-09:30 PM  
#95076 .....Mar 28





# PROGRAM LISTING: Teen/Adult

## TEEN/ADULT ARTS COUNCIL



### Glass Etching for Beginners

**Age: 18Y+**

This is an introduction to glass etching. If you want to achieve professional results and learn trade secrets of professional artists, you must take this course. You will learn about resists, positive and negative etching, pattern development, and application techniques for best results. The skills learned in this course will be invaluable and transferrable to many of your crafting endeavours. Please wear a long-sleeved shirt, bring vinyl or rubber gloves and a box to transport your projects in. You will design a votive and a pair of wine, martini or rock glasses. Kit is to be purchased from instructor for \$30. Instructor: Deanna Pannell

**Location: 2-D Studio; The ACT**

1 Session: .....Fee: \$39  
Su .....10:00 AM-04:00 PM  
#92476 .....Feb 25

### Glass Flameworking Beginners

**Age: 18Y+**

This workshop is designed for beginners and will introduce you to the age-old glass working techniques used by Venetians. Learn how to create unique glass beads using a specialized torch to melt Italian glass rods and form them into beautiful beads. You will be provided with instruction in the basic techniques required to expand your skills into the next level of glass bead making. Class size is limited to 6 to ensure adequate attention to each participant. There is a \$15 materials fee to be paid at the beginning of the class. Please wear long-sleeved cotton shirts and tie long hair back for this workshop, no shorts or open-toed shoes. Instructor: Joan Duquette

**Location: Artist Studio; 20635 Maple Cres.**

1 Session: .....Fee: \$32  
Sa .....01:00 PM-05:00 PM  
#93828 .....Feb 24  
#93829 .....Mar 31

### Guitar-Teens

**Age: 13Y - 16Y**

This relaxed and informal atmosphere will make learning fun! Includes: basic chords, strums, simple fingerpicking, tuning etc. Song sheets supplied. Bring an acoustic guitar.

Instructor: Peter Raszka

**Location: 2-D Studio; The ACT**

10 Sessions: .....Fee: \$130  
M .....05:15 PM-06:15 PM  
#93028 .....Jan 8-Mar 12

### Guitar

**Age: 17Y+**

This relaxed and informal atmosphere will make learning fun! Includes: basic chords, strums, simple fingerpicking, tuning etc. Song sheets supplied. Bring an acoustic guitar.

Instructor: Peter Raszka

**Location: 2-D Studio; The ACT**

10 Sessions: .....Fee: \$130  
M .....06:30 PM-07:30 PM  
#93026 .....Jan 8-Mar 12

### Introduction to Chinese Painting

**Age: 16Y+**

Chinese painting, calligraphy and poetry are closely linked and considered high forms of Chinese Art History. This course is designed as an introduction to Chinese painting. In this 6 class workshop the student will explore traditional Chinese brush painting techniques through the subjects collectively named the Four Gentleman and the Four Seasons. No experience necessary.

Instructor: Aeron

**Location: Craft Studio; The ACT**

6 Sessions: .....Fee: \$89  
W .....06:30 PM-09:30 PM  
#93226 .....Jan 24-Feb 28

### Mexican Mosaic Bistro Table

**Age: 18Y+**

In this class you will create a beautiful Mexican inspired cracked ceramic bistro table top to use inside or outside your home. You will learn the techniques to cutting ceramic tiles, as well as tile placement and grouting from mosaic and stained glass artist Nicala Swiednicki. Come and see why this look is so sought after and experience the wonderful feeling of creating your own masterpiece. This is a two-session workshop running Sunday and Monday. Supplies included. Table bases are available for purchase from instructor for additional cost if requested.

Instructor: Nicala Swiednicki

**Location: 2-D Studio; The ACT**

2 Sessions: .....Fee: \$106  
Su .....12:00 PM-04:00 PM  
& M .....07:00 PM-09:00 PM  
#94126 .....Feb 18-19

### Mural Project

**Age: 15Y - 18Y**

Be part of a project that creates artwork for the whole community. Learn large scale techniques and design. Participants in this class will paint a mural on a wall in The ACT. This class is a perfect after school activity for young artists. Students are able to use hours towards career prep or work experience for grade 12 diploma. This program runs twice a week for 5 weeks, a total of 10 sessions.

Instructor: Laura Johnson

**Location: Craft Studio; The ACT**

10 Sessions: .....Fee: \$60  
Tu-W .....04:00 PM-06:00 PM  
#95176 .....Jan 23-Feb 21

### New to Sewing

**Age: 16Y+**

Learn how to operate a sewing machine and construct a simple garment. Emphasis on choosing a pattern, fabric, layout, cutting the fabric, tailor tacks, seam finishes, trimming, clipping and hemming. This class is for beginners but those with experience are welcome to attend. Bring your own portable sewing machine. Limited sewing machines available through instructor. A class outing to a fabric store will be arranged by instructor.

Instructor: Jennifer Lehman

**Location: 2-D Studio; The ACT**

8 Sessions: .....Fee: \$107  
Tu .....07:00 PM-09:30 PM  
#94953 .....Jan 23-Mar 13

### Painting in Miniature

**Age: 16Y+**

Explore the art of painting in miniature and learn the basic techniques involved. This class is suitable for painters already comfortable in their chosen medium who are wishing to learn the miniature technique. Handouts provided.

Instructor: Tiffany Hastie

**Location: 2-D Studio; The ACT**

8 Sessions: .....Fee: \$114  
Th .....07:00 PM-09:30 PM  
#93876 .....Jan 25-Mar 15

### Photography: Open Darkroom

**Ages: 15Y Plus**

This is a non-instructional time for using the darkroom at the ACT to develop black and white film. All users must have, at a minimum, one beginner's black and white photo class with Charles Britt. First-come-first-serve, limit of six. You do not register for this program. Pay at the ACT ticket centre.

**Location: Darkroom, The ACT**

Times: excluding holidays & class times  
Mon-Fri; 9:30am-8:00pm, Sat; 10-4pm  
Drop in price: \$10.00

*Visit our website!*  
*www.mapleridge.org*

# PROGRAM LISTING: Teen/Adult

## TEEN/ADULT ARTS COUNCIL



### Photography: The Digital SLR

**Age: 18Y+**

This is a six week, 18 hour course on how to use your digital SLR camera effectively. This includes: SLR camera operation; basic photography principles relative to the digital world, and direct instruction on your camera. Bring your camera.

