

SPRING/SUMMER 2016

CHILLIWACK LEISURE GUIDE



YOUR SOURCE FOR:

- Recreation & Culture
- Parks
- Community Services
- Leisure Centres
- Community Schools
- YMCA
- Libraries
- Seniors
- Heritage Park
- Rotary Pool
- Area Maps
- Museum & Archives



prospera centre 

SPORTS CAMPS



HOME OF THE  CHIEFS

www.prosperacentre.com

45323 Hodgins Ave., Chilliwack V2P 8G1

REGISTER ONLINE OR AT THE PROSPERA CENTRE
ADMINISTRATION OFFICE: 604.702.0062

Chiefs
Development
Group

prospera.
centre 



SUMMER 2016

LEARN TO SKATE MINI CAMP

June 27 - 30, August 2 - 5

LEARN TO SKATE FOR HOCKEY

June 27 - 30, August 2 - 5

MULTI SPORT CAMP

July 27 - 30, July 25 - 29, August 15 - 19

ULTIMATE SUMMER CAMP

July 4 - 8, August 22 - 26

OUTDOOR ACTIVITIES CAMP

July 11 - 15, August 2 - 5

SUMMER OLYMPICS

July 18 - 22, August 8 - 12

PUCK CONTROL

July 25 - 29

BODY CONTACT

July 18 - 22

HOCKEY FUNDAMENTALS

June 27 - 30, August 2 - 5

GOALTENDING CAMP

July 11 - 15, August 8 - 12

SHOOTING, SCORING, PASSING CAMP

July 11 - 15, August 8 - 12

POWER SKATING CAMP

July 18 - 22, August 15 - 19

GIRLS ONLY HOCKEY SKILLS & SKATING CAMP

July 4 - 8, August 15 - 19

CONDITIONING CAMP

August 22 - 26

CHIEFS INDIVIDUAL SUMMER CAMP

August 22 - 26



Schedule subject to change without notice.



CHILLIWACK LEISURE GUIDE SPRING/SUMMER 2016

www.chilliwack.com

Contents

City of Chilliwack	4
Chilliwack Recreation & Culture	5-10
Chilliwack Community Services	11-13
Chilliwack Museum & Archives	14-15
Chilliwack Seniors' Resource	16
Chilliwack Landing/Cheam Leisure Centre	17-24
Great Blue Heron Nature Reserve	25
Chilliwack Cultural Centre	26-31
Fraser Valley Regional Library	35-36
Chilliwack Walks	37
Facilities & Parks Map	38
Trail Map	39
Live 5210 Playboxes	40
Chilliwack Family YMCA	41-44
Chilliwack Central Elementary Community School	57
Cultus Lake Community School	58
Greendale Community School	59
Promontory Community School	60
Yarrow Community School	61
Rosedale Traditional Community School	62
Gwynne Vaughan Park	63
Chilliwack Heritage Park	64-65
Community Directory	66-70
Affordable Recreation	75

Cover Photo: Eric J. Welsh

Chilliwack - Active for Life

How to use this Guide:

The Chilliwack Leisure Guide contains a wide variety of leisure programs, services and facilities presented by several community organizations - something for everyone.

Space is limited to highlight all the services offered so you are encouraged to contact the individual organizations for more information.

Leisure Guide Publication

The guide is distributed to all the households in Chilliwack and the surrounding region.

For content information contact the Chilliwack Recreation & Culture Department at 604-793-2904.

For advertising rates and information contact the Leisure Guide publisher,

The Chilliwack Progress, 604-702-5560.



City of Chilliwack

8550 Young Road
Chilliwack, BC
V2P 8A4

T: 604.792.9311
F: 604.795.8443
H: Mon-Fri: 8:30am-4:30pm

www.chilliwack.com

Message from the Mayor



Spring and summer in Chilliwack are truly spectacular and we hope you are as excited about it as we are! Whatever your recreation passion, there is definitely something for you in Chilliwack. We are fortunate to have almost unlimited outdoor recreational activities available in our community. All winter we look forward to getting outside and spending time at our lakes, rivers, mountains, parks, sports fields, playgrounds, bike parks and spray parks.

In addition to getting outside, we've delivered an excellent program lineup in this Leisure Guide offering something for every age and interest.

The programs in our Leisure Guide are made possible thanks to strong relationships between many different stakeholder groups. This guide is the result of partnerships between the City of Chilliwack, the Association of Community Programmers and School District No. 33, who assist in the support of the community school associations. Each contributor to the Leisure Guide brings

with them an expertise that collectively addresses the needs and interests of the residents of our community. Likewise, many of our facilities are operated by an independent contractor with the expertise and knowledge best suited for daily operations. They help shape the recreational programming we all enjoy.

On behalf of Chilliwack City Council, I encourage you to take a moment to read through this guide, see what it has to offer and take advantage of all the amazing ways you can get active in Chilliwack. Don't forget to visit us online at www.chilliwack.com for updates on projects, events and celebrations within our community. You can also stay connected by liking us on Facebook at www.facebook.com/Chilliwack, or by following us on Twitter at www.twitter.com/City_Chilliwack.

Time to play!

Mayor Sharon Gaetz

City of Chilliwack Council



Sue Attrill



Chris Kloot



Jason Lum



Ken Popove



Chuck Stam



Sam Waddington



City of Chilliwack
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Meetings...



The City of Chilliwack has a facility to meet all your needs:

Evergreen Hall

Located at 9291 Corbould Street, the Evergreen Hall is a prime location to host gatherings of various types and sizes. The Cheam Room is a full size gymnasium, which can host 450 people in a banquet setting and as many as 650 people in a theatre style setting. The Minto Room has a capacity to host 20 –25 people and is ideal for small gatherings. The Slesse Room has a capacity to host up to 70 people if a mid size setting is what you are seeking.

The Landing Sports Centre

There is more to this facility than meets the eye. Located at 45530 Spadina Avenue, the Landing Sports Centre's main floor has the capacity to host gatherings for as many as 1870 people. The Loft area

Sporting Events...



provides space large enough for 250 people in a banquet setting and up to 300 people in a theatre setting. If a small meeting room is what you need, the Clover Room has a meeting capacity of 30. If you enjoy playing tennis year round, the Landing Sports Centre can accommodate you with the four indoor tennis courts housed in the main floor and drop-in tennis is available from October 1st through to March 31st of each year.

Chilliwack Recreation & Culture Information Exhibition

Synthetic Turf Field

Considered one of the largest synthetic turf facilities in the Lower Mainland, the over-size field is designed to accommodate football games for both CFL and NFL rules, a full size soccer pitch, or three mini soccer pitches. The field can also accommodate 12 micro soccer games running concurrently.

Formal Gatherings...



The installation of the shock pad underneath the turf provides an added layer of support and protection for the players and the covered enclosed team benches keep the players comfortable during the rainy or hot weather. There are four team change rooms and a referee change room available for use upon request. A turf warm-up area is available for teams waiting to enter the field that has ladders and other warm up aids stitched into the turf.

The 2,000 seat covered grandstand provides a great viewing experience for the spectators and the perimeter fencing around the entire site provides security for ticketed entry events. Field scoreboard and public address system are also available upon request. Full concession services are available through the Chilliwack Football Club.

Townsend Park

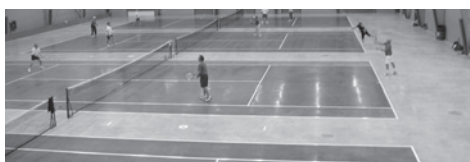
The Artificial Turf Field, constructed at the East end of Townsend Park, has some

exciting features:

- It can sustain up to 6x the play of natural turf
- It doesn't require rest periods for turf to heal
- It reduces the burden on other natural fields
- Maintenance costs are similar to premier natural turf
- New turf technologies incorporate crumb rubber to reduce injuries
- This field is only closed when snow accumulates on it. Otherwise it stays open in all weather conditions

Twin Rinks

Located at 5725 Tyson Road, the Twin Rinks ice arena was founded in 1982. It is the premier location for public skating, drop-in hockey as well as organized ice sports such as Minor Hockey, Seniors Recreational Hockey, Figure Skating and Speed Skating. If you are planning a special event such as a birthday party, or corporate event, Twin Rinks can accommodate you with skate rentals and meeting rooms for office festivities.





City of Chilliwack

8550 Young Road
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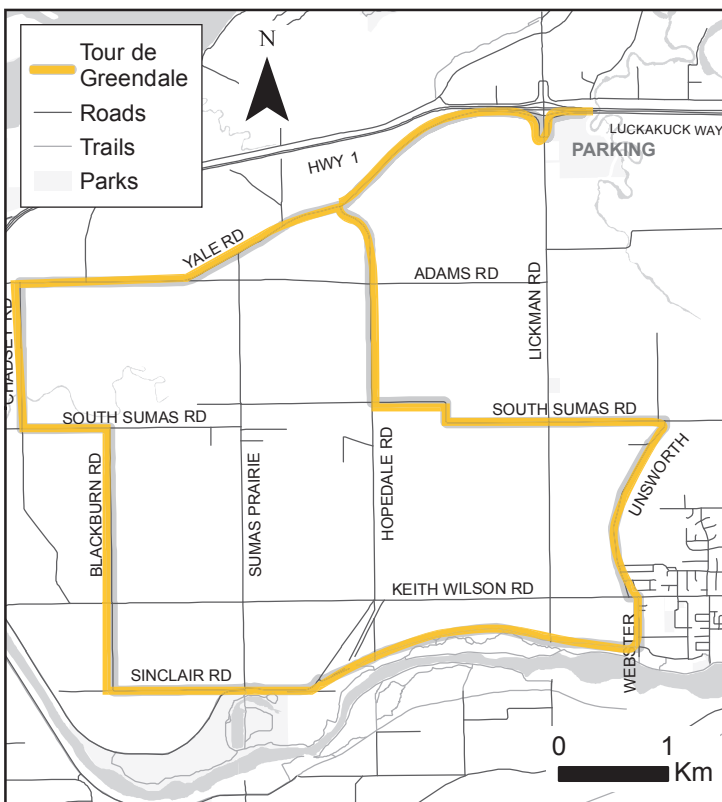
www.ccekayak.com



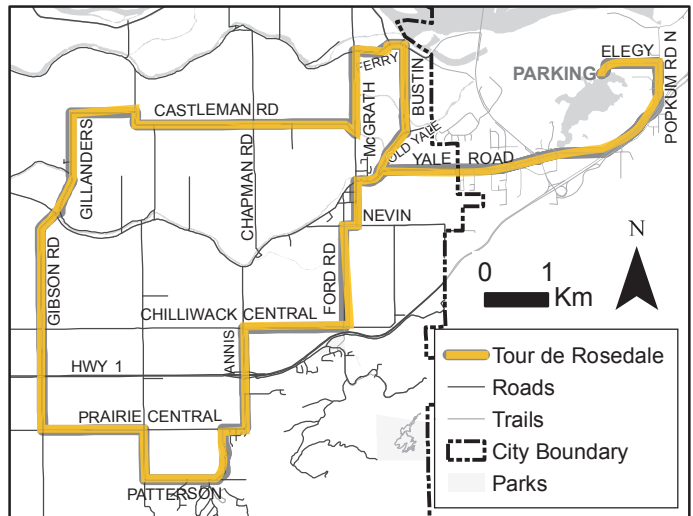
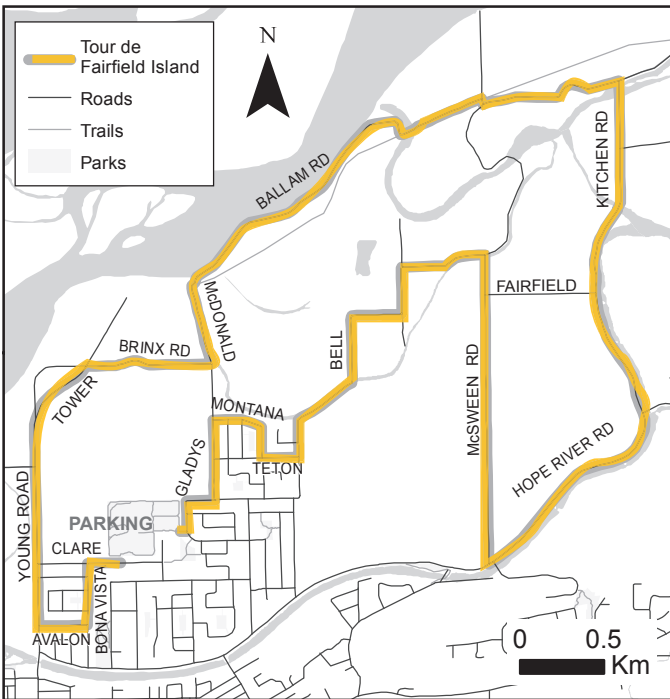
Recreational Bike Routes

An increasing number of people are commuting to school or work on a bicycle while many simply ride for fun or exercise. With so much traffic on the road, it's important that motorists and cyclists work together and understand their roles and responsibilities and share the road. Cyclists must yield to pedestrians, stop for stop signs, and obey traffic signals, for example. It's best to remember that if you are riding a bicycle, then by law, you have the same duties as a driver of a vehicle. If you dismount and walk alongside your bicycle, then by law, you are considered a pedestrian and have

the same rights as a pedestrian. These maps are produced as a guide to consumer cycling opportunities in the City of Chilliwack. The City, its employees, officers, directors, and representatives do not guarantee the accuracy of the information contained therein nor warrant the safety of any route, highway, road, street, designated cycling route or other shown in the map or other information. Cycling can be hazardous, especially in high traffic areas. Extreme caution should be used at all times.



Tour de Greendale		
Total Km	Distance	The Route
0		Chilliwack Visitor Information Centre. Left (west) on Luckakuck Way.
0.6	0.6	Cross Lickman Road onto Yale Road West.
6	5.4	Left on Chadsey Road.
7.3	1.3	Left on South Sumas Road.
8.1	0.8	Right on Blackburn Road.
10.5	2.4	Left on Sinclair Road. Water & washrooms available at Great Blue Heron Nature Reserve.
12.4	1.9	Stay right to continue on dike.
12.8	0.4	Right on path leading to Rotary Trail.
13	0.2	Left onto Rotary Trail. Cycle along the Vedder River.
14.7	1.7	Left at Lickman parking lot.
14.8	0.1	Right onto dike.
15.6	0.8	Left on Webster Road
16.1	0.5	Left on Keith Wilson Road
16.2	0.1	Right on Unsworth Road
18	1.8	Left on South Sumas Road. Easy access to cafe on South Sumas Road.
20.9	2.9	Right on Hopedale Road.
22.8	1.9	Right on Yale Road West.
25.8	3	Cross Lickman Road onto Luckakuck Way. Return to Chilliwack Visitor Information Centre on Luckakuck Way.



Tour de Fairfield Island

Total Km	Distance	The Route
0		Fairfield Island Park.
0.23	0.23	Right (west) on Clare Avenue.
0.42	0.19	Left on Bonavista Street.
0.77	0.35	Right on Avalon Avenue.
1.06	0.29	Right on Young Road. Across Young Road is easy access to cafe at Minter Country
2.26	1.2	Right on Tower Road.
2.71	0.45	Right on Brinx Road.
3.46	0.75	Left on McDonald Road.
3.96	0.5	Right on Ballam Road at the Fraser River. Cycle along the Fraser River outside the dike.
6.16	2.2	Right on McSween Road. Cycle over the dike.
6.21	0.046	Immediate left on Ballam Road.
7.06	0.85	Right on Kitchen Road.
9.16	2.1	Continue on Hope River Road.
10.46	1.3	Right on McSween Road.
12.26	1.8	Left on Bell Road at the T-junction.
14.36	2.1	Right on Teton Avenue.
14.58	0.22	Right on Montana Drive.
15.08	0.5	Left on McDonald Road.
15.53	0.45	Right on Gladys Street.
15.88	0.35	Right on Elliott Avenue.
16.18	0.3	Straight into Fairfield Island Park. Cycle past soccer fields & baseball diamonds to return to starting point.

Tour de Rosedale

Total Km	Distance	The Route
0		Cheam Wetlands Regional Park. East on Elegg Road.
0.95	0.95	Right on Popkum Road North.
1.55	0.6	Continue straight on Yale Road East.
3.85	2.3	Continue straight through traffic circle to cross Agassiz-Rosedale Highway.
6.45	2.6	Sharp right onto Old Yale Road.
7.3	0.85	Left on Bustin Road.
8.7	1.4	Left on Ferry Road.
9.55	0.85	Left on McGrath Road.
10.85	1.3	Right on Castleman Road.
14.65	3.8	Left to stay on Castleman Road.
15.65	1	Left on Gillanders Road.
17.25	1.6	Right on Gibson Road. Cross Yale Road East. Cross Highway 1.
20.85	3.6	Left on Prairie Central Road.
22.45	1.6	Right on Upper Prairie Road.
23.25	0.8	Left on Patterson Road. Cycle uphill, curve to the left for downhill.
25.25	2	Right on Prairie Central Road.
25.6	0.35	Left on Annis Road. Cross Highway 1.
27.2	1.6	Right on Chilliwack Central Road.
28.8	1.6	Left on Ford Road.
30.4	1.6	Right on Nevin Road.
30.61	0.21	Left on McGrath Road.
31.31	0.7	Right on Yale Rd East.
34.31	3	Continue straight through traffic circle to cross Agassiz-Rosedale Highway.
38.11	3.8	Return to Popkum Road N & Elegg Road, starting point at Cheam Wetlands Regional



CANADA DAY

Friday, July 1, 2016

Chilliwack

Family, Food, Fun and Festivities

Start your celebration off right with the Kiwanis Pancake Breakfast at 8:00am at Evergreen Hall then celebrate with activities throughout the day before settling in for some great family entertainment capped off with a spectacular fireworks display.

LOCATION - TOWNSEND PARK

Watch our website for more information as it comes available.

www.chilliwack.com

This publication was produced prior to confirmation of all participating partners and sponsors.

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of Canada

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du Canada

Canada

CITY OF
CHILLIWACK



Organized by
McDonald
Entertainment



City of Chilliwack

8550 Young Road
Chilliwack, BC
V2P 8A4

T: 604.792.9311
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www.chilliwack.com

Special Olympics British Columbia



Volunteer with Special Olympics and help transform lives

Special Olympics reveals the champion in all of us by creating a community based on respect and inspiring people to excel.

“Special Olympics means a lot to me. It keeps me motivated, happy, and fit. It helps me be how I am today – a champ. It helps me achieve my goals in life. And I love to travel and meet new friends,” said SOBC athlete Ryan Courtemanche.

By volunteering with Special Olympics, you can help us provide year-round sports training and competitive opportunities that empower adults and children with intellectual disabilities to live healthy lives and experience the joy of achievement, acceptance, and friendship.

Special Olympics BC – Chilliwack

SOBC – Chilliwack supports 76 athletes and offers 11 sport programs. These programs are run by volunteers and empha-

size skill improvement, cardio fitness, and strength development. All SOBC – Chilliwack sports run once a week and begin in September.

SOBC – Chilliwack Sport programs:

- Active Start (ages two to six)
- FUNdamental (ages seven to 11)
- Basketball
- Bowling
- Bocce
- Floor hockey
- Powerlifting
- Rhythmic gymnastics
- Swimming
- Soccer
- Softball

Volunteer with us

Volunteering with Special Olympics provides opportunities to cultivate meaningful friendships, develop personal and professional skills, and experience the joy of working with our athletes.

“There is a shared appreciation of how great it is to be part of the Special Olympics community; to have the opportunity to train, engage with the community, make valued friendships, enjoy social activities, and

have fun. Despite what may sometimes seem like obstacles there is such a positive attitude that pervades throughout the athletes, volunteers, families, and friends – it is infectious – and you leave every practice and every event you participate in having had a better day because of it,” SOBC volunteer coach Jean Tetarenko says. SOBC – Chilliwack has volunteer opportunities to match your strengths. We have open positions for coaches, assistant coaches, program volunteers, Executive Committee volunteers, and event volunteers.

No experience is required, only a passion for empowering people with intellectual disabilities through sport.

Participate with us

Athletes of all ages and a wide range of abilities are welcome to join our community and take part in the joy of sport.

Find out more and get involved:

Sarah Wall

Email swall@specialolympics.bc.ca

Tel 604-737-3125

specialolympics.bc.ca/local/sobc-chilliwack

Parks & Trails



Waterfowl in Parks

Please do not feed the ducks and geese. While it is enjoyable to feed the waterfowl, it is also detrimental to them and to our environment.

