



# Summer Activity Guide

for Families with Children 0 to 12

Filled with FUN and affordable activities in New Westminster for you and your family!



## Kids New West

HEALTHY KIDS BUILD HEALTHY COMMUNITIES & HEALTHY COMMUNITIES BUILD HEALTHY KIDS

[www.kidsnewwest.ca](http://www.kidsnewwest.ca)

**NEW THIS YEAR**  
Take the Summer  
Activity Challenge  
for a chance to  
WIN Prizes!



Compliments of the New Westminster Early and Middle Childhood Development Committees  
With funding support from:



and



## Welcome to the Summer Activity Guide!



Welcome to the 2nd edition of the Summer Activity Guide! This guide has been jointly produced by the New Westminster Early and Middle Childhood Development committees and is filled with fun and affordable activities in New Westminster for families with children 0 to 12.

Make sure you visit [www.kidsnewwest.ca](http://www.kidsnewwest.ca) for info on additional family friendly events and activities!

*Please Note: Kids New West can not take responsibility for events that are cancelled after the Summer Activity Guide has gone to print.*

## Participate for a Chance to Win Prizes!

This year, we are putting out a challenge to parents, caregivers and their children. Show us that you are making good use of the Summer Activity Guide by keeping a record of what you do. On the monthly calendar pages some events are highlighted in red - these are our **Community Signature Events** - and to the right and throughout the Summer Activity Guide we give you lots of ideas on how to keep active, have fun together, and explore your community. **Check off a minimum of 6 items and list 3 Community Signature Events** you attended for a chance to win some great prizes! You don't need to give us your calendar with all the checked boxes, just complete the ballot below and deposit it by **September 9th** in the **Summer Activity Guide Contest Box** at the Centennial Community Centre, the Queens Park Arenex, Queensborough Community Centre, or the Children's Department at the New Westminster Public Library. **Prize winners will be contacted by September 14th** and the winning names will be posted late September on the Kids New West website at: [www.kidsnewwest.ca](http://www.kidsnewwest.ca)

Summer Activity Guide Challenge	
WE DID IT!	
Name	
Age of child/children:	
E-mail:	
Phone Number:	

## Be Active... Make it fun!

- Get a book on local birds from the **New Westminster Public library** and go bird watching along the **Brunette River in lower Hume Park**.
- Volunteer** as a family to help with a community project.
- Visit **Friendship Gardens** beside city hall and watch the ducks splash in the pond.
- Pack a picnic lunch and beat the summer heat at one of the many **Neighbourhood Waterparks**. Visit [www.newwestpcr.ca](http://www.newwestpcr.ca) for locations.
- Visit the **Police Museum** inside the **Police Station** at the corner of 6th Street & Columbia.
- Pay a visit to the beach in **Port Royal in Queensborough...** walk along the river, skip rocks into the Fraser River and build sandcastles in the sand.
- Visit **Westburnco Reservoir**- a great place to ride tricycles and bikes, or go in-line skating.
- Stroll along the **New Westminster Quay** boardwalk and watch all the activity on the river.
- Ride your bike along the **Millennium Trail in Queens Park** or take a longer ride on the **Central Valley Greenway**.
- Visit our very own farm in the middle of **Queens Park** and chat with the farmer.
- Take a historical journey at **Irving House** and the **New Westminster Museum**.
- Make **scavenger hunts** part of your daily walking in the community and at local parks. Think about what you want to find before you leave home.
- Go swimming at the **Moody Park or Hume Park Outdoor Pools**.
- Learn about the history of Lacrosse by visiting the **Canadian Lacrosse Hall of Fame at the Centennial Community Centre**.
- Walk or bike to the **Royal City Farmers Market** (Thursday's from 3 to 7pm) in Tipperary Park, talk to a farmer, and buy ingredients for supper.
- Visit the **Glenbrook Ravine Park** one of New Westminster's few remaining wooded areas.
- Watch for the opening of the **New Westminster Pier Park** and go enjoy the festivities!
- Check out the new **Hume Park** playground.
- Play outside and have fun** with your family and friends!
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

