

PNR Facilities

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Canada Games Pool	604-526-4281	65 East Sixth Avenue	Parent & Tot II Swim	Recreation - Swimming	A parent participation class where activities are designed to encourage safe and independent swim skills.	Morning, Afternoon, Evening	Monday - Saturday (depending on season)
Canada Games Pool	604-526-4281	65 East Sixth Avenue	Splish Splash Swim	Recreation - Swimming	A class for children with little or no water exposure. Class will be taught in the tot pool with gradual integration into the shallow end of the main pool. This class can only be offered on a limited basis due to pool space requirements.	Morning, Afternoon, Evening	Monday - Saturday (depending on season)
Canada Games Pool	604-526-4281	65 East Sixth Avenue	Parent & Tot I Swim	Recreation - Swimming	A parent participation class that introduces your child to underwater skills, propulsion activities and safety skills.	Morning, Afternoon, Evening	Monday - Saturday (depending on season)
Canada Games Pool	604-526-4281	65 East Sixth Avenue	Tiny Tot Advanced Swim	Recreation - Swimming	For the 3 year old that is comfortable submerging. Class focuses on working from assisted floats to unassisted glides on both front and back.	Morning, Afternoon, Evening	Monday - Saturday (depending on season)
Canada Games Pool	604-526-4281	65 East Sixth Avenue	Family Swim Times	Recreation - Child Development	Discounted family swim times for families with children	Day	Varies by season
Canada Games Pool	604-526-4281	65 East Sixth Avenue	Tiny Tot Beginners Swim	Recreation - Swimming	Water orientation for 3 year olds. Songs and imagery will be used for a gradual introduction to getting wet, blowing bubbles and submersion. Taught in the main pool.	Monday, Afternoon, Evening	Monday - Saturday (depending on season)
Canada Games Pool	604-526-4281	65 East Sixth Avenue	Preschool VI Swim	Recreation - Swimming	Over arm recovery for both front and back crawl are introduced. Students will be challenged with distances to prepare them to move to School Age Level 4.	Morning, Afternoon, Evening	Monday - Saturday (depending on season)
Canada Games Pool	604-526-4281	65 East Sixth Avenue	Preschool V Swim	Recreation - Swimming	Students learn arm propulsion and co-ordination for front swim. Back swim will focus on streamlining and body roll.	Morning, Afternoon, Evening	Monday - Saturday (depending on season)

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Canada Games Pool	604-526-4281	65 East Sixth Avenue	Preschool I Swim	Recreation - Swimming	Water orientation for 4 - 6 year olds. Songs and imagery will be used for a gradual introduction to getting wet, blowing bubbles and submersion.	Morning, Afternoon, Evening	Monday - Saturday (depending on season)
Canada Games Pool	604-526-4281	65 East Sixth Avenue	Preschool IV Swim	Recreation - Swimming	Focuses on learning the breathing position and breath control for front swim. Kick in back swim continues to be refined.	Morning, Afternoon, Evening	Monday - Saturday (depending on season)
Canada Games Pool	604-526-4281	65 East Sixth Avenue	Preschool II Swim	Recreation - Swimming	For those students that are comfortable submerging. Class focuses on working from assisted floats to unassisted glides on both front and back.	Morning, Afternoon, Evening	Monday - Saturday (depending on season)
Canada Games Pool	604-526-4281	65 East Sixth Avenue	Preschool III Swim	Recreation - Swimming	Students will learn to kick in both front and back glides. They will also learn to transfer their body weight from one glide to another.	Morning, Afternoon, Evening	Monday - Saturday (depending on season)
Canada Games Pool	604-526-4281	65 East Sixth Avenue	WaterBabies II Swim	Pre/Post Natal	A parent participation class for the baby who is comfortable with submersion skills. The class will focus on propulsion and underwater skills.	Morning, Afternoon, Evening	Monday - Saturday (depending on season)
Canada Games Pool	604-526-4281	65 East Sixth Avenue	WaterBabies I Swim	Pre/Post Natal	A parent participation class that provides babies with a gentle, relaxed and fun introduction to water.	Morning, Afternoon, Evening	Monday - Saturday (depending on season)
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Infant Massage	Recreation - Child Development	These classes offer parents or caregivers the time to bond with baby as you learn hands on techniques to confidently massage your little one. Applications, benefits and contraindications will be discussed. Parents will be encouraged to explore and discuss amongst themselves, as well as to tend to their baby's needs whenever they arise.	Morning	Tuesday