Feeding waterfowl:

- Disturbs natural migration patterns, leading to extremely large concentrations of birds. Overcrowding can lead to disease and fighting amongst the population.
- Destroys the birds' ability to forage and find food for themselves.
- Deprives the birds of essential nutrients and can cause serious digestive problems.
- It reduces usable areas for people due to the large amounts of feces and potentially aggressive waterfowl.
- It causes costly efforts to keep our parklands usable and clean and to manage the ever-increasing numbers of waterfowl.

Feeding waterfowl is also illegal and can result in a fine of up to \$2000 (Bylaw 2974). Please help us to manage these large waterfowl populations by allowing the birds to feed themselves. Remember, real geese do not eat bread.

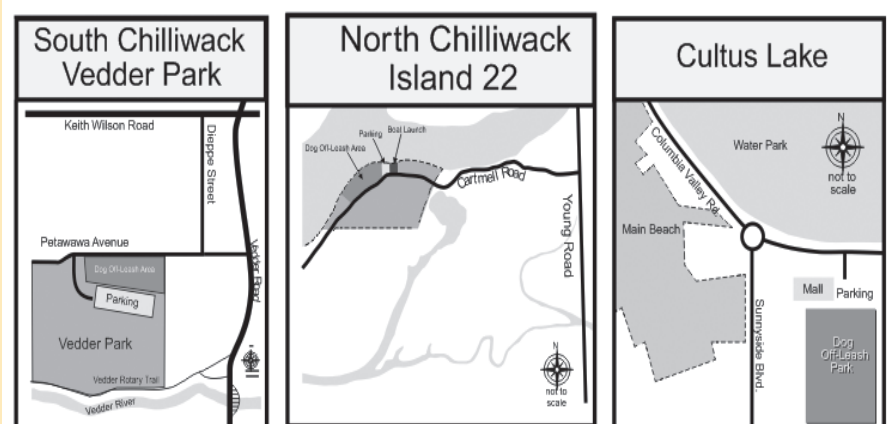
Dog Off-Leash Parks

A Dog-Off Leash Parks are an ideal place where owners can take their dogs to run freely without a leash. However off-leash does not mean "out of control". Pet Owners must ensure that their pets are controlled and not violent or aggressive. Pet owners must be onsite for the duration and must have a leash immediately available.

In order to ensure the safety of you and your pet, when visiting the Dog Park:

- Please avoid bringing toys and food to the off-leash area when other dogs are present;
- Please pick up after your dog and fill in any holes your dog digs to ensure a clean and safe play area;
- A valid license and current vaccination for your dog is required

Current Dog Off Leashes Are Located at:





**Chilliwack
Community
Services**

SHARE • GROW • BELONG

Chilliwack Community Services

45938 Wellington Avenue
Chilliwack, BC
V2P 2C7

T: 604.792.4267
F: 604.792.6575
E: ccsinfo@comserv.bc.ca

www.comserv.bc.ca

Chilliwack Community Services is an independent local charity providing opportunities with people to make positive change in their lives. Our vision is to be a leading partner in helping our community be the best it can be.

Debt Counselling

Location: 45938 Wellington Avenue
Tel: 604-792-4267

- Volunteer counselor provides: budgeting advice, assistance in arranging credit payments, and advice on how to declare bankruptcy.
- By appointment only.

Better at Home

Location: 9214 Mary Street
Tel: 604-393-3251 ext. 240

- This program assists seniors 65 years and older to remain independent in their homes.
- Volunteers and paid contractors provide non medical support including friendly visits, transportation, minor home repairs and housekeeping.
- Application and needs assessment required.
- Volunteers to provide friendly visits welcome!
- Funded by Government of BC through United Way of the Lower Mainland.

Meals on Wheels

Location: 45938 Wellington Avenue
Tel: 604-793-7242 or 604-792-4267

- Volunteers deliver a nutritious meal to people who, because of age, illness or disability, are unable to prepare a meal for themselves.
- Fee per meal

Community Drivers

Location: 7112 Vedder Road
Tel: 604-847-2244

- Volunteers provide transportation

to hospital, medical and other appointments throughout the Lower Mainland and Fraser Valley.

- A per KM fee is charged.
- Call or leave a message to schedule trips or to become a volunteer!

Legal Aid

Location: 45938 Wellington Avenue
Tel: 604-793-7243

Hours: Tues & Wed
9:00 am - 3:00 pm

- Legal aid service ranging from legal information, legal advice to legal representation for people with low incomes - must qualify under financial eligibility guidelines.
- No appointment needed. First come, first serve.
- Service offered in partnership with Abbotsford Community Services.

Services for Immigrants

Location: 9214 Mary Street
Tel: 604-393-3251

Settlement Services

- Information, referral, and assistance with documents to support immigrants and refugees, including temporary foreign workers, with successful settlement and integration.
- Support with finding employment as well as ongoing support during job search and after employment.
- Information sessions to help with settlement into the community.

- Short courses and training such as Computer Skills, Healthy Living, Citizenship Study and Driving Test Preparation.
- Interpretation/translation services.

English Classes

- English instruction for landed immigrants, refugees, live-in caregivers and naturalized Canadian citizens (17 years and older).
 - Morning and evening classes offered September through June.
 - Childcare provided for the morning classes.
 - Tuesday and Thursday afternoon, drop-in 'Conversation Circle' for all newcomers and visitors.
 - Volunteers welcome!
- Programs funded by Immigration Canada and the Province of BC.



Helping our community be the best it can be

Early Childhood & Family Development

Family Place Network

• Welcoming neighbourhood drop-in centres for parents and caregivers with children from birth to 6 years old. Drop-In: play-based learning activities, Group Education: workshops, field trips, Connections: meet friends, find information.

• Downtown Family Place

Location: 46361 Yale Road
Tel: 604-701-4978 Ext. 6026
Hours: Mon-Fri 12:00 - 2:00 pm
Wed 5:00 - 7:00 pm

• Broadway Family Place

Location: 46551 Chilliwack Central Rd
Tel: 604-701-4978 Ext. 5
Hours: Thurs 9:30 - 11:00 am

• Greendale Family Place

Location: 6550 Sumas Prairie Road
Tel: 604-701-4978 Ext. 5
Hours: Wed 9:00 - 11:00 am

• Kekinow Family Place

Location: Common Room
45555 Knight Road
Tel: 604-701-4978 Ext. 5
Call for details.

• Sardis Family Place

Location: 7112 Vedder Road
Tel: 604-847-2235
Hours: Mon-Thurs 9:00 - 11:00 am
Mon and Wed 12:00 - 2:00 pm

• Yarrow Family Place

Location: Yarrow Community School,
Multipurpose Room
4505 Wilson Avenue
Tel: 604-701-4978 Ext. 5
Hours: Mon 9:00 - 11:00 am

StrongStart

Tel: 604-847-2232

- Free drop in for children accompanied by their parent/care provider.
- This program is intended for children ages 0-5.
- Focus is on Kindergarten readiness and each program is situated within an elementary school. Licensed Early Childhood Educators facilitate a variety of activities including: art, craft, circle time, healthy snack, gym time and weekly library visits.
- The program follows the school calendar year, September to June.

Strong Start:

McCammon Traditional Elementary

Hours: Mon - Fri 8:30 - 11:30 am

Watson Elementary School

Hours: Mon - Fri 8:30 - 11:30 am

Little Mountain Elementary

Hours: Mon, Wed, Fri 8:30 - 11:30 am
Tues, Thurs 12:00 noon - 3:00 pm

Rosedale Elementary

Hours: Mon - Fri 8:15 - 11:15 am

Bernard Elementary

Hours: Mon - Fri 8:30 - 11:30 am

Strathcona Elementary

Hours: Mon, Wed, Fri 8:30 - 11:30 am

Cultus Lake Elementary

Hours: Tues, Thurs 8:15 - 11:15 am

Unsworth Elementary

Hours: Mon - Fri 8:45 - 11:45 am

Central Gateway Preschool

Location: Chilliwack Central Elementary Community School
Tel: 604-819-3701
Hours: Mon - Fri 9am - 11am
September thru June

- Fun learning environment for your preschooler, with qualified Early Childhood Educators.
- We accept full subsidy.
- Call now to register!

Family Literacy Adult Upgrading

Location: Gateway for Families
9435 Young Rd
Tel: 604-845-0379 Laura Watson

- Work towards Adult Dogwood (Grade 12)
- Free upgrading in Math & English by UFV instructor
- Parenting program
- Supported learning environment
- Trained tutors in classroom
- Free pre-school and/or infant toddler care
- Breakfast and snack provided for adults and children
- Short programs include "Education and Career Planning" UFV credit course

Families in Motion

Location: Gateway for Families
9435 Young Rd. Chilliwack
Tel: 604-845-0379 Laura Watson

- Free family literacy program
- Focus on lifelong learning & goal setting
- Work on English, math and computer skills
- Parenting program and support as a learner
- Free pre-school and/or infant toddler care in licensed, literacy rich environment
- Breakfast and snack provided for adults and children



For more information,
visit our website at
www.comserv.bc.ca

Better Beginnings

Location: Neighbourhood Learning Centre
46361 Yale Road

Tel: 604-701-4978 Ext. 5

- Pre and post natal support programs for moms of all ages
- Weekly meal and education class
- Dads welcome too!

Youth Services

Location: 8937 School Street

Tel: 604-792-6632

Hours: Mon - Fri 9:00 am - 5:00 pm

- Variety of free recreation and leisure programs for youth aged 12 - 18 (in partnership with the City of Chilliwack)
- Youth Reconnect (Street Outreach)
- Youth and Family Counselling
- Young Hands Parenting Program
- Youth Support: one-to-one support towards independence and life skill development.
- R.E.A.L. Program (an Alternate Education Program)
- Free shower and washer/dryer usage for youth
- Food hampers (Food Bank satellite distribution point)
- The Village: Supported housing program for homeless or at risk of homelessness youth to transition to permanent housing solutions.

Child Care Resource & Referral

Location: 7112 Vedder Road

Tel: 604-847-2237

Hours: Mon - Thurs 9:00 am - 4:00 pm

Fridays call for an appointment.

Web Address: www.ccr.bc.ca

- "Your BEST source of childcare information and resources."
- Services to parents: referrals to screened childcare providers, information on choosing quality child care, and assistance with child care subsidy applications.
- Services to childcare providers: registration, referrals to parents, training, resource library, information and support.

Learning Together Childcare Centre

Location: Neighbourhood Learning Centre
46361 Yale Road

Hours: Mon - Fri 7:00 am - 6:00 pm

Tel: 604-819-3701

- Quality, licensed daycare for 12 infant/toddlers and 20 three to five year olds
- State-of-the-art facility
- Qualified Early Childhood Educators who have additional training and diplomas in Infant Toddler Development and Special needs
- Play-based program
- Per service fee – Childcare subsidy accepted

Families First

Location: Chilliwack Central Elementary
Community School

Tel: 604-793-7225

- Open to parents and caregivers with children ages birth to adolescence.
- 10 weeks of workshop instruction together with Individual Counselling Support.
- Helps parents and children build healthy connections to each other.
- Nurtures a parenting style that is more reflective and less reactive.
- Also offering Triple P Program. Call for dates and times.

WorkBC Sardis Employment Services Centre Serving Sardis, Yarrow, Cultus Lake and Greendale

Location: 101 - 5658 Vedder Road

Telephone: 604-858-5472

Hours of Operation: 8:15 am - 4:30 pm;

Closed Thursdays at 3:45 pm

Chilliwack Community Services, in partnership with GT Hiring Solutions, offers a wide range of employment services support, free of charge, to the unemployed and underemployed in Chilliwack. Some of the specific services provided include:

- Self-Serve Resources
- Case Management

- Workshops
- Resume Proofreading and Formatting
- Labour Market Information
- Resume Templates
- Resource Library
- Job Board
- Internet Access
- Photo Copier
- Computers
- Scanner
- Phones
- Printer

Case Management Services are available to any Canadian Citizen or Landed Immigrant over the age of 16 who is working less than 20 hours per week, and is not a full time student. Case Managed Services can include:

- Career Exploration
- Action Plan Development
- Skills Training*
- Referrals to the Wage Subsidy Program*
- Job Development Assistance*
- Self-Employment Program Referrals*
- Short Term Training Opportunities
- Essential Job Start Financial Supports*
- Essential Job Search Financial Supports*

*based on need and eligibility.

Workshops are provided by our expert facilitator with 15 in-depth workshops available to any client over the age of 16 working less than 20 hours per week, who is not a full time student. Additional services provided in our workshops include:

- Mock Interviews
- One-to-One Resume Coaching
- Assistance with Computer Skills
- Scheduled Drop-In Sessions



Chilliwack Museum & Archives

CHILLIWACK
MUSEUM & ARCHIVES

The Chilliwack Museum
45820 Spadina Avenue
Chilliwack, B.C. V2P 1T3
Phone: 604.795.5210

The Chilliwack Archives
9291 Corbould Street
Chilliwack, B.C. V2P 4A6
Phone: 604.795.9255

info@chilliwackmuseum.ca

www.chilliwackmuseum.ca

Chilliwack Museum & Archives



The Chilliwack Museum is located in the historic Chilliwack City Hall building, a designated National Historic Site of Canada. Here the building is pictured just after its construction in 1912.

Please note our new extended hours. We are now open Thursday evenings and Saturdays – to serve you better!

The Chilliwack Museum and Archives connects people with Chilliwack's history, in the beautiful 1912 Beaux-Arts style Chilliwack City Hall National Historic Site in downtown Chilliwack, and manages an archival collection, public records, and a public research facility, three blocks away at the Archives at Evergreen Hall.

Gift Shop

Come in and see our selection of books, jewellery, local craft items, and specialty giftware created using our own archival images.

Exhibits Now Showing on our Main Floor

T'xwelátse: We Have to Learn to Live Together in a Good Way

This exhibit - based on the lesson by Stone T'xwelátse: an ancient transformer of the Stó:lō People - encourages visitors to imagine what the meeting of different world viewpoints might have been like as thousands of newcomers gathered in the Chilliwack area during the 1858 gold rush."

Game On! The Evolution of Sports in Chilliwack

Featuring Chilliwack sports down through the decades, as played and enjoyed by individuals and teams throughout our city's history. Exhibit on through September 6, 2016.

Please note our new extended hours.

We are now open Thursday evenings and Saturdays – to serve you better!

Museum Admission:

Adults – \$3.00
Seniors (60+) and Students – \$2.00
Children 12 and under – free!

Museum Hours:

Monday	9:00am - 4:30pm
Tuesday	9:00am - 4:30pm
Wednesday	9:00am - 4:30pm
Thursday	9:00am - 8:30pm
Friday	9:00am - 4:30pm
Saturday	10:00am - 2:00pm

Archives Admission:

FREE

Archives Hours:

Monday	9:00am - 4:30pm
Tuesday	By Appointment
Wednesday	9:00am - 4:30pm
Thursday	By Appointment
Friday	9:00am - 4:30pm

Museum and Archives Memberships:

Individual - \$20.00
Family/Group - \$25.00
Corporate - \$100.00
Lifetime - \$200.00



Children and family enjoy the fun of discovery at the Chilliwack Museum and Archives. Curator Jane Lemke shows the children a traditional Thunderbird mask carved by the late Howard Paul, Jr., of the Skwah Reserve.

Other Heritage Resources in Chilliwack

Coqualeetza Cultural Education Centre

Cultural Education Programs, Materials, Events, and Workshops
 PO Box 2370, Sardis, Main Str.
 Chilliwack, BC V2R 1A7
 Phone: 604-858-9431
www.coqualeetza.com
 Hours: Monday to Friday 8 – 4pm

Stó:lō Tourism – Experience Stó:lō

Cultural Tours, Events, Shopping & Accommodations
 Library and Archives | Ethnobotanical Garden | Interpretive Exhibits
 10-7201 Vedder Road
 Chilliwack, BC V2R 4G5
 Office: 604-824-3211
 Toll Free: 1-855-STOLO-52
www.stolotourism.ca
 Office Hours: Monday to Friday 8 – 4pm

Atchelitz Threshermen's Association

Address: 44146 Luckakuck Way
 Chilliwack, B.C. V2R 4A6
 Phone 604-858-2119
www.atchelitz.ca
 Grounds are open year round.
 Museum Hours: Apr to Sept - Mon, Thurs, Sat 10 – 3pm, Oct to Mar - Sat 1 – 3pm

CFB Chilliwack Historical Society

“Remember CFB Chilliwack”

Address: 45905 Hocking Ave
 Phone: 604-769-3833
www.cfbchs.com
 Saturday 9am, – 3pm
 Sunday 1 – 4pm

Be sure to check out our searchable artefact database!
www.chilliwackmuseum.ca

Chilliwack & District Seniors' Resources Society

Celebrate the Best Part of Life!
Chilliwack & District
Seniors'
Resources Society
www.cdsrs.ca

Chilliwack & District Seniors' Resources Society

Main Office:
9291 Corbould Street
Chilliwack, BC V2P 4A6
604-793-9979
H: Mon-Fri: 9am-4pm

Satellite Office:
111-46167 Yale Road,
Chilliwack V2P 2P2
604-392-9974
H: Mon-Fri: 10am-2pm

email: info@cdsrs.ca

www.cdsrs.ca

Celebrate the Best Part of Life!



Seniors' Resources Society is a membership based charitable organization providing programs, services, resources, and activities that promote wellness, maintain independence and decrease social isolation. Support services, education and resources are available to all local seniors with no membership required. In 2015 we had 10,562 requests for information from seniors, caregivers and community agencies and over 12,616 people participated in our activities at the Evergreen Hall, Mount Cheam Lions Club or the Landing Sports Centre.

Resources

We are able to assist with a variety of enquiries relating to services for seniors

including:
Seniors Housing, Medical Equipment Registry (used equipment for sale), Volunteer Grocery Shopping Program, Income Tax Program - Trained volunteers will assist low income retirees or disabled persons to complete their income tax returns by donation. Form Completion – both online and paper forms. Community Resources – available to all but a good stop for newcomer seniors to find information on free and fee for service programs, organizations and businesses and Community Education – watch for upcoming workshops on Housing, Mental Wellness, Financial Literacy and End of Life Planning.

Activities

(FEES APPLY)

Table Tennis, Chair Yoga, Gentle Yoga, Social Crib, Line Dancing, Pickleball,

Badminton, Zumba, Floor Curling, Carpet Bowling, Walking Program and Tuesday Social for coffee and games. Wanda's Tea Dance at the Lions Hall on Spadina from 1:00 – 3:00 pm on April 25th, May 30th and June 27th.

Bus Excursions

Join us for one of our bus trips - there is something for everyone! We offer daytrips, overnight getaways and extended stay trips. Visit museums, the theatre, cultural, recreational and tourist attractions throughout the lower mainland, Vancouver Island and Washington state. This summer we will holiday in Ladysmith, Barkerville, Chemainus, England, Ireland, Scotland and Wales and Seattle to name a few! Break Away Bus Trips are for seniors who may not be able to participate in full day trips for health or financial reasons.

Brochures, resources, schedules and a calendar of events is available at our office in the Evergreen Hall the Customer Service kiosk at Cottonwood Mall, our Yale Road office or on our website www.cdsrs.ca

Chilliwack Landing & Cheam Leisure Centre



Chilliwack Landing Leisure Centre
Unit #1 - 9145 Corbould St Phone: 604-793-SWIM (7946)
Chilliwack BC V2P 4A6 Fax: 604-703-1811

General Enquiries - chilliwack@recreationexcellence.com



Cheam Leisure Centre
45501 Market Way, Tel : 604-824-0231
Sardis, BC V2R 0P2 Fax: 604-824-0853

www.myreccentre.com

Organization and Facility Information

Mission Statement

Canadian Recreation Excellence

Corporation is proud to have been selected by the City of Chilliwack to operate the City's Recreation Facilities, including Chilliwack Landing Leisure Centre, Cheam Leisure Centre and Rotary Outdoor Pool.