### Community Signature Events

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# June 2012

HEALTHY KIDS BUILD HEALTHY COMMUNITIES & HEALTHY COMMUNITIES BUILD HEALTHY KIDS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Summer Connections  Shred Fest
3	4	5	6 FREE Swim	7 Opening day for the Royal City Farmers Market	8	9 FREE Swim
10 FREE Swim  Sapperton Days Festival	11	12	13	14 Family Night Out  Royal City Farmers Market	15	16 FREE Swim Douglas College Community Music School Student Recital  Westminster Pier Park Opening Event
17 Band Concert at the Queen's Park Bandshell 2 pm  FREE Swim	18	19	20 NWPL Summer Reading Club Kick-off	21  Royal City Farmers Market	22	23 FREE Swim
24 Polynesian Dancers Queen's Park Bandshell 2 pm  FREE Swim  Children's Festival	25	26	27	28 Regular hours start at Outdoor Pools and Play Leaders return to New West parks!  Royal City Farmers Market	29	30 FREE Swim

## Free and Low Cost Activities



**I like it when you show me my community.**

**Royal City Farmers Market** in Tipperary Park (4th St. and Royal Ave.) Thursday's from 3 to 7 pm June 7th to October 4th.

**Summer Connections:** a FREE fun filled event for newcomer families featuring fun activities for children, food, entertainment, community information and lots of prizes—including a summer camp draw. Saturday June 2 from 11:30 to 3:00 pm. Lord Kelvin School Gym 1010 Hamilton Street.

**FREE Swims** at Moody Park and Hume Park Outdoor Pools on Saturday and Sunday from 1:15 to 7:55 pm from June 28 to Sept 3. Moody Park Pool will also have FREE swims on Saturdays and Sundays from 3:30 to 7:30 from June 5 to June 27th. (weather permitting).

**FREE Swim** at Canada Games Pools on the first Wednesday of the month from 2:30 to 4:00 pm.

**Shred Fest** Come have your confidential papers shredded and enjoy local entertainment, face painting and a BBQ. Businesses and homeowners are welcome. All by donation with all proceeds going to the New Westminster Firefighters Charitable Society. Canada Games Pool parking lot. June 2 from 11 to 4 pm.

**Family Night Out:** FREE family night out courtesy of SD No. 40 Community Schools to celebrate a successful school year. Giant slide, carnival games, face painting, bouncy castle, entertainment, clown, magician and craft tables. There will also be a pay BBQ thru M & M's. Location: Terry Hughes Field, Glenbrook Middle School. June 14, 5:30 to 7:30.

**Douglas College Community Music School Student Recital** at the Laura C. Muir Performing Arts Theatre From 2pm to 4 pm FREE






**Summer Reading Club Kick-off party** for children 4 to 12 years at the New Westminster Public Library. June 20 at 3:30 pm. Come sign up for the Summer Reading Club and be entertained by The Purple Pirate! FREE

**Children's Festival** Come celebrate the reopening of Megans Place Playground and the refurbished Spray Park with stage performances, roaming entertainment, fun and games. June 24 from 11:30 to 3:30 at Ryall Park in Queensborough.