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Mini Chefs	Recreation - Child Development	You are never too young to learn your way around a kitchen. Prepare macaroni and cheese, vegetable people and other healthy snacks during this lunchtime cooking program. On the last class the children will prepare you lunch and demonstrate their cooking skills to you.	Afternoon	Friday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SEASONAL: Mother's Day Magic	Recreation - Child Development			
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Little Gardeners	Recreation - Child Development	Explore the wonderful world of gardening and springtime. You will be digging, planting and getting dirty. The fun continues as you learn about bugs, butterflies and bees too.	Mornings	Friday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Mom & Baby Yoga	Pre/Post Natal	Join other mom's and babies in a fun and mindful yoga practice that will restore the new mother's body, return her core strength, pelvic tone and spinal flexibility. This class is suitable for moms and babies up to nine months.	Afternoon	Thursdays
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Kids 'n Toys Child Minding Service	Recreation - Support	Childminding is available for parents participating in a program at Canada Games Pool or Centennial Community Centre. At "Kids 'n Toys", your child will receive expert care, make crafts, sing songs and play with great toys. Children are not allowed in the gym during fitness classes	Mornings & Afternoons	Monday - Sunday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SEASONAL: Hearts & Treats	Recreation - Child Development			
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Imagination Station	Recreation - Child Development	Children let their imaginations loose in this fun introductory drama class. They explore fairytales, go on inventive pretend journeys and make up characters from our 'tickle trunk'. Introduce your child to the magic of theatre.	Afternoon	Thursday

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Hot Shot Tot Sports	Recreation - Child Development	Calling all sports fans! Introduce your toddler to the wide world of sports. This program is a great way for toddlers to develop hand-eye coordination, balance and learn the dynamics of team play. Our energetic instructor will introduce basic skills through fun games and activities with a focus on fair play, participation and fun.	Morning/Afternoons	Fridays
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SEASONAL: Caillou's Special Thanksgiving	Recreation - Child Development	Baking thanksgiving treats, crafts and stories.		
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SEASONAL: Yuletide Yummies	Recreation - Child Development			
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SEASONAL: Parent & Tots at Christmas	Recreation - Child Development			
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SEASONAL: Disney Princess	Recreation - Child Development			
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Precschool Combo Ballet & Jazz	Recreation - Child Development	For children with some dance experience. The skills of the Preschool Ballet I and an introduction to jazz will be alternated weekly. Sautés and demi pliés in second, jazz walks and lunges will be covered.	Morning, Afternoon	Thursday, Saturday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Preschool Ballet II	Recreation - Child Development	For those who have taken three or more terms of Preschool Ballet I. Fourth and fifth position of the feet, sautés and demi pliés in second and échappe sauté will be introduced. Proper carriage of the arms and various pattern work and barre work will be covered.	Morning	Friday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SEASONAL: Father's Day Delight	Recreation - Child Development			

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Precschool Combo Jazz & Tap	Recreation - Child Development	For children with some dance experience and who would like to learn the basics of jazz and tap. Movements will include triple hips, lunges, shuffles and taps. The focus will be on rhythm, coordination and having fun.	Afternoon	Friday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SEASONAL: Rudolf Rompers	Recreation - Child Development			
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SEASONAL: Diego's Animal Adventure	Recreation - Child Development	Learn about animals		
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Wiggles and Giggles	Recreation - Child Development	Let your tot venture into the world of art where they can explore their natural curiosities through various media. Enjoy art activities, reading stories, singing, dancing and creative play as you enhance your relationship with your child in a fun and supportive environment. Creative play teaches children motor and social skills.	Morning	Tuesday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Pre-Natal Yoga	Pre/Post Natal	This class facilitates the pregnant woman's time to nurture, gently relax, release and attune to her changing body and her rapidly growing baby within. Gentle yoga postures will enhance the natural, vital and restorative energies of the pregnant woman's body and mind.	Afternoon	Saturdays
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Preschool Ballet I	Recreation - Child Development	An introduction to ballet steps with new skills being introduced - second and third position, tendues ala seconde, sautés and rises in first and turn out. Students will combine these steps into simple routines and begin various movements in a circle.	Morning, Afternoon	Thursday, Friday, Saturday

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Preschool Highland	Recreation - Child Development	An introduction to Highland dance! Positions of the arms and feet will be covered as well as new movements including shedding, high cuts pas de basques and spring points. These movements and steps will be taught using a variety of Celtic music.	Afternoon	Friday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Preschool Ballet Intro	Recreation - Child Development	An introductory ballet program for children who are ready to go with the instructor on their own. The basic movements of ballet - closed position, first position, pliés and bounces in parallel are taught. Emphasis is on group participation and group cooperation.	Morning, Afternoon	Thursday, Friday, Saturday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Music Shakers	Recreation - Child Development	Explore sound and rhythm, stories and songs while developing listening skills and music appreciation. Taught by a qualified music teacher, toddlers will be introduced to rhymes, songs and movement activities in this upbeat program. Music is known to have a positive effect on cognitive development.	Morning/Afternoon	Monday, (Monday/Wednesday in Summer)
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Tiny Tot Playtime	Recreation - Child Development	Our Playtime program features fully qualified Preschool instructors and specially equipped rooms with scaled down furniture, toys and play areas. The main objective of our program is socialization through play. Fun and enjoyment are used to reach this goal. Your child can attend from one to five times per week on the days of your choice.	Morning/Afternoon	Monday, Tuesday, Wednesday, Thursday, Friday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Dynamic Dinosaurs	Recreation - Child Development	Journey to the prehistoric past and discover dinosaurs through fun crafts, games and stories. Experiment with stamps, make a dinosaur mosaic, go on a dinosaur dig and much more.	Morning	Friday or Saturday