Facility Locations & Contact Information

Chilliwack Landing Leisure Centre
9145 Corbould Street Chilliwack
Registration Contact: 604-793-7946
Facility Manager: Shawn Bourgoin,
sbourgoin@recreationexcellence.com
(Facility questions or concerns)

Cheam Leisure Centre

45501 Market Way, Chilliwack
Registration Contact: 604-824-0231
Facility Manager: Craig Short,
cshort@recreationexcellence.com (Facility questions or concerns)

Chilliwack Landing Leisure Centre and Cheam Leisure Centre Hours of Operation

Monday to Friday: 6:00am to 10:00pm
Saturday & Sunday: 7:30am to 9:30pm
Holiday Hours: 7:30am to 9:30pm

Rotary Outdoor Pool

Spring Public Swim (May 21-June 26)
Monday, Wednesday & Friday 3:30-5:00pm
Saturday & Sunday 12:00-4:30pm
Summer Public Swim
(June 27-September 5)
Monday, Wednesday & Friday
12:00-4:00pm & 6:00-8:00pm
Tuesday & Thursday 12:00- 5:00pm
Saturday & Sunday 12:00-4:30pm &
5:00-7:30pm

To see our most up to date pool schedules please visit our website www.myreccentre.com. Or pick up a printed brochure at either site.

First Aid & Advance Leadership Courses

A variety of First Aid Courses and Recert's are offered through the Lifesaving Society or the Canadian Red Cross at our Facilities. These courses are taught in accordance with ILCOR. Courses are suitable for those looking for training for the workplace or for their own general interest.

Please visit www.myreccentre.com for course dates/times or contact either facility to enquire or register.

CPR-C/AED

Cardiopulmonary Resuscitation (CPR) trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing or circulatory emergencies. Candidates will learn the Principles of first aid, the use of barrier devices, how to call EMS, adult, child and infant CPR skills and AED use, adult, child and infant conscious and unconscious choking procedures, circulatory emergencies to include recognition and treatment of a heart attack, angina, stroke and TIA.

Pre-Course Requirements: None

CPR-C/AED Recertification

Candidates will review and be evaluated on the topics and skills taught in the CPR C/AED Course.

Pre-Course Requirements: Proof of current CPR-C/AED or CPR-HCP

Emergency First Aid

Emergency First Aid (EFA) is one of the most popular first aid courses for the general public. Through hands-on training, this basic first aid course will give you confidence to respond effectively in an emergency. EFA trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory

emergencies as well as how to manage external bleeding, heart attack, and stroke.
Pre-Course Requirements: None

Standard First Aid with CPR C/AED

Standard First Aid (SFA) is the most comprehensive first aid training program for the general public. SFA trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing or circulatory emergencies as well as how to manage medical, musco-skeletal and environmental emergencies.

Pre-Course Requirements: Recommended 12-years of age

Standard First Aid with CPR C/AED Recertification

Candidates will review and be evaluated on the topics and skills taught in the SFA Course.
Pre-Course Requirements: Proof of previous Standard First Aid certification

Babysitting

Basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. Course also offers youth the training to promote themselves as a babysitter to prospective parents.

Pre-Course Requirements: 11-years recommended

Bronze Medallion

Bronze Medallion teaches lifesaving principles embodied in the four components of water rescue education. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk. Participants will be required to swim 500m in 15-min. Includes CPR A.
Pre-Course Requirements: Bronze Star or 13-years old

Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced lifesaving training and an introduction to safety supervision. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in

Chilliwack Landing & Cheam Leisure Centre




Cheam Leisure Centre

45501 Market Way,
Sardis, BC V2R 0P2


Tel : 604-824-0231
Fax: 604-824-0853

Were you Lifeguard/Swim Instructor at one time and thinking about returning to the Pool Deck? Are you thinking about becoming a certified Lifeguard/Swim Instructor? We are always in search of honest, hard-working, enthusiastic staff who are "Serious about Fun!" We would be more than happy to help you get organized to get certified or recertified as a Lifeguard/Swim Instructor.



+ TAKE THE JOURNEY... STARTING IN FEBRUARY


BECOME PART of the AQUATIC TEAM!



For more information on upcoming courses at Chilliwack Landing Leisure Centre or at Cheam Leisure Centre or for assistance in personalizing your aquatic leadership training schedule please contact: **Esa Ali, Aquatic Supervisor at 604-793-7946 ext. 225 or eali@recreationexcellence.com.** Recreation Excellence will hire staff with just their WSI or NL, but it is preferred that you have both certifications.

AGE LEVELS	LIFESAVING SOCIETY (Lifeguard)	RED CROSS LESSONS (Swim Instructor)
11 - 12 years	BRONZE STAR (optional). Prerequisite: Swim Kids Level 6 and 12 yrs	
	BRONZE MEDALLION Prerequisite: Bronze Star or 13 yrs	
13 years and up	BRONZE CROSS Prerequisite: Completion of Bronze Medallion	
	STANDARD 1ST AID WITH CPR-C (should be taken within 1-year of taking NL)	
15 years and up		WATER SAFETY INSTRUCTOR (WSI) Prerequisite: 15 yrs, Swim Kids Level 10 swimming ability or equivalence and Standard 1st Ai
16 years and up	NATIONAL LIFEGUARD POOL OPTION (NL) Prerequisite: Current Standard First Aid with CPR-C within 1 year of course start date	
	APPLY TO BE A LIFEGUARD UPON COMPLETION OF NL	**APPLY TO BE A SWIM INSTRUCTOR UPON THE COMPLETION OF WSI**

If you are already a certified lifeguard or swim instructor please apply with Esa.
If you were a lifeguard or swim instructor but expired we can help with that too. Contact Esa.



www.myreccentre.com

a variety of aquatic emergencies, while developing stroke endurance (600m in 18-min). Bronze Cross includes the CPR-C and is one of the prerequisite awards for Lifeguarding (National Lifeguard) training program. Bronze Cross is also worth 2 Grade 11 High School Credits.

Pre-Course Requirements: Bronze Medallion

National Lifeguard: Pool Option

The National Lifeguard (NL) Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The NL course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments. NL is also worth 2 Grade 12 High School Credits.

Pre-Course Requirements: Bronze Cross, current SFA and 16-years old by the last day of the course.

National Lifeguard: Pool Option Precert/Recert

Candidates will review and be evaluated on the topics and skills taught in the NL Course. Pre-Course Requirements: Proof of previous NL Pool Option certification

Water Safety Instructor Course

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop fitness activities, skills and water safety, and swimming skills. Assistant Water Safety Instructor (AWSI) is no longer offered as both AWSI & WSI have been combined into one course. Course includes online work, in-class work and practice teaching.

Pre-Course Requirements: Swim Kids Level 10 strokes and skills (or equivalent), EFA or SFA, 15-years by the last day of the course.

Water Safety Instructor Recert

Candidates will review and be evaluated on the topics and skills taught in their WSI Course. Pre-Course Requirements: Proof of previous WSI certification

Youth Programs

NEW Rec. Ex. Youth Summer Camps

We are excited to be offering 10x weeks of Youth Summer Camps in Partnership with PacificSport and their XploreSportZ! There will be variety of sports, games, activities, crafts, pool time and exciting themed weeks. Keep an eye out for upcoming announcements regarding a more detailed camp schedule. Food is not included in these camps. Parents are encouraged to pack a healthy and peanut free lunch, bathing suit and towel and an extra change of clothing. Campers will receive a Camp Shirt and Water Bottle. Camps run June 27-September 2. No camps on Holidays.

Location: Cheam Leisure Centre

Age Groups:

Ages 5 & 6 Half Day Camps 9:00-12:00pm

Ages 7-9 & 10-12

Cost/Day - \$35

Cost/4-Day Camp - \$56 Half Day/\$112

Full Day

Cost/5-Day Camp - \$70 Half Day/\$140

Single Day Cost - \$35

Full Day

Camps will run from 9:00am to 4:00pm

Rec. Ex. Xtreme Youth Nights

Are you looking for something fun for your kids to do on Friday nights? Send them to the Cheam Leisure Centre to participate in our newly revamped Rec. Ex. Xtreme Youth Nights for fun and age appropriate programmed games and activities. Don't forget your bathing suit and towel.

Location: Cheam Leisure Centre

Day: Every Friday Night (Spring), Summer TBA
6 to 9 year olds – Gymnasium 6:00-7:00pm and Pool 7:00-8:00pm

10 to 13 year olds – Gymnasium 7:00-8:00pm and Pool 8:00-9:15pm

Cost: \$5.00

Pre-registration: \$4.25 (Please note that pre-registration stops Thursday at 9:00pm the night before).

BCBounce Spring League

This is a league for Boys and Girls in Grades 4, 5, 6 (Freshman) and Grade 7, 8, 9 (Junior Varsity).

Dates: May 2 - June 25 (8 weeks)

Location: Cheam Leisure Centre

Cost \$190

There will be a limit of 48 players in each division so sign up early.

Chilliwack Landing & Cheam Leisure Centre



Chilliwack Landing
Leisure Centre

Chilliwack Landing Leisure Centre

Unit #1 - 9145 Corbould St
Chilliwack BC V2P 4A6

Phone: 604-793-SWIM (7946)
Fax: 604-703-1811

www.myreccentre.com

Birthday Parties

Let us run your child's special day! Book your party at either Leisure Centre and let our Fun Leaders show your kids a great time! All you have to bring is the cake and candles!

Cheam Leisure Centre – Gym Party

- Saturday – 4:00-6:30pm
- Sunday – 12:00-2:30pm & 4:00-6:30pm

Chilliwack Landing Leisure Centre

– Pool Parties

- Saturday – 12:00-2:30pm & 4:00-6:30pm
- Sunday – 12:00-2:30pm & 4:00-6:30pm

There are two options available your Child's Birthday

Option 1: 1-10 children

- 2 large pizzas with 2 toppings
- 10 juice boxes
- Cost: \$145 and \$15.00 for extra two-topping large pizzas

Option 2: 11-15 children

- 3 large pizzas with 2 toppings
- 15 juice boxes
- Cost: \$165 and \$15.00 for extra two-topping large pizzas

Child Minding Services

Our Child Minding Service is open Monday to Friday and closed on Statutory Holidays.

Chilliwack Landing Leisure Centre

8:30am-12:30pm

Cheam Leisure Centre 9:00am-12:00pm

Cost: \$4 for the first child and \$2.50 for each additional child of the same family.

Parent & Tot Tumble Time

Join our Fun Leaders for exciting activities and games in the gym with climbing toys, tot cars, plus a variety of other colourful sports equipment, multiple slides, story time, music, toys, and circle time to end the session! Ages 18-months to 5-years. Parents must remain in the gym.

Start Date: July 4

Tuesday & Thursday 9:00-11:00am

Cost \$4/child

Location: Cheam Gymnasium

If you have any questions about any of the courses or need assistance organizing your advance course schedule please contact Esa Ali, the Advance Leadership Programmer at eali@recreationexcellence.com or 604-793-7946 ext. 225.

Please visit www.myreccentre.com to send in your Birthday Party Request to our Party Coordinator.

Fitness Programs

NEW KANGOO Power/Bounce Classes

Start Date: April 12-May 6, May 10-June 3,

June 7-July 5

Mondays: 6:45-7:45pm

Tuesdays: 7:00-8:00am

Fridays: 7:00-8:00am & 5:30-6:30pm

Location: CLLC Fitness Room

Instructor: Jen O'Gorman

Cost: \$12 Drop In or Registered Program Cost (different price options available)

Special Kangoo Boots are required.

Belly Dancing

Time: Friday 6:45-7:45pm

Fee: \$32 (4 Classes)

Start Date: April 8-29 & May 6-27

Location: CLLC Fitness Studio

Time: Tues & Thurs 10:35-11:35am

Fee: \$64 (8 Classes)

Start Date: April 5-28 & May 3-26

Location: Cheam Multipurpose Room

NEW Parent and Tot Creative Dance

A class for parents with babies in snuggles and toddlers up to age 3. This will give you and your baby a chance to dance, be creative, sing popular children's songs, laugh and play! Parents and babies are encouraged to wear comfortable clothes and bring snacks for after class. After your play time feel free to take your baby in the pool for a swim (adult swim admission included in program cost)

Time: Monday 9:00-9:45am

Fee: \$28 (4 Classes)

April 4-25

May 2-30 (no class on May 23)

Location: Cheam Multipurpose Room

Circuit Blast

Time: Monday 5:30-6:30pm, Thursday 5:45-6:45pm & Saturday 7:45-8:45am

March 24-June 11 (34 Classes) - \$204 or

\$11.75/Drop In

June 13-August 29 (32 Classes) - \$192 or

\$11.75/Drop In

Location: Cheam Gymnasium South Side

NEW Circuit Blast Express

Time: Tuesday & Friday 12:15-1:30pm

April 5- June 24 & June 28-September 16 (24

Classes) - \$144 or \$11.75/Drop In

Location: Cheam Gymnasium North Side

Minds in Motion

Time: Wednesday 10:00-12:00pm

March 30-May 18 (8 Classes) - \$48

May 25-June 29 (6 Classes) - \$36

July 6-27 (4 Classes) - \$24

August 3-31 (4 Classes) - \$24

Location: Cheam Multipurpose Room

Sports

NEW Pickle Ball

Pickle Ball was created with one thing in mind: FUN! It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. Come out and enjoy this recreational, but sometimes competitive, racquet sport.

Time: Tuesday & Wednesday 1:15-3:15pm

Starts April 5

Cost: Drop-In Admission

Equipment Rental – Paddle \$5.00

Location: Cheam Gymnasium South Side

NEW Intro to Squash for Youth

Come try Squash with a 45-minute session learning the game from a professional coach. Squash has been described as one of the healthiest sports by Forbes magazine and its like playing chess at 100 miles an hour! All squash equipment and protective equipment will be provided. All that you need is active wear and non marking indoor shoes. Sign up for a single session or sign up for 4-days and save!

Times for sessions will be split by age group and groups may be combined if needed. Choose from one of two sessions on each day.

April 24, April 30, May 1 and/or May 6

Age 7-9 – 9:00am or 1:00pm

Age 9-11 – 9:45am or 1:45pm

Age 11-13 – 10:30am or 2:30pm

Age 13+ – 11:15am or 3:15pm

Cost: \$20.00 (4 Sessions set) or \$6.00

Chilliwack Landing & Cheam Leisure Centre



Rotary Outdoor Pool
46245 Reece Avenue,
Chilliwack BC V2P 3Y9

T: 604-795-5562

www.myreccentre.com

(Single Session)

NEW 1st Annual Spring Squash Tournament

Kicking off the start of our new Squash program at the Cheam Leisure Centre we invite anyone interested to play in our 1st Annual Spring Squash Tournament April 18-23. All skill levels and experience welcomed. This will be a social event with lots of prizes and fun to be had. There will be a rules clinic and beginner lesson on Monday evening that will be free for all participants.

All matches will be played between 6pm and 10pm Monday through Friday and 10am to 4pm Saturday. You will be notified of your first match time by April 13th.

Badminton

Come join us for the fast pace, hair-raising and quick thinking sport of Badminton. All skill levels are welcome. Bring your own racquet and birdie or rent from us. Drop in and experience a form of aerobic exercise that helps increase endurance both physically and mentally as well as improves hand eye coordination. Play it in singles or doubles.

Time: Friday 1:15-3:15pm

Starts April 8

Cost: Drop-In Admission

Equipment Rental – Racquet & Birdie \$5.00

Location: Cheam Gymnasium South Side

Time: Sunday 6:45-8:45pm

Starts April 10

Cost: Drop-In Admission

Equipment Rental – Racquet & Birdie \$5.00

Location: Cheam Gymnasium South Side

Health & Wellness

NEW Laughing Yoga Classes

Come experience a class filled with Laughter! Join Shauna Allan a certified Laughing Yoga Instructor for a fun series of interactive games and exercises designed to stimulate laughter for a better sense of well being. Benefits from this class include an elevated mood, lower blood pressure, increased oxygen intake, and better blood flow to your brain, which helps protect your heart, improve your immune

system, boost energy, dissolve stress and allow you to gain focus. You will also gain a better sense of self and the environment around you while connecting with others through the universal language of laughter.

NEW Wake Up Laughing!

Time: Tuesday 6:10-7:00am

April 5-26, May 4-24 & June 7-28

(4 Classes) - \$20

Location: CLLC Multipurpose Room

NEW Laugh Your Butt Off

Time: Tuesday 5:30-6:20pm

April 5-26, May 4-24 & June 7-28

(4 Classes) - \$20

Location: Cheam Multipurpose Room

NEW Laugh the Day Away!

Time: Thursday 5:30-6:20pm

April 7-28, May 5-26 & June 2-23

(4 Classes) - \$20

Location: Cheam Multipurpose Room

NEW Sunday Family Laughing Class

A family that Laughs Together Plays Together! All ages welcome.

Time: Sunday 7:00-7:50pm

April 3-24, May 1-22 & June 5-26 (4 Classes) - \$15/person

Location: Cheam Multipurpose Room

NEW Learn 2 Live a Balance Life

Join Life Coach and Inspiration Speaker Nazeem Mirshamsi on this 4-week interactive workshop on how to inspire yourself to set new goals and equip yourself on achieving them sooner. It will help you turn your inner critique into your inner coach and experience a healthier mind, body and spirit.

Time: Monday 6:45-8:45pm

April 4-25 (4 Classes) - \$85

Location: CLLC Multipurpose Room

Time: Saturday 6:30-8:30pm

April 9-30 (4 Classes) - \$85

Location: Cheam Multipurpose Room

Group Fitness Class Descriptions

Ball & Strengthening

A class that uses a stability ball, throughout, for

total body muscle sculpting. Body bars, weights and tubing may also be used.

Belly Dancing

Belly Dancing connects the essence and elegance of the body movements. Learn muscle control and fluidity while toning the core, encouraging good posture, improving flexibility and gaining body confidence. Have fun discovering muscles you never knew you had!

Cardio Light.

This non-impact cardio class is designed for seniors or beginners to fitness. Participate in a cardio, strength, and flexibility class with a friendly atmosphere and great music!

Cardio Remix

A choreographed aerobics class delivering a high quality heart pumping workout!

Cardio, Strength & Core

Strengthen your muscles, stabilize your core and increase your heart rate! All in 45 minutes!

Circuit Blast

A guided full body workout program that may include the use of sledge hammers, tires, weights, push sled, kettle bells, battle ropes, sand bags, Olympic bars and heavy bags. Come out and challenge your self to this intense work out program. All levels are welcome! It is recommended that you attend all sessions to get the most out of this high intensity program. You will see and feel the difference!

Circuit Blast Express

A condensed but still very effective version of Circuit Blast but offered in less time. Join us on your lunch break and stay for 30, 45 or 60 minutes. All levels are welcome! It is recommended that you attend all sessions to get the most out of this high intensity program. You will see and feel the difference!

Fat Burner

A choreographed cardio and strengthening class that burns calories!

Kangoo Power/Bounce

An explosive, highly motivating program, specifically designed to challenge the whole body by building muscular strength and cardio endurance simultaneously. Each movement is

Chilliwack Landing & Cheam Leisure Centre



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Unit #1 - 9145 Corbould St
Chilliwack BC V2P 4A6

Phone: 604-793-SWIM (7946)
Fax: 604-703-1811

www.myreccentre.com

designed to focus on core stability, ensuring a balanced workout that will challenge all levels of fitness. Kangoo Boots are required for this class. Bring your own or rent them from us!

Laughing Yoga

Come experience a class filled with Laughter! Practice a fun series of interactive games and exercises designed to stimulate laughter for a better sense of well being. A class for all ages. Benefits from this class include an elevated mood, lower blood pressure, increased oxygen intake, and better blood flow to your brain. Please note: The only "Yoga", in this class, is with our breathing, as we must take a breath amongst all of our laughing!

Minds in Motion

A Fitness and Social/Activity program for people with early symptoms of Alzheimer's disease or another dementia. This is a great way to enjoy a few hours out of the house with a friend, family member or care worker. A certified fitness instructor conducts the fitness portion of the program, and a facilitator ensures participants are welcomed and involved in activities. Sessions include 45-60 minutes of physical exercise and 60 minutes of social time.

Pilates

A series of mat exercises used to stimulate the core through control, stabilization and strengthening the abdominals. It improves posture, stabilizes and lengthens the spine, improves balance and overall strength. Practicing Pilates regularly will help you achieve a longer, leaner dancer-like line.

Power Circuit

Maximize your cardio, burn tons of calories, develop core strength and have fun doing it! This class offers intervals, circuits, obstacles, agility, functional strength and movement training using the latest techniques in fitness to help you achieve your goals. A wide variety of intensity options available to meet individual fitness levels.

Sit & Be Fit

If balance or strength are concerns to you, enjoy Sit & Be Fit where the entire class is based in a chair. Don't let the name fool you

there will be a warm up, strength exercises, and stretching ALL in the chair (non-chair options available). A perfect workout option for those with arthritis, osteoporosis, and other mobility issues or concerns.

Step

This fun choreographed cardio class uses the Step to challenge your mind and improve your agility and coordination.

