

Kids in New West

Summer Activity Guide

for Families with Children 0 to 12

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



Compliments of the New Westminster Early
and Middle Childhood Development Committees



and





Come to the **Royal City Farmers Market** at Tipperary Park at 4th St. and Royal Ave. by City Hall on Thursday's from 3 to 7 pm June 9th to October 6th. Come meet a farmer! Buy some fresh local produce and goodies! **FREE** arts and crafts at the Derrick Thornhill Activity Booth.

Free and Low Cost Family Activities



On good weather days come enjoy **FREE** fun-filled games, activities and crafts with the New Westminister Parks, Culture and Recreation *Play Leaders* at Moody Park, Hume Park, Ryall Park and Grimston Park (from June 30 to September 5th) and at Queens Park (May 21 to September 5th).



Attend one of the many summer festivals in the City. See calendar for more details.

Get out of the Heat!
Loonie Skates at Moody Park Arena
 July 10th to Sept 4th
 Mondays 1 - 3pm / 6:30 - 8pm
 Wednesday, Friday & Sunday
 1 - 3pm



New Westminister Spray Parks in Queens Park, Hume Park, Moody Park, Ryall Park, and Sapperton Park are open daily* from 10am to 7pm May 21st to September 5th. The Grimston Park Wading Pool is open daily* from noon to 4pm June 30th to September 5th. Bring a picnic lunch and make a day of it!
 * On good weather days

Pack popcorn, snacks and a blanket and go watch a movie outdoors in a City park. See calendar for more details.



Visit a local Museum
Fraser River Discovery Centre
 Westminster Quay just outside the River Market. 604.521.8401
Historic Irving House and Museum
 302 Royal Ave., 604.527.4640
Canadian Lacrosse Hall of Fame
 Centennial Community Centre
 65 East 6th Ave., 604.527.4640
 (Ask at the front desk to be let in.)
Museum of the Royal Westminster Regiment 530 Queens Ave
 604.526.5116
Samson V Maritime Museum
 Westminster Quay just outside the River Market. 604.527.4640
Police Museum
 NW Police Station 555 Columbia St.
 604.525.5411



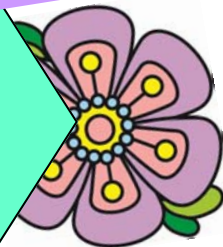
Visit **Rainbow Playland** at Queens Park and check out the Queens Park Petting Farm. Come see all your favourite farm animals and meet the farmer! Open daily, 10 am - 5:30 pm, from May 21 to September 5th. Admission is free, but donations to support the farm are always appreciated!

Unsure of where all the local community centres parks, and pools are? Check out the **NW Parks Culture and Recreation** website at: www.newwestpcr.ca

All ages **FREE swims** at Hume Park and Moody Park Outdoor Pools during Saturday and Sunday Public Swims throughout the summer!



Sun Fun for parents and grandparents of children 0 to 5 years old. Thursdays from 10:00 am to 2:00 pm in July and August at various parks in New Westminister. Join us for bubbles, art and outdoor play. Bring a lunch, water, sun screen and hats for you and you children, as well as a bathing suit and towel. Weather permitting. See calendar for park locations.



June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>I like it when we play outside...</i></p> 			1	2	3	4 <i>Yam Jam at Hyack Square / Summer Connections</i>
5 <i>Multicultural Festival Queensborough Community Centre</i>	6	7	8 <i>City-wide Family Night John Robson School</i>	9	10	11
12 <i>Sapperton Days</i>	13	14	15	16	17 <i>Tween Dance Queensborough Community Centre</i>	18 <i>Arts in the Park at Moody Park</i>
19 <i>Performance Queens Park / Multicultural Festival Queensborough</i>	20	21 <i>National Aboriginal Day Family B-Q Queens Park</i>	22 <i>Summer Reading Club Party</i>	23	24 <i>Child Health Fair Queens Park Arenex</i>	25 <i>School's Out Penny Carnival</i>
26 <i>Tot Picnic Megan's Place Ryall Park Queensborough / Performance Queens Park</i>	27	28	29	30	31 	

More Free and Low Cost Activities:

June 4 Yam Jam Annual youth arts festival. 12 - 4pm and 7 - 10pm in Hyack Square.

June 4 Summer Connections for Newcomer families. Info fair, free entertainment, and food. 11am - 4pm in the Massey Small Gym at New Westminster Secondary School.