**Westminster Pier Park Opening Ceremony.** Come enjoy the festivities. FREE family activities. June 16th 11 to 3pm.



## Summer Camps and Activities

<p><b>Summer Camping Bureau</b>          Program assists low-income families living in New Westminister with subsidies for camp registration fees at a wide variety of summer camps (i.e. NWPCR, Camp Artaban, Camp Potlach, Camp Jubilee, etc.)  <b>Summer Camp registration:</b>          Fraserside Community Services          Suite 202 - 768 Columbia St (above the Salvation Army)          9:00am to 12:00pm and 1 to 4pm Monday to Friday  <b>For more information, please contact:</b>          Phone: 604.522.3722 ext.114          e-mail: <a href="mailto:camping@fraserside.bc.ca">camping@fraserside.bc.ca</a>          or visit <a href="http://www.fraserside.bc.ca/livingwell">www.fraserside.bc.ca/livingwell</a></p>	<p><b>Family Circle Summer Fun in the Park</b>          FREE summer program for families with children 0 to 6. Thursdays from 11:30am to 1:30pm at various parks, pools or playground locations in New Westminister. Nutritious lunch provided. <b>For more information please call:</b> the Purpose Society at 604.526.2522</p>	<p><b>Olivet Summer Bible Camp (ages 5-12)</b>          Olivet Baptist Church          613 Queens Ave. (at 7th Street)          A week- long adventure where kids will take to the sky and learn everything is possible with God.  <b>Dates:</b> Monday July 23rd to Friday July 27th  <b>Time:</b> 9:00am to noon  <b>Cost:</b> FREE  <b>Registration available on website:</b> <a href="http://www.olivet.bc.ca">www.olivet.bc.ca</a>  <b>For more information contact:</b>          Phone: 604.522-0232          e-mail: <a href="mailto:office@olivet.bc.ca">office@olivet.bc.ca</a></p> 
<p><b>Camp Spirit 2012: Splash in God's Word (ages 5-12)</b>          Shiloh Sixth Avenue United Church          111 Sixth Ave (at 12th Street)          Music, games, art, storytelling and more! This program provides opportunities for children to share in the story of the Christian faith in creative and exciting ways. Snacks and lunch is included.  <b>Dates:</b> Monday August 27th to Friday August 31st  <b>Time:</b> 9:30am to 12:30pm  <b>Cost:</b> \$25 (subsidies available)  <b>For more information contact:</b>          Phone: 604.522-3443          e-mail: <a href="mailto:maryn@shiloh06ave.net">maryn@shiloh06ave.net</a></p> 	<p> <b>Summer Therapeutic Programs for Children ages 6-11</b>  <b>Western Society for Children</b>          Activities focus on improving balance and coordination in children who need a little help to catch up or to keep up with their peers.  <b>Fun Moves:</b> Ages 6 to 7 with an adult. Thursdays from 1:30 to 2:30 pm in July  <b>Fun Fingers:</b> Ages 8 to 11 with an adult. Tuesdays from 3 to 4 pm in July          Both programs are held at Olivet Baptist Church          Cost: \$50  <b>For more information, or to register for these programs please call:</b> 604.515.0810</p>	<p><b>Douglas College Summer Camps (ages 5 - 12)</b>          Douglas College offers a wide variety of sports and arts 1/2 day and full day weekly camps. <b>For more info visit:</b>  <a href="http://www.douglascollege.ca/youthcamps">www.douglascollege.ca/youthcamps</a> or          e-mail: <a href="mailto:summercamp@douglascollege.ca">summercamp@douglascollege.ca</a></p>
<p><b>New Westminister Parks, Pools and Spray Parks</b></p> <p><b>Spray Parks</b> in Queens Park, Hume Park, Moody Park Ryall Park, and Sapperton Park are open daily* from May 19 to September 3, 10am to 7pm .</p> <p>The <b>Grimston Park Wading Pool:</b> is open daily* from June 28 to September 3, noon to 4pm FREE</p> <p><b>Moody Park Outdoor Pool:</b>          June 5 to 27 daily* from 3:30pm to 7:30pm          June 28 to Sept 3 daily* from 1:15pm to 7:55pm          FREE on weekends</p> <p><b>Hume Park Outdoor Pool:</b>          June 28 to Sept 3 daily* from 1:15pm to 7:55pm          FREE on weekends</p> <p>* On good weather days</p>	<p><b>New Westminister Family Place Sun Fun</b></p> <p>A FREE program for parents and grandparents of children 0 to 5. Thursdays from 10 am to 2 pm at various City parks. Come enjoy bubbles, art and outdoor play. Bring a lunch and water for you and your child, and don't forget to bring your bathing suits, towels, sunscreen and sun hats! Weather permitting. <b>For more information please visit <a href="http://nwfamily.bc.ca">nwfamily.bc.ca</a> or call 604.520.3666.</b></p> 	<p>  <b>New Westminister Public Library Children and Tween Summer Programs</b>          716 - 6th Avenue 604.527.4677  <a href="http://www.nwpl.ca">www.nwpl.ca</a></p> <p><b>Summer Reading Club Kick-off Party (4 - 12 years) FREE</b>          Wednesday June 20 at 3:30          Come sign up for the Summer Reading Club and be entertained by The Purple Pirate!</p> <p><b>Summer Babytime (0 - 24 months) FREE</b>          Friday July 6, 13, 20, and 27 at 10:30 am          Songs and Rhymes for little ones</p> <p><b>Summer Storytime and Craft (2 - 6 years) FREE</b>          Wednesdays and Thursdays July 4 to Aug 16 at 10:30 am          Storytime and craft.</p> <p><b>French Storytime (4 - 8 years) FREE</b>          Thursday August 2, 9, 16, and 23 at 10:30 am          Stories and rhymes in French</p> <p><b>Summer Fun Days (5 - 10 years) FREE</b>          Tuesday July 3, 10, 17, 24, 31 and Aug 7, 14 at 10:30 am          Stories crafts and special guests.</p> <p><b>Creative Tweens (9 - 12 years) FREE</b>          Thursdays July 5 to 26 at 1:30 pm          Crafts, book talks, game days and activities for older children.</p>