Step Light

An energetic step class, designed with beginners in mind. Elevate your heart rate and burn calories, while learning step moves at a comfortable pace.

Step, Strength & Stability

Burn calories, gain strength and stamina in this 1.5 hour class. This class features 40-45 min of high energy choreographed step, followed by 35-40 minute of strength and conditioning (using balls, bands and weights) and a 5-10 minute full-body stretch at the end.

Stretch, Strength & Balance

Improve your balance, flexibility and coordination in this gentle standing class. Dumbbells, bars and bands are used in this class as well as chairs for the balance and stretch portion.

Strong & Balanced

This class focuses on improving your strength, balance, and stability by using stability balls, bars, dumbbells, bands, weighted balls, bodyweight, chairs and the wall.

Total Body Blast.

A cardio based workout that includes strength and conditioning intervals. This workout can be modified or progressed to meet the needs of all fitness levels.

Total Strength

A class that works each muscle group to fatigue through endurance training.

Yoga

A dynamic sequence of postures that synchronizes breathing with movement which integrates awareness and alignment, as well as improving on strength and flexibility.

Yoga/Pilates Fusion

This class incorporates Yoga and Pilates

to strengthen and lengthen the core and to improve strength, balance and flexibility. Learn to create a fusion of the mind and body.

Yoga – Saturday

A traditional Hatha Yoga practice. Explore how your body moves and maximize your potential. Connect mind, body and breath to find balance in today's busyness.

Zumba®

The Zumba® program is a fusion of Latin and International music & dance themes creating a dynamic and fun, calorie burning workout. Come join the Party!

Zumba® and Strength

Experience the cardio & calorie burning benefits of a fun Zumba® class as well as some strength and endurance training.

Aqua Fit Class Descriptions

AquaFit – Deep

Using various flotation devices, AquaFit in deep water is an effective way to get a total body workout without the jarring impact of dry land classes. No experience is necessary, but should be comfortable being and swimming in deeper water.

AquaFit – Light

AquaFit for all Adults! This class is a shallow water class that focuses on core stability, joint mobility, and it is less strenuous and one of the safest workouts available for those with bone, joint or muscle mobility limitations.

AquaFit – Shallow

This AquaFit class is for everyone! Work at your own pace or push extra hard to get that great aerobic feeling! A water workout means fewer injuries because your body is supported by the buoyancy of the water. Water also provides twelve times greater resistance than air so you can count on a great training effect. Everyone Welcome!

AquaZumba

AquaZumba combines some of the traditional elements of an AquaFit class but with the twist of upbeat Latin infused dance moves and

Chilliwack Landing & Cheam Leisure Centre





Cheam Leisure Centre
 45501 Market Way, Tel : 604-824-0231
 Sardis, BC V2R 0P2 Fax: 604-824-0853

www.myreccentre.com

Chilliwack Landing Leisure Centre Group Fitness Classes – Spring & Summer 2016


Effective March 27-September 3, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:10am		NEW Wake Up Laughing! * (Registered)				
7:00am		NEW Kangoo Jump*			NEW Kangoo Jump*	
7:15am	Cardio Strength Core (45 Min)		Cardio Strength Core (45 Min)	Cardio Strength Core (45 Min)		
9:00am						Step, Strength & Stability (90 min)
9:15am	Power Circuit	Step	Total Strength	Cardio Remix	Power Circuit	
10:30am	Zumba® 	Yoga/Pilates Fusion	Step	Yoga/Pilates Fusion	Step light	
10:35am						Yoga
1:15pm	Cardio Light	Sit & Be Fit		Sit & Be Fit		
1:30pm			Cardio Light		Cardio Light	
2:45pm	Yoga				Yoga	
5:30pm	Step Class	Power Circuit	Step Class	Total Strength	NEW Kangoo Jump*	
6:45pm	NEW Kangoo Jump*	 Zumba®			NEW Belly Dance * (Registered)	
8:00pm		Yoga				

*No Classes on Statutory Holidays. • Kangoo classes require Kangoo boots. Reserve and Rent from us or bring your own! • All classes are 60 minutes unless noted otherwise. • Classes subject to change without notice.

Chilliwack Landing Leisure AquaFit Classes – Spring & Summer 2016

Effective March 27-September 3, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	AquaFit Deep (45 Minutes)		AquaFit Deep (45 Minutes)		AquaFit Deep (45 Minutes)	
9:00am						AquaFit Deep (45 Minutes)
9:30am	 Aqua Zumba®		AquaFit Shallow		AquaFit Shallow	
2:30pm		AquaFit Light Shallow (45 Minutes)		AquaFit Light Shallow (45 Minutes)		

*No Classes on Statutory Holidays. • Classes subject to change without notice.

If you have any questions about any of the above fitness classes or need assistance organizing your fitness regime please contact Jane Sandve, the Fitness Manager at jsandvei@recreationexcellence.com or 604-793-7946.

Chilliwack Landing & Cheam Leisure Centre



Chilliwack Landing
Leisure Centre

Chilliwack Landing Leisure Centre

Unit #1 - 9145 Corbould St
Chilliwack BC V2P 4A6

Phone: 604-793-SWIM (7946)
Fax: 604-703-1811

www.myreccentre.com

Cheam Leisure Centre Group Fitness Classes – Spring & Summer 2016

Effective March 27-September 3, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45am						Circuit Blast* (Registered, South Gym)
8:30am				Power Circuit (45 minutes)		
9:00am	NEW Parent & Tot Creative Dance* (Registered) (MP Room – 45min)					
9:15am	Total Body Blast	Total Body Blast	Total Strength		Total Body Blast	Total Body Blast
9:30am		Pilates (MP Room)		Ball & Strengthening (45 min)		
			Pilates Express (45 minutes, MP Room)			
10:00am			Minds In Motion* (Registered, MP Room)			
10:30am	Fat Burner	Sit & Be Fit		Sit & Be Fit Express	Zumba® & Strength 	Zumba® 
		NEW Belly Dance* (Registered) (MP Rm 10:35am)		NEW Belly Dance* (Registered, MP Room)		
10:45am	Stretch, Strength & Balance (MP Room)		Strong & Balanced			
11:45am	Yoga (MP Room)				Yoga (MP Room)	
12:15pm		NEW Circuit Blast Express (Registered)			Circuit Blast Express (Registered)	
3:00pm		Pilates (MP Room)				
5:30pm	Total Strength (North Gym)	 Zumba®		 Zumba®		
	Circuit Blast* (Registered, South Gym)					
5:45pm			Total Body Blast	Circuit Blast* (Registered, South Gym)		
6:45pm	Yoga (MP Room)			Yoga (MP Room)		

All Classes occur in the North Gym unless noted otherwise. All Classes are 60 minutes unless noted otherwise. All Express classes are 45 minutes unless noted otherwise. • Classes and Class Descriptions are subject to change without notice. • *No classes on Statutory Holidays (with the exception of the Circuit Blast class)

Chilliwack Landing & Cheam Leisure Centre



Chilliwack Landing Leisure Centre
 Unit #1 - 9145 Corbould St Phone: 604-793-SWIM (7946)
 Chilliwack BC V2P 4A6 Fax: 604-703-1811



Cheam Leisure Centre
 45501 Market Way, Tel : 604-824-0231
 Sardis, BC V2R 0P2 Fax: 604-824-0853

www.myreccentre.com

Cheam Leisure AquaFit Classes – Spring & Summer 2016

Effective March 27-September 3, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am	AquaFit Shallow		AquaFit Shallow		
8:30am	AquaFit Shallow	AquaFit Shallow	AquaFit Shallow	AquaFit Shallow	AquaFit Shallow
9:35am	AquaFit Deep (45 minutes)		AquaFit Deep (45 minutes)		AquaFit Deep (45 minutes)
7:30pm	AquaFit Deep		AquaFit Deep		

Classes subject to change without notice. • *No Classes on Statutory Holidays.

Swim Lesson Fees

	Age	Duration	CLLC, Cheam Leisure Centre & Rotary Outdoor Pool		
			8x Lesson Set	9x Lesson Set	10x Lesson Set
Parent & Tot	4-mth to 3 yrs	30min	\$36	\$40.50	\$45
Preschool	3-5 yrs	30min	\$44	\$49.50	\$55
Swim Kids 1-5	6 yrs & Older	30min	\$44	\$49.50	\$55
Swim Kids 6-7	6 yrs & Older	45min	\$48	\$54	\$60
Private Lessons	Any Age	30min	\$25/lesson or 20% discount when 10 lessons are booked.		
Semi-Private Lessons (2 or 3 swimmers)	Any Age	30min	\$20/per person per lesson or 20% discount when 10 lessons are booked.		

NOTE: THERE ARE NO LESSONS ON STATUTORY HOLIDAYS.

Facility Swim Lesson Schedules

Spring – CLLC & Cheam

Monday & Wednesday

March 30-April 27 (9 Lesson Set)

May 2-June 1 (9 Lesson Set)

Tuesday & Thursday

March 29-April 28 (10 Lesson Set)

May 3-June 2 (10 Lesson Set)

Friday April 1-June 3 (10 Lesson Set)

Saturday April 2-June 11 (10 Lesson Set)

Sunday April 3-June 12 (10 Lesson Set)

Summer - CLLC, Cheam & Rotary 2-Week

Lesson Set for Monday to Friday:

Set 1: June 27-July 8 (9 Lesson Set)

Set 2: July 11-22 (10 Lesson Set)

Set 3: July 25-August 5 (9 Lesson Set)

Set 4: August 8-19 (10 Lesson Set)

Set 5: August 22-Sept 2 (10 Lesson Set)

Please visit www.myreccentre.com for all Swim Lesson dates/times for CLLC, Cheam & Rotary or contact either facility to enquire or register.

Additional Swim Lesson Programs

Private and Semi-Private Swim Lessons Enjoy exclusive 1 on 1 instruction!

Our private lessons offer flexibility and personalized attention. Looking for a deal register? Register and pay for 10 Private or Semi Private Lessons and get 20% off. There are flexible times available.

Registration for Swimming Lessons at Rotary will be taken at Rotary.

We now accept VISA and MasterCard for Swim Lesson registration at Rotary.

Home School Swim Lessons

Are your children home schooled? Do you have a group of 4 or more kids in similar lessons (Preschool and Swim Kids)? Create your own block of Swimming Lessons where flexibility and personalized attention is important.

If you would like to schedule Private or Semi-Private Lessons or book Home School Lessons please contact Esa Ali, the Lesson Supervisor at eali@recreationexcellence.com or 604-793-7946 ext. 225.

What swim level is my child?

Has it been 6+ months since your child's last lesson or are you unsure what level your child is in? We recommend a Free Lesson Assessment. Drop in anytime and have one of our aquatic specialists evaluate your child's swimming ability and they will make the proper evaluated assessment as to what level they should be in. Bring any previous report cards from here or other pools.



GREAT BLUE HERON
NATURE RESERVE

Great Blue Heron Nature Reserve

Site Address: 5200 Sumas Prairie Road, Chilliwack

Mailing: Box 512, Chilliwack, B.C. V2P 7V5

T: 604.823.6603 E: herons@shawbiz.ca

www.facebook.com/GBHNRS

www.chilliwackblueheron.com

Great Blue Heron Nature Reserve

Sharing Nature with our Community

Come out and discover this peaceful place, enjoy a walk and watch for the wide variety of wildlife including one of the largest breeding colonies of Great Blue Herons in B.C. Hundreds of herons nest on site every year from March to July. There are no admission fees to walk the site or to visit the Rotary Interpretive Centre.

The Great Blue Heron Nature Reserve is a beautiful wetland located along the Vedder River at the south end of Sumas Prairie Road in Greendale. The programs and services at this City of Chilliwack site are managed by the Great Blue Heron Nature Reserve Society.

Site Features

- Beautiful Rotary Interpretive Centre
- Blue Heron Gift Shop
- Over 100 Great Blue Heron nests
- Observation tower
- Trail Guide for self guided walks on site
- Over 10 km of walking trails
- Three bird blinds
- An outdoor classroom, picnic tables & benches
- Indoor Discovery Classroom and Wildlife Art Centre
- Wheelchair accessible building & trails
- Washrooms

Adopt A Nest 2016

Consider adopting a heron nest and supporting conservation and education in your community! Please see the website, drop by, or email for details.



Check out our website! chilliwackblueheron.com

Free Visitor Programs & Events

1st Annual Earth Day Celebration

Saturday, April 23

Heron Watch

First Saturday of the month
(April 2, May 7, June 4, July 2)

Family Pond Prowls TBA

Twilight Walk TBA

Bring your Group?

School Programs: Engaging environmental education programs for your class any time of the year.

Children's Groups: Youth groups, day camps, daycares can book an engaging summer or fall field trip. Check out Pond Prowl and Bug Hunt for hands on fun.

Adult Groups: Let us show you around and engage your members in learning about the wetlands and wildlife.

Scouts & Guides: Let us design a fun outdoor program and based on badges or the kids' interests.

Summer Camps: Send the kids to explore and play our big backyard. They will love our engaging camps & summer programs. See website for camp information.

Membership

Take out a membership and be a part of all this!

Volunteer

Looking for volunteers to help with special events, group programs, gardening, computers, reception and bird surveys. Email Janet for information on how you can help us share nature with our community.

Hours of Operation

The site is open all year round and volunteers keep the Rotary Interpretive Centre open seven days a week, 364 days a year.

Rotary Interpretive Centre

Feb 1, 2016 – Oct 31, 2016

10:00 am to 4:00 pm

Nov 1, 2016 – Jan 31, 2017

10:00 am to 3:00 pm

Walking Trails and Site

Open dawn to dusk

NOTE: On rare occasions, Rotary Interpretive Centre is closed due to extreme weather or volunteer staff having to cancel at the last minute.

Chilliwack Cultural Centre



Chilliwack Cultural Centre
 9201 Corbould Street
 Chilliwack B.C. V2P 4A6
 P: 604.391.SHOW (7469) Box Office
 E: boxoffice@chilliwackculturalcentre.ca

www.chilliwackculturalcentre.ca

CONTACT US



CENTRE BOX OFFICE
 604-391-SHOW (7469)
 E: boxoffice@chilliwackculturalcentre.ca



CHILLIWACK ARTS & CULTURAL CENTRE SOCIETY
 Ph: 604-392-8000
 Fax: 604-392-8001



Follow us on social media for full updates and information.

PARTNERS



CITY OF CHILLIWACK
www.chilliwack.ca



CHILLIWACK ACADEMY OF MUSIC
 E: info@chilliwackmusic.ca
www.chilliwackmusic.com



CHILLIWACK PLAYERS GUILD
 E: info@playersguild.ca
www.playersguild.ca



CHILLIWACK SCHOOL OF PERFORMING ARTS
 E: office@csopa.ca • www.csopa.ca



CHILLIWACK SYMPHONY ORCHESTRA & CHORUS
 E: chilliwacksymphonychorus@gmail.com
www.chilliwacksymphony.com



CHILLIWACK VISUAL ARTISTS ASSOCIATION
www.chilliwackvisualarts.ca

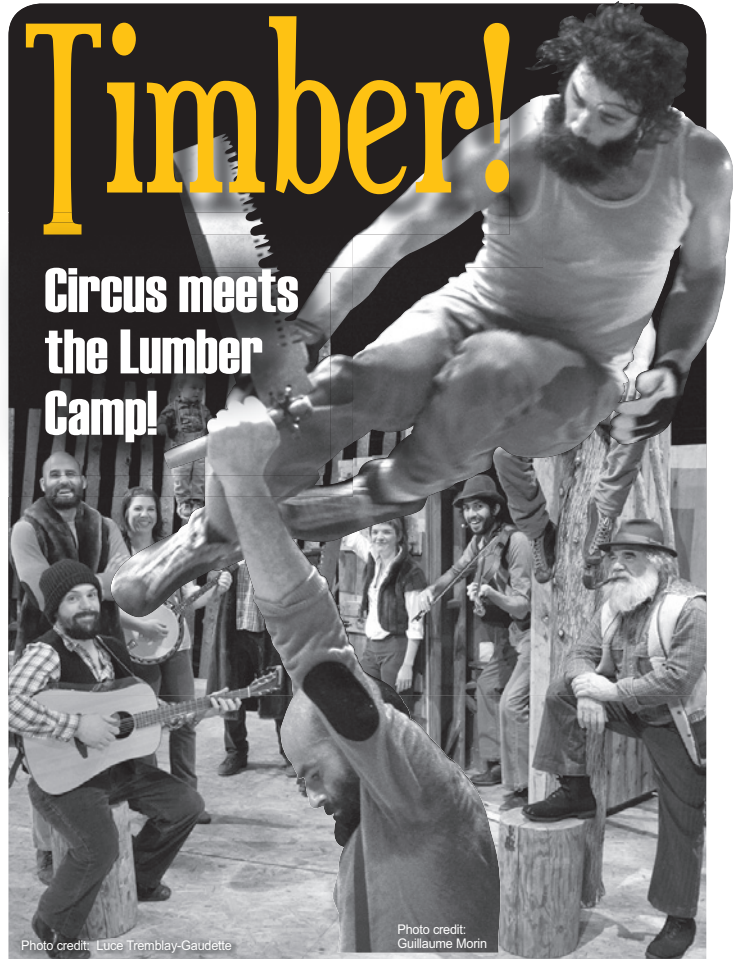


Photo credit: Luce Tremblay-Gaudette

Photo credit: Guillaume Morin

Timber!

Circus Meets the Lumber Camp!

Axe-Juggling Lumberjacks!

Passion! Adrenaline! Spectacular!

APRIL
7

Chilliwack Arts & Cultural Centre Society presents

Plus

TIMBER!
 7:30pm • HUB International Theatre

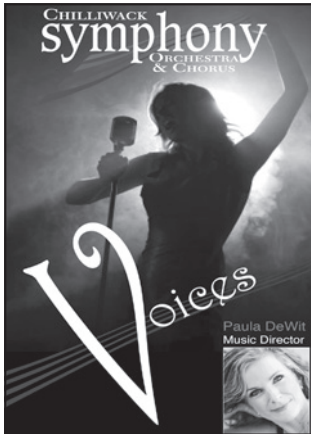
Incredible Aerial Artistry meets Rustic Vintage Charm! Inspired by the lives of rural settlers at the turn of the 19th century, Timber! combines the nouveau cirque style made famous by Cirque du Soleil with traditional Quebec folklore and music to produce a show steeped in rustic allure and brimming with energy.

Tickets: Adult \$35 / Senior \$32 / Student \$30



Chilliwack Cultural Centre
 9201 Corbould Street
 Chilliwack B.C. V2P 4A6
 P: 604.391.SHOW (7469) Box Office
 E: boxoffice@chilliwackculturalcentre.ca

www.chilliwackculturalcentre.ca



APRIL 9

Chilliwack Symphony Orchestra & Chorus presents

VOICES!

7:30pm • HUB International Theatre

If you love to listen to the amazing singing voice then this concert is for you. The Chilliwack Symphony Orchestra will feature many genres and styles of music. From Gregorian Chant to pop, they have it all covered! Sharon Gaetz, as well as the Chilliwack Children's Choir, will be making their singing debut with the CSO.

Tickets: Adult \$25 / Student \$15 / Family \$60



APRIL 15

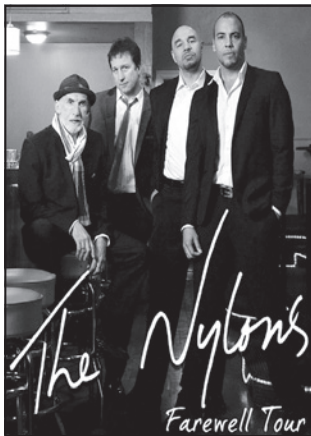
Chilliwack Arts & Cultural Centre Society presents

SARAH HAGEN WITH THE BERGMANN DUO

10:30am • Rotary Hall Studio Theatre

Sarah will embark on a musical journey with the Bergmann Duo, pushing the boundaries of performance with a program that features the artistry of three musicians playing one piano simultaneously! Prepare to be amazed as the recital grows from one to six hands flying over the piano keys.

Tickets: Adult \$27 / Senior \$24 / Student \$22



APRIL 10

Famous Artists presents

THE NYLONS

7:30pm • HUB International Theatre

To the fans... THE NYLONS bid Farewell to touring. After over 35 years circling the globe, *The Nylons* have decided to finally close the touring chapter of their illustrious and legendary career. They will embark on a series of Farewell Shows to say goodbye to our dedicated fans who embraced and supported them over the years.