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SUMMER CAMPS: Playful Preschoolers	Recreation - Child Development	This summer tots can have fun interacting with others through group games, arts, crafts, and musical activities.	Morning/Afternoon	N/A
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Autumn Adventures	Recreation - Child Development	Turn this fall into a festival of food, art and an assortment of music, creative play and stories. Each day includes a food component related to autumn and the harvest time. This program is a great preparation for preschool.	Morning	Friday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SUMMER CAMPS: Jamboree Summer Dance Camps	Recreation - Child Development	An introduction to a variety of activities, movements, songs, and dances.	Morning	N/A
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Down on Grandpa's Farm	Recreation - Child Development	Come explore how butter is made and how vegetables grow. Learn about different farm animals and their babies through song, games and amazing art activities. There is also plenty of time to enjoy Playdough, painting and movement activities.	Morning	Friday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SUMMER CAMPS: Music and Math	Recreation - Child Development	Music is a magical gift to be nourished and cultivated in our children. This program combines songs and rhymes with movement, art and simple math concepts.	Afternoon	N/A
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SUMMER CAMPS: Sound Beginnings	Recreation - Child Development	Allows young children to explore music through piano, with activities such as improvisation, games, crafts, and stories.	Morning	N/A
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Baby Talk	Recreation- Child Development	Baby Talk is a free drop-in group for parents with babies from newborn to nine months old. Each session will give you an opportunity to weigh your baby, talk with a Public Health Nurse, and listen to a speaker. This program is designed for new parents dealing with their first child.	Afternoon	Wednesday

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Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Tots Art Time	Recreation - Child Development	Let your tot adventure into the world of art where they can explore their natural curiosities through various media. Tots will have fun with such activities as painting, playdough, storytelling, simple craft projects and movement	Morning	Tuesday & Thursday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	SUMMER CAMPS: Great Gardening	Recreation - Child Development	Recreate a long ago landscape of a dry, hot desert where the dinosaurs roamed or a lively scene where pets frolicking in exotic fields - build your imaginary world.	Morning/Afternoon	N/A
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Tots Evening Out	Recreation - Child Development	Here is a great program for working Dad's or Mom's who are looking for a creative and social outlet with their young ones. Activities include crafts, painting, story time, puzzles, interactive games and imaginative play areas.	Evening	Thursday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Under the Sea	Recreation - Child Development	There is more to the ocean or sea than Ariel or Nemo. Learn about life under the water while creating amazing art activities, and enjoying imagination play, puzzles and stories. Maybe you will meet a mermaid.	Morning	Friday
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Baby Sign Language	Recreation - Child Development	This amazing new style of parenting using American Sign Language (ASL) will stimulate the mind and captivate your child's wonder while reducing frustration for you and your baby. This program will give you the materials and knowledge to get you signing. You will learn 30 - 40 signs, what signs to teach your baby and how to make the signs. Babies and children attend with you	Morning	Tuesday

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Centennial Community Centre	604-777-5100	65 East Sixth Avenue	Animal Antics	Recreation - Child Development	Join in for a morning of animal fun! Through creative play, art activities, and stories, explore different animals from the Zoo, the Jungle, the Forest and even from your backyard. We are going wild on this one.	Morning	Friday
Century House	604-519-1066	620 8th Street	Tiny Tot Playtime	Recreation - Child Development	Our Playtime program features fully qualified Preschool instructors and specially equipped rooms with scaled down furniture, toys and play areas. The main objective of our program is socialization through play. Fun and enjoyment are used to reach this goal. Your child can attend from one to five times per week on the days of your choice.	Morning	Monday, Tuesday, Wednesday, Thursday, Friday
Connaught Height Elementary School	604-777-5100		Tiny Tot Playtime	Recreation - Child Development	Our Playtime program features fully qualified Preschool instructors and specially equipped rooms with scaled down furniture, toys and play areas. The main objective of our program is socialization through play. Fun and enjoyment are used to reach this goal. Your child can attend from one to five times per week on the days of your choice.	Morning	Monday, Tuesday, Wednesday, Thursday, Friday
Hume Outdoor Pool	604-526-4281	East Columbia & Holmes	Tiny Tot Advanced Swim	Recreation - Swimming	For the 3 year old that is comfortable submerging. Class focuses on working from assisted floats to unassisted glides on both front and back.	Morning	Monday - Friday
Hume Outdoor Pool	604-526-4281	East Columbia & Holmes	Preschool V Swim	Recreation - Swimming	Students learn arm propulsion and co-ordination for front swim. Back swim will focus on streamlining and body roll.	Afternoon	Monday - Friday
Hume Outdoor Pool	604-526-4281	East Columbia & Holmes	Preschool I Swim	Recreation - Swimming	Water orientation for 4 - 6 year olds. Songs and imagery will be used for a gradual introduction to getting wet, blowing bubbles and submersion.	Afternoon	Monday - Friday

