

FITNESS NEW WEST AEROBIC DROP-IN PROGRAMS

Centennial Community Centre • 65 East Sixth Avenue • 604.777.5100 • Schedule currently in effect.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:25 am						STEP & SCULPT	STEP BOOTCAMP
9:00 am						POWER YOGA	
9:20 am	WORKOUT	HI/LO MIX	WORKOUT	HI/LO MIX	WORKOUT		
9:30 am						F. I. T. +	WORKOUT+
10:30 am	CORE FITNESS	INTERVAL CHALLENGE	STEP & SCULPT CORE PILATES	INTERVAL CHALLENGE	CORE FITNESS		
10:45 am						INTERVAL CHALLENGE	CORE FITNESS
5:15 pm	WORKOUT	KICK & BOX	WORKOUT	KICK & BOX	FRIDAY SPECIAL	+ INDICATES 70 MINUTE CLASSES ALL CLASSES ARE 60 MINUTES	
6:20 pm	POWER YOGA	CORE PILATES	POWER YOGA	CORE PILATES			
7:25 pm	WORKOUT LITE	SUPER STEP	WORKOUT LITE	SUPER STEP		CHILD MINDING AVAILABLE FOR SHADED CLASSES	
8:30 pm	STEP & SCULPT	CORE YOGA	STEP & SCULPT	CORE YOGA			

FITNESS NEW WEST FEES

Adult Drop-in Fee: \$5.30
 (19+ years) \$42.40 for 10 classes
 \$79.60 for 20 classes
BEST VALUE \$148.40 for 40 classes
 Youth Drop-in Fee: \$3.70
 (14 -18 years) \$29.60 for 10 classes
 Post aerobics swim \$2.75

UNLIMITED PASSES	AEROBICS PASS	AEROBICS & SWIM PASS
One month	\$52.50	\$58.00
Three month	\$139.25	\$155.50

CHILD MINDING SERVICE (1 mth - 5 years)

Available for parents participating in a program at Canada Games Pool or Centennial Community Centre. At Kids 'n Toys, your child will receive expert care, make crafts, sing songs and play with great toys. Children are not allowed in the gym during fitness classes.

Centennial Community Centre 604.777.5100

Mon. - Fri. 9:15 - 11:30 am
 Mon. - Fri. 4:30 - 6:30 pm
 Sat. & Sun. 8:15 am - 12:00 pm

Drop-in Fee: \$4.15 per hour
 \$33.20 for 10 hours
 \$63.20 for 20 hours



CENTURY HOUSE FITNESS DROP-IN PROGRAMS

Century House • 620 Eighth Street • 604.519.1066 • Schedule currently in effect.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am	WORKOUT	STRETCH & STRENGTH	EASY DANCE WORKOUT	WORKOUT	STRETCH & STRENGTH
11:00 am	LIGHT EXERCISE		TONING		TONING
5:15 pm				EVENING FITNESS 40+	
6:00 pm		EVENING FITNESS 40+			

FITNESS FEES

Fitness Pass: \$35.00 for 10 classes \$63.00 for 20 classes Drop-in Fee: \$4.00
 Our instructors are BCRPA Third Age Certified.