Unsure of where all the local recreation centres, parks, spray parks and pools are?  
 Check out the New Westminister Parks Culture and Recreation website at: [www.newwestpcr.ca](http://www.newwestpcr.ca)

Note: This month uses different colour font to divide up multiple entries

## July 2012

HEALTHY KIDS BUILD HEALTHY COMMUNITIES & HEALTHY COMMUNITIES BUILD HEALTHY KIDS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <b>Canada Day Celebrations</b> <b>Queen's Park</b> <b>11am</b> Loonie Skate FREE Swim	<b>2</b> Loonie Skate	<b>3</b> Olivet Kids Summer Drop - in Sun Fun Days NWPL	<b>4</b> FREE Swim Pancho and Sal Ryall Park 1pm Children's Needlecrafts Loonie Skate Storytime and Craft NWPL	<b>5</b> Family Place Annual Potluck Picnic / Royal City Farmers Market / Family Circle / Creative Tweens & Storytime and Craft NWPL	<b>6</b> Babytime NWPL Samson V Family Drop-in Loonie Skate T.G.I.F Dancing in the Square	<b>7</b> FREE Swim
<b>8</b> Show and Shine The Ta Daa lady Queen's Park Band Shell 2pm Loonie Skate FREE Swim	<b>9</b> Loonie Skate	<b>10</b> Olivet Kids Summer Drop - in Sun Fun Days NWPL	<b>11</b> Johnny B Good Magic Ryall Park 1pm Children's Needlecrafts Loonie Skate Storytime and Crafts NWPL	<b>12</b> Olivet Kids Summer Drop - in Paw-Fest / Royal City Farmers Market / Sun Fun / Family Circle /Storytime and Crafts & Creative Tweens NWPL	<b>13</b> Babytime NWPL Samson V Family Drop-in Loonie Skate T.G.I.F Dancing in the Square	<b>14</b> FREE Swim
<b>15</b> Royal City Concert Band Queen's Park Band Shell 2pm Loonie Skate FREE Swim	<b>16</b> Loonie Skate	<b>17</b> Olivet Kids Summer Drop - in Sun Fun Days NWPL	<b>18</b> One Woman Circus Ryall Park 1pm Children's Needlecrafts Loonie Skate Storytime and Crafts NWPL	<b>19</b> Olivet Kids Summer Drop - in Royal City Farmers Market Sun Fun Family Circle Storytime and Crafts & Creative Tweens NWPL	<b>20</b> Babytime NWPL Loonie Skate T.G.I.F Dancing in the Square Samson V Family Drop-in	<b>21</b> FREE Swim Shadows and Dreams Queens Park Band Shell 2pm
<b>22</b> <b>Boro All Wheel                      Park Event</b> <b>Ryall Park</b> <b>12 - 3 pm</b> / Shadows and Dreams Queen's Park Bandshell / Loonie Skate / FREE Swim	<b>23</b> Loonie Skate	<b>24</b> Sun Fun Days NWPL	<b>25</b> Sharmaine and Luvena Ryall Park 1pm Children's Needlecrafts Loonie Skate Storytime and Crafts NWPL	<b>26</b> Sun Fun Family Circle Storytime and Crafts & Creative Tweens NWPL Royal City Farmers Market	<b>27</b> Babytime NWPL Samson V Family Drop-in Loonie Skate T.G.I.F Dancing in the Square	<b>28</b> FREE Swim Shadows and Dreams Queens Park Band Shell 2pm
<b>29</b> Shadows and Dreams Queen's Park Band Shell Loonie Skate FREE Swim	<b>30</b> Loonie Skate	<b>31</b> Sun Fun Days NWPL	<b>FREE Swims</b> at Moody Park and Hume Park Outdoor Pools on Saturday and Sunday from 1:15 to 7:55pm and at Canada Games Pool from 2:30 to 4:00 on the first Wednesday of the month. <b>Loonie Family Swims at Canada Games Pool</b> on Saturday and Sunday from 11:00am to 1:00pm. Children and Youth accompanied by an adult pay \$1. <b>Loonie Skates at Moody Park Arena</b> 12:30 to 2:30 Monday, Wednesday and Friday 6:30 to 8:00 Mondays 1:00 to 3:00 Sundays			

