



**BADMINTON (16+ years)**  
 Queen's Park Arenex 604-777-5121  
 Tuesdays & Thursdays, 6:50 - 8:20 pm  
 Drop-in Fee: \$4.50 or  
 \$36.00 for a 10 session pass



**GYMNASTICS & TRAMPOLINE (13+ years)**  
 Queen's Park Arenex 604-777-5121  
 Mondays, 8:00 - 9:30 pm  
 Drop-in Fee: \$8.75 Adult  
 \$6.00 Youth



**BASKETBALL (16+ years)**  
 Queensborough M. School 604-525-7388  
 Tuesdays, 7:00 - 8:30 pm  
 Drop-in Fee: \$3.50 or  
 \$28.00 for a 10 session pass



**HOCKEY (18+ years)**  
 Queen's Park Arena 604-777-5111  
 Monday - Friday  
 11:30 am - 1:00 pm  
 Mid September to the end of March  
 Drop-in Fee: \$4.00 or  
 \$32.00 for a 10 session pass  
 No charge for goalies



**VOLLEYBALL (16+ years)**  
 Queen's Park Arenex 604-777-5121  
 Thursdays, 8:30 - 10:30 pm  
 Queensborough M. School 604-525-7388  
 Thursdays, 7:00 - 8:30 pm  
 Drop-in Fee: \$3.50 or  
 \$28.00 for a 10 session pass



**SOCCER (16+ years)**  
 Queen's Park Arenex 604-777-5121  
 Tuesdays, 8:30 - 10:00 pm  
 Saturdays, 7:00 - 8:30 pm  
 Drop-in Fee: \$3.50 or  
 \$28.00 for a 10 session pass

*Please watch for posters or call individual facilities  
 for season & schedule changes.*

## Adult Sports Leagues

Gather up your sporting friends and register a team in one of our three fantastic co-ed recreational sports leagues. Each league (Volleyball, Ball Hockey & Slo-pitch) will provide you with fitness and friendships. For more information, please call Queen's Park Arenex at 604-777-5121.

## Other Adult Programs & Services

Check out our Active Living Guide or visit [www.nwpr.bc.ca](http://www.nwpr.bc.ca) for details on the following excellent adult drop-in or registered programs:

**Fitness New West** 604-777-5100  
*Aerobics, Pilates, Yoga, Tai Chi, Step, etc.*

**Canada Games Pool** 604-526-4281  
*Swimming, Lessons, Fitness Centre.*

**Moody Park Arena** 604-525-5301  
*Adult & Public Skates, Lessons.*

**Queensborough Comm. Ctr.** 604-525-7388  
*Fitness Centre, Fitness Programs, Karate, etc.*

**Queen' Park Arena** 604-777-5111  
*Running Club & Ice Rentals.*

**Century House** 604-519-1066  
*Fitness, Education, Pottery, Health, etc.*

**Tennis** 604-777-5100  
*Spring & Summer Lessons & Tournaments.*

**Check us out at  
[www.nwpr.bc.ca](http://www.nwpr.bc.ca)**

# DROP-IN SPORTS



# FOR

# ADULTS



[www.nwpr.bc.ca](http://www.nwpr.bc.ca)