Tickets: Adult \$35 / Senior \$30 / Student \$27



APRIL 15

Chilliwack Arts & Cultural Centre Society presents

JUMP!

7:30pm • HUB International Theatre

A thrilling, sensational combination of the timeless swing, blues and boogie-woogie music that defined the 40s and 50s, *Jump!* sees the dynamic pianist & vocalist Diane Lines, a regular member of The Dal Richards Orchestra, and her stellar band conjure a fantastic musical extravaganza packed with superb musicianship, high-energy performance, and natural wit and wonder.

Tickets: Adult \$35 / Senior \$32 / Student \$30



APRIL 14

Shantero Productions presents

JOHN MCDERMOTT TRADITIONALLY YOURS

7:30pm • HUB International Theatre

An international recording star and household name. Besides his stellar musical career — platinum, double-platinum, triple-platinum albums and multiple Juno nominations — he is also known for his commitment to veteran's causes, garnering several prestigious awards and commendations for his ongoing work.

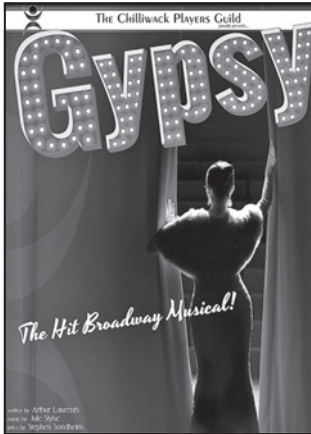
Tickets: \$51





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www.chilliwackculturalcentre.ca



APRIL
21-30

Chilliwack
 Players Guild
 presents

GYPSY

7:30pm • HUB International Theatre
 2:00pm matinees - April 24 & 30

The Broadway musical Gypsy is "a musical fable" suggested by the memoirs of Gypsy Rose Lee. The fable starts with a vaudeville audition for Gypsy (Louise) and her sister June. Their mother Rose, comes on, tells everyone what to do, and then backs it up with a threatening hat-pin. Rose takes the girls on the vaudeville circuit, and under her guidance, they grow into young women on the road.

Tickets: Adult \$25 / Seniors & Students \$20



MAY
28

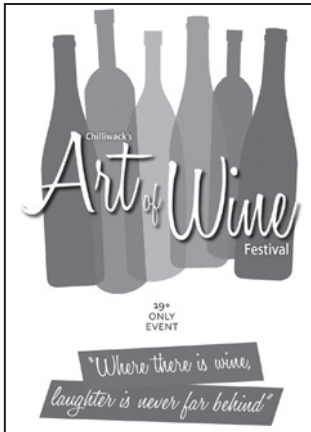
The Chilliwack
 Metropolitan
 Orchestra presents

A JOURNEY OF HEALING

7:30pm • HUB International Theatre

"A Journey of Healing" with special guest Cristian Herki - Romanian Violinist - Catherine Gallagher - piano - Speaker Dr. Joseph Gallagher Professor of Linguistics - Masters of Ceremonies Actor Patrick Gallagher and CBC Radios Margaret Gallagher.

Tickets: Adult \$25 / Student \$15



MAY
14

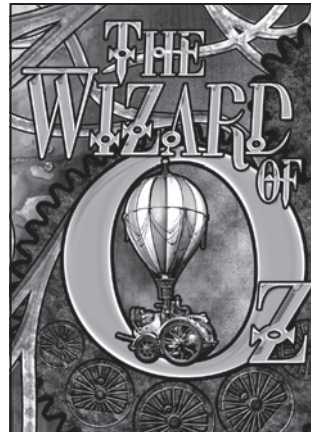
Chilliwack Arts &
 Cultural Centre
 Society presents

CHILLIWACK'S ART OF WINE FESTIVAL

7:00 to 10:00pm • The Centre

Back for a third installment, this amazing event will once again fill The Centre with fun, flavour, and fantastic wines! Complemented by live entertainment and delectable appetizers, as well as a Silent Auction, **Chilliwack's Art of Wine Festival** fundraiser is a spectacular opportunity to sample vintages and support the arts at the same time.

Tickets: \$50



JULY AUGUST
28-7

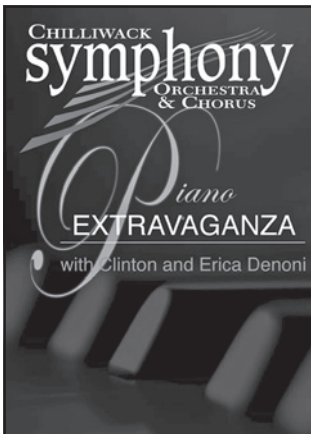
Secondary
 Characters
 presents

THE WIZARD OF OZ

7:30pm • HUB International Theatre
 2:00pm matinees - July 31 & Aug. 7

Come join Secondary Characters this summer as they bring to life the timeless classic musical, The Wizard of Oz! Dorothy Gale, like so many girls her age, dreams of what lies over the rainbow. Join Dorothy, the Scarecrow, the Tinman, the Cowardly Lion and Toto as they search for their hearts' desires and defeat the Wicked Witch of the West.

Tickets: Adult \$25 / Senior / Student \$20



MAY
21

Chilliwack Symphony
 Orchestra & Chorus
 presents

PIANO EXTRAVAGANZA

7:30pm • HUB International Theatre

Piano Extravaganza with Clinton Denoni! The season finale will end with their ever popular Piano Extravaganza. Local pianist, Clinton Denoni is a past winner of the CSO Young Artist Concerto Competition in 2007 and has continued to pursue a career in music.

Tickets: Adult \$25 / Students \$15 / Family \$60



**CREATE
 YOUR OWN
 SERIES AND
 SAVE, SAVE
 SAVE!**

Create Your Own Series with our **Ticket Plus** Promotion! Purchase tickets for three or more shows marked with our ticket plus logo and save \$5 per ticket!



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www.chilliwackculturalcentre.ca

SUMMER ART CLASSES!

at the

CHILLIWACK
CULTURAL CENTRE

Visit our website for more
information and to register for classes:
www.chilliwackculturalcentre.ca

POTTERY

IMPROV/THEATRE

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FRAMEWORK

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**SUMMER
ART CAMPS
FOR KIDS!**

Register four weeks early and
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Chilliwack
Visual Artists Association

Chilliwack Visual Artists Association

9201 Corbould Street
Chilliwack, BC V2P 4A6
E: hurleyaj@telus.net

www.chilliwackvisualartists.ca

O'CONNOR GROUP ART GALLERY

Gallery Hours: Wednesday to Saturday • Noon - 5:00pm
and before evening shows

Please check our website:

chilliwackvisualartists.ca

for more detailed program information (including dates & times)



June 15 to June 18, 2016

OPEN DOOR

The artists of the Chilliwack Society for Community Living showcase their work in this, what has become an annual exhibit.

Reception: June 16, 2016
6:00 - 8:00pm



March 31 to May 7, 2016

GEORGE RYCHTER EXHIBIT

George is a B.C. Artist whose artwork is greatly influenced by nature, poetry and mythology.

Reception: April 2, 2016
1:00 - 3:00pm



June 23 to July 30, 2016

FEDERATION OF CANADIAN ARTISTS - Fraser Valley

A Group Collection of British Columbia's Fraser Valley artists recognized by the Federation of Canadian Artists.

Reception: June 25, 2016
1:00 - 3:00pm

Artist:
Diana Ponting



May 12 to June 4, 2016

SCHOOL DISTRICT 33 EXHIBIT

The students enrolled in art classes at the three Chilliwack Secondary Schools once again unite in this always-spectacular presentation of their artwork produced in Art classes throughout 2015.

Reception: May 13, 2016
6:30 - 8:00pm



August 4 to Sept. 10, 2016

GOODS FOR THE SOUL

The artists of the Chilliwack Society for Community Living showcase their work in this, what has become an annual exhibit.

Reception: August 6, 2016
1:00 - 3:00pm



Chilliwack Academy of Music
9201 Corbould Street
Chilliwack B.C. V2P 4A6
P: 604.792.0790
E: admin@chilliwackmusic.com

Office Hours:
Mon-Thur 9am - 5pm

www.chilliwackculturalcentre.ca



Get a HEADSTART!

4 lessons • any instrument

**Get a head start on music lessons -
with no registration fees and no obligation!**

*Whether you want to try a new instrument
or keep in practice over the summer,
the Headstart program is for you!*

*Perfect for band, choir, or strings students
who want a headstart on material.*

No muss, no fuss - only music.

See our website for
full details on all our classes:
www.chilliwackmusic.com

**Lessons for
all ages,
instruments,
and skill
levels!**

Kids' Group Guitar & Ukulele (ages 8-12)

This fun and interactive class allows beginning students the opportunity to learn guitar in a relaxed group setting. Literally hundreds of songs can be played by learning only a few chords, and after taking this class, students will be well prepared to continue with private guitar or ukulele lessons.

**Playing
UKULELE
is happiness
unleashed!**



Adults' Group Guitar & Ukulele

This group class is geared towards adults wishing to learn the basic technique of guitar or ukulele playing. Literally hundreds of songs use a basic series of chords; this class leaves students with a wide repertoire of songs. These sessions are an ideal precursor to private lessons, or as a refresher after not playing for many years.

Royal Soccer Club

PRESENTS



Soccer Camps 2016

CANADA'S #1 GRASSROOTS SOCCER CAMP!

Register by
June 1
for earlybird
discounts.



🏆 July and August weeks

🏆 Boys & girls aged 5 to 13

🏆 Camp soccer ball, tshirt, medal

🏆 Full day, morning & afternoon sessions

🏆 No charge early drop off, late pickup care

1 location in Chilliwack

(see website for details)

Call for more info:

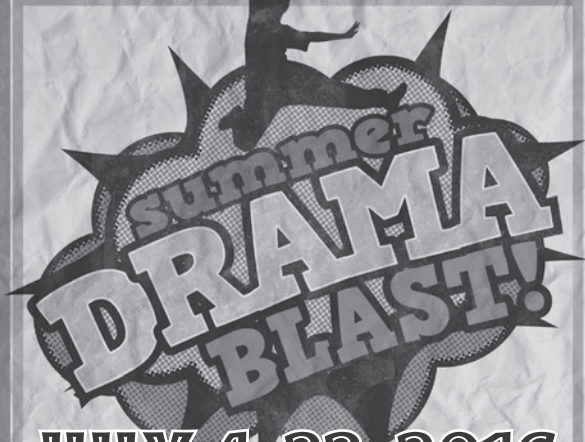
To register or for more information, visit:

1-800-427-0536

www.royalsoccer.com

LG_4/16

GALLERY 7 THEATRE & PERFORMING ARTS PRESENTS



JULY 4-22, 2016

AN EXPLOSION OF THEATRE FUN FOR KIDS AND TEENS AGES 6-18

AGE SPECIFIC CAMPS:

CREATIVE EXPLOSIONS (6 & 7)

DRAMATIC RUMBLINGS (8 & 9)

STAGE ERUPTIONS (10 & 11)

DYNAMITE PLAYMAKERS (12 & 13)

PLUS:

THEATRE CAMPS FOR TEENS...

PERFORMANCE INTENSIVE

ACTING FOR THE CAMERA

IMPROVISATION

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WWW.GALLERY7THEATRE.COM



Black Press
COMMUNITY NEWS MEDIA

Gallery 7 Theatre
& performing arts

YOU SHOULD BE HERE



JOIN THE CHILLIWACK CENTRE OF EXCELLENCE FOR SPRING AND SUMMER LESSONS AND KAYAKING ADVENTURES!

• POOL • LAKE • RIVER • BEGINNERS TO ADVANCED



Chilliwack Centre of
excellence
PADDLING CLUB

4-18LG



Check out our events at: www.ccekayak.com
or contact: ccekayak@gmail.com



care

Community Animal Response & Education

**Wanted:
Dog lovers**

Whether you have time for a walk in the woods, to play catch in the yard, or would like to foster a dog in our care, the Fraser Valley Regional District has a volunteer opportunity available for you. And when you're ready, we have dogs looking for their forever homes too. Get in touch adoptadog@fvrd.ca or call

1-844-495-CARE



accepting registration
for September 2016

- ★ Montessori & ECE Certified Teachers
- ★ Positive, Loving, Learning Environment
- ★ Art & Music Curriculum
- ★ Language, Math, Cultural, Practical Life, Sensorial
- ★ Government Subsidies Welcome
- ★ Kids 3-6 year olds

Global Montessori Preschool
45305 Watson Road (Watson Elementary School)
For info: call Anette at 604-798-4376
www.globalmontessoripreschool.com



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Rhythmic Gymnastics

Fraser Valley Rhythmic Gymnastics

*Offering Quality Gymnastics
Programming in Chilliwack*

Beginner to Pre-Competitive
Classes Available!

For more information or to register contact FVRG at

- 604-799-8951
- www.fvrhythmics.com
- fvrg@fvrhythmics.com
- www.facebook.com/fvrhythmics

6/15F_RG5



ADULT, TEEN & FAMILY
CLASSES / AGES 4 & UP
Train together as a family!

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Summer Full Time Child Care Available Ages Kindergarten - Grade 6

604-846-1888 7174 Vedder Rd, Chilliwack www.excelmartialarts.ca



Adults

Conversation Circles

Adults gather to practice and improve their English. Presented by the Chilliwack Learning Society in partnership with the Chilliwack and Sardis Libraries.

Meetings take place at both Chilliwack and Sardis Libraries. Check the FVRL events page at www.fvrl.ca or call the nearest library for more details.

Book Clubs

We provide the books. You get to read and discuss with other literary folks. New members always welcome!

Check the FVRL events page at www.fvrl.ca or call the closest library for more details.

Teens

Teen Writers Group Meet-up

Saturdays, May 21 and June 18
2 pm–4 pm

Thursdays, July 21 and Aug 18
2 pm–4 pm

Bring your latest works and be ready to provide feedback, encouragement and ideas to other teen writers. Snacks will be provided.

For more information, please contact the Chilliwack Library.

Friends of the Chilliwack Libraries Society

This volunteer organization supports the Chilliwack Libraries through advocacy and fundraising. New members are always welcome! Friends of the Chilliwack Libraries Society organize events such as:

Book Sale Blitz!

Chilliwack Library
Saturday, June 11, 10 pm–4 pm

The Friends of the Chilliwack Libraries Society invite you to a Book Sale Blitz! One day only! All books are \$5 a bag (bag provided).


Everyone

LEGO Club

Love LEGO? Come play, create, and experiment. We have the LEGO, you bring your imagination!

Contact the Chilliwack Libraries for more information.

For more information on these and other FVRL programs, check out our website at www.fvrl.ca or contact your nearest library.



Book A Trip

Summer Reading Club 2016

This year's Summer Reading Club theme is Book a Trip! We have summer reading clubs for all ages. Read anything and anywhere! Come to the library with your reading record for weekly entries and chances to win prizes.

Kids get to enjoy performers, crafts, meet-ups and of course books! This year's presenters include Chris Hamilton, the Great Gordini, the Vancouver Aquarium and Andy the Musical Scientist.

Check the FVRL events page at www.fvrl.ca or call the closest library for more details.

The 8 Walks in 8 Weeks Challenge!



CHILLIWACK WALKS



Chilliwack
- Active For Life

www.spiritofchilliwack.com
604-793-2904

1. Tuesday, June 28 @ 6:45 p.m.
Fairfield Island (start at Gwynne Vaughan Park)
2. Tuesday, July 5 @ 6:45 p.m.
Greendale (start at Greendale MB Church 6550 Sumas Prairie Road)
3. Tuesday, July 12 @ 6:45 p.m. -Vedder Rotary Trail, Lickman Road - (Start in parking lot at end of Lickman)
4. Tuesday, July 19 @ 6:45 p.m. - Sardis Park
5. Tuesday, July 26 @ 6:45 p.m.
Chilliwack Lions Club Hope River Road Fairfield Island
6. Tuesday, Aug. 2 @ 6:45 p.m.
Great Blue Heron Nature Reserve *no dogs permitted
7. Tuesday, Aug. 9 @ 6:45 p.m.
Yarrow (start at Yarrow Alliance Church 42479 Yarrow Central Road)
8. Tuesday, Aug. 16 @ 6:45 p.m. - Cheam Wetlands
*no dogs permitted

Win Great Prizes!

Chilliwack Walks - How to Participate

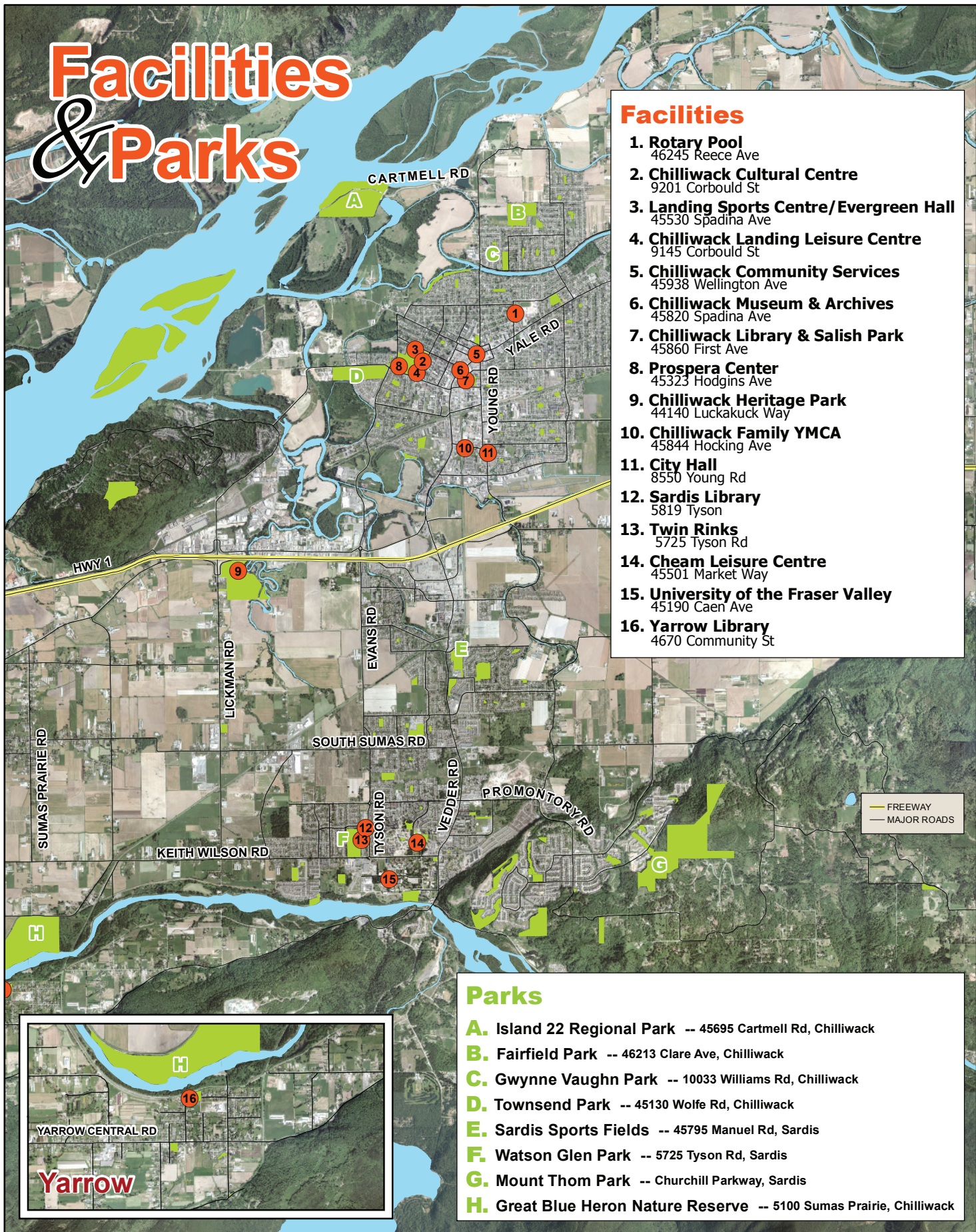
1. Pick up the Walking Passport from the Chilliwack Times, Cheam Leisure Centre, Chilliwack Family YMCA, Chilliwack Landing Leisure Centre or the Recreation and Culture office at City Hall.
2. Do 8 walks in 8 weeks. You can take a walk in your neighbourhood or a walk when you're on vacation! Or join us for any or all of our 8 Chilliwack Walks sponsored by the Chilliwack Active Communities Committee.
3. Cross off a running shoe in your passport for every walk you take.
4. When you have completed 8 walks, hand in this passport at the Chilliwack Times, Cheam Leisure Centre, Chilliwack Family YMCA, Chilliwack Landing Leisure Centre or the Recreation and Culture office at City Hall no later than 4:00pm on Thursday, August 25, 2016. All passports will be entered to win great prizes! One entry per person.