## More Free and Low Cost Activities



*I like it when you  
have fun with me.*

**Music at the River Market** from 1 to 3 pm on Saturday's and Sundays. For more details visit: [rivermarket.ca](http://rivermarket.ca)

**Olivet Kids Summer Drop - in** See page 4 for info.

**Royal City Farmers Market** in Tipperary Park (4th St. and Royal Ave.) Thursday's 3 to 7 pm, June 7 to Oct 4.

**Paw-Fest 2012** Features an obstacle course, dunking for doggies, games, vendors of treats for you and your dog to enjoy! July 12, 6 to 8:30 at the Queensborough Dog Park

**Westminster Family Place Family Potluck Picnic** in Queens Park Thursday July 5th from 10:00 am - 2:00 pm. Bring a food dish to share with other families and enjoy bubbles, art and outdoor play in the park. Don't forget your bathing suit, towel, sun screen and sun hats!

**Irving House Crafty Thursdays Drop - in (all ages)** Thursday's from 1 pm to 3 pm all summer. Families can try out different summer crafts, play lawn games and tour Irving House. Admission by donation.

**TGIF Dancing in the Square (all ages)** Come learn some new dance moves and dance under the stars in downtown New Westminster. Hyack Square 7 to 9:30 pm. Weather permitting.

**Shadows and Dreams Theatre Co.** Shakespeare's The Tempest. Queens Park Bandshell 2:00pm on July 21, 22, 28,29, and Aug 4 and 5.

**Children's Needlecrafts at Irving House (5 to 15 yrs)** Wednesday's from 1 to 3 pm all summer. Drop in each week for different needlecrafts from the Victorian period through to today. Admission by donation

**Samson V Family Drop- in Fridays** from 1 to 3 pm all summer families can try a different nautical craft at the Samson V Maritime Museum at the New West Quay.

**Family Circle Summer Fun in the Park** See page 4 for more info.

**Sun Fun** See page 4 for more info.

**NWPL (New Westminster Public Library) Children and Tween Programs**—see page 4 for details.

**Show and Shine** Come see 100's of cool cars lined up along Columbia St and enjoy live entertainment, food and fun for the entire family. July 8 10 - 6 pm.



## Fun Activities for Older Children and Tweens

### NW Parks, Culture and Recreation Outtrips (ages 11-16 years)

A wide variety of awesome summer outtrips have been planned by the Youth Services staff. Youth can be picked up at Centennial Community Centre, Century House and Queensborough Community Centre on the day of the outtrips. Costs range from \$11 to \$42, depending on the activity.