June 5 Bangladesh Society Cultural Festival 1 pm

June 8 Family Night Fun filled family event for local families hosted by SD No. 40 Community Schools. 5 - 7 pm John Robson School

June 12 Sapperton Days Street Festival 11 am - 5 pm on E Columbia St. At 10 am there is also a Pancake Breakfast to support the Royal Columbian Hospital Foundation.

June 17 City-wide Dance (grades 6 to 8) 7 - 10 pm \$6

June 18 Arts in the Park Crafts, music and entertainment! 12 - 3 pm

June 19 New Westminster District & Concert Band 11:30 am / **Khalsa Diwan Society Parade and Festival** Queensborough Community Centre 1pm

June 21 Aboriginal Family B-Q Hosted by SD No. 40 Aboriginal Education 4- 6:30 pm

June 22 Summer Reading Club launch party for children ages 3-11 New Westminster Public Library 3:30pm

June 24 Child Health Fair A fun informative event for expecting parents, parents and caregivers of young children. Children welcome! 11:30 am - 2:30 pm

June 25 School's Out Penny Carnival 10 am - 2 pm at the Connaught Heights Pentecostal Assembly 2201 8th Avenue.

June 26 Megan's Place Tot Picnic Come help clean the tot playground, entertainment and a BBQ (free for helpers). 11:30am - 1:30 pm

June 26 Polynesian Dancers 2 pm

Summer Camps and Programs

Connaught Heights Pentecostal Assembly

Club VBS Beach Blast for children ages 4 - 12. A great week filled with crafts, snacks, prizes, games and more every single day.

Cost: \$20/child if you pre-register/\$25 at the door; subsidies are available August 22 to 26 from 9:00 to 12:00

Location: 2201 8th Ave., New Westminster

To register, please call: 604.526.5505 or e-mail: kids@chpa.ca

Douglas College Summer Camps

Offer 1/2 day and full day weekly programs for children and youth ages 5 - 15. A wide variety of sports and art related camps are offered. For more information please visit: www.douglas.bc.ca/campus-life/youthcamps/summercamps.html or e-mail summercamps@douglas.bc.ca, or call 604.527.5680.

Elizabeth Fry Society Summer Day Camp

For children ages 6 - 10 with parents involved in the justice system. Children will enjoy a typical camp experience with sports activities and outings, and take part in activities that will help them learn how to be comfortable in broader society and also learn vital coping, leadership and teambuilding skills.

Cost: FREE

6 - one week camps from July 4th to August 19th Mon. to Fri. from 9 am to 4pm

Location: 402 E Columbia St, New Westminster

To register, please call: 604.520.1166

New Westminster Parks, Culture and Recreation Day Camps

Camps are available for children ages 4 - 13 in various parts of the City. Subsidies are available. Visit the New Westminster Parks, Culture and Recreation website at www.newwestpcr.ca or pick up an **Active Living Guide** for more information.

New Westminster Public Library FREE 10:30 am drop-ins

Children's Department 716 6th Ave, New Westminster

For more information, please visit: www.nwpl.ca or call 604.527.4677

Summer Fun Days (Ages 5 - 10) July 5, 12, 19, 26, Aug 2 and 9; **Summer Storytime** (Ages 2 - 5) July 6, 13, 20, 27, Aug 3, and 10; **Babytime** (0 - 24 months) July 8, 15, 22, and 29; and, **French Storytime** (Ages 4 - 8) Aug 4, 11, 18, and 25.

Olivet Baptist Church

Panda Mania, Summer Bible Camp for children ages 5 to 11. Crafts, games, skits, stories and snacks centered on letting children know the God is "wild" about them (hence Panda Mania).

Cost: FREE July 25 to July 29 9 am to noon

Location: 613 Queens Ave., New Westminster

To register, please call: 604.522.0232 or e-mail grant@olivet.bc.ca



St. Aidan's Presbyterian Church

Vacation Day Camp, Home Town Nazareth, for children 5 - 12. The program will include singing, story, drama, crafts, games and snack. While this is a Christian program, the focus is on sharing God's love and letting the children know they are loved in a gentle, respectful way.