Instruction book included. Takes place at Artist's Studio: 24045 109 Avenue, Maple Ridge. Check out [www.ericspix.com!](http://www.ericspix.com!)

Instructor: Eric Svendsen

**Location: Artist Studio**

6 Sessions: .....Fee: \$200  
M .....06:30 PM-09:30 PM  
#93927 .....Feb 5-Mar 12  
Tu .....06:30 PM-09:30 PM  
#93928 .....Feb 6-Mar 13

### Portfolio Development

**Age: 15Y - 18Y**

This program is for the young artist who is beginning to consider an Artist's path to Art School after graduation. This course encourages the student's own vision and exploration of ideas, imagery and materials.

Instructor: Judith Atkinson

**Location: Craft Studio; The ACT**

8 Sessions: .....Fee: \$130  
M .....06:30 PM-08:30 PM  
#94080 .....Jan 22-Mar 12

### Pottery: Open Studio

**Ages: 16Y Plus**

These are non-instructional sessions for students enrolled in arts council clay programs and hobbyists interested in developing their skills. We are unable to accommodate production potters. Only work produced in our pottery studio from clay purchased on site can be fired in our kilns. First-come-first-serve. The studio has ten wheels, a slap roller, three canvas covered work tables, a clay extruder and several colours of dipping glazes. You do not register for this program. Purchase tickets at the ACT ticket centre. Not open holidays.

**Location: 3D Studio; The ACT**

Mon/Wed 5:30-9:30PM & Thur 9:30AM-1:30PM

Drop in Price: \$9.00, packages available at a reduced cost.

### Pottery: Wheel Throwing for Beginners

**Age: 16Y+**

Designed especially for absolute beginners, this course introduces a range of basic methods used in making clay forms on the wheel. Steve Choi will cover all essentials to throwing any form on the wheel with additional information on one of the oldest traditions in pottery - Korean pottery. On the last day enjoy a celebratory meal with your classmates, using pottery you've made yourself.

Instructor: Steve Choi

**Location: 3D Studio; The ACT**

8 Sessions: .....Fee: \$155  
Th .....07:00 PM-09:30 PM  
#94426 .....Jan 25-Mar 15

### Pottery: Wheel Throwing Beg/Int

**Age: 16Y+**

For those who have completed an introductory pottery course, this class offers the chance to continue developing your abilities. Emphasis is on throwing skills and improving techniques. The instructor will demonstrate for the class basic throwing forms such as bowls and vases (for those that need a refresher) and more complicated forms requiring assembled pieces such as cups, pitchers, lidded jars, and tea pots (for those that have taken several classes). This class is repeatable. All pieces will be glazed and fired.

Instructor: Maria Palotas

**Location: 3D Studio; The ACT**

8 Sessions: .....Fee: \$155  
Tu .....07:00 PM-09:30 PM  
#94413 .....Jan 23-Mar 13

### Quilting Continued

**Age: 16Y+**

If you've always wanted to learn about quilting - this program is for you! Whether you've had a little or a lot of sewing experience our goal is to take you through the basics to end with a finished crib size or larger quilt. You'll learn all about rotary cutting, three types of piecing (foundation, English paper & design paper), plus various applique techniques. This comprehensive course will give you the basic knowledge to continue on your own.

Instructor: Johanna Alford

**Location: 2-D Studio; The ACT**

5 Sessions: .....Fee: \$65  
W .....07:00 PM-09:30 PM  
#94576 .....Jan 31-Feb 28

### Serger Basics

**Age: 16Y+**

Learn to use your serger effectively. This course includes threading, tension adjustments and care of your serger. In the first 4 weeks you will work on placemats, runners, and sweatshirts in order to learn all edgings. In the second half of the course you will work on a project of your choice.

Instructor: Jennifer Lehman

**Location: Craft Studio; The ACT**

8 Sessions: .....Fee: \$107  
W .....12:00 PM-02:30 PM  
#95326 .....Jan 24-Mar 14

### Silversmithing: Continued

**Age: 16Y+**

This course is designed for those that are serious about learning the craft of silversmithing. Create one of a kind, detailed pieces while learning about design, casting, cutting and shaping stones. For those that have not taken silversmithing before, basic techniques in silversmithing and shop orientation will be covered. Supplies for creating three to four projects included.

Instructor: Walter Pinder

**Location: Maple Ridge Lapidary Club; Maple Ridge Lapidary Club**

6 Sessions: .....Fee: \$375  
M to F .....06:00 PM-10:00 PM  
& Sa .....9:00AM-5:00PM  
#94626 .....Feb 12-17

### Soapstone Carving for Adults & Teens

**Age: 17Y+**

In this introductory course students learn to carve the basic shape of a bear, loon, or whale. Students are exposed to the use of carving tools, principles of sculpture through form, and style and then sanding and polishing of the carved form. Start a special project for yourself or a special someone, just in time for Valentines Day. All supplies are included. This class is held at the Maple Ridge Lapidary Club, 23750 Fern Cres. in Maple Ridge.

Instructor: Ken Rimmer & Kevin Healy

**Location: Maple Ridge Lapidary Club**

5 Sessions: .....Fee: \$49  
W .....06:30 PM-08:00 PM  
#94476 .....Jan 10-Feb 7

# PROGRAM LISTING: Teen/Adult

## TEEN/ADULT ARTS COUNCIL



### Stained Glass Mosaic Mirror

**Age: 18Y+**

Come and learn the age-old art of Mosaics, but with a new colourful twist. Here you will learn how to skillfully design your own mirror with mosaic and stained glass artist Nicala Swiednicki. These pieces of glass are brilliant in colour, and the end result will show you why people everywhere are turning to this artistic medium to create the most awe-inspiring art. Come interested and leave inspired. Supplied included. This 2-session class runs Sunday & Monday.