For more info visit: [www.newwestpcr.ca/](http://www.newwestpcr.ca/), pick up an **Active Living Guide** or call Youth Services at 604.515.3775



### Neighbourhood Youth Drop-ins for Gr. 6 - 8

#### East end:

Centennial Community Centre  
Wednesday 4 - 7 pm  
Glenbrook Middle School  
Outdoor Drop-in  
Monday 12 - 4 pm

#### West-end:

Connaught Heights Elementary School  
Friday 7:30 - 9 pm

#### Queensborough:

Queensborough Middle School  
Monday/Wednesday 12 to 8 pm (\$2.00 includes snack)  
Friday 2 to 8 pm (\$2.00 includes snack)

#### Central Youth:

Century House  
Monday 2 to 6pm,  
Wednesday / Friday 5 to 8 pm

### Self-guided Tours at the Fraser River Discovery Centre at the New Westminster Quay



Learn interesting facts about the mighty Fraser River through fun hands-on interactive exhibits and programs. You can learn about the Fraser River white sturgeon that lives on the Fraser's muddy bottom, or dig through a simulated archaeological dig and uncover artifacts from the river's shores. The popular *Pollution Model* lets you take turns being a polluter, just for the day, and shows you where toxins go after a typical west coast rainy day. Visit the interactive *Plants Alive!* exhibit for loads of activities that engage young minds and hands with the world of native plants. Wrap up your visit with a film in the Canyon Theatre. No matter what the age, there is something for everyone.

### Get out of the Summer Heat!

#### Loonie Skates at Moody Park Arena

Monday, Wednesday and Friday  
12:30 to 2:30  
6:30 to 8:00 Mondays and  
1:00 to 3:00 Sundays

**FREE Swims** at Canada Games Pool the first Wednesday of the month from 2:30 to 4:00 and on the weekends from 1:15 to 7:55 at Moody and Hume Park Outdoor Pools.



### So you Wanna be an Actor? (ages 8 - 18)

Summer acting camp for children and youth at the Bernie Legge Theatre in Queens Park.

Monday and Wednesdays July 16 to August 8

from 10:00 am to 12:00 pm.

Show date: Saturday Aug 11.

Cost: \$100

For more information visit:

[www.vagabondplayers.ca](http://www.vagabondplayers.ca)



### Interested in Cheerleading?

The Royal City Hyacks Football Club has a cheerleading program for children and youth ages 6 to 13.

For more information visit:

[www.hyackfootball.com](http://www.hyackfootball.com)



### New Westminster Public Library Creative Tweens (ages 9 to 12)

July 5, 12, 19, and 26th 1:30

Enjoy a variety of crafts games and activities.

Find a friend and sign up together.

Register at the library or by calling

604.527.4677

### Community Volunteer Connections (CVC)

Volunteering is a great way to connect to your Community. Families can volunteer together through the CVC Flying Squad at a wide variety of community events and activities.

For more information visit:

<http://www.volunteerconnections.net/>



### Interested in the Environment?

#### Catching the Spirit at Burnaby Lake

Work on environmental projects. Camp out and cook your own meals. Jump into nature and challenge yourself!

#### Spirit Steward Camp Program:

3 day overnight camp

#### Spirit Ranger Program:

3 hour afternoon program

**FREE** to all participants (ages 12+), and youth receive volunteer service hours for their participation.

Come join us this summer!

For more info visit:

[www.catchingthespirit.com](http://www.catchingthespirit.com) Or call:

604.562.0583 /

e-mail: [info@catchingthespirit.com](mailto:info@catchingthespirit.com)



### Boro All Wheel Park - Ryall Park, Queensborough

#### Open 8 am to 10 pm daily

The park was designed for beginner and advanced users and is perfect for "wheelers" of all ages to focus on technical street skating using ledges, rails, steps, banks and slopes. All are welcome and safety gear is recommended.

We would love to hear your feedback on our second Summer Activity Guide. Please send us your comments at: [info@kidsnewwest.ca](mailto:info@kidsnewwest.ca)