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Hume Outdoor Pool	604-526-4281	East Columbia & Holmes	Preschool IV Swim	Recreation - Swimming	Focuses on learning the breathing position and breath control for front swim. Kick in back swim continues to be refined.	Afternoon	Monday - Friday
Hume Outdoor Pool	604-526-4281	East Columbia & Holmes	Tiny Tot Beginners Swim	Recreation - Swimming	Water orientation for 3 year olds. Songs and imagery will be used for a gradual introduction to getting wet, blowing bubbles and submersion. Taught in the main pool.	Morning	Monday - Friday
Hume Outdoor Pool	604-526-4281	East Columbia & Holmes	Preschool III Swim	Recreation - Swimming	Students will learn to kick in both front and back glides. They will also learn to transfer their body weight from one glide to another.	Afternoon	Monday - Friday
Hume Outdoor Pool	604-526-4281	East Columbia & Holmes	Preschool II Swim	Recreation - Swimming	For those students that are comfortable submerging. Class focuses on working from assisted floats to unassisted glides on both front and back.	Afternoon	Monday - Friday
Hume Outdoor Pool	604-526-4281	East Columbia & Holmes	Preschool VI Swim	Recreation - Swimming	Over arm recovery for both front and back crawl are introduced. Students will be challenged with distances to prepare them to move to School Age Level 4.	Afternoon	Monday - Friday
Hume Park	604-526-4281	East Columbia & Holmes	SUMMER CAMPS: Tot Explorers	Recreation - Child Development	Discover the beauty of our local parks while learning about plants, trees, insects and other nature wonders. Includes nature collages, printmaking, hiking, outdoor fun and games	Morning	Monday - Friday
Irving House	604-777-5121	302 Royal Avenue	SEASONAL: Auntie Em's Attic	Recreation - Child Development	It's spring cleaning time! Learn about household tools and chores at the turn of the century. Make hand-churned butter, learn how to cope without electricity and try your hand at a typical Victorian child's household duties.		

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Irving House	604-777-5121	302 Royal Avenue	SEASONAL: Teddy Bears' Picnic	Recreation - Child Development	Today's the day the teddy bears have their picnic. The teddy bears at Irving House are having a special picnic celebration for all their furry friends.		Friday
Irving House	604-777-5121	302 Royal Avenue	SEASONAL: Faeries Fantasy	Recreation - Child Development	Through stories, crafts and games learn about different kids of faerie folk known to children in the past and today		
Moody Park Arena	604-525-5301	701 Eighth Avenue	Preschool Snowman Skate	Recreation - Skating	The skills taught in this level include forwards thrusting, forward crossovers and an introduction to backwards	Morning, Evening	Tuesday, Friday, Saturday
Moody Park Arena	604-525-5301	701 Eighth Avenue	Family Skate Times	Recreation - Skating	Organized skating sessions for families including games and themes	Evening	Varies by season
Moody Park Arena	604-525-5301	701 Eighth Avenue	Hot Shot Kids Hockey / Stick & Puck	Recreation - Skating	Introductory skate and skills session for those new to hockey. This is a recreational, non-competitive ice session for kids who want to practice their skills and have fun passing the puck around.	Evening	Mondays
Moody Park Arena	604-525-5301	701 Eighth Avenue	Hot Shot Roller Hockey- Beginner Level 1	Recreation - Inline Skating	Beginner roller hockey skills including stance, moving the ball, shooting at the net and team play.	Evening	Wednesday
Moody Park Arena	604-525-5301	701 Eighth Avenue	Hot Shot Tot Hockey I	Recreation - Skating	This hockey level is for the beginner. Basic hockey skills including hockey stance, moving the puck and shooting at the net are taught in this level. The prerequisite is the completion of Preschool Snowflake.	Morning, Afternoon	Monday - Saturday (varies by season)
Moody Park Arena	604-525-5301	701 Eighth Avenue	Preschool Level 1 - Inline Skating	Recreation - Inline Skating	This level is for the beginner blader with little or no inline experience. Skills taught at this level include falling, standing, gliding, sculling, and stopping.	Evening	Wednesday