Instructor: Nicala Swiednicki

**Location: 2-D Studio; The ACT**

2 Sessions: .....Fee: \$96  
Su .....12:00 PM-04:00 PM  
& M .....07:00 PM-09:00 PM  
#94127 .....Feb 4-5

### Stained Glass: The Basics

**Age: 18Y+**

You don't have to be an artist to create a stained glass work of art. This 4 week class will teach you the basic techniques used in the traditional Tiffany copper foil method of stained glass. Choose from several patterns to create a beautiful small window panel. A supply kit of approx. \$45 to be purchased from instructor on first class. This class is limited to 6.

Instructor: Joan Duquette

**Location: Artist Studio, 20635 Maple Cres**

4 Sessions: .....Fee: \$70  
Tu .....07:00 PM-09:30 PM  
#93826 .....Jan 23-Feb 13  
#93827 .....Feb 27-Mar 20

### Watercolour All Levels

**Age: 16Y+**

Olwyn will take students through the fundamentals of watercolour basics and then onto more advanced techniques. Use source material provided or work on your own images. Subject matter will include landscapes and still life. Techniques covered will include washes, glazing, wet-in-wet, lifting, masking and texture. Demos and individual critiquing will be provided to help develop your own talents.

Instructor: Olwyn Geeling

**Location: Art Workshop; Pitt**

**Meadows Family Recreation Centre**

8 Sessions: .....Fee: \$110  
W .....07:00 PM-09:30 PM  
#94479 .....Jan 17-Mar 7

### Watercolour: Daytime All Levels

**Age: 16Y+**

Olwyn will take students through the fundamentals of watercolour basics, and then onto more advanced techniques.

Use source material provided or work on your own images. Subject matter will include landscapes and still life.

Techniques covered will include washes, glazing, wet-in-wet, lifting, masking and texture. Demos and individual critiquing will be provided to help develop your own talents.

Instructor: Olwyn Geeling

**Location: Craft Studio; The ACT**

8 Sessions: .....Fee: \$110  
Th .....09:30 AM-12:00 PM  
#94481 .....Jan 25-Mar 15

### Wire and Bead Creations: Jewelry & Home

**Age: 16Y+**

Combining the art of wire working with beads and crystals, you will create an array of beautiful items. The projects include a set of six napkin rings, a hanging tea light holder to grace your patio, and a bracelet and earrings set. All tools and materials are supplied.

Please bring a lunch and a shoe box to carry home your creations. Additional tools and materials available for purchase from instructor.

Instructor: Susan Albert

**Location: Conference Room; The ACT**

1 Sessions: .....Fee: \$56  
Su .....10:00 AM-02:30 PM  
#93177 .....Feb 18

### Wire and Bead Fashion Jewelry

**Age: 16Y+**

Put your creativity to work using wire and beads. In this class you will learn the techniques to twist and bend wire into coils and loops and then, adding beads, use your new skills to create a beautiful necklace. Your imagination will be the only limit to the stylish jewelry you can fashion. All tools and materials supplied. Additional tools and materials will be available for purchase.

Instructor: Susan Albert

**Location: Conference Room; The ACT**

1 Sessions: .....Fee: \$40  
Tu .....06:30 PM-09:30 PM  
#93178 .....Mar 13

### Woodcarving

**Age: 16Y+**

Here's your chance to learn wood carving techniques, design and wood types from a master. This program is suitable for beginning or continuing carvers. Tools are provided. Wood may be purchased from the instructor depending on your choice of project. Class limit 8 so register early.

Instructor: Doug Morrison

**Location: Craft Studio; The ACT**

6 Sessions: .....Fee: \$56  
Th .....06:30 PM-08:30 PM  
#93034 .....Jan 25-Mar 1

### Writing Novels For Children

**Age: 18Y+**

Writing and publishing four children's novels has been a successful and satisfying venture for well-known children's writer, Sandra Diersch. Sandra developed this program so that you can learn skills necessary to create a story for children. The program will start with the development of an idea through to preparing to send your work to a publisher. The emphasis will be on novel writing, but picture book writing will be discussed as well. Please bring a writing pad, pen & paper.

Instructor: Sandra Diersch

**Location: Conference Room; The ACT**

6 Sessions: .....Fee: \$65  
Tu .....07:00 PM-09:00 PM  
#93037 .....Jan 23-Feb 27





# PROGRAM LISTING: Teen/Adult

## TEEN/ADULT PARKS & LEISURE



### Ball Hockey - Men

**Age: 19Y+**

Enjoy guys night with a game of recreation ball hockey. (Thursday night is geared for men over 35.)

Instructor: TBA

**Location: Gymnasium; Pitt Meadows Family Recreation Centre**

10 Sessions: .....Fee: \$40  
F .....06:00 PM-07:30 PM  
#94826 .....Jan 12-Mar 30  
Tu .....08:00 PM-09:30 PM  
#94827 .....Jan 16-Mar 20  
11 Sessions: .....Fee: \$44  
Th .....08:00 PM-09:30 PM  
#94828 .....Jan 11-Mar 29

### Ball Hockey - Women

**Age: 19Y+**

You get fitness and fun in one game. We have the equipment, you just need to bring your enthusiasm and playful sense of style for a Sunday night of Recreational Ball Hockey for Women. Game is suitable for all fitness levels.

**Location: Gymnasium; Pitt Meadows Family Recreation Centre**

9 Sessions: .....Fee: \$36  
Su .....06:30 PM-07:50 PM  
#94776 .....Jan 14-Mar 18  
#94989 .....Mar 25-Jun 10

### Boot Camp - Baby & Me

**Age: 16Y+**

Featuring 'Stroller Circuit', get a total body workout and bring your baby along for the ride. This indoor/outdoor class includes a variety of cardio, strength and stretch work all with baby at your side. Choose Tuesday or Thursday class only or sign up for both and receive a \$10.00 discount.