Chilliwack
times



Facilities & Parks



- ### Facilities
- 1. Rotary Pool**
46245 Reece Ave
 - 2. Chilliwack Cultural Centre**
9201 Corbould St
 - 3. Landing Sports Centre/Evergreen Hall**
45530 Spadina Ave
 - 4. Chilliwack Landing Leisure Centre**
9145 Corbould St
 - 5. Chilliwack Community Services**
45938 Wellington Ave
 - 6. Chilliwack Museum & Archives**
45820 Spadina Ave
 - 7. Chilliwack Library & Salish Park**
45860 First Ave
 - 8. Prospera Center**
45323 Hodgins Ave
 - 9. Chilliwack Heritage Park**
44140 Luckakuck Way
 - 10. Chilliwack Family YMCA**
45844 Hocking Ave
 - 11. City Hall**
8550 Young Rd
 - 12. Sardis Library**
5819 Tyson
 - 13. Twin Rinks**
5725 Tyson Rd
 - 14. Cheam Leisure Centre**
45501 Market Way
 - 15. University of the Fraser Valley**
45190 Caen Ave
 - 16. Yarrow Library**
4670 Community St

- ### Parks
- A.** Island 22 Regional Park -- 45695 Cartmell Rd, Chilliwack
 - B.** Fairfield Park -- 46213 Clare Ave, Chilliwack
 - C.** Gwynne Vaughn Park -- 10033 Williams Rd, Chilliwack
 - D.** Townsend Park -- 45130 Wolfe Rd, Chilliwack
 - E.** Sardis Sports Fields -- 45795 Manuel Rd, Sardis
 - F.** Watson Glen Park -- 5725 Tyson Rd, Sardis
 - G.** Mount Thom Park -- Churchill Parkway, Sardis
 - H.** Great Blue Heron Nature Reserve -- 5100 Sumas Prairie, Chilliwack







Trails

Take a Hike!!
 (Of course we mean this in the nicest way possible. Just lace up your shoes and give our local trails a try)

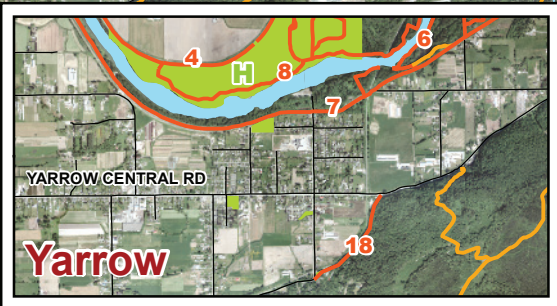
Trails

- 1. Experience the Fraser**
EASY 4.7 km
- 2. Hope River Rotary Trail**
EASY 1.5 km
- 3. Luckakuck Creek Trail**
EASY 1.0 km
- 4. Vedder North Dyke Trail**
EASY 6.9 km
- 5. Peach Creek Rotary Trail**
EASY 1.8 km
- 6. Vedder River South Trail**
EASY 6.9 km
- 7. Vedder South Dyke Trail**
EASY 2.4 km
- 8. Vedder Rotary Trail**
EASY 6.3 km
- 9. Thornton Creek Trail**
MODERATE 0.8 km
- 10. Bridlewood Trail**
MODERATE 1.3 km
- 11. Salmon Ridge Trail**
HARD 1.3 km
- 12. Lefferson Creek Trail**
MODERATE 0.7 km
- 13. Bailey - Rexford Trail**
MODERATE 0.8 km
- 14. Jinkerson Stairs**
HARD 230 steps
- 15. Teskey Way Trail**
MODERATE 2.1 km
- 16. Thom Creek Trail**
MODERATE/HARD 3.3 km
- 17. Walker Creek Trail**
MODERATE/HARD 1.0 km
- 18. Old Yale Wagon Road**
EASY 0.9 km

-  TRAIL
-  NON-CITY TRAIL
-  FREEWAY
-  MAJOR ROADS

Park Trails

- A. Island 22 Regional Park** -- Easy 2.0 km
- B. Fairfield Park** -- Moderate 2.0 km
- C. Gwynne Vaughn Park** -- Easy 0.6 km loop
- D. Townsend Park** -- Easy 2.3 km
- E. Hillkeep Nature Reserve** -- Moderate 2.0 km
- F. Sardis Park** -- Easy 1.0 km
- G. Watson Glen Park** -- Easy 2.0 km
- H. Great Blue Heron Nature Reserve** -- Easy 1.75 km loop
- I. Brown Creek Wetlands** -- Easy 2.0 km
- J. Weeden Park** -- Easy 1.5 km
- K. Mt Thom Park** -- Moderate/Hard 7+ km



Live 5-2-1-0 Playboxes in Chilliwack!

Healthy living has never been more fun and accessible for the whole family! There are three Live 5-2-1-0 Playboxes in Chilliwack that contain sports equipment and books that are **free** for community members to use and to return.

Sign-up at the Chilliwack Division of Family Practice's Healthy Kids Initiative website: www.divisionsbc.ca/chilliwack/hkiaccess to access the code to unlock the box and unleash the fun!



Enjoy-
FIVE or more vegetables
& fruits every day

Power down-
no more than TWO hours
of screen time a day



Play actively-
at least ONE hour
each day



Choose healthy-
ZERO sugar-sweetened drinks

The Live 5-2-1-0 Playboxes are a project of the Chilliwack Division's Healthy Kids Initiative, City of Chilliwack, the Early Years table of the Chilliwack Child and Youth Committee, Chilliwack Sports Academy, Rotary Club of Chilliwack, and 89.5 The Drive.

This project is supported by SCOPE, an initiative of BC Children's Hospital that is focused on the Live 5-2-1-0 health promotion message and works with communities to make the healthy choice the easy choice for children.

Live 5-2-1-0 Playbox locations

Central Community Park (45951 Victoria Ave, Chilliwack)

Landing Centre (#1-9145 Corbould St, Chilliwack)

Watson Glen Park (5727 Tyson Rd, Chilliwack)



www.divisionsbc.ca/chilliwack
live5210@divisionsbc.ca





Chilliwack YMCA
45844 Hocking Avenue,
Chilliwack, B.C.
V2P 1B4

T: 604.792.3371
F: 604.792.7298
E: chilliwack@gv.ymca.ca

chilliwackymca.ca

YMCA Membership

Finding time to be active as a busy family can be challenging. At the Chilliwack Family YMCA, we not only provide a supportive and caring place for you and your kids, we also offer convenient programs that make it a little easier to live a healthy lifestyle. Our memberships are all-inclusive and include non-registered programs and activities for both kids and adults at the best times of day.

Every membership at the Y includes:

- Swim lessons for kids
- Programs for children, teens and adults at convenient times
- A variety of strength, cardio and conditioning equipment, squash courts and a full gymnasium
- More than 90 drop-in group fitness classes including Aquafit, Synrgy, Yoga, Power Cycle and Zumba®.
- Access to other YMCA membership centres in Canada

Because we are so much more than a gym

You have a lot to offer the YMCA: your time, energy and ideas. As a YMCA volunteer, you might lead an exercise class, mentor young people, fundraise, produce a special event or advise on local issues.

Every kid deserves a chance

What do you think about a child's need to get a good start in life? The YMCA Strong Kids campaign is our way of raising the funds needed to ensure children and families can live healthier lives, right from the start.

Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.



Check out:

- Swim lessons, recreational swimming, lane swimming and Aquafit
- Games, crafts and sports
- Family night, open swim, open gym and more

Find out more

Looking for our program listings?

Go to chilliwackymca.ca or pop by to pick up your on-site activity guides. We have just the program for you.

chilliwackymca.ca



Swim lessons included
in all memberships

YMCA Aquatic Programs

At the Chilliwack Family YMCA, we believe every child should learn to swim and be safe in and around the water. That's why memberships include continuous swim lessons that are convenient and allow children to progress at their own pace.

- We help kids jump in, have fun, learn to swim and grow their confidence.
- Our programs—from bobbers to stars—give kids the skills needed for a lifetime of safe fun in the water.
- Membership makes it easy for families to be active together with recreational and family swimming at convenient times.
- Memberships include all day access to lane swimming and Aquafit at convenient times.



Private Swim Lessons

Private and semi-private swim lessons are available for anyone at any swim level who would like to reap the benefits of personalized one-on-one instruction.

Check out:

- YMCA swim lessons: Parent and tot, Lil' Dippers, Learn to Swim and Star Swim
- Private swim lessons
- YMCA Swim instructor courses
- Aquafit, Gentle Aquafit and more
- Aquatic Leadership Courses available: Bronze Star, Bronze Medallion, Junior Aquatic Leaders, YMCA Swim Instructor
- Summer Swim Camps

Find out more

Looking for our program listings?

Go to chilliwackymca.ca or pop by to pick up your on-site activity guides. We have just the program for you.

chilliwackymca.ca

YMCA Programs for Children & Youth

Parents with young kids are tight on time and energy. That's why we focus on making our programs easy to fit into your schedule, while giving you the chance to exercise and recharge. Whether you're playing games together on Family Night, dropping in for a swim, introducing your child to new activities or each finding your own way to be active at the Y, you can be confident you are growing as a family.

YMCA memberships include programs for kids and adults at the best times of day.

Excellent pre-school and physical literacy programs for healthy child development

YMCA Youth Leadership Development

YLD is a safe, fun, comfortable environment where you can build self-esteem, lifelong friendships and develop strong leadership skills. Plus, you'll meet new people and have fun.

MEND - Mind, Exercise, Nutrition... Do It!

Trying to maintain a healthy, active lifestyle can be challenging. With school, an abundance of screen time and a busy family life, kids are spending less time being active and as a result, many are above a healthy weight. Helping kids grow up strong and healthy is why the YMCA exists. That's why we offer MEND, a provincially funded program that empowers children and families to become fitter and healthier. This free and fun 10-week program supports children ages 7-13 who are above a healthy body weight to adopt a healthy lifestyle. Parents/caregivers join their children in each session to learn about how to choose healthier foods and spend more time being physically active.

Licensed Child Care

Choosing a child care provider is a big decision. You want your child to feel at home, learn, grow and have fun in an environment that is welcoming, safe and stimulating. And most of all you want caring and supportive caregivers who understand what makes your child special. Through both our early years and before and after school licensed programs, kids learn values and positive behaviours in a supportive environment. Children have the opportunity to be active, have fun and develop confidence. Plus, parents get the peace of mind knowing that children are active and learning while spending time with friends and positive adult role models.

We offer programs for the following ages:

- Infant and toddler (0-36 months)
- 3-5 year olds
- Preschool
- 5-12 year olds (before and after school)



Check out:

- YMCA Swim Lessons
- Indoor Family Playground
- Childminding
- Physical Literacy Programs
- Active Play
- Creative Play
- Family Night
- Active Brains
- Kids Night Out
- MultiSport
- Birthday Parties
- Teens Night drop-in gymnasium

Find out more

Looking for our program listings?

Go to chilliwackymca.ca or pop by to pick up your on-site activity guides. We have just the program for you.

chilliwackymca.ca



**Ask for your free
Fitness Consultation
with one of our
personal trainers**

YMCA Health and Fitness

Are you looking for new ways to be active—either on your own or as a family?

All-inclusive YMCA Memberships include:

- A variety of strength, cardio and conditioning equipment, squash courts and a full gymnasium
- A variety of drop-in pool activities such as AquaFit, recreational swimming and lane swimming
- Access to our facility and programs from 5:45a.m. to 10:00p.m. on weekdays and 7:00a.m. to 9:00p.m. on weekends
- Active children's programming at convenient times of day

Life should be a bit easier

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

Personal Training

One-on-one training is a great way to get ongoing support as you strive to reach your health and fitness goals. Our certified, friendly and knowledgeable training staff will design a program to meet your individual needs and provide on-going support along the way.

*The Chilliwack Family YMCA would like to gratefully
acknowledge funding received from the City of Chilliwack.*



Chilliwack Family YMCA

45844 Hocking Avenue
Chilliwack, BC V2P 1B4

Tel. 604-792-3371

Fax. 604-792-7298

chilliwack@gv.ymca.ca

www.ChilliwackYMCA.ca

Find out more

Looking for our program listings?

Go to chilliwackymca.ca or pop
by to pick up your on-site activity
guides. We have just the program
for you.

chilliwackymca.ca



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Learning Through Play

Before
& After
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Care

Groupcare
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3-5 yrs

Infant
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Program
0-3yrs

Unit 1&2 - 46170 Stoneview Dr., Promontory

Conveniently Located Behind Promontory Heights

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- Government Licensed
- Qualified Professionals
- Fun Learning Environment



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Providing quality, licensed daycare for 12 Infant/Toddlers and 20 three to five years olds in a state-of-the-art facility. Staff are nurturing and well educated creating a safe, fun environment.

The Neighbourhood Learning Centre located at Chilliwack Senior Secondary School

Hours: Monday to Friday 7AM to 6PM
604-819-3701



**Chilliwack
Community
Services**
SHARE • GROW • BELONG

3/16W_LTC1

SOME SHOES NEED FILLING

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KIDS & ADULTS NEEDED!**



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**Girl Guides
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**Guides
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For more info, contact
Ann - Chilliwack/Agassiz
604 795-7230 • ann4gg@telus.net
or MaryBeth - Sardis
604 316-5329 • mbo@southerndrip.com

Sparks Age 5-6
Brownies Age 7-8
Guides Age 9-11
Pathfinders Age 12-14
Rangers Age 15-17

MORE THAN A GAME!

In Chilliwack since 1995

ATHLETES IN ACTION FRIDAYNITE BASKETBALL

Your Community League

Develop Skills Make Friends Build Character HAVE FUN

WHO Boys & Girls K - Grade 9

WHEN September 23 - December 2, 2016 (Friday nights)

WHERE In Chilliwack school gyms. Practice & games on Friday

WHAT Does a typical evening look like?
Positions - warm-up, large group ball control
Coach's Corner - dribbling, driving, shooting and skills training
More Than a Game - halftime talk
Games - 1-on-1, 2-on-2, 3-on-3, 4-on-4, 5-on-5

DIVISIONS

Slammin' Jammers - Kindergarten to Grade 5/6
An action-filled introduction to the foundational skills of basketball with an emphasis on FUN.

Building the Basics - Grade 5/6 to Grade 9
Learning the basics with an emphasis on three key skills: dribbling, driving & shooting,
as well as learning the rules of the game.

REGISTRATION INFO

Register at the Cottonwood Mall
\$100 - Early Registration Friday - Jun. 10, 5 pm - 9 pm
\$120 - Fall Registration Saturday - Sept. 10, 10 am - 3 pm
Coupon valid only during registration at the Cottonwood Mall

FOR MORE INFO

Natalie Sache 604-794-3421
Director fnb_chwk@telus.net

WWW.FRIDAYNITEBASKETBALL.COM

FREE BASKETBALL \$15 VALUE

Bring this coupon to the
Registration at the Cottonwood Mall
& receive a free basketball.

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CHWK02

ILLUSIONS

Rhythmic Gymnastics

Website: www.illusionsgymnasticschilliwack.com

Phone: 604-858-0238 • Email: irgym@shaw.ca

Rhythmic Gymnastics is a beautiful and challenging sport that combines elements with many styles of dance set to music. It incorporates the use of hand held apparatus such as balls, hoops, ribbons and so much more.

Jelly Beans - (Ages 3 & 4)

LITTLE MOUNTAIN ELEMENTARY
Wednesday 5:00-5:30

SARDIS ELEMENTARY
Thursday 4:30-5:00

Summer Camps

Check out our website for more info!

Beginners - (K + Grade 1)

VEDDER ELEMENTARY
Tuesday 5:00-6:00

SARDIS ELEMENTARY
Thursday 5:00-6:00

LITTLE MOUNTAIN ELEMENTARY
Wednesday 5:30 6:30

Intermediates

VEDDER ELEMENTARY
Grades 2 & 3
Tuesday 6:00-7:00

LITTLE MOUNTAIN ELEMENTARY
Grades 2-4
Wednesday 6:30-8:00

Junior Display

SARDIS ELEMENTARY
Grades 4-7
Thursday 6:00-8:00



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FOR AGES 5 & UP



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VISIT US ONLINE FOR MORE INFO: WWW.GLIHL.COM

LG 4/16



Ann Davis Transition Society

Transition House - Shelter for Women and Children Fleeing Violence - 604-792-3116

For more information or to register for programs, counselling or advocacy please call: 604-792-2760, email info@anndavis.org or stop by our office at 9046 Young Rd.

PROVIDING PROGRAMS THAT MAKE A POSITIVE DIFFERENCE FOR FAMILIES IN OUR COMMUNITY

- Youth Services - Counselling and Groups, topics covered: Communication, Interpersonal Relationships, Abuse, Living with Mental Illness, Self-Esteem, Bullying, Trauma, Anger and Conflict Resolution
- Summer STAR program - work readiness & recreation
- Children Who Witness Abuse Program
- Children's Expressive Arts Therapy
- Parenting Programs - Parenting Time, parent education and modeling program
- Children In Between - Designed to sensitize parents to the many ways in which their children can be caught in the middle of their parent's emotional strife, before, during and after a family breakup.
- Stopping the Violence Women's Counselling & Women's Groups
- Men's, Couples and Family Counselling
- Legal Advocacy - Understand your rights regarding legal protection against Family Violence and Abuse during separation. Information and support regarding Income Assistance problems, Residential Tenancy Act Disputes, Custody, Access and Divorce, Learning about Court
- Building Healthy Relationships - Built on well researched principles, these workshops are designed to help couples to communicate and manage conflict more effectively. With the assistance of trained professionals couples will learn and practice relationship skills in a safe and comfortable environment.

9046 Young St. Chilliwack • 604-792-2760 • anndavis.org



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Program**

Grades K-7



Imagine Program

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INCLUDING
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3-16-LG

SPECIALIZING IN AGE-SPECIFIC PROGRAMS

DON'T JUST WATCH YOUR COMMUNITY GROW, GROW WITH THEM!



It starts with Scouts.

Become a volunteer with Scouts Canada now and make a difference in your life and the lives of youth.

For more information contact Dionne at:
ac.frasercheamscouts@gmail.com

LG 4/16



Chilliwack Central Karate Club

604.845.8845

WHY PARENTS LOVE OUR PROGRAM:

- Teaches Respect & Discipline
- Improves Listening Skills
- Develops Confidence
- Great Exercise!



WHY KIDS LOVE OUR PROGRAM:

- Classes are Fun and High-Energy
- They Learn Something New & Exciting
- They Make New Friends
- They Feel Stronger & Safer

THE CCKC DIFFERENCE

Clean, Bright, Professional Facility
 Spacious viewing areas for parents & family
 Friendly, Positive Atmosphere
 Patient, Enthusiastic Black Belt Instructors

PROGRAMS

Little Ninjas (4 & 5 years)
 Juniors (6-12 years)
 Adult Karate (13+ years)
*Flexible schedules to fit
 your busy lifestyle!*

**NEW
STUDENTS
ALWAYS
WELCOME!**

Located at 8880 Young Road
(near the train tracks)

CALL DAN THE KARATE MAN TODAY FOR MORE INFORMATION

www.cckckarate.com • email: danthekarateman@hotmail.com

**ASK
ABOUT OUR
SUMMER
SPECIAL!**

4/16LG_CCKC1



STÓ:LŌ WELLNESS CENTRE

CHILLIWACK'S
ONE-STOP LOCATION FOR
MEDICAL • DENTAL • COMMUNITY SERVICES

SERVING THE

- Babies
- Children
- Youth
- Adults
&
- Elders

of Chilliwack with a full
range of programs
for a happy and
healthy life



STÓ:LŌ SERVICE AGENCY HEALTH offers many of its
services to anyone in the Chilliwack area.

Call (604) 824-3200 for more information,
drop by our centre at #7 - 7201 Vedder Road in Chilliwack
or visit our Website at www.stolonation.bc.ca



Best Care for All

Hobby Hill Preschool



- Large outdoor adventure playground
- Large classroom with dedicated areas of play, exploration & learning
- Large indoor gross-motor area
- Small class ratio of 1:5

For over 35 years, we have welcomed parents and children to learn and grow together in our cooperative preschool.