AQUATIC DROP-IN SCHEDULE

Canada Games Pool • 65 East Sixth Avenue • 604-526-4281 • Schedule currently in effect.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Ctr. Only 6:00-6:30 am Early Bird 6:30-8:30 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:30-11:30 am <input checked="" type="checkbox"/> (Deep Water Aquacizes 10:30-11:15 am) Parent & Tot Playtime 8:45-11:30 am Noon Swim 11:30 am to 12:55 pm Adult Fitness Centre Only 1:00-2:30 pm Over 40's Swim 1:00-2:30 pm Public Swim 2:30-4:25 pm Adult: Sauna, Swirl, Lengths & Fitness Ctr. 4:30-6:30 pm <input checked="" type="checkbox"/> (Shallow Aquacizes 5:30-6:15 pm) Public Swim 6:30-8:25 pm <input checked="" type="checkbox"/> Adult Swim 8:30-9:55 deep end closes 8:30-9:15 pm for Deep Water Aquacizes	Fitness Ctr. Only 6:00-6:30 am Early Bird 6:30-8:30 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:30-11:30 am Noon Swim 11:30 am-12:55 pm *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 1:00-8:30 pm Public Swim 8:30-9:55 pm <input checked="" type="checkbox"/> Shallow end closes 8:30-9:15 pm for Aquacizes	Fitness Ctr. Only 6:00-6:30 am Early Bird 6:30-8:30 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:30-11:30 am <input checked="" type="checkbox"/> (Deep Water Aquacizes 10:30-11:15 am) Parent & Tot Playtime 8:45-11:30 am Noon Swim 11:30 am to 12:55 pm Adult Fitness Centre Only 1:00-2:30 pm Over 40's Swim 1:00-2:30 pm Public Swim 2:30-4:25 pm Adult: Sauna, Swirl, Lengths & Fitness Ctr. 4:30-6:30 pm <input checked="" type="checkbox"/> (Shallow Aquacizes 5:30-6:15 pm) Public Swim 6:30-8:25 pm <input checked="" type="checkbox"/> Adult Swim 8:30-9:55 deep end closes 8:30-9:15 pm for Deep Water Aquacizes	Fitness Ctr. Only 6:00-6:30 am Early Bird 6:30-8:30 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:30-11:30 am Noon Swim 11:30 am-12:55 pm *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 1:00-8:30 pm Public Swim 8:30-9:55 pm <input checked="" type="checkbox"/> Shallow end closes 8:30-9:15 pm for Aquacizes	Fitness Ctr. Only 6:00-6:30 am Early Bird 6:30-9:00 am Adult Fitness Centre Only 9:00-10:30 am Over 40's Swim 9:00-10:30 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 10:30-11:30 am <input checked="" type="checkbox"/> (Deep Water Aquacizes 10:30-11:15 am) Noon Swim 11:30-12:55 pm *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 1:00-8:30 pm Public Swim 8:30-10:25 pm	Adult: Fitness Ctr. Only 8:15-8:45 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:45 am-1:00 pm Parent & Tot Playtime 8:45-11:00 am \$1.00 FAMILY SWIM 11:00 am-1:00 pm * * * * * Drop in Anytime! Public Swim 1:00-8:25 pm * * * * * Adult Swim 8:30-9:55 pm deep end closes at 9:30 pm	Adult: Fitness Ctr. Only 8:15 -8:45 am *Adult: Sauna, Swirl, Lengths & Fitness Ctr. 8:45-11:00 am Parent & Tot Playtime 8:45-11:00 am \$1.00 FAMILY SWIM 11:00 am-1:00 pm * * * * * Drop in Anytime! Public Swim 1:00-8:25 pm * * * * * Adult Swim 8:30-9:55 pm deep end closes at 9:30 pm
Slide closes 30 minutes before the end of all shaded swim times. * Use is restricted to limited areas during these adult swims. See cashiers for information.						

POOL & FITNESS FEES

Child (4 - 12 years)	FREE - 3 & under \$2.70 or 10 for \$21.60	Monthly Pass for Early Bird/Noon Swims	\$42.65
Youth (13 - 18 years)	\$3.75 or 10 for \$30.00	Three month Early Bird Pass	\$111.15
Senior (65+ years)	\$2.70 or 10 for \$21.60	Unlimited Swim/Fitness Centre Pass	
Adult (19 - 65 years)	\$5.50 or 10 for \$44.00 or 40 for \$154.00	One Month	\$52.50
		Three month	\$139.25
Ask about our \$28.60 Family Pack		Unlimited Swim/Fitness Centre Combo Pass	
		One Month	\$58.00
		Three month	\$155.50



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- ▶ Child and Youth Care - Aboriginal stream
- ▶ Early Childhood Education
- ▶ Youth Justice