Cost: \$20/family week

July 11 to 15th from 9:00 to 12:00 Location: 1320 7th Ave., New Westminster

To register, please call: 604.526.4914 or e-mail: lauriedeacon@gmail.com

Shiloh - 6th Avenue United Church

Vacation Bible Camp for children ages 5 - 12. Children will interact with stories of faith through art, music, service, games and more in a safe and caring environment. Snacks and lunch provided daily. All children welcome.

August 22 to 26 from 9:30 to 12:30

Cost: \$20/child; full and partial subsidies available

Location: 1111 Sixth Ave., New Westminster

To register, please call: 604.522.3443 or e-mail maryn@shiloh-6ave.net



Spirit of the Children Aboriginal Family Drop-in Program

For Aboriginal Families with children 0 - 6 years old. The program provides a healthy snack, circle time with songs and drumming as well as many toys and resources in a warm, cultural environment. Focus is placed on Traditional Teachings such as the Medicine Wheel and the Seven Sacred Teachings.

Weekly on Thursday from 1:30 - to 4:30pm and Friday from 9 am to 12 pm

Cost: FREE Location: 201-768 Columbia St., New Westminster

For more information, please call 604.524.9113 or e-mail ecdprograms@sotcs.ca

Summer Camping Bureau

Program assists low-income families living in New Westminster with subsidies for camp registration fees at a wide variety of summer camps (i.e. New Westminster Parks, Culture and Recreation, Camp Artaban, Camp Potlatch, Camp Jubilee, etc.)

Summer Camp Registration: 9:30 am to 4 pm at Fraserside Community Services 519 7th St, New Westminster

For more information, please call: 604.522.3722 ext. 114

e-mail: camping@fraserside.bc.ca or visit www.fraserside.bc.ca/livingwell

Western Society for Children

Room to Play Resource Program

Parent/Caregiver Participation Programs

Fun Moves: A Thursday morning program for 5 weeks for pre-school children who need some extra help to keep up with their peers on the playground or when playing sports. **Fun Fingers:** A Tuesday morning program for preschool children who need some extra help with fine motor activities including arts and crafts, pre-printing activities, using utensils to eat etc.

Location: 102 - 93 Sixth Street

For more information, or to register for these programs please call: 604.515.0810

More Free and Low Cost Activities:

Summer Fun Days/ Summer Storytime/ Babytime See NW Public Library page 4 for more information.

Sun Fun 10am to 2pm Hosted by NW Family Place Activities in the park for families with children 0 to 5. See calendar for locations.

Olivet Baptist Church drop in 9:30 am to noon for children 5—11 Tues. and Thurs. (no session 26 and 28). 613 Queens Ave.

July 1 Canada Day 2011 11:30 am to 3:00 pm

July 3 Fretwork 2 pm

July 7 Family Potluck Picnic hosted by New Westminster Family Place. Bring prepared food to share and have fun in the park. Queens Park large picnic shelter 10am to 2pm

July 7 Paw-Fest Bring your dog out for some fun activities and treats, or just come and watch the fun! Queensborough Dog Park 6 to 8:30 pm.

July 8 Outdoor movie: Gulliver's Travel 9 pm

July 9 Kellie Haines Ventriloquist 7 pm / **Outdoor Movie** at dusk Port Royal Central Park

July 9 & 10 Royal City Show and Shine Come view classic, hot rod, and vintage cars and motorcycles. 10 am to 5 pm on Columbia St.

July 10 2pm Royal City Concert Band

July 12 One Woman Circus 1pm

July 16 Summerfest Enjoy live music, children's activities, food and an outdoor movie at dusk. In Grimston Park (at 7th Ave at 19th St) from 4 pm to 11:30 pm

July 17 Zox of the Forrest 2 pm

July 20 Tricky Ricky Magic Show 1 pm

July 22 to 24 FraserFest Come celebrate the Fraser on the Boardwalk at the Quay.