Instructor: Heart and Soul Fitness

**Location: Leisure Centre Gymnasium 1/2 North**

10 Sessions: .....Fee: \$80  
Tu .....10:15 AM-11:15 AM  
#93496 .....Jan 9-Mar 13  
Th .....10:15 AM-11:15 AM  
#93497 .....Jan 11-Mar 15  
Instructor: Lifeline Fitness

**Location: Half Gymnasium B; Pitt Meadows Family Recreation Centre**

10 Sessions: .....Fee: \$80  
W .....11:15 AM-12:15 PM  
#94926 .....Jan 24-Mar 28

### Boot Camp - Ballet

**Age: 13Y+**

The strength, poise, and discipline of Ballet and the blood, sweat and tears of Boot Camp all rolled into one great workout - lots of fun too. No dance experience necessary. Adrienne has 16 yrs of classical ballet training, Cecchetti method certification.

Instructor: Heart and Soul Fitness

**Location: Multipurpose Room; Leisure Centre**

10 Sessions: .....Fee: \$80  
Su .....10:00 AM-11:00 AM  
#94982 .....Jan 14-Mar 18

### Boot Camp Power Walking Plus

**Age: 13Y+**

Enjoy a low impact boot camp incorporating the new and very popular Nordic Walking plus Urban Rebounding, a great cardio alternative ensuring minimal stress on the joints along with intervals of strength training exercises.

Instructor: Heart and Soul Fitness

**Location: Leisure Centre Gymnasium Full**

10 Sessions: .....Fee: \$100  
Sa .....07:00 AM-08:10 AM  
#93576 .....Jan 13-Mar 17

### Coaching Clinic - NCCP Intro to Comp A

**Age: 16Y+**

Introduction to Competition - Module A teaches the essential principles of coaching: planning, sport safety, skill analysis and development, mental preparation and leadership.

Instructor: Instructor West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

2 Sessions: .....Fee: \$125  
Sa-Su .....09:00 AM-05:00 PM  
#95009 .....Feb 3 & Feb 11

### Coaching Clinic - NCCP Intro to Comp B

**Age: 16Y+**

Introduction to Competition - Module B teaches the advanced principles of coaching: planning, sport safety, skill analysis and development, mental preparation and leadership.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

2 Sessions: .....Fee: \$145  
Sa-Su .....09:00 AM-05:00 PM  
#94947 .....Mar 31-Apr 1

### Fitness - Adult Sports Conditioning

**Age: 19Y+**

For adults who belong to a recreational sports team. Incorporates a variety of balance, core strength, agility, stability ball and weight training using unconventional sports equipment. Get supremely fit in a short period of time.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

12 Sessions: .....Fee: \$64.41  
Tu, Th .....06:00 PM-07:00 PM  
#94076 .....Jan 9-Feb 15  
#94077 .....Feb 20-Mar 29





# PROGRAM LISTING: Teen/Adult

## TEEN/ADULT PARKS & LEISURE



### Fitness - Athletic Conditioning Elite

**Age: 10Y+**

Have your team taken through a rigorous sport-specific conditioning program. Choose between one, two or three sessions a week. To be scheduled in consultation with the coach. Cost is for up to 15 players.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

By appointment only; call 604-467-4675

4 Sessions: ..... Fee: \$600  
#94949 .....Jan 2-Mar 31

### Fitness - Athletic Testing

**Age: 13Y+**

Athletes in all sports can be tested for any fitness-related performance variable in their sport. Normally, ages 13 through adult can take any test. Test for one of the following: Anaerobic (Wingate), cardiovascular, strength, flexibility, SAQ (Speed, Agility, Quickness), or the..... Complete test.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

By appointment only; call 604-467-4675

1 Session: .....Fee: \$25-\$75  
#94950 .....Jan 2-Mar 31

### Fitness - Body Fat Test

**Age: 13Y+**

Measures fat vs muscle with a percent ratio using skin fold calipers.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

By appointment only; call 604-467-4675

1 Session: .....Fee: \$28  
#94951 .....Jan 2-Mar 31

### Fitness - Exercise Room Orientation

**Age: 16Y+**

This 45 minute session will provide a basic exercise room orientation, operation of the fitness equipment and basic exercise guidelines.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

By appointment only; call 604-467-4675

1 Session: ..... Fee: \$35  
#94952 .....Jan 2-Mar 31

### Fitness - Fitness Package

**Age: 15Y+**

This 2 hour session includes a complete fitness test and a counseling session with a kinesiologist to establish your goals and start your program.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

By appointment only; call 604-467-4675

2 Sessions: ..... Fee: \$110  
#94954 .....Jan 2-Mar 31

### Fitness - Fitness Test

**Age: 15Y+**

Clients are provided with a comprehensive one-hour fitness and health risk evaluation: cardiovascular, endurance, strength, flexibility, body composition.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

By appointment only; call 604-467-4675

1 Session: ..... Fee: \$55  
#94956 .....Jan 2-Mar 31

### Fitness - Have A Ball (with Orientation)

**Age: 13Y+**

Have a 20 minute orientation on how to use the stability ball. The cost includes your own ball inflated for you to take home.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

By appointment only; call 604-467-4675

1 Session: ..... Fee: \$90  
#94957 .....Jan 2-Mar 31

### Fitness - Nutrition Counselling

**Age: 13Y+**

Come in and have a personalized counselling session which will teach you about calorie intake and exercise, and the Canada Food Guide. Current popular myths about weight loss will be also discussed, as well as exercise fads and trends.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

By appointment only; call 604-467-4675

1 Session: ..... Fee: \$55  
#94977 .....Jan 2-Mar 31

### Fitness - Personal Training

**Age: 13Y+**

Work with a kinesiologist one-to-one to increase your fitness level, lose body fat, counsel you on basic nutrition concepts, and help you to feel great. Each session is one hour. Any goal can be achieved.

