

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		CHILDMINDING 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

CHILDMINDING 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	SATURDAY	SUNDAY
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 per class
 Our instructors are BCRPA Third Age Certified.

**Online Registration is
 coming January 18th!
 Watch for details.**



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	★ ★ ★ ★ ★ 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
 Youth (13 - 18 years) \$3.75 or 10 for \$30.00
 Senior (65+ years) \$2.70 or 10 for \$21.60
 Adult (19 - 65 years) \$5.50 or 10 for \$44.00 or
 40 for \$154.00

Ask about our \$28.60 Family Pack

Monthly Pass for Early Bird/Noon Swims \$42.65
 Three month Early Bird pass \$111.15
Unlimited Swim/Fitness Centre Pass
 One Month \$52.50 Three month \$139.25

Unlimited Swim/Fitness Centre Combo Pass
 One Month \$58.00 Three month \$155.50



SKATING DROP-IN PROGRAMS

Moody Park Arena • 701 Eighth Avenue • 604-525-5301 • Schedule currently in effect.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASURE SKATE 11:30 AM - 1:00 PM		LOONIE SKATE 11:30 AM - 1:00 PM		PARENT & TOT SKATE 10:00 AM - 12:00 PM		
HOT SHOT KIDS HOCKEY 6:45 - 7:45 PM	ADULT SKATE 8:15 - 9:30 PM	LOONIE SKATE 6:30 - 8:00 PM	LOONIE SKATE 7:00 - 8:30 PM		PLEASURE SKATE 1:30 - 3:00 PM	PLEASURE SKATE 1:15 - 4:15 PM
HOT SHOT YOUTH HOCKEY 8:00 - 9:00 PM					FAMILY SKATE 6:30 - 8:00 PM	ADULT SKATE 8:15 - 9:30 PM

ICE SKATING ADMISSIONS

Child 3 & under	Free
Child (4 - 12 years)	\$1.85 or 10 for \$14.60
Youth (13 - 17 years)	\$2.50 or 10 for \$19.60
Adult (18+ years)	\$4.00 or 10 for \$31.40
Senior (65+ years)	\$1.85 or 10 for \$14.60
Family (max. of 5 people)	\$8.90 (Family Skate only)
Friday Parent & Tot Skate	\$3.75 (adult), \$1.75 (child)
Parents without skates	\$1.85 or 10 for \$14.60
Loonie Skate	\$1.00 per person

SERVICES

Skate Rental Regular	\$2.50 or 10 for \$19.80
Loonie Skate Rental	\$2.00 or 10 for \$19.80
Lesson Rental	\$2.00 or 10 for \$19.80
Skate Sharpening	\$4.25 or 11 for \$42.50
Custom Radius	\$13.85
Corkers	\$1.20

NEIGHBOURHOOD YOUTH SCHEDULE

604.515.3775 • Schedule in effect January - March

FACILITY	Monday	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 2nd 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	Hype Boy's Group 3:00 - 5:00 pm		Youth Drop-In 6:00 - 9:00 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
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 3:15 - 4:15 pm Grades 8 - 12 Open to all Youth		Lunch time drop-in	Youth Drop-In Grades 8 - 10 7:00 - 8:30 pm Grades 10 - 12 8:30 - 10:00 pm