# August 2012

HEALTHY KIDS BUILD HEALTHY COMMUNITIES & HEALTHY COMMUNITIES BUILD HEALTHY KIDS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 FREE Swim Bobby Boogaloo Ryall Park 1pm Children's Needlecrafts Loonie Skate Storytime and Crafts NWPL	2 NWPL Storytime and Crafts / French Storytime Family Circle Crafty Thursdays Sun Fun Royal City Farmers Market	3 Samson V Family Drop-in Loonie Skate	4 Shadows and Dreams Queens Park Band Shell 2pm FREE Swim
5 FREE Swim 12th Street Festival Shadows and Dreams Queens Park Band Shell 2pm	6 Loonie Skate	7 Sun Fun Days NWPL	8 Tricky Ricky Magic Ryall Park 1pm Children's Needlecrafts Loonie Skate Storytime and Crafts NWPL	9 NWPL Storytime and Crafts / French Storytime Family Circle Crafty Thursdays Sun Fun Royal City Farmers Market	10 Loonie Skate Samson V Family Drop-in T.G.I.F Hyack Square	11 FREE Swim
12 Pancho and Sal Queen's Park Bandshell 2pm Loonie Skate FREE Swim	13 Loonie Skate	14 Sun Fun Days NWPL	15 Kazoomco Clown Theatre Ryall Park 1pm Children's Needlecrafts Loonie Skate Storytime and Crafts NWPL	16 NWPL Storytime and Crafts / French Storytime Family Circle Crafty Thursdays Sun Fun Royal City Farmers Market	17 Samson V Family Drop-in Loonie Skate T.G.I.F Hyack Square	18 Quayside Community Boardwalk Festival and Sale Pride Festival FREE Swim
19 Loonie Skate Boro All Wheel Park Event Ryall Park 12 to 3 pm FREE Swim Zox of the Forest Queen's Park Bandshell 2pm	20 Loonie Skate	21	22 Neal Bacon Ventriloquist Ryall Park 1pm Children's Needlecrafts Loonie skate	23 French Storytime NWPL Family Circle Crafty Thursdays Sun Fun Royal City Farmers Market	24 Samson V Family Drop-in Loonie Skate T.G.I.F Hyack Square	25 FREE Swim
26 Los Tamboros Queen's Park Bandshell 2pm FREE Swim	27 Loonie Skate	28	29 Giovanni Zenone Ryall Park 1pm Children's Needlecrafts Loonie Skate	30 Family Circle Crafty Thursdays Sun Fun Royal City Farmers Market	31 Samson V Family Drop-in Loonie Skate	Sept 1 FREE Swim

## More Free and Low Cost Activities



I like it when you sing,  
dance and laugh with me.

**Music at the River Market** from 1 to 3 pm on Saturday's and Sundays . For more info visit: [rivermarket.ca](http://rivermarket.ca)

**FREE Swims** at Moody Park and Hume Park Outdoor Pools on Saturday and Sunday from 1:15 to 7:55pm and **Royal City Farmers Market** in Tipperary Park (4th St. and Royal Ave.) Thursday's 3 to 7 pm, June 7 to Oct 4.

**Loonie Family Swims at Canada Games Pool** on Saturday and Sunday from 11:00am to 1:00pm. Children and Youth accompanied by an adult pay \$1.

**Sun Fun** See page 4 for more info.

**Family Circle Summer Fun in the Park** See page 4 for more info.

**Quayside Community Boardwalk Festival and Sale** Over 150 tables of items for sale, Kid Zone, Farmers market, entertainment and more along the quay, 10 am to 3pm. For more info visit: [www.quaysideboard.com](http://www.quaysideboard.com)

**TGIF Dancing in the Square** (all ages) Come learn some new dance moves and dance under the stars in downtown New Westminster. Hyack Square 7 to 9:30 pm Weather permitting.

**Shadows and Dreams Theatre Co.** Shakespeare's The Tempest. Queens Park Bandshell 2:00pm on Aug 4 & 5.

**Loonie Skates at Moody Park Arena** 12:30 to 2:30 Monday, Wednesday and Friday, 6:30 to 8:00 Mondays 1:00 to 3:00 Sundays

**Irving House Crafty Thursdays Drop - in (all ages)** Thursday's from 1 pm to 3 pm all summer long. Summer crafts, lawn games and tours of Irving House. Admission by donation.