Instructor: Instructor West Coast

Kinesiology

**Location: Rehab Facility; Leisure Centre**

By appointment only; call 604-467-4675

1-50 Sessions: ..... Fee: \$55-\$2200  
#94979 .....Jan 2-Mar 31  
#94980 .....Jan 2-Mar 31  
#94981 .....Jan 2-Mar 31

### Fitness - Personal Training for Groups 2

**Age: 13Y+**

For athletes or anyone wanting to get into better shape. You and a friend can work out together with a kinesiologist each session.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

By appointment only; call 604-467-4675

1 Session: ..... Fee: \$70  
#94986 .....Jan 2-Mar 31

*Regular physical activity is one of the very best  
methods of Health Insurance for individuals.*

# PROGRAM LISTING: Teen/Adult

## TEEN/ADULT PARKS & LEISURE



### Fitness - Personal Training for Groups 3

**Age: 13Y+**

For athletes or anyone wanting to get into better shape. You and two friends can work out together with a kinesiologist each session.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

By appointment only; call 604-467-4675

1 Session: ..... Fee: \$75  
#94988 .....Jan 2-Mar 31

### Fitness - Personal Training for Groups

**Age: 13Y+**

For athletes or anyone wanting to get into better shape. You and three friends can work out together with a kinesiologist each session.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

By appointment only; call 604-467-4675

1 Session: ..... Fee: \$80  
#94990 .....Jan 2-Mar 31

### Fitness - Seido-Ho

**Age: 40Y+**

This gentle martial arts class will focus on developing the coordination between breathing and moving. The exercises have been developed by a kinesiologist with a black belt, for the 40+ ages to improve joint flexibility, muscle strength and increase levels of energy through a system of gentle movements related to karate. No class Feb. 16

Instructor: Instructor West Coast

Kinesiology

**Location: Rehab Facility; Leisure Centre**

11 Sessions: ..... Fee: \$90.75

F .....09:30 AM-11:00 AM

#94079 .....Jan 12-Mar 30

### Fitness Theory

**Age: 16Y+**

Fitness Theory (BCRPA) certified general fitness course for those wishing to pursue a career in fitness. Course content includes anatomy, physiology, principles of conditioning and program planning. A total of 33 hours classroom time, includes manual.

Instructor: Happy Heart Fitness

**Location: Upper North Hallway; Leisure Centre**

8 Sessions: ..... Fee: \$250

M, W, Sa .....05:30 PM-08:30 PM

#93426 .....Jan 15-31

### ICE HOCKEY-WOMEN'S Beg/Int

**Age: 19Y+**

Here's your chance to try hockey for the first time or practice skills you already know. Time to skate, do drills, and scrimmage too! Minimum gear required: helmet, gloves, skates and stick.

Questions? Call Tammy 604-467-0377

**Location: Planet Ice**

8 Sessions: ..... Fee: \$48

W .....09:15 AM-10:15 AM

#94276 .....Jan 10-Feb 28

### Marketing for Personal Trainers

**Age: 16Y+**

Learn marketing techniques to expand and expose your personal training business. Explore the art of brochures, business cards and publicity documents. Expand business etiquette and professionalism in this one evening, 3 BCRPA credit workshop.

Instructor: Happy Heart Fitness

**Location: Preschool Room; Leisure Centre**

1 Session: ..... Fee: \$50

Tu .....06:00 PM-09:00 PM

#93432 .....Mar 27

### Meditation

**Age: 19Y - 75Y**

For those who are familiar with meditation or have taken the beginner class and want to continue to meditate in an instructor-led environment.

**Location: Auditorium; Hammond Community Centre**

6 Sessions: ..... Fee: \$30

W .....07:30 PM-08:30 PM

#94888 .....Jan 24-Feb 28

*Visit our website! [www.mapleridge.org](http://www.mapleridge.org)*



# PROGRAM LISTING: Teen/Adult

## TEEN/ADULT PARKS & LEISURE



### Nordic Walking - Trails

**Age: 19Y+**

Discover what all the hype is about! Poling is a complete body workout involving all the major muscle groups, especially the abdominal region. It reduces the stress to your hips, knees and ankle joints and promotes greater stability, balance and posture while walking. Why just walk when you can burn up to 28% more calories with Nordic Walking? This clinic will build on the skills acquired in the Fall Nordic Walking program and will apply them to some of the local trails. Techniques for ascending and descending hills will be added to this clinic.

Instructor: Keri Cawthorne

**Location: Outdoor Trip Meeting**

**Location TBA**

10 Sessions: .....Fee: \$78  
(Participant requires pole rental)

Sa .....09:15 AM-10:15 AM  
#94408 .....Jan 6-Mar 10

10 Sessions: .....Fee: \$48  
(Participant has poles)

Sa .....09:15 AM-10:15 AM  
#94409 .....Jan 6-Mar 10

### Personal Training Course

**Age: 16Y+**

This course covers the business aspects, health screening, fitness assessment, training principles, program design and Professional aspects of Personal Training. 32hrs. NSCA Personal Training manual must be ordered 3 wks prior. Available at BCRPA 604-629-0965 .....or Happy Heart Fitness 604-556-9877. Prerequisites: Fitness Theory & Wt. Training.

Instructor: Happy Heart Fitness

**Location: Upper North Hallway;**

**Leisure Centre**

4 Sessions: .....Fee: \$295  
Sa-Su .....08:30 AM-05:30 PM

#93430 .....Mar 17-25

### Pilates +

**Age: 19Y+**

This combo of Yoga & Pilates uses a variety of balls to strengthen and tone your body, improve flexibility and balance.

Instructor: Lifeline Fitness

**Location: Multipurpose Room; Pitt Meadows Family Recreation Centre**

6 Sessions: .....Fee: \$48  
M .....07:30 PM-08:30 PM

#93976 .....Jan 8-Feb 12  
#93977 .....Feb 19-Apr 2

### Pilates By The Lake - Beginner

**Age: 16Y+**

Strengthen, lengthen and tone your way to a stronger core, increased balance, flexibility and better posture.

Instructor: Keri Cawthorne

**Location: Whonnock Lake Centre**

9 Sessions: .....Fee: \$60  
M .....06:50 PM-07:50 PM  
#94227 .....Jan 8-Mar 12

### Pilates By the Lake - Intermediate

**Age: 16Y+**

Strengthen, lengthen and tone your way to a stronger core, increased balance, flexibility and better posture. Small balls and resistance bands may be used for some exercises and will be provided when needed. This class is for participants who have completed the beginner level or have a strong Pilates background. Own mat required.

Instructor: Keri Cawthorne

**Location: Whonnock Lake Centre**

9 Sessions: .....Fee: \$60  
M .....08:00 PM-09:00 PM  
#94226 .....Jan 8-Mar 12

### Pilates on the Ball for Teen Girls

**Age: 13Y - 19Y**

Calling all teenage girls ages 13 and up, this class is designed especially for you. This program incorporates the principles of Pilates on the exercise ball to build strength as well as flexibility.