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Moody Park Arena	604-525-5301	701 Eighth Avenue	Afternoon Action & Art	Recreation - Child Development	Join our dynamic leader for an hour of frolicking fun. Your tot will have 40-minutes to burn off some energy on our large dry floor arena while playing a variety of wide games, basketball and soccer. The last 20-minutes of the class will be spent creating a special treasure to take home.	Morning, Afternoon	Wednesday
Moody Park Arena	604-525-5301	701 Eighth Avenue	Hot Shot Tot Hockey II	Recreation - Skating	Hot Shot 2 skills include backwards hockey stance, stationary and moving pass, wrist shot and an introduction to backhand pass. The prerequisite is Hot Shot Tot Hockey 1.	Morning	Saturday
Moody Park Arena	604-525-5301	701 Eighth Avenue	Preschool Iceberg Skate	Recreation - Skating	T-pushes, backwards skating, backwards sculling and an introduction to pumping are taught at this level.	Morning, Afternoon & Evening	Monday - Saturday (depending on season)
Moody Park Arena	604-525-5301	701 Eighth Avenue	Preschool Icepuppy Skate	Recreation - Skating	This is for children who can walk by themselves and do a walk to glide. Lesson goals include: two foot glide, hops and an introduction to the push/glide sequence.	Morning, Afternoon & Evening	Monday - Saturday (depending on season)
Moody Park Arena	604-525-5301	701 Eighth Avenue	Preschool Level 2- Inline Skating	Recreation - Inline Skating	This level is for the intermediate skater who is comfortable on inline skates, stopping, and skating outside. Skills taught at this level include a variety of stops and backward skills.	Evening	Wednesday
Moody Park Arena	604-525-5301	701 Eighth Avenue	Preschool Polar Bear Skate	Recreation - Skating	This level's skills include forwards pumping, backwards glide on one foot and an introduction to forward crossovers.	Morning, Afternoon & Evening	Monday - Saturday
Moody Park Arena	604-525-5301	701 Eighth Avenue	Preschool Snowball Skate	Recreation- Skating	This is perfect for first-time skaters who cannot stand or skate on the ice. Ice orientation, balance skills, walking independently and a three foot walk to glide will be taught.	Morning, Afternoon & Evening	Monday - Saturday (depending on season)

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Moody Park Arena	604-525-5301	701 Eighth Avenue	Preschool Snowflake Skate	Recreation - Skating	Learn how to snowplow stop, glide 10 feet and be introduced to t-push stance and 11o'clock and 1 o'clock stops.	Morning, Afternoon & Evening	Monday - Saturday (depending on season)
Moody Park Arena	604-525-5301	701 Eighth Avenue	Parent & Tot Skate 2	Recreation - Skating	Help support your child as they continue to learn the joys of skating. Activities are designed to increase confidence and independence on the ice.	Mornings & Evenings	Tuesday, Friday & Saturday
Moody Park Arena	604-525-5301	701 Eighth Avenue	Preschool Snowbunny Skate	Recreation - Skating	The goals of this level are to glide longer distances, walk backwards and be introduced to stopping and sculling.	Morning, Afternoon & Evening	Monday - Saturday (depending on season)
Moody Park Arena	604-525-5301	701 Eighth Avenue	Hot Shot Tot Sports	Recreation - Child Development	Calling all sports fans! Introduce your toddler to the wide world of sports. This program is a great way for toddlers to develop hand-eye coordination, balance and learn the dynamics of team play. Our energetic instructor will introduce basic skills through fun games and activities with a focus on fair play, participation and fun.	Morning	Tuesday
Moody Park Arena	604-525-5301	701 Eighth Avenue	Parent & Tot Sports	Recreation - Child Development	This registered program is for little ones who love to be active. Your child will have a great introduction to some terrific sports while developing motor skills and coordination. Our leader will set up stations around the arena for you and your tot to be active together. Wear running shoes and bring a water bottle for 45-minutes of parent & tot fun!	Morning	Tuesday
Moody Park Arena	604-525-5301	701 Eighth Avenue	Preschool Icicle Skate	Recreation - Skating	This level will focus on forward gliding on one foot, backwards skating, backwards gliding, sculling and an introduction to two foot turns.	Morning, Afternoon & Evening	Monday - Saturday (depending on season)

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Moody Park Arena	604-525-5301	701 Eighth Avenue	Parent and Tot Skate	Recreation- Skating	This special drop-in time is for parents and preschoolers to share in the joy of skating. Come out and enjoy the safe, fun environment for the little ones to test out their skating legs. We have lots of toys and a fantastic snowbox. Our friendly on-ice staff is always ready to make the whole experience memorable with tips and games to help the little skaters along. Kids can rest their legs and re-energize at the craft table as they create a special treasure to take home. Children will truly enjoy this time shared with you.	Morning	Friday
Moody Park Arena	604-525-5301	701 Eighth Avenue	Hot Shot Tot Lacrosse	Recreation - Child Development	This introductory class for preschoolers is the perfect introduction to lacrosse. We will work on passing, scooping and teamwork in this five week program. We have plastic sticks available for your child or bring yours from home. This program is for non-minor lacrosse players.	Morning	Tuesday
Moody Park Arena	604-525-5301	701 Eighth Avenue	Parent & Tot Skate 1	Recreation - Skating	Introduce your child to the joys of skating with the help of our instructor. Your child's first time on the ice will be a fun and positive experience using toys and play to ensure a good time. Skills taught include ice safety, standing assisted and walking unassisted. The instructor will show the parents skating skills to practice with their children throughout the lesson.	Mornings & Evenings	Monday - Saturday (depending on season)