**Olivet Kids Summer Drop - in** See page 4 for more info.

**Children's Needlecrafts at Irving House** (5 to 15 years) Wednesday's from 1 to 3 pm all summer. Each week a different needlecraft from the Victorian period through to today is featured. Admission by donation

**FREE Swim** at Canada Games Pool from 2:30 to 4:00 on the first Wednesday of the month.

**New Westminster Pride Festival (all ages)** Come and enjoy entertainment, Corki the Clown, and much more in Tipperary Park on August 18 from 1 to 5 pm. For more info visit: [royalcitypridesociety.com](http://royalcitypridesociety.com)

**NWPL (New Westminster Public Library) Children and Tween Programs** See page 4 for more info.



## Tips for Cycling Fun

When you bike with a baby or young child, the following suggestions can help minimize the risk of injury:

- \* Children younger than 1 year should not ride in any type of seat mounted on your bicycle.
- \* If you are using a trailer seat for your child, always have him or her wear a lightweight infant bike helmet.
- \* Be careful where you ride. Do not ride with your child on busy streets, even where there is a bike lane. Try to ride in bicycle-only areas, such as recreational paths.
- \* Do not ride with your child during bad weather.

**Tricycles** can provide exercise and entertainment for many children. Keep this activity fun and safe by following these tips:

- \* Don't buy a tricycle until your child has the basic coordination to ride it appropriately. Usually, this is around age 3.
- \* Make sure the tricycle that you buy is solid and that he or she can pedal while sitting squarely on the seat.
- \* Watch your child closely while he or she rides so they avoid safety hazards.
- \* Have your child wear a bike helmet every time he or she rides.

It is best to wait to bike with children until they have the balance and coordination to ride along with you on their own bicycles. Usually, this is around age 7.

Do not allow children to ride in the street until they are 10 years old, are skilled riders, and consistently observe the basic rules of the road.

Source: HealthLink BC

## Water Safety

- \* Read the signs at the pool or beach and obey them!
- \* Walk, don't run around the edges of the pool.
- \* Look before you leap or dive.
- \* Never swim alone. Stay with your children in the water, or have them use a "buddy system".
- \* Don't go farther or deeper than you can handle.
- \* Play carefully, playing roughly in the water can be dangerous.
- \* Don't leave young children alone in the water. It only takes a few minutes and a few centimetres of water for them to drown.

Source: HealthLink BC



## Sun Smarts

- \* Protect your skin from the sun everyday from late spring through to early fall.
- \* Protect your skin from 10am until 4pm.
- \* Do not expose babies under a year to any intense, direct sunlight (10am to 4pm).
- \* Wear long-sleeved shirts, pants, a hat and sunglasses.
- \* Use sunscreen and lip balm with SPF 30. Apply it 15 to 30 minutes prior to sun exposure and don't forget your ears, nose, and neck.
- \* A tan does not provide enough protection against the sun's rays. Actually, having a tan means that your skin has been damaged already by UV radiation.
- \* Teach children to be "sun-smart".

Source: HealthLink BC



## Tips for Packing Summer Picnics

- \* Take perishable food in a cooler that keeps food cold at or below 4°C (40°F). Use loose ice inside the cooler to help keep things cool.
- \* Refrigerate or freeze food, if possible, the day before you pack it.
- \* Separate raw food from cooked food. Store raw food in sealed containers at the bottom of your cooler to prevent cross-contamination
- \* Place your cooler in the coolest part of your vehicle when you are travelling and when you can, use the car's air conditioning to keep food cool.
- \* Keep the cooler out of the sun and keep the lid closed as often as you can.
- \* Clean utensils, plates and trays after each use.
- \* Follow the same hand washing rules outdoors as you do at home. Bring some soap and wash your hands with clean, safe water for at least 20 seconds.
- \* Cook food thoroughly to destroy harmful bacteria.

Source: Canadian Food Inspection Agency

Visit the **Kids in New West** website at [kidsnewwest.ca](http://kidsnewwest.ca) for info on:

- \* Upcoming Family Events
  - \* Free things to do in the City
  - \* Family Programs and Child Care
  - \* Early and Middle Childhood Resources
  - \* Our Family Friendly Business Initiative



Visit the **Royal City Farmers Market** in Tipperary Park (4th St. and Royal Ave.)

Thursday's from 3 to 7 pm  
June 7th to October 4th.

Come meet a farmer!  
Buy some fresh local produce, amazing goodies and local crafts!

**FREE** music and kids activities.

The New Westminister Early and Middle Childhood Development Committees would like to thank School District No. 40 (New Westminister) and New Westminister Parks, Culture and Recreation for their support in the development of this guide.