NOW
Accepting
registration

- **HANDS-ON PRESCHOOL**
- **EXPERIENCE TO GROW & LEARN WITH YOUR CHILD**

5650 TESKEY WAY, CHILLIWACK • 604-858-5579 • hobbyhillpreschool.org

3/16LG_HHP1

Exciting Activities!

FOR AGES
12-18 YEARS OLD

1725 Army Cadet Corps
Building 1119, RCMP Pacific Region Training Centre
604-858-8748



Tuesday nights
6:30-9:15 pm

4/16F_AC1

www.specialolympics.bc.ca
Facebook [specialolympicsbc](https://www.facebook.com/specialolympicsbc)
Twitter [@sobcsociety](https://twitter.com/sobcsociety)



Special Olympics BC – Chilliwack welcomes new volunteers to join our team!

For more than 32 years, SOBC – Chilliwack has helped people with intellectual disabilities transform their lives through the power of sport. No experience is required. Come and join our inspiring community!

Find out more and get involved:

Sarah Wall
swall@specialolympics.bc.ca
604-737-3125



03/16LG_S011

CENTRAL GATEWAY PRESCHOOL

Now accepting
registrations!

Call

604-819-3701



- A fun, nurturing, safe learning and play environment for your preschooler
- Fully qualified ECE teachers
- Two, three, or five day a week options
- Morning or afternoon programs
- Full subsidy is welcome, ask how to apply





**Chilliwack
School District**

SUMMER Learning Program

JULY 2016



Secondary School Program



Middle School Program



Elementary Program



Registration opens May 15, 2016

Register online at www.sd33.bc.ca/programs/summer-learning

Contact Jeff Dartnell at 604-798-3205 or
jeff_dartnell@sd33.bc.ca for any questions.



mend Mind, Exercise, Nutrition...Do it!

“ I think everyone should participate in this program. It is so useful. We are so grateful for having gone through it as a family.”

—Susan Forster, Parent

MEND: where families get fit and healthy together.

MEND is a fun, free 10 week program for families with children ages 7-13 who are working together to become healthier and more active.

The program facilitates safe, effective and lasting lifestyle changes by improving children's physical activity levels, nutrition and self-esteem.

Information and registration

Please call or email:
604-701-4978 ext.6043
mend.chilliwack@gv.ymca.ca

Program Starts: April & Sept 2016
Chilliwack Neighbourhood Learning Centre



the **ART ROOM**


#20 5725 Vedder Rd.
Chilliwack, BC
604.769.ARTS (2787)
office@chilliwackartscouncil.com

chilliwackartscouncil.com

CLASSES FOR ALL AGES • COMMUNITY EVENTS • GALLERY • GIFT NOOK

CHILLIWACK


ISSHIN-RYU KARATE-DO



PRESENTS THE


LITTLE DRAGONS

KIDS AGES 5-7






ISSHIN-RYU KARATE, ROLLS, TUMBLES, WEAPONS AND MORE

604-799-6504 | chilliwackisshinryu.ca

 chilliwackisshinryu@hotmail.com

Chilliwack's Checklist for Families Summer 2016

- ✓ Hike Cultus Lake's Teapot Hill
- ✓ Celebrate at a Community Festival
- ✓ Take a Nature Walk in the Community Forest Project
- ✓ Ride Bikes along the Rotary Trail
- ✓ Go Swimming at Harrison Lake
- ✓ Go Golfing or hit some balls at the Driving Range
- ✓ BBQ with some great local products
- ✓ Experience a Stó:lō Cultural Tour

#explorebc #sharechilliwack

p: 604-702-5214 w: johnmartinmla.ca
t: @JohnMartinMLA e: john.martin.mla@leg.bc.ca

Spartan Swim Club



JR. SPARTAN SUMMER CAMP

Program Dates:

- Session 1: July 4-8 (3:30-4:30 or 4:30-5:30)
- Session 2: July 11-15 (3:30-4:30 or 4:30-5:30)

Location:

- Cheam Leisure Centre

Swim Requirements:

- Minimum age of 4 and maximum age of 9
- Able to swim 3 meters unassisted (any fashion)
- Swimmer is available to practice in whichever swim group he/she is assigned.



Come Swim With Us!

REGISTER: May 16 & 17, 2016 (4-6pm) Cheam Lobby

www.spartanswimclub.com • spartans@spartanswimclub.com • 604-858-SWIM (7946)

LG 4/16

**LEISURE GUIDE
Special!**

Two Months training
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\$99

Valley Shidokan

Traditional Shotokan Karate-Do

604-799-2807

donsarpvs3@gmail.com



Valley Shidokan

Traditional Shotokan Karate-Do

親日本空手協会

Celebrating 50 years in the Valley!

valleyshidokan.com



6/15/16_VSS

Chief Instructor **Sensei Don Sharp** 6th Dan JKA



FALL 2016 SEASON



Register **ONLINE** at chilliwackgiants.com

Returning players - March 29 · New players - April 5

If you need assistance or have questions, face to face registration will also be available.

Fall U8 Flag - 2009, 2010, 2011

Fall Tackle - U10, U12, U14, U16, & U19

Fall Cheer - U10, U12, U14, & U16



REGISTRATION CLOSING ON JULY 31 · Contact Info: Sherry & Julie: giantsregistrar@gmail.com



Central Community School

9435 Young Road
Chilliwack BC,
V2P 4S7

T: 604.792.8539

E: ccecsc@gmail.com

www.facebook.com/CCECSS

<http://central.sd33.bc.ca/ccecsc>

Chilliwack Central Elementary Community School Society

“Community & School As One”

Located in the heart of downtown Chilliwack, Central Elementary provides opportunities for families to participate in activities beyond the school day. CCECSS provides social, recreational activities, and educational programs and services to the children and their families in the Chilliwack Downtown Community.

Who We Are

Chilliwack Central Elementary Community School Society (CCECSS) exists to develop, promote, and support programs, services, events, and opportunities that empower the Downtown Neighborhood, to satisfy community needs, and provide life-long learning opportunities for all.

Gateway for Families hosts Community Partner programming that respectfully engages inner core community members from all age, ethnic, and socio-economic realms in opportunities that promote health and independence in their lives.

CCECSS is a non-profit society governed by volunteer members of the Community. Ongoing programs and services are offered daily within the school's facilities.

Use of the facilities has been made possible due to the partnership between the School District #33 and the City of Chilliwack. CCECSS would like to gratefully acknowledge funding received from the City of Chilliwack and the Ministry of Children and Family Development, and the Province of British Columbia.

Spring/Summer Programs and Services

Preschool Programs

(0-5 years)

Exploring Music
Mini Chefs
Soccer
Dance

Sports and Activity Programs (6-12 years)

Soccer
Red Cross Babysitter's Course
Home Alone Plus
Snag Golf with a Spin
Science Discovery
Karate
Zumba Kid
Dance
Xplore Sportz
Explore Your Inner Musician
What's Cooking Kids
Clay Creations
Basketball
Ringette
Paper Projects
Piano Lessons

Adult Programs

Beginner Yoga
Zumba

“Summer Fun” All Day Camp

(Kindergarten to 12 years) Our leaders will keep the children engaged throughout the week (Monday to Friday from 9am to 5pm - \$27 per day) all summer long with games, sports, crafts, walks, water fun and fieldtrips. All activities will revolve around a new theme each week of the summer. Check out our weekly theme descriptions on our website the end of May or call for more information.



All Day Camp Themes:

- Passport to Summer
- Wild West
- Amazing Race
- Imagination Station
- Circus Circus
- Dinosaur Adventure
- Bugs Life
- Splish Splash

Facility Available For Rent

Consider Chilliwack Central Elementary for your next birthday party, meeting, conference or reunion. Available rentals:

Classroom

Multi-Purpose Room

Gymnasium/Kitchen

Community Kitchen

Contact Details

To book our facility, or for rate information and inquiries, please contact our coordinator, Shannon Carmichael, at 604-792-8539 or 604-819-6687.

Spring/Summer Office Hours

Monday to Thursday 9:00am- 2:00pm
(Call to book additional times)

Cultus Lake Community School Association



Cultus Lake Community School Association

71 Sunnyside Boulevard (CLCSA)

Cultus Lake, B.C., V2R 5B5

Phone: (604) 858-7192 Fax: (604) 858-2793

Email: clcsa@clcsa.ca • Website: www.clcsa.ca

www.clcsa.ca

Cultus Lake Community School Association

Office Hours

September – June

Tues-Thurs 8am-12noon

Mon 5-8pm

Summer Office Hours

Please check website for hours.

Cultus Lake is looking forward to another great summer of fun! Everyone is welcome to attend and register for our programs.

Mission Statement

“Our aim is to improve the quality of life for our community by focusing on the social, educational and recreational needs of families within this community”.

Kidzone Daycare

Ages 6+ years

Monday-Friday

8am-5:30pm

Please call Charlotte Hall at 604 791-8859 for further details.

Children's Spring Programs

Preschool Karate

Energy Busters

Jr Dance

Tie Dye Mania

Fashion Forward

Gymnastics

Art

Karate

Sr Dance

Yoga for Kids



Children's Summer Camps

Join us at the lake for some exciting programs.

Monday-Friday July and August

Tiny Chef's

Cook's In Training

Little Einstein

Mad Scientist

My Little Princess

Energy Busters-Preschoolers

Mixed Sports-School Aged

Adults-September - June

Drop In Video Fitness-Mondays 5-6pm

Seniors Yoga-Thursdays 9:30-10:30am

Ethnic Cooking

Facility Rental Information

Have you thought of renting a room, gymnasium or portable for an event? Check out the lake for meetings, reunions, birthdays, seminars, sleepovers, and other events! We have reasonable rates with hassle free bookings.

Sponsors and Partners

Thank you to the following sponsors and partners for their continued support:

- S.D. #33
- Knight Road Legacy Association
- DASHbc



Greendale Elementary Community School

6621 Sumas Prairie Road
Chilliwack B.C., V2R 4K1
T: 604-823-7281
E: coordinator.gecss@gmail.com

www.gecss.com

The Greendale Elementary Community School Society

Your **Greendale Elementary Community School Society (GECSS)** is a non-profit organization formed to provide social, educational and recreational activities for all in our community. Use of the Greendale Elementary Community School's facilities has been made possible due to the partnership between the Chilliwack School District #33 and the City of Chilliwack. GECSS gratefully acknowledges funding that is received by the City of Chilliwack.

GECSS is all about "**community**". We hold "**Community Events**" such as games nights or potlucks a few times a year. If there is a course or program that you would like us to run, we would love to hear about it.

Spring Programs

We have plenty of programs that will run until the end of the school year in June, and some throughout the summer.

Little Kickers Soccer Program - weekly, for children aged 3-7 years.

Chilliwack Chito Ryu Karate

Fitness Programs: Tabata Boot Camp (early morning) / Zumba / Be Natural / Fusion

Yoga – Thursday strength and flexibility!

Red Cross Emergency First Aid & CPR

Saturday, April 30th
9am-5pm
Simple First Aid and CPR for home and the workplace. Interactive learning environment – cardiovascular emergencies / choking / disease transmission & more!
Cost is \$110 which includes a manual, certificate and mini-barrier device. LOOKS GREAT ON A RESUME!

Yoga for Kids

Yoga for Kids offers benefits physically – as it enhances flexibility, strength, coordination, body awareness, and mentally. This program will be for 4 Mondays in May (2, 9, 16, 30) from 1:50-2:35pm for children in grades 3 & up. Cost is \$35 per student.

Home Alone Course - Child Safe Canada plus First Aid

Saturday, June 4th
10am-2pm
Is your child 10 years or older and feels like they are ready to stay home alone? Then this course is perfect for them. **Cost is \$35** per student.

Summer Programs

There will be 5 weeks of programming available to you over the summer months! We are currently hammering out the details



of dates, times & costs, so please check out our website www.gecss.com daily for the information!

Fraser Valley Rhythmic Gymnastics – KinderGym and Sparkles & Fireflies

Pacific Sports Fraser Valley – different age groups with different sports

- July 25-29 / 9am-12pm / 12-15yrs Cost \$
- August 15-19
9am-12noon for 6-8yrs
1pm-4pm for 9-12yrs

Acting Outright – one week of performance games & skits

• July 18-22 / 1-4pm for Elementary & Middle Schoolers Cost \$65.

Arts and/or Crafts....and more!

We offer space for rentals too – birthday parties, family gathering, company meetings/AGM's, clubs.... just give us a call and we would be happy to facilitate your event.

If you have any questions or would like to register for a program, please contact the GECSS office at 604-823-7281 or email us at coordinator.gecss@gmail.com.

Promontory Community School



Promontory Heights Elementary Community School Assn.

46200 Stoneview Drive
Chilliwack, BC
V2R 5W8

T: 604.858.2999
F: 604.824.5925
E: phecsa@phecsa.ca

www.phecsa.ca

Promontory Heights Elementary Community School Assn.



The Promontory Heights Elementary Community School Association (PHECSA) is a non-profit organization formed to identify community needs and to provide for the participation of all community residents in social, educational and recreational activities. PHECSA would like to gratefully acknowledge the support of the Chilliwack School Board and funding received from the City of Chilliwack, and the Province of B.C.

Summer Office Hours

Monday through Friday
9:00 am – noon
1:00 pm – 5:00 pm

Check out our website at
www.PHECSA.CA
for all program details.

Sun'n'Fun Day Camps

Join us for 1 day, 1 week or all summer! Each week will have a different theme and a fun-filled field trip. Low counselor to camper ratio.
\$30/day (additional time \$5/day)
6 – 12 years (must have completed kindergarten)
July 6th - August 28th • 9:00am-5:00pm
Eight weeks of summer camps will be offered in 2016! Each week will feature a new theme!

Preschool Camps

(3-5 years)
Camping? Gardening? Sports? Each week through the summer a new theme will be featured that will offer your child new and exciting experiences!

Crafting/Fine Arts Camps

(7 – 12 years)
Cooking, baking, Bike Maintenance, and drawing just to name a few of the fabulous camps that will be running throughout the summer.

Sports Camps

(6-12 years)
Soccer
Gymnastics
Basketball
Pacific Sport –Active Stars (5-6 years)
Pacific Sport – Xplore SportZ (7-12 years)
Kayaking
Yoga
Youth Zone
Promontory Tween Night (grades 5-7)

Birthday Parties

Birthday Party rentals include 2 hours use of the Gym, Kitchen and Party Room for \$75.00 (Sep-Jun)

Special Events:

Promontory Heights Community Festival – June 4th – See our website for details!

Movie Night –Movie Title and Date TBA

Garden Gate Preschool (Sept – June)
For information about our preschool, please call Leslie at 604-823-4896



**Yarrow Elementary
Community School**

Yarrow Community School
4595 Wilson Rd. Yarrow BC V2R 5C4
Coordinator's Office
T: 604.823-0257
F: 604.823-2243

<http://yarrow.sd33.bc.ca>

Yarrow Community School

Yarrow Community School is very grateful for the support from the City of Chilliwack and SD #33. Through this partnership we are able to offer a variety of recreational and social programs in our community. We are always interested to hear from anyone with new ideas or proposals for programs or events. Please call

Coordinator Sally Lum at 823-0257 for information on the following programs or to inquire about our facility rentals. Our website has photos, registration forms and upcoming programs and events... <http://yarrow.sd33.bc.ca>

Facility Rentals

Our spaces are available for rent afterschool, evenings and weekends year round for community use. (some daytime space available)

Licensed Childcare Programs

Licensed Group Daycare (3-5 yrs. old), Jelly Beans Preschool, Before and After School Care (school age children)

Some of the Ongoing Weekly Fun...

Family Place, Pickle Ball, Zumba, Pilates, Floor Hockey...

Taiko Drumming Basics Workshop

Sunday, July 31st, Noon - 1pm in the gym. Suitable for 10 yrs. and up. \$15 per participant. Student drum gear provided.



Community School Garden

We recently hosted Uzume Taiko, a Japanese Drum Group and enjoyed it so much that we have invited them back to teach us some more about this ancient art. Through its martial arts link, this drumming style engages the spirit and motivates participants to work together through its practice. Please watch our website for more details.

Summer Goes Retro at Yarrow

We had such great success 19 years ago when we started out with our first Community School summer programs that we thought we would re-visit that style again...

School age kids 6-12 yrs. old are invited to Drop-In Mon.- Fri. mornings anytime between 9am-1pm. for a variety of

sports, games, arts and crafts which will be supervised, but barely organized by our fun team! The cost for this easy-going fun is only \$5 per child/day! There will also be the option to sign up by the week or more.

Fall Tykes Soccer

Registration for this popular Fall program will start in the late spring so be sure to watch out for more info.

Home Alone Program

Saturday, May 7th 10am-2pm. Cost:\$40. This is an excellent program for kids age 10+ designed to teach children to be comfortable, confident and know basic safety skills and respond to basic first aid emergencies while 'At Home Alone'

Rosedale Traditional Community School



Rosedale Traditional Community School Society

50850 Yale Road
Rosedale BC
V0X 1X2

T: 604.378.0300
T: 604.794.7873
F: 604.794.7872
E: rtcss@rtcss.ca

www.rtcss.ca

Rosedale Traditional Community School Society (RTCSS)

Office Hours July and August

Mondays-Fridays 9:00am-5:00pm

Mission Statement

“To provide broad inclusive programming for all ages in a safe and welcoming environment, providing lifelong learning opportunities for all ages.”



Who We Are

The Rosedale Traditional Community School Society, housed at the Rosedale Traditional Community School, is a non-profit Society governed by volunteer members of the Community. This venture has been made possible due to a partnership between School District #33 and the City of Chilliwack. RTCSS would like to gratefully acknowledge funding received by the City of Chilliwack, and Service Canada.

Facility Rentals

At the new Rosedale Traditional Community School we have space that meets your needs. Meeting rooms, gyms, classrooms, computer lab, kitchens, art rooms, etc... Call to make an appointment to tour the facility and see what we can offer you. Company retreats, weddings, reunions, babyshowers, retirement parties, birthday parties....

Programs

CELEBRATE SUMMER

This mixed bag of summer fun is designed for children who need or want activity from 9-5. A new theme is introduced each week filled with games, crafts, sports, movies and activities revolving around the theme. There will be outdoor and indoor play time each day! An exciting adventure awaits you for 'Take on the Town Thursdays' field trip day. No extra charge for campers attending 3 days during the week. July 4th thru August 26th.

- Week 1 - Circus Week
- Week 2 - Fairy Tale Week
- Week 3 - Medieval Week
- Week 4 - Athletes Week
- Week 5 - Avengers Week
- Week 6 - Fear Factor Week
- Week 7 - Safari Week
- Week 8 - Mystery Box Week

Preschool Camps

- Mixed Dance
- Soccer
- Energy Busters
- Sports Bag
- Kinder Karate
- Kindergym
- My Little Princess
- Princess Dolls
- In the Studio
- Cheerleading
- Tiny Cooks
- Young Einstein

Youth-Sport Camps

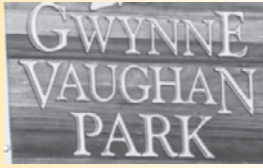
- Soccer
- Cheerleading
- Sparkles Rhythmic Gymnastics
- Dance Fusion

Youth-Activity Camps

- Babysitter Course
- Intro to Magic
- Fashion Forward
- Intro to Sewing
- Chef's in Training
- Mad Scientist
- Bath and Body
- In the Studio
- Curtain Up
- Intro to Photography

Teen and Adult

- Zumba
- Yoga
- Bath n Body Products
- Intro to Quilting
- Cooking Classes
- Drop In Pickleball-Tuesdays
- Drop in Volleyball-Tuesdays
- Drop In Badminton-Thursdays



Gwynne Vaughan Park
46919 Hope River Road, Chilliwack
Mailing: Box 530, Chilliwack, B.C. V2P 7V5
Telephone: 604-703-1168

www.gwynnevaughanpark.ca

Gwynne Vaughan Park

Park open dawn to dusk, 365 days a year.

Event

**Park Fundraiser
Plant Sale
JUNE 4, 2016**

Everyone Welcome!

Come for:

- a picnic,
- a wedding,
- a walk,
- a reunion.

Weddings in the Park

Getting married in Chilliwack's most beautiful park is an ideal way to start a life together.

Gwynne Vaughan Park offers a number of seasonally changing and beautifully planted settings, whether it's flower borders, heritage trees and shrubs, a forest grove, or the Rotary Pavilion.

The park is owned by the City of Chilliwack and is managed by a volunteer society. 21 years & going strong.