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Queen Elizabeth Community School	604-525-7388	921 Salter Street	Hot Shot Tot Sports	Recreation - Child Development	Calling all sports fans! Introduce your toddler to the wide world of sports. This program is a great way for toddlers to develop hand-eye coordination, balance and learn the dynamics of team play. Our energetic instructor will introduce basic skills through fun games and activities with a focus on fair play, participation and fun.	Morning	Saturday
Queen Elizabeth Community School	604-525-7388	921 Salter Street	Creative Movement	Recreation - Child Development	Your child will learn how to express themselves through music. Our dance instructor will introduce your child to songs, rhythm and various dance forms. They will be encouraged to use creative expression through movement.	Morning	Saturday
Queens Park	604-777-5121	First Street & Third Avenue	SUMMER CAMPS: Hug-a-Bunny	Recreation - Child Development	This very popular class is animal fanatic's dream come true. With six bunny lovers in the class, you and your toddler will learn how to feed, groom and care for a bunny with the help of one of our Farm staff. Once you have both learned all you need to know, you'll have the opportunity to take your furry friend home for a sleep-over.	Morning	Monday-Thursday
Queens Park	604-777-5121	First Street & Third Avenue	SEASONAL: Easter in Queens Park	Recreation- Community Support	Family Easter event in Queens Park		
Queens Park	604-777-5121	First Street & Third Avenue	SUMMER CAMPS: Little Farmer	Recreation - Child Development	We have designed the perfect program to give young children an opportunity to learn first-hand about farm animals. This self directed program includes singing, story-telling and an exploration of the farm where children can meet the animals.	Morning	Monday-Thursday

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Queens Park	604-777-5121	First Street & Third Avenue	SUMMER CAMPS: Tot Explorers	Recreation - Child Development	Discover the beauty of our local parks while learning about plants, trees, insects and other nature wonders. Includes nature collages, printmaking, hiking, outdoor fun and games	Morning	Monday - Friday
Queens Park	604-777-5121	First Street & Third Avenue	SUMMER CAMPS: Great Gardening	Recreation - Child Development	Recreate a long ago landscape of a dry, hot desert where the dinosaurs roamed or a lively scene where pets frolicking in exotic fields - build your imaginary world.	Morning/Afternoon	N/A
Queens Park Arenex	604-777-5121	First Street & Third Avenue	Parent & Tot Gymnastics	Recreation - Gymnastics	Team up with your toddlers for an exciting hour-long introduction to the wide skies of gymnastics. Our top-notch instructors emphasize safety as they teach the basic techniques and help toddlers develop their balance, motor skills and body awareness. The full gymnastic and trampoline set up will be used for this drop in program.	Morning	Monday, Tuesday, Thursday, Saturday
Queens Park Arenex	604-777-5121	First Street & Third Avenue	Experience Gymnastics	Recreation - Gymnastics	Experience Gymnastics the Queen's Park way! This program is geared toward daycare groups. For those groups unable to fit into our regular gymnastics programs, this may be the class for you. Children will enjoy a hands-on experience with our gymnastic and trampoline equipment and will be led by one of our experienced and energetic instructors.	Morning	Monday, Tuesday, Thursday
Queens Park Arenex	604-777-5121	First Street & Third Avenue	Motoring Munchkins	Recreation - Gymnastics	This drop-in play session is your dream come true! With balls, toys, trampolines, swings and kid-sized play areas, there is something for everyone. Birthday party activities can be booked in advance during the Friday afternoon session.	Morning/Afternoon	Monday, Wednesday, Friday

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Queens Park Arenex	604-777-5121	First Street & Third Avenue	Gymnastics & Trampoline (Drop-In)	Recreation - Gymnastics	This program is an ideal way to take our gymnastic programs for a "test drive" without committing to a full set of classes. This hour-long class is ideal for friends of our current students and a great way to receive a quick assessment of skill level. Each class will be tailored to suit the needs of the children on that day.	Afternoon	Saturday
Queens Park Arenex	604-777-5121	First Street & Third Avenue	Tot Gym II	Recreation - Gymnastics	Children in this level understand the concept of cartwheels, back rolls and are comfortable on all apparatus. Skills introduced in this level include cat leaps, pullovers and teddy bear stands.	Morning, Afternoon, Evening	Monday, Tuesday, Wednesday, Thursday, Saturday
Queens Park Arenex	604-777-5121	First Street & Third Avenue	Teeny Tot Advanced Gymnastics	Recreation - Gymnastics	Children in this class have grasped the concept of the cartwheel and back roll. Cat leaps, pullovers and teddy bear stands will be introduced on the balance beam, uneven bars and tumbling mats	Morning, Afternoon	Monday, Wednesday, Thursday, Saturday
Queens Park Arenex	604-777-5121	First Street & Third Avenue	SUMMER CAMPS: Saturday Half Day Gymnastics Camps	Recreation - Child Development	For those kids who can't get enough! We are offering a 3 hour program of Trampoline & Tumbling.	Morning	Saturday
Queens Park Arenex	604-777-5121	First Street & Third Avenue	SUMMER CAMPS: Flying Acrobats Mini Day Camp	Recreation - Child Development	Gymnastics - Trampoline and Tumbling	Morning/Afternoon	N/A
Queens Park Arenex	604-777-5121	First Street & Third Avenue	Teeny Tot Beginner Gymnastics	Recreation - Gymnastics	Perfect for the youngster who is ready to be with the instructor on their own. Basic instruction and safety skills are taught on all apparatus using a fun progressive approach.	Morning, Afternoon	Monday, Tuesday, Wednesday, Thursday, Saturday
Queens Park Arenex	604-777-5121	First Street & Third Avenue	Tot Gym I	Recreation - Gymnastics	Excellent for the children who are ready to join the instructor and learn the basics of gymnastics. Safety skills are emphasized as the child progresses on each apparatus.	Morning, Afternoon, Evening	Monday, Tuesday, Wednesday, Thursday, Saturday