Instructor: Lifeline Fitness

**Location: Multipurpose Room; Pitt Meadows Family Recreation Centre**

6 Sessions: .....Fee: \$48  
Sa .....11:15 AM-12:15 PM  
#94898 .....Jan 27-Mar 3

### Road & Trail Clinic

**Age: 16Y+**

Looking to add some trails to your existing running program? This program is designed for participants currently comfortable with a road run of 45 minutes. Discover our local trail network as you learn everything you need to know to safely get off the road and onto the trail.

Instructor: Keri Cawthorne

**Location: Outdoor Trip Meeting**

**Location TBA**

10 Sessions: .....Fee: \$60  
Sa .....09:15 AM-10:15 AM  
#94478 .....Jan 6-Mar 10

### Sun Run Training Clinics

**Age: 13+**

This program will help you prepare for the Vancouver Sun Run on April 15th, 2007, whether you want to walk, are a beginner runner or want to improve your running program. Includes Sun Run registration fee, Sun Run t-shirt, training shirt, training log and 13 week training clinic. Session will run on Easter Sunday.

13 Sessions: .....\$136.74

**Location: Gymnasium, Leisure Centre**

Su .....9:00 AM-10:30 AM  
#95580 .....Jan 14-Apr 8

**Location: Gymnasium, Pitt Meadows Family Rec. Centre**

W .....6:30 PM-8:00 PM  
#95526 .....Jan 17-Apr 11

### Skating- Adult/ Teen 1

**Age: 15Y+**

For the Adult or Teen with little or no skating experience. Instruction will include the basics in balance, falling, standing, forward skating, stride, stopping and turning.

Instructor: MJT Enterprises

**Location: Planet Ice**

5 Sessions: .....Fee: \$34  
Su .....07:00 PM-07:30 PM  
#94402 .....Jan 7-Feb 4  
#94403 .....Feb 11-Mar 11



Register by phone @ 604-465-2470 or online at [www.recreg4u.ca](http://www.recreg4u.ca)



# PROGRAM LISTING: Teen/Adult

## TEEN/ADULT PARKS & LEISURE



### Skating- Adult/ Teen 2

**Age: 15Y+**

For the Adult or Teen that already possesses skating basics. Instruction will include backward skating, forward & backward cross-overs and further instruction in stopping and turning.

Instructor: MJT Enterprises

**Location: Planet Ice**

5 Sessions: .....Fee: \$34  
Su .....07:30 PM-08:00 PM  
#94404 .....Jan 7-Feb 4  
#94405 .....Feb 11-Mar 11

### Strong Bones 40+

**Age: 35Y+**

Osteoporosis class. Firm up your muscles while building strong bones. Class uses fitness area and weight training. No registration after .....3rd session.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

12 Sessions: .....Fee: \$62.70  
M, W .....11:00 AM-12:00 PM  
#94997 .....Jan 8-Feb 14  
#94998 .....Feb 19-Mar 28  
Tu, Th .....06:00 PM-07:00 PM  
#94999 .....Jan 9-Feb 15  
#95000 .....Feb 20-Mar 29

### Strong Bones 40+ Advanced

**Age: 35Y+**

Advanced osteoporosis class. Firm up your muscles while building strong bones. Class uses fitness area and weight training.

Instructor: West Coast Kinesiology

**Location: Rehab Facility; Leisure Centre**

18 Sessions: .....Fee: \$75.83  
M, W, F .....10:00 AM-11:00 AM  
#94993 .....Jan 8-Feb 16  
#94994 .....Feb 19-Mar 30

### Tai Chi

**Age: 16Y+**

Practiced for hundreds of years, the ancient art of Tai Chi Chu'an provides an answer to the stress of today's living. This class is for all levels.

Instructor: Kay Passamare

**Location: Multipurpose Room; Pitt Meadows Family Recreation Centre**

6 Sessions: .....Fee: \$36  
Th .....10:00 AM-12:00 PM  
#93578 .....Jan 11-Feb 15  
#93581 .....Feb 22-Mar 29

**Location: Multipurpose Room; Maple Ridge Leisure Centre**

6 Sessions: .....Fee: \$36  
W .....10:00 AM-12:00 PM  
#93579 .....Jan 10-Feb 14  
#93580 .....Feb 21-Mar 28

### Tennis - Adult/Seniors

**Age: 16Y+**

Join John Yalowica of Yalowica's Tennis Academy in this introductory indoor tennis program. Progress through a graduated tennis method (G.T.M.) learn strokes and practice techniques. Improve on your game over the winter months.

**Location: Leisure Centre Gymnasium 1/2 North**

6 Sessions: .....Fee: \$60  
Sa .....03:00 PM-04:00 PM  
#93494 .....Jan 13-Feb 17  
#93495 .....Feb 24-Mar 31

### Total Body on the Ball

**Age: 16Y+**

Total Body on the Ball is a total body muscular strength and endurance workout using the exercise ball and body bar to increase overall strength and improve balance, coordination, core stability, and flexibility. Own ball and mat required.

Instructor: Nadine Sands

**Location: Gymnasium/Multipurpose Room; Yennadon Community Centre**

10 Sessions: .....Fee: \$60  
Tu .....07:30 AM-08:30 PM

**Total Body on the Ball with Body Bars**  
#94480 .....Jan 9-Mar 13

**Location: Yennadon Elementary Gymnasium**

10 Sessions: .....Fee: \$60  
Th .....07:30 PM-08:30 PM

**Total Body on the Ball with Bands**  
#94482 .....Jan 11-Mar 15





# PROGRAM LISTING: Teen/Adult

## TEEN/ADULT PARKS & LEISURE



### Water Works

**Age: 19Y+**

An aquatic program run in conjunction with the Arthritis Society for individuals with arthritis. Gentle range-of-motion exercises to increase mobility and function. No swimming required. This class is 50 minutes long. Health clearance form required to completed by physician. Forms available at the Leisure Centre, or we can fax it to your doctor.