July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><i>I like it when you show me my community...</i></p>						<p>1 Canada Day in Queens Park</p> 
<p>3 Performance Queens Park</p>	<p>4</p>	<p>5 NWPL Summer Fun Days / Olivet Drop-in</p>	<p>6 NWPL Summer Storytime</p>	<p>7 Family Potluck Picnic Queens Park/ Paw Fest 2011 / Olivet Drop in</p>	<p>8 Outdoor Movie Moody Park / NWPL Babytime</p>	<p>9 Royal City Show and Shine / Performance & Outdoor Movie Queensborough</p>
<p>10 Royal City Show and Shine/ Performance Queens Park</p>	<p>11</p>	<p>12 NWPL Sum- mer Fun Days / Performance Moody Park / Olivet Drop-in</p>	<p>13 NWPL Summer Storytime</p>	<p>14 Sun Fun Ryall Park / Olivet Drop-in</p>	<p>15 NWPL Babytime</p>	<p>16 Summerfest/ Outdoor Movie Grimston Park</p>
<p>17 Performance Queens Park</p>	<p>18</p>	<p>19 NWPL Summer Fun Days / Olivet Drop-in</p>	<p>20 NWPL Summer Storytime / Performance Ryall Spray Park</p>	<p>21 Sun Fun Moody Park / Olivet Drop-in</p>	<p>22 Lacrosse Tournament / NWPL Babytime / FraserFest</p>	<p>23 Lacrosse Tournament / Performance Queens Park / FraserFest</p>
<p>24 Lacrosse Tournament / Performance Queens Park / FraserFest</p>	<p>25</p>	<p>26 NWPL Summer Fun Days</p>	<p>27 NWPL Summer Storytime / Performance Ryall Spray Park</p>	<p>28 Sun Fun Sapperton Park</p>	<p>29 NWPL Babytime</p>	<p>30 Performance Queens Park</p>
<p>31 Performance Queens Park/ 12th Street Festival</p>	<p>July 22 to 24 Bantam/Midget Girls National Lacrosse Championships, Queens Park Arena.</p> <p>July 23, 24, 30, & 31 Shadows & Dreams Theatre Company Shakespeare's Taming of the Shrew 2 pm</p> <p>July 27 Bobby Boogoloo 1 pm</p> <p>July 31 12th Street Music Festival Enjoy street dancing, live music, a kid zone and lots of entertainment. 11am to 4pm, 12th St (between 6th and 8th Ave.)</p>					

Fun Activities and Events for Older Children and Tweens



Neighbourhood Youth Drop-ins

East end: Wednesday 4 to 7 pm
Centennial Community Centre
West-end: Friday 7:30 to 9 pm (gr. 6 to 8)
Connaught heights Elementary School
Queensborough: Monday, Wednesday,
and Friday 12 to 6 pm
Queensborough Community Centre

Check out New Westminster Parks, Culture and Recreation **Youth (11+) Outtrips**. Pack your lunch, towel, and bathing suit and get ready for a fun-filled day. See pg. 51 of the *Summer Active Living Guide* for more information.

Creative Tweens (Ages 9 to 12)
New Westminster Public Library
716 6th Ave, New Westminster
A variety of crafts, games and activities for older children.
Find a friend and sign up together.
2:00 pm July 7, 14, 21, and 28.
Register at: 604.527.4677

New Westminster Police Summer Soccer Camp July 18 to 22
This week long camp brings children (ages 5 to 10) and police together in a fun filled week of soccer. Visit: www.newwestpolice.org/SoccerSchool201.html or call 604.525.5411 for more information.



YAM (Youth Arts Movement) JAM
On June 4 from noon to 4pm and 7 to 10pm **Hyack Square** (Columbia Street and 8th street) will be filled with budding artists and entertainers for this annual New Westminster youth arts festival.

Check out these Websites for Summer Reading ideas!

<http://www.spaghetitbookclub.org/>
<http://www.goodreads.com/shelf/show/middle-grade>

Don't forget to sign up for the **NWPL Summer Reading Club "Savour each Word"** (preschool to age 11) "Ravenous Readers" (12+).

Get out of the Heat!
Loonie Skates at Moody Park Arena
July 10th to Sept 4th
Mondays 1 - 3pm / 6:30 - 8pm
Wednesday, Friday & Sunday
1 - 3 pm



\$1 Swims (ages 12+)

Canada Games Pool June 10 & 24 from 8:30 to 10pm and Moody Park Pool June 8, 15 and 22 from 7:30 to 9:25.

NEW Hyack Football Cheerleading Program
for kids for ages 6 to 12
For more information visit:
www.hyackfootball.com

Try out the **Fitness Circuit** and the new outdoor equipment in Queens Park behind the Arenex.

NEW BORO All Wheel Skate Park
Open daily from 8am to 10 pm in **Ryall Park in Queensborough**.
Come check out this urban skate park!