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Queens Park Arenex	604-777-5121	First Street & Third Avenue	Teeny Tot Intermediate Gymnastics	Recreation - Gymnastics	This class is suited for the child who is comfortable with the basic skills on all the apparatus and is aware of the safety rules. Tumbling skills will include the baby cartwheel and the backward roll on the incline.	Morning, Afternoon	Monday, Tuesday, Wednesday, Thursday, Saturday
Queens Park Arenex	604-777-5121	First Street & Third Avenue	Tot Gym III	Recreation - Gymnastics	At this level, children are very comfortable with cartwheels and handstands. Continuous tumbling skills are developed along with circles on the uneven bars.	Morning, Afternoon, Evening	Monday, Tuesday, Wednesday, Thursday, Saturday
Queens Park Arenex	604-777-5121	First Street & Third Avenue	Tot Gym IV	Recreation - Gymnastics	For the child who is ready to start power skills in tumbling. Forward rolls are now introduced on the balance beam.	Morning, Afternoon, Evening	Monday, Tuesday, Wednesday, Thursday, Saturday
Queens Park Arenex	604-777-5121	First Street & Third Avenue	SUMMER CAMPS: Clownin around Mini Day Camp	Recreation - Child Development	Learn the art juggling, stilt walking, unicycling, and tumbling.	Morning/Afternoon	N/A
Queens Park Arenex	604-777-5121	First Street & Third Avenue	SEASONAL: Child Health Fair 2007	Recreation - Child Development	Children's Health Fair with Fraser Health - Nutrition, Dental, Immunizations etc.		
Queens Park Arenex	604-777-5121	First Street & Third Avenue	Preschool Trampoline & Tumbling	Recreation - Gymnastics	This progressive level system follows our regular trampoline skill chart. Tumbling is added to round out the trampoline skills and teach body awareness.	Morning, Afternoon, Evening	Tuesday, Wednesday, Thursday, Saturday
Queens Park Courts	604-777-5121	First Street & Third Avenue	Tot Tennis	Recreation - Tennis	Spring tennis for tots emphasizes fun while developing basic coordination, ball control and movement skills. General tennis concepts and sportsmanship will also be covered.	Morning	Monday - Saturday (varies by season)
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SUMMER CAMPS: Great Gardening	Recreation - Child Development	Recreate a long ago landscape of a dry, hot desert where the dinosaurs roamed or a lively scene where pets frolicking in exotic fields - build your imaginary world.	Morning/Afternoon	N/A

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SUMMER CAMPS: Gymnastics is landing in Queensborough	Recreation - Child Development	Gymnastics - Trampoline and Tumbling	Morning	N/A
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SUMMER CAMPS: Pitter Patter	Recreation - Child Development	Preschool crafts, games, singing, and playing.	Mornings	N/A
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Gym Bugs	Recreation - Gymnastics	Come on down and enjoy our indoor playground! We have a great bouncy castle, ride 'em toys, gym equipment and lots more. This is a morning of energy burning activity and play. Our leader will be sure that your morning is fun and interactive.	Morning	Thursday
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Baby Sign Language- Sign, Sing and Play	Recreation - Child Development	Using song, toys and loving playtime between you and your child, you will learn numerous signs using American Sign Language that your child can use to communicate with you.	Afternoon	Wednesday
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Building Memories	Recreation- Community Support	Family Tree Activity with whole family		
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Art we Awesome Toddlers	Recreation - Child Development	Come down for an afternoon of art adventures. This experience will tie in stories and their words with pictures in a fun and educational way. Art will be introduced in a manner that will engage toddlers in the whole experience!!	Afternoon	Wednesday
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Valentines Day Tea	Recreation - Child Development			
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Art & Movement	Recreation - Child Development	This program is designed specifically to enhance balance and wellness in your little one. Each week will begin with movement accompanied by music. This will be followed by an art project that will stimulate creativity, communication and motor skills. Finished with a relaxing stretch, this is a complete experience that will be a joy to every child.	Afternoon	Tuesdays