Instructor: West Coast Kinesiology

**Location: Leisure Pool; Leisure Centre**

12 Sessions: .....Fee: \$56.90  
Tu, Th .....11:05 AM-11:55 AM  
#94081 .....Jan 9-Feb 15  
10 Sessions: .....Fee: \$47.41  
#94082 .....Feb 20-Mar 29

### Weight Training - Basic & Advanced

**Age: 16Y+**

This course provides participants with knowledge and certification to become weight training instructors. Monitor, assist and supervise weight room facilities. Advanced weight training content covers functional anatomy, physiology, program planning, training techniques and professional responsibilities needed to advance to personal training. Includes manual.

Instructor: Happy Heart Fitness

**Location: Upper North Hallway; Leisure Centre**

6 Sessions: .....Fee: \$250  
M, W, Sa.....05:30 PM-08:30 PM  
#93428 .....Feb 5-17

### Weight Training - Muscles & Mechanics

**Age: 16Y+**

Enhance your knowledge of anatomy and movement for weight training. This workshop is designed for present and future weight trainers. Content includes anatomy, physiology and mechanical movement of weight training technique. Two evenings = 5 BCRPA credits.

Instructor: Happy Heart Fitness

**Location: Preschool Room; Leisure Centre**

2 Sessions: .....Fee: \$75  
Tu.....06:00 PM-08:30 PM  
#93431 .....Mar 6-13

### Yoga Fitness - Hatha

**Age: 16Y+**

Achieve deep relaxation and relieve stress as you increase flexibility and muscle tone. Enjoy restoring, restful poses or asanas that will relax and empower you.

Taught by a registered BCRPA Yoga Fitness Instructor.

Instructor: Lifeline Fitness

**Location: Auditorium; Hammond Community Centre**

8 Sessions: .....Fee: \$48  
Tu .....07:45 PM-08:45 PM  
#93978 .....Jan 23-Mar 13

### Yoga Fitness Module

**Age: 16Y+**

The Yoga Fitness module was uniquely designed for the fitness professional. This course focuses on the practical and theory applications of yoga in order for the fitness professional to develop the skills necessary to instruct an introductory level yoga fitness class. Pre-requisites: Fitness Theory course, participation in 20 Yoga classes.

Instructor: Lifeline Fitness

**Location: Upper North Hallway; Leisure Centre**

6 Sessions: .....Fee: \$395  
F-Su .....06:30 PM-09:30 PM  
#93433 .....Feb 23-Mar 4

Visit our website!  
[www.mapleridge.org](http://www.mapleridge.org)

### Yoga - Hatha

**Age: 16Y+**

Achieve deep relaxation and relieve stress as you increase flexibility and muscle tone. Enjoy restoring, restful poses or asanas that will relax and empower you.

Instructor: Betty McKendrick

**Location: Auditorium; Hammond Community Centre**

8 Sessions: .....Fee: \$48  
Th .....07:00 PM-08:00 PM  
#94883 .....Jan 25-Mar 15

### Yoga-Iyengar

**Age: 19Y+**

This is an intro to Iyengar Yoga. You will feel energized and relaxed as you strengthen and lengthen your muscles and align the body.

**Location: Multipurpose Room; Pitt Meadows Family Recreation Centre**

6 Sessions: .....Fee: \$48  
W .....07:30 PM-09:00 PM  
#94899 .....Jan 10-Feb 14  
#94900 .....Feb 21-Mar 28

### Yoga-Pilates on the Ball

**Age: 16Y+**

This class is for all levels and is a combo of Yoga postures and Pilates movements while incorporating the stability ball. Please bring your own ball.

**Location: Hammond Community Centre**

8 Sessions: .....Fee: \$48  
Sat .....09:00 AM-10:00 AM  
#97576 .....Jan 20-Mar 10



Register by phone @ 604-465-2470 or online at [www.recreg4u.ca](http://www.recreg4u.ca)

# Volunteers Make a Difference

***This Winter, discover the benefits of volunteering:***

- ❖ Develop new and existing skills
- ❖ Gain career experience
- ❖ Meet new people and network
- ❖ Stay healthy and active
- ❖ Improve your community
- ❖ Make a difference in the lives of others

***“Volunteering is good for the heart and soul.”***

Parks and Leisure Services have a variety of opportunities in recreation facilities, local parks, and with various planning committees for volunteers of all ages, abilities and backgrounds.

Call Parks and Leisure Services – Volunteer Services at 604-467-7459 or email [kbaird@mapleridge.org](mailto:kbaird@mapleridge.org) to find a volunteer role that is a match with your skills and interests.



## Volunteer Information Sessions

Volunteer Information Sessions provide details about opportunities for community involvement in Maple Ridge and Pitt Meadows. For more details or to register as a guest speaker, please call Kathryn Baird at 604-467-7459 or email [kbaird@mapleridge.org](mailto:kbaird@mapleridge.org).

Location: Volunteer Office, Leisure Centre Facility

3 Sessions:	Fee \$0	#94985	Jan 9
Tu	7:00 PM-8:00 PM	#96277	Feb 6
		#96278	Mar 6

**Maple Ridge Leisure Center, Volunteer Office**  
**To register for this free session, please call 604-467-7459.**

**Maple Ridge & Pitt Meadows Parks and Leisure Services – Volunteer Services**  
Aquatics – Community Events – Emergency Social Services – Partners in Parks – Seniors Society – Walking Clubs – Weight Room Volunteers – Youth Services

The Volunteer Services office is located in the Maple Ridge Leisure Centre:  
11925 Haney Place, Maple Ridge

**❖ Do you work with volunteers? Ask about the Volunteer Coordinator's Interagency Committee.**



# Winter 2007 Special Events

**"Promoting Leadership,  
Networking and Community  
Involvement"**



**Maple Ridge-Pitt Meadows  
Festival Society**

11925 Haney Place, Maple Ridge BC V2X 6G2

Phone: 604-467-7325

or email: [festival@mapleridge.org](mailto:festival@mapleridge.org) • Visit: [www.communityfestivals.org](http://www.communityfestivals.org)

## Winter Festival/Santa Claus Parade-December 2

Presented by Maple Ridge Christmas Festival Society in Memorial Peace Park. Bring a lawn chair, warm clothes and a mug for free hot chocolate. Contact Art at 604-467-6573. Email: [art&heathers@telus.net](mailto:art&heathers@telus.net)

## Winter Wonderland-December 23, 24

Enjoy a Magical Christmas Skate in the Ridge Meadows Arena in Pitt Meadows.