Dance (Grades 6--8)
June 17, 7 to 10 pm
Queensborough Community Centre
\$6



12 years old and 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 information visit: www.catchingthespirit.com
Or call: 604.562.0583

We would love to hear your feedback on our first Summer Activity Guide.

Please take a couple of minutes and fill out our survey at: <http://www.surveymonkey.com/s/M2HBPNN>

Or, send your feedback to the Kids New West e-mail at: info@kidsnewwest.ca

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Summer Fun Days / Olivet Drop-in	3 Summer Storytime	4 French Storytime / Sun Fun at Grimston Park / Olivet Drop-in	5	6 Performance Queens Park
7 Performance Queens Park	8	9 Summer Fun Days / Olivet Drop-in	10 Summer Storytime / Performance Ryall Spray Park	11 French Storytime / Sun Fun Moody Park / Olivet Drop-in	12	13 New Westminster Cultural Crawl (to the 14th) / Pride Festival Tipperary Park
14 English Tea Party Queensborough / Performance Queens Park	15	16 Performance Queensborough Community Centre / Olivet Drop-in	17 Performance Ryall Spray Park	18 French Storytime / Sun Fun Sapperton Park / Olivet Drop-in	19	20 Quayside Community Boardwalk Festival and Sale
21 Performance Queens Park	22	23 Olivet Drop-in	24 Performance Ryall Spray Park	25 French Storytime / Sun Fun at Queens Park / Olivet Drop-in	26	27
28 Performance Queens Park	29	30 Olivet Drop-in	31	 <p><i>I like it when you have fun with me...</i></p>		

More Free and Low Cost Activities:

Summer Fun Days/ Summer Storytime/ French Storytime see New Westminster Public Library on page 4 for more info.

Sun Fun 10 am to 2 pm Activities in the park for families with children 0 to 5. Hosted by New Westminster Family Place. See calendar for park locations.

Olivet Baptist Church drop-in 9:30 am to noon for children 5 to 11 at 613 Queens Ave.

Aug 6 and 7 Shadows and Dreams Theatre Company Shakespeare's Taming of the Shrew 2pm

Aug 10 Go Go Bonkers 1 pm

Aug 13 Pride Festival 1:30 to 5:00 For more info visit: royalcitypridesociety.com

Aug 13 New Westminster Cultural Crawl For more info visit: www.art-bc.com

Aug 14 English Tea Party at the Port Royal Community Garden 12 to 3pm

Aug 14 Tony Prophet 2pm

Aug 16 Red Beans and Rice 1pm

Aug 17 Police Canine Unit 1pm

Aug 20 Quayside Community Boardwalk Festival and Sale Over 150 tables of items for sale, Kid Zone, Farmers Market, entertainment and more along the Quay, 10am to 3pm More info at: www.quaysideboard.com

Aug 21 The Land of Deborah 2pm

Aug 24 Johnny B Good—Magic Show 1pm

Aug 28 The Taa Daa Lady 2pm

Future Events:

Sept 2 Outdoor movie: Back to the Future 9 pm Moody Park / **Sept 18 Urban Farmer's Fall Fair** Queensborough Community Centre Call 604.525.7388 for more information.

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**.

Go to **Arts in the Park** on June 18, make a kite, and go fly it!

Take a stroll along the boardwalk at the **Quay**. Check out the world's largest toy soldier, all the activity happening on the river and play in the tug boat.

Go swimming at the **Moody Park or Hume Park outdoor pools**.

Ride your bike along the **Millennium Trail** in Queens Park or take a longer ride on the **Central Valley Greenway**.

Participate in one of the many **charity runs**. For info on upcoming runs visit: www.events.runningroom.com

Volunteer as a family to help with a community project organized through a community centre, community agency or church.

Play outside with your family and friends.

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.

Visit the **New Westminster Parks, Culture and Recreation** website for more fun ideas at: www.newwestpcr.ca

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're 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

Sun Safety

- * 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

Water Safety Source: HealthLink BC

- * 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.

kidsnewwest.ca

Visit the **Kids in New West** website for:

- * News about Upcoming Family Events
- * Free things to do in the City
- * Info about Family Programs and Child Care
- * Links to Materials and Resources
- * Information about Early and Middle Childhood

Bring this coupon for 1 complimentary child (1-12) admission Expires: Sept 30/11

Come... play... explore... discover

Fraser River Discovery Centre
788 Quayside Dr. • 604.521.8401
www.fraserriverdiscovery.org

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