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Toddler Yoga	Recreation - Child Development	Adults have been enjoying the benefits of yoga for years. Now your child can enjoy yoga alongside you. Yoga is helpful for children in their formative years by increasing their self-awareness, building self-esteem and strengthening their bodies. Based within creative movement, children feel more relaxed and enjoy greater overall health.	Morning	Friday
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Tot & Talk	Recreation - Child Development	Here's an opportunity to connect with other parents in the neighbourhood. An area is set up for you to enjoy a cup of coffee while your little ones interact with other children and play with toys. There will be guest speakers coming to visit to let you know what's available to you and your family.	Morning	Wednesday
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Wednesday Wiggles	Recreation - Child Development	It's a middle of the week celebration at the indoor playground. The nights are getting longer, which is a great chance to burn off energy while playing with mom and dad. Come down and see what our leader will have prepared for you. Come ready for lots of fun, giggles, and of course, wiggles!	Evening	Wednesday
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Tiny Tot Playtime	Recreation - Child Development	Our Playtime program features fully qualified Preschool instructors and specially equipped rooms with scaled down furniture, toys and play areas. The main objective of our program is socialization through play. Fun and enjoyment are used to reach this goal. Your child can attend from one to five times per week on the days of your choice.	Morning	Monday, Tuesday, Wednesday, Thursday, Friday

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Mess Around	Recreation - Child Development	Come on Mom and Dad, let's go to Mess Around! We have great messy fun just for your toddler, an essential part of children's development. There is something for everyone from painting, crafts and songs to great play areas for little cooks and drivers.	Morning	Tuesday
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Craft Adventure	Recreation - Child Development			
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Family Fusion Dinners	Recreation- Community Support	Community Dinners		
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Holiday Hoopla	Recreation - Child Development			
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Leprechaun Luncheon	Recreation - Child Development			
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Majestic Mommies	Recreation - Child Development			
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Music for my Toddler	Recreation - Child Development	Enjoy singing, moving, listening, interacting socially and playing simple instruments with your toddler. This curriculum encourages your child to uncover an engaging musical world while building confidence, self-control and communications skills. Singing, imitating sounds, rhyming and object identification foster language skills. Creative movement to various musical "moods" develops a sense of balance, timing and spatial awareness. Listening and turn-taking encourage blossoming social skills.	Afternoon	Wednesday

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Music for my Baby!	Recreation - Child Development	Explore natural ways to encourage your baby's brain development, co-ordination and social skills through fun musical play! Purposeful musical activities stimulate the cognitive, language, social, emotional and physical development that begin in the very first days of a child's life.	Afternoon	Wednesday
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Megan's Place Tot Picnic @ Ryall Park	Recreation- Community Support			
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Mom & Baby Yoga	Pre/Post Natal	Kundalini yoga is an ancient technique to develop mind and body awareness. This form of yoga incorporates the physical, mental and spiritual aspects of yoga. You will learn and practice physical postures, breathing exercises, stress release and relaxation techniques. The benefits will be enhanced health and well-being, greater physical flexibility, a more comfortable back, stronger and balanced immune, digestive, eliminative and nervous systems.	Morning	Friday
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Stroller Time with Baby Mine	Recreation - Child Development	Come by with your baby in the stroller, drop your lunch in the fridge and off we go for a 30 min brisk walk and then have a picnic together while the children play in the toddler/spray park.	Morning	Thursdays
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Monster Mash Bash	Recreation - Child Development	Halloween Event		
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Sing Along Tots and Parents	Recreation - Child Development	Shake, rattle, rock and roll to your heart's content. This is a terrific class for singing favourite tunes both old and new. So come on down for some moving and singing, stomping and dancing for 45-minutes of fun and together time with mom and/or dad	Afternoon	Monday

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Nutcracker Sweets	Recreation - Child Development			
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Playful Preschool	Recreation - Child Development			
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Popcorn, Pyjamas & a Party in the Park	Recreation- Community Support	Family event in the park		
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Presents for Pop	Recreation - Child Development			
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Pumpkin Carving at the Centre	Recreation - Child Development	Pumpkin carving		
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Hot Shot Tot Sports	Recreation - Child Development	Calling all sports fans! Introduce your toddler to the wide world of sports. This program is a great way for toddlers to develop hand-eye coordination, balance and learn the dynamics of team play. Our energetic instructor will introduce basic skills through fun games and activities with a focus on fair play, participation and fun.	Afternoon	Wednesday
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Queensborough Day	Recreation- Community Support			
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Reindeer Games	Recreation - Child Development			
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Tree Trimmings & Stocking Stuffers	Recreation - Child Development			
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Urban Farmers Fall Fair	Recreation- Community Support	Fall Fair		
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	Parent and Tot Time	Recreation - Child Development	Bring your toddler down to listen to some terrific stories read aloud by our favourite children's librarian. This is a wonderful opportunity to have quiet time with your child while encouraging a love for reading.	Morning	Second Thursday of the month
Queensborough Community Centre	604-525-7388	920 Ewen Avenue	SEASONAL: Merry Mess Around	Recreation - Child Development			

Name	Phone	Address	Name of Program	Type	Description of Service	Time Offered	Days Offered
Ryall Park	604-525-7388	Ewen Avenue and Access Road	Wet and Wild Wednesdays	Recreation - Child Development	The Ryall Spray Park is the spot to cool off this summer! On sunny Wednesdays, join our energetic staff for an afternoon of crazy crafts, goofy games and water fun.	Day	Wednesday