Call 604-465-2452 for public skating sessions times. Admission rate is \$2 per person.



## Christmas Haven- December 24

Annual Christmas Dinner for those who are alone at Christmas. Call the Festival Office 604-467-7325 for information, to volunteer or to make a donation.

## Heritage Week- February 22

Heritage Week in 2007 will be following the Heritage Canada theme: "Vernacular Architecture - Buildings of Everyday and Everyone" with a presentation at St. Andrew's Heritage Church on Thursday, Feb 22 called "The Bones of our Neighbourhoods - the Structures of Everyday Life". In addition, there will be a display at the Maple Ridge Library for the entire month addressing the same theme.



## Chinese New Year-February 24

The 7th annual Chinese New Year Celebration sponsored by the Pitt Meadows Foundation will take place at Pitt Meadows Hall on Harris Rd. Doors open at 6pm.

Call Carole at 604-465-5398.



## Scottish Night- February 17

Traditional haggis and roast beef dinner, entertainment by the Stave Falls Scottish Dancers and Pipe Band, door and raffle prizes. This event is at the old Pitt Meadows Hall; bar service 6pm, dinner at 7 pm. For information and tickets call Stave Falls Scottish Dancers at 604-462-9935.

## Hard Times Dance-March 3

Annual Dance hosted by the Pitt Meadows Lions in the old Pitt Meadows Hall on Harris Road, Pitt Meadows. Tickets \$10, dance begins at 8 pm.

For information call Ed at 604-465-6470.

**For more information call 604-467-7325 or visit [www.communityfestivals.org](http://www.communityfestivals.org)**





Walking, cycling or hiking is a fantastic way to enjoy the outdoors and leave the hustle and bustle of city life behind. From self-guided walking tours to strenuous hiking trails, Maple Ridge and Pitt Meadows have something for everyone...

### START YOUR OWN WALKING GROUP!

Want to walk with others in your neighbourhood, but don't know how to get started? To receive a free "Get Started Kit", contact the following Parks and Leisure Services staff:

Maple Ridge - Pauline  
604-467-7466

Pitt Meadows - Tracy  
604-465-2453



## WALKING CLUBS

### Indoor Walking Club

Meet in Valley Fair Mall next to Liquor Store  
contact: Ann

Tues/Thurs/Sat at 8:30 AM  
604-466-4920

### Pitt Meadows Women's Walking Club

Meet at Pitt Meadows Family Recreation Centre  
Contact: Bev

Tues/Thurs at 8:45 AM  
604-465-7425

### Singles Over 45 Club

Meet in the Pitt Meadows Heritage Hall parking lot  
Contact: Eileen

Sat at 9:15 AM  
604-460-6524

### Shop N' Stroll Stroller Walking Club

Meet by Bootlegger in Haney Place Mall  
Contact: Lara  
www.runnersandbooties.com

Thurs at 9:30 AM  
604-461-7827

### Stroller Club - Pitt Meadows

Meet at the Harris Rd & Lougheed Starbucks  
Contact: Luba

Thurs at 10:00 AM  
604-465-1410

### Try Hard Walkers

Meet at Haney Place Mall (near lottery booth)  
Contact: Anne

Mon/Wed/Fri at 8:30 AM  
604-466-4920

### Whonnock Walkers

Meet at Whonnock Lake Centre parking lot  
Contact: Maureen

Mon/Wed/Fri at 9:15 AM  
604-462-7940

### Dykes - Functional and Fun

The extensive system, built to protect low-lying lands from flooding, also serves a recreational purpose. Ride horses, walk, and cycle amidst the beautiful natural scenery the dykes present. The lands around the dykes are also habitat to abundant wildlife and many species of birds, making the dyke system a favourite area for naturalists and bird-watchers.

### Equestrian Trail Network

Maple Ridge is the horse capital of British Columbia offering a unique network of horse trails that are protected under the Official Community Plan. The Trail Network encompasses over 100 kilometres of local riding and hiking trails, as well as 50-60 kilometres in nearby Golden Ears Provincial Park.

### Golden Ears Provincial Park

Hiking, walking, mountain biking, and horseback riding. Spirea Trail is a pleasant wheelchair-accessible walk offering wide pathways, long boardwalks, and low grade slopes. Alouette Mountain 11-km trail which takes 9-10 hours return and the 12-km trail to Golden Ears is a 7 hour one-way overnight trip. Intermediate skills and proper hiking equipment required.

### Kanaka Creek Regional Park

12-km of beautiful walking trails along Kanaka Creek stretching from 232nd Street at River Road past 272nd Street. You will visit a fish hatchery and waterfalls along the way.

### Port Haney Heritage River Walk

The Port Haney Heritage River Walk begins at the Port Haney Wharf and ends along 116th Avenue. Discover the Original Post Office and the Bank of Montreal, which is now the Billy Miner Pub, Callaghan Park, the final three destinations of the walking tour, the Brickyard Office, Maple Ridge Museum and the Caboose Haney House - 604-463-1377.

### Trans Canada Trail

The longest trail in the world, stretching 16,400km. The trail includes every Province and Territory, most major cities and some smaller towns and communities. We are proud to have 21.5 km running through Maple Ridge and Pitt Meadows and encourage you to explore our section of this amazing trail. The Trans Canada Trail begins in Pitt Meadows at the corner of Lougheed Highway and the old Dewdney Trunk Road. The paths (link) include some country scenery as well as city surroundings. Experience the best of both worlds!

### UBC Malcolm Knapp Research Forest

14500 Silver Valley Road  
More than 5,000 ha. of working forest to walk through including 35-km of trails. These are colour-coded and range from 1.4-km (45 min.) to 6.5-km (3 hours) in length. Each trail loops back to the forest gates.

[www.mapleridge.org/parks](http://www.mapleridge.org/parks) for details