NEIGHBOURHOOD YOUTH SCHEDULE
Schedule in effect April - June • 604.515.3775

FACILITY	Monday	Tuesday	Wednesday	Thursday	Friday
East End Youth Ivan Dragelj: 604.834.2007, idragelj@newwestcity.ca					
Glenbrook Middle School 701 Park Crescent	Hype Girl's Group 3:15 - 4:30 pm		Youth Action Committee Lunch time Hollar Back 3:15 - 4:15 pm	Boy's Group 3:15 - 5:00 pm Every 2 nd week	Youth Drop-in 6:00 - 8:00 pm
West End Youth Scott Macdonell: 604.834.0303, smacdonell@newwestcity.ca					
Lord Tweedsmuir School 1714 Eighth Avenue	Youth Council Lunch Time				Youth Drop-in 5:30 - 7:00 pm
Connaught Heights School 2201 London Street			Youth Council Lunch Time		Youth Drop-in Grades 6 - 8 7:30 - 9:00 pm Grades 8 - 12 9:00 - 10:30 pm
Queensborough Youth Paolo Zenone: 604.834.0319, pzenone@newwestcity.ca					
Queensborough Community Ctr. 920 Ewen Avenue	Youth Drop-in 3:00 - 5:00 pm				
Queensborough Middle School 833 Salter Street	Youth Council Lunch Time		Boy's Group 3:00 - 5:00 pm Girl's Group 3:00 - 5:00 pm		Youth Drop-in 6:00 - 7:00 pm
Central Youth Julie Clements: 604.834.0320, jclements@newwestcity.ca					
Century House 620 Eighth Street			Boy's Group 3:00 - 5:30 pm		
Lord Kelvin 1010 Hamilton Street					Youth Drop-in 5:30 - 8:00 pm Girl's Group 7:00 - 8:00 pm
John Robson Community School 120 Eighth Street					Girl's Group 3:00 - 4:00 pm Youth Drop-in 4:00 - 5:30 pm
New Westminster Secondary School 835 Eighth Street	Youth Activities Committee Room 167 Lunch time Grades 8 - 12 Open to all Youth			Lunch time drop-in	Youth Drop-in Grades 8 - 12 7:00 - 10:00 pm
Massey Theatre		Jam Session Grades 8 - 12 3:00 - 4:30 pm	YOUTH MEMBERSHIPS Memberships can be purchased from the Youth Workers. Youth with memberships get special prices for drop-ins, dances, outtrips and other special events! Only \$5.00 for the year!		

GYMNASTICS & TRAMPOLINE SCHEDULE

Queen's Park Arenex • 604.777.5121 • Schedule currently in effect.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parent & Tot 9:30 - 10:30 am	Parent & Tot 9:30 - 10:30 am	Motoring Munchkins 9:00 - 11:45 am		Motoring Munchkins 9:00 - 11:45 am	Parent & Tot 9:00 - 10:00 am
Motoring Munchkins 11:30 am - 2:00 pm			Parent & Tot 11:30 am - 12:30 pm	Motoring Munchkins 1:00 - 2:30 pm	Gymnastics & Trampoline 12:00 - 1:00 pm
Adult & Youth 8:00 - 9:30 pm					

MOTORING MUNCHKINS (1 - 6 years)

Drop-in Fee: \$3.25 for parents & one munchkin
\$1.00 for each additional sibling
\$26.00 for a 10 session pass
\$48.80 for a 20 session pass

PARENT & TOT GYMNASTICS (1 - 6 years)

Drop-in Fee: \$4.00 per child

GYMNASTICS & TRAMPOLINE (3+ years)

Drop-in Fee: \$4.00

QUEEN'S PARK ARENEX ADULT DROP-IN SPORTS

Queen's Park Arenex • 604.777.5121 • Schedule currently in effect.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Gymnastics & Trampoline 8:00 - 9:30 pm	Badminton 6:50 - 8:20 pm		Badminton 6:50 - 8:20 pm
	Soccer 8:30 - 10:30 pm		Volleyball 8:30 - 10:30 pm

SOCCER & VOLLEYBALL FEES

Drop-in Fee: \$3.50 or \$27.50 for a 10-session pass

GYMNASTICS & TRAMPOLINE FEES

Drop-in Fee: \$6:00 Youth
\$8.75 Adult

BADMINTON FEES

Drop-in Fee: \$4.50 or \$35.30 for a 10-session pass

QUEENSBOROUGH ADULT DROP-IN SPORTS

Queensborough Middle School • 604.525.73881 • Schedule currently in effect.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Family Badminton 12:00 - 1:30 pm January 10 - March 28	Basketball 7:00 - 8:30 pm	Badminton 7:00 - 8:30 pm		Volleyball 7:00 - 8:30 pm

ADULT SPORTS FEES

Drop-in Fee: \$3.50
\$27.40 for a 10-session pass

FAMILY BADMINTON FEES

Drop-in Fee: \$3.50
\$27.40 for a 10-session pass
\$8.00 (maximum of 5 people)
\$2.50 Children



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