DON'T MISS THIS YEARS MAIN EVENT ON JUNE 4, 2016

Volunteer

Join the dedicated Friends of the Park, every Tuesday at 9:00 am from March until October. We are a good-natured group of volunteers who look after park maintenance and improvement, always ready to welcome new Friends.

**Reserve for your small
group function today!
FOR MORE INFORMATION,
VISIT OUR WEBSITE AT:
www.gwynnevaughanpark.ca**



A hard working Gwynne Vaughan Park volunteer.

Chilliwack Heritage Park



Chilliwack Heritage Park

44140 Luckakuck Way
Chilliwack, BC V2R 4A7
H: Mon - Friday: 8am to 4pm

T: 604-824-9927

F: 604-824-9957

E: info@chilliwackheritagepark.com

www.chilliwackheritagepark.com



Heritage Park

Chilliwack Heritage Park is a 65 acre park that boasts a 150,000 square foot building which can accommodate a number of events. Trade Shows, Conventions, Concerts, Dog Shows, Horse Shows, Arena Cross Events, ABA BMX Bike Grand Nationals and local club events just to name a few.

There is a seven acre field for outdoor concerts and festivals as well as plenty of space for camping with your event. There is also a rodeo arena as well as two outdoor sand arenas for your many different equestrian and agricultural events. All arenas are equipped with outdoor lighting for those evening rentals.

Heritage Park, which has been operational since July 2001, is ideally and conveniently located just off the Trans Canada Highway at Exit 116. This allows for easy access by those within Chilliwack as well as people living in the Lower mainland. The striking presence of this 150,000 square foot red building and 65 acre grounds also

attracts travellers from all over the Canada, as well as many visitors from the United States.

Heritage Park is a versatile facility. Features include a flexible public address system, box office and show office. The building is comprised of four floors; two are concrete floors that measure approximately 35,000 square feet each. There is also a 48,000 square foot dirt floor and a 30,000 square foot dirt floor. We have 150 portable box stalls for your equestrian event that can be put up on either the concrete or dirt floors, depending on your requirements. The building houses a portable stage, as well as tables and chairs. Our washroom facilities include showers and are handicapped accessible.

Heritage Park is not only a fine multi-use facility, but it also offers you a management and staff who are committed to your satisfaction. We would be pleased to work with you to help make your event a success.



Proudly Operated By:





**CHILLIWACK
HERITAGE PARK**
Events Happen Here

Chilliwack Heritage Park

44140 Luckakuck Way
Chilliwack, BC V2R 4A7
H: Mon - Friday: 8am to 4pm

T: 604-824-9927

F: 604-824-9957

E: info@chilliwackheritagepark.com

www.chilliwackheritagepark.com



Events:

April 2016

- 1-3 Outdoor, Yard, Garden & Reno Show
- 7-11 Renaissance Dog Show
- 16 Fraser Valley Food Truck Festival
- 22-23 Vintage Barn Market
- 23 YOUR Spring Formal 2016
- 30 Paton Farm Auction

May 2016

- 6-8 ABA-BMX
- 14-15 All About Kids Expo
- 21 Lil Rascals Kid's Market
- 25 Ritchie Bros. Auction Park & Ride
- 26-29 Equestrian Vaulting Show

June 2016

- 3-5 Kick the Dust Up- First Annual Barrel Race
- 10-12 BC Miniature Horse Club Show
- 17-19 Fraser Valley Reiner's Show

July 2016

- 8-9 Modular & Tiny House Expo
- 15-17 West Coast Classic Reining Show
- 23 Fraser Valley Treasure Hunters
- 26 Ritchie Bros. Park & Ride

August 2016

- 5-7 Chilliwack Fair
- 13-14 Mud Racing
- 14 Vintage in the Valley
- 20-21 Pro Trucker Magazine's Big Rig Weekend
- 25-28 Rising Star Dressage

Dates & Events subject to change. Please go to: www.chilliwackheritagepark.com for updates.

LIKE US ON FACEBOOK! 

Youth Organizations

Air Wolf Air Cadets	604-792-0315
Army Cadets - 1725	604-858-8748
Royal Canadian Air Force Assoc 879 Wing	604-792-3637
Big Brothers & Big Sisters	604-858-0828
Chilliwack Royal Canadian Sea Cadets	604-792-1123
Chilliwack Safety Village	www3.telus.net/safetyvillage
Girl Guides of Canada	1-800-565-8111
Navy League 125 Columbia	604-854-4389
Mt. Cheam Pony Club	604-858-2931
Promontory Heights Community School –Youth Services	604-858-2999
Sea Cadets 169 Columbia	604-854-4389

Youth Sports

Athletes In Action - Friday Nite Basketball	fnb_chwk@telus.net 604-794-3421
Cheam Skate Club	604-824-9544
Chilliwack Gymnastics Club	604-795-6009
Chilliwack Minor Baseball	cmb.goalline.ca
Chilliwack Minor Football	wayne.bjorge@gmail.com 604-791-1863
Chilliwack Minor Hockey Assoc.	604-858-6031
Chilliwack Christian Jr. Hockey League	www.ccjhl.net or 604-793-3626
Chilliwack Minor Lacrosse Assoc.	www.chilliwacklacrosse.com
Chilliwack Minor Fastpitch Assoc.	www.chilliwackminorfastpitch.com
Chilliwack Crusaders Rugby	www.chilliwackrugby.com
Chilliwack Stingrays Swim Club	www.chilliwackstingrays.com

Chilliwack Track & Field Club

..... chilliwacktrackandfield.teampages.com

Chilliwack Vaulting Club..... www.vaultcanada.org

Chilliwack FC - Youth Soccer

..... chilliwackfcinfo@gmail.com | 604-792-0090

Fraser Valley Rhythmic Gymnastics

..... www.fvrhythmics.com

Fusion Athletics Cheer Club.....

..... www.fusionathletics.ca

Green Light Inline Hockey League

..... www.glihl.com or 604-997-4546

Karate (Shotokan style)

..... 604-799-2807

Pacific Riding for Developing Abilities

..... 604-858-2149

Prospera Centre - 3 on 3 Hockey League

..... www.prosperacentre.com | 604-702-0062

Prospera Centre - Learn to Skate

..... www.prosperacentre.com | 604-702-0062

Sardis Fliers Speed Skating Club

..... sardisspeedskating@gmail.com

Simpson Skating School Assoc......

..... 604-795-9948

Spartan Swim Club.....

..... 604-858-Swim

Ball Groups - Adults

Chilliwack Slo-Pitch

..... chilliwackslopitch@gmail.com | www.chilliwackslopitch.ca

Chilliwack Ladies Slo-Pitch.....

..... 604-819-4036

Chilliwack Men's Slo-Pitch

..... 604-795-5885

Chilliwack Seniors Slo-Pitch.....

..... 604-824-0593

Chilliwack Wed. Night Two-Pitch

..... 604-997-9847

Jolly Miller Slo-Pitch League

..... 604-798-5248

Wildlife Slow-Pitch.....

..... 604-798-4873



Hockey - Adults

Chilliwack Ball Hockey League	info@chilliwackbhl.com
Flickers & Friends Hockey Club	k_jheathman@shaw.ca
Oldtimers Hockey League	Jake Kouwenhoven
Prospera Centre Adult Hockey League	adulthockeychilliwack@prosperacentre.com
Prospera Centre Women's Hockey	adulthockeychilliwack@prosperacentre.com
Upper Fraser Valley Hockey	Jake Kouwenhoven

Soccer - Adult

Chilliwack Rapids Soccer Club	therehdner4@shaw.caor mumms20@hotmail.com
Chilliwack Men's Soccer League	604-824-0122
Chilliwack Div. 4 Metro Women's Soccer	mbrown29@telus.net
Chilliwack Oldtimers Soccer	604-858-2140
Seniors Indoor Soccer (over 60)	604-858-3934

Golf

Cheam Golf Course	604-858-7991
Chilliwack Golf & CC	604-823-4544
Cultus Lake Golf Club	604-858-9902
Kinkora Golf Course	604-858-8717
Bridal Falls Golf Course	604-794-7788
Royalwood Golf Club	604-823-4653
The Falls Golf & CC	604-745-4653

Other Sports

Chilliwack Central Karate Club	604-845-8845
Chilliwack Chito-Ryu Karate Club	604-402-4049
Chilliwack Curling Club	604-792-1572
Chilliwack Tennis Society	604-794-7515
Chilliwack Youth Triathlon Club	www.chilliwackyouthtri.com
Chilliwack Ultimate League	604-792-9591
Eastern District Cricket Club	www.freeteams.net/stags 778-988-3260
Fraser Valley Dragon Boat Society	info@fvdbc.com
Freedom Acrobatics	www.freedomacrobat.com 604-316-5013

Mt. Cheam Cycling Club	604-795-BIKE
Revolution Martial Arts	revolutionmartialarts@hotmail.com 604-795-2972
Sho Bu Kai Karate Club	604-819-7255
Special Olympics	604-858-3390
Sun Hang Do	604-846-1888
Taoist Tai Chi Society of Canada	604-795-4040
Tesshinkan Ryukyu Bunka Kai Kan	604-858-3744
Woodside Riding School	604-858-7338

Bowling

Chillibowl Lanes Ltd.	604-795-2637
Chilliwack Lawn Bowling Club	604-795-2637
Evergreen Senior Carpet Bowlers	604-793-9979

Painting & Drawing

Chilliwack Visual Arts Association	604-792-2069
Golden Palette Club	604-769-2787
Solace Art Group	604-795-6166



Community Directory

Dance

Ball Room and Latin Dancing	604-316-0294
Ball Room and Latin Dance	604-701-0173
European Ballet Academy	604-701-0173
Capella Dance Academy	604-793-2221
Chilliwack Dance Schoolchilliwackdancesch.wix.com/chilliwackdance	604-795-6009
Chilliwack World Dance Group	604-796-3382
Creative Outlet Performing Art Studio	604-391-0909
Evolutionz Dance Studio	604-792-5528
Fleita Tutte School of Dance	604-794-7430
Happy Tappers (Tap Dance)	604-792-6696
Illusions Rhythmic Gymnastic Society	604-858-0238
Images Dance Studio	604-795-9890
Project Dance Dance	604-846-3262
Rhythm Reelers Square Dance Club	604-823-7383
Salsa Latin Style Dance	604-858-3144

Special Interest

Atchelitz Women's Association	604-858-5577
BC Wooden Toy Makers	604-799-2969
Camera Club of Chilliwack	604-796-3674
Canadian Cancer Society	604-792-3984
Central F.V. Woodcarvers www.centralfraservalleywoodcarvers.ca	
CFB Chilliwack Historical Society	604-701-6775
Chilliwack Animal Safe Haven .. info@thesafehaven.ca www.thesafehaven.ca	604-794-7233
Chilliwack Amateur Radio Club604-793-0078 www.chwkar.ca	
Chilliwack Bereavementwww.members.shaw.ca/chilliwackbereavement	
Chilliwack Community Arts Council	604-796-2787
Chilliwack Elks Lodge #48	604-392-4414
Chilliwack Field Naturalists	604-792-8062
Chilliwack Floral Club	604-792-9297
Chilliwack Garden Club www.icangarden.com/clubs/CGC	604-795-7576
Chilliwack Lions Club (Kinsmen) www.lionwap.org	1-778-837-9850

Chilliwack Metis Association	778-883-6654
Chilliwack Museum & Archives www.chilliwackmuseum.ca	604-795-5210
Chilliwack Players Guild	604-792-2069
Chilliwack Riding Club	604-823-0220
Chilliwack Toastmasters-3486 toastmasters.bc.ca	604-702-9850
Dogwood Monarch Lions Club	pudatca@shaw.ca
East Chilliwack Women's Institute	604-858-8046
Fraser Valley Mahjongg Club	604-855-6157
Fraser Valley R/C Flyers	rsamuels@telus.net
Gwynne Vaughan Park Society604-703-1168 www.gwynnevaughanpark.ca	
Heritage Chilliwack Society	heritagechilliwack@gmail.com
Kiwanis Club of Chilliwack	604-792-4371
Knights of Columbus	604-858-1711
La Leche League	604-824-1732
Mt. Cheam Canine Association	604-823-4925
Mount Cheam Lions Club mtcheamlionsclub@gmail.com	604-792-3810
Mt. Cheam Orchid Society	604-847-0030
The Optimist Club of Chilliwack OptimistClubofChilliwack@gmail.com	604-792-4187
Paparazzi Photography	604-392-9598
Prostate Health Information/Awareness Group	604-824-5506
Royal Canadian Legion Br. #4	604-792-2337
Royal Canadian Legion Br. #280	604-858-3600
Ryder Lake Women's Institute	604-858-8751
Sons of Scotland	604-792-6696
Soroptomist International of Chilliwack	604-847-2233
SPCA	604-823-6612
Stellars Jays Lions Club	604-792-1705
TOPS Club	604-462-7479
Twin and Triplett Club	604-795-2545
United Empire Loyalists (Chilliwack Br.)	604-858-6748
Valley Women's Network	604-858-4747
Volkswagon Decades Car Club	604-795-2869
Westcoast Chuckwagon & Chariot	604-794-0130
Women's Breakaway	www.centraljourney.org

Music

B.C. Registered Music Teachers	604-845-1343
Chilliwack Academy of Music	604-792-0790
Chilliwack & District Pipe Band	604-795-7325
Chilliwack Community Band ..	604-792-6532 or 778-875-4998
Chilliwack Country Jammers Association - Ron Biggar rnbgr@shaw.ca.....	chilliwackcountryjammers@gmail.com
Chilliwack Happy Times Jazz Society	604-795-3600
Chilliwack Harmony Chorus	604-316-5220
Chilliwack Metropolitan Orchestra	604-703-1329
Chilliwack School of Performing Arts	www.csopa.ca office@csopa.ca 604-792-9469
Chilliwack Symphony Orchestra & Chorus	604-795-0521
Chilliwack Youth Orchestra	604-795-6435 info@chilliwackyouthorchestra.com www.chilliwackyouthorchestra.com
Fraser Cheam Pipe Band	604-795-9302
Fraser Valley Youth Pipe Band	604-823-6608
Green Heart Sweet Adelines	604-795-6333
Heritage Singers	604-794-0055
Mini-Musik Studios	604-793-4327
Mt. Cheam Chamber Orchestra	604-792-2354
Music for Young Children	604-858-9666
Symphony Sundays	604-793-9394
Tiny Tinkles	tinytinkles@hotmail.com 604-791-7749
Vancouver Opera	604-858-5720

Outdoors

Can. Power & Sailing Squadron	604-824-8616 or 604-792-9373
Chilliwack Center of Excellence Kayak	604-858-0877
Chilliwack Hiking Club	www.HikeChilliwack.com
Chilliwack Outdoor Club	604-858-4928
Chilliwack River Rafting	604-824-0334
Coquihalla Summit Snowmobile Club	www.coqsnow.com or 604-316-1600
Cultus Lake Sailing Club	604-858-8678
Ducks Unlimited	604-794-7700
Fish and Game Club of Chilliwack	604-847-0277
Fish and Wildlife Branch	604-795-8422
Fraser Valley Dragon Boat Club	604-858-8464
Fraser Valley Rowing Club	604-858-3449
Fraser Valley Salmon Society	604-823-4637 or 604-858-7344
Paddle Performance Kayak School	604-793-3501
Valley Power & Sail Squadron	604-824-1983
Vedder Running Club	www.vedderrunningclub.ca vedderrunningclub@gmail.com 604-819-0824

Crafts

Chilliwack Bobbin Lace Club	604-824-2123
Chilliwack Floral Club	604-792-9297
Chilliwack Spinners & Weavers Guild	604-794-7805
Chilliwack Quilters Guild	604-858-3720
HomeTown Hobbies & Toys	604-824-7529
Chilliwack Piece Makers Quilting Guild	604-858-6070
U.F.V. Knitting Club	604-792-3364



Community Directory

Agriculture

Agricultural Society	604-824-8191
Antique Farm Machinery Assoc.	604-856-4571
Atchelitz Threshermens Assoc.	604-819-2373
Chilliwack Exhibition	604-824-8191
Chilliwack Heritage Park	604-824-9927
4-H Clubs (Chilliwack & District)	604-796-9603
Farmers' Institute (Atchelitz)	604-824-0355
Farmers' Institute (East Chilliwack)	604-794-7060
Farmers' Institute (Ryder Lake)	604-824-7450
Ploughing Society of Chilliwack	604-796-3333

Seniors

Anavets	604-792-6370
BCOAPO - Sardis	604-858-3910
BC Seniors Games	604-824-7963
Chilliwack & District Senior Resources Society	604-793-9979
Chilliwack Resource Centre	604-702-9595
Chilliwack Seniors Peer Counselling	604-793-7204
Chilliwack Seniors Rec Centre	604-792-4549
Chilliwack Seniors Social Society	604-792-6696
Chilliwack Seniors Veteran's Society	604-792-5850
Columbia Valley Regional Seniors	604-858-9774
Cooke's Presbyterian Church Seniors' Fellowship	604-792-2079 or 604-792-2154
Cultus Lake OAOP #164	604-858-6770
Elder College	604-702-2611
Evergreen Seniors Carpet Bowlers	604-795-9883

Fifties Plus, First Baptist Seniors	604-858-0606
Kiwanis Golden K	604-793-0459
Mt. Cheam Seniors Citizen Br. 91	604-794-7367
Probus Club of Chilliwack	604-792-2833
Probus Club of Mount Cheam	604-858-7370
Salvation Army Rainbow Country Seniors	604-792-0311
Senior Indoor Soccer	604-824-1720
Seniors Unlimited	604-858-4237
Yarrow Seniors Citizens Society	604-823-4325

Community Halls

Camp River Community Hall	604-794-7947
Columbia Valley Community Centre	604-858-9774
Evergreen Hall & Landing Sports Centre	604-793-2904
Cheam Leisure Centre	604-824-0231
Masonic Hall	604-792-1015
Mount Cheam Lions Hall (Riding Club Hall)	mtcheamlionsbc.lionwap.org 604-792-3810
OAP #173 Sardis	604-858-4066
Princess Armories	604-792-0315 or 604-316-4459
Riding Club Hall	604-792-3810
Ryder Lake Farmer's & Women's Institute Hall	604-824-7450 or 604-858-4162
Scout Hall (Kinsmen)	fairfieldscouthallrentals@gmail.com 604-807-1097
Tzeachten Community Hall	604-858-3888
Yarrow Community Hall	www.yarrowcommunity.com/rentals/ 604-823-4550
School District #33	604-795-2557

Please contact the City of Chilliwack Recreation and Culture Department at 604-793-2904 to update your club or organizations information.



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CITY OF
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Leisure Access Pass

Residents living within the City of Chilliwack, who have limited financial resources, are encouraged to apply for a Leisure Access Pass. This pass will allow the holder a price-reduced entry into the Chilliwack Landing Leisure Centre, Cheam Leisure Centre or any City run public program offered at Prospera Centre or Twin Rinks.

Applications are available at the Recreation and Culture Department at City Hall, The Chilliwack Landing Leisure Centre, Cheam Leisure Centre, or online at www.chilliwack.com. For eligibility in the Leisure Access Program contact lap@recreationexcellence.com or visit and register at myselfserve.gov.bc.ca

Grade 5 Get Active Facility Pass

With the primary purpose of increasing participation and fitness levels of Grade five students, the Chilliwack Active Communities Committee is pleased to provide the Grade 5 Get Active Facility Pass program. In Partnership with the City of Chilliwack Recreation & Culture, Recreation Excellence, the Chilliwack Family YMCA and the Chilliwack School District this pass is made available to all grade five public, home or private schooled students in Chilliwack. The facility pass provides free admission to public swims, skates and selected drop-in sports from September 1st of the current year and expires August 31st of the following year. Get you pass, GET ACTIVE! For more information on receiving your free photo ID contact the Chilliwack Recreation & Culture Department at 604-793-2904.

Jumpstart

Canadian Tire Jumpstart® is a community-based charitable program that helps kids aged 4-18 participate in organized sports and recreation such as hockey, dance, soccer and swimming, so they can develop important life skills, self-esteem and confidence. Hundreds of children are helped locally through the Jumpstart program. For more information contact the Chilliwack Family YMCA or download and application at www.chilliwack.com.



KidSport™

Kidsport™ provides support to children to remove financial obstacles that prevent them from playing organized sport. The mission statement of Kidsport™ Canada states "We believe that no kids should be left on the sidelines and all should be given the opportunity to experience the positive benefits of organized sports". Applications for Kidsport™ can be obtained at the Chilliwack Recreation and Culture Department or online at www.chilliwack.com



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