

Abbotsford No & Low cost Active Recreation options

City Information and Programs	
<p>Parks, Recreation & Culture www.abbotsford.ca/parksrecreationandculture.htm Abbotsford Recreation Centre (ARC) 604-853-4221 Matsqui Recreation Centre (MRC) 604-855-0500</p> <p>Abbotsford Parks, Recreation and Culture prints seasonal program guides. The guide lists many low-cost activities, and includes a community directory. Pick up your seasonal guide up at ARC, MRC or the Parks and Recreation office.</p> <p><u>Lo-cost</u> Weekly \$2.00 activities for all ages at ARC & MRC</p> <ul style="list-style-type: none"> • Tooney Skate (skate rentals are an additional tooney), • Tooney swims, • Early riser and late nite drop-in Basketball • Early riser and late nite drop-in Badminton <p>Call or check the Parks and Recreation program guide for days and times.</p>	<p>Parks, Recreation & Culture www.abbotsford.ca/parksrecreationandculture.htm Abbotsford Recreation Centre (ARC) 604-853-4221 Matsqui Recreation Centre (MRC) 604-855-0500</p> <p>Preschool Drop-in Activities</p> <p><u>Lo-cost</u> \$2.90 per drop in</p> <ul style="list-style-type: none"> • Open Playtime (NB-5yrs) • Baby Playtime (NB-18mos) • Parent and Pre-school Play Time (18mos-5yrs) <p>Parent participation is required</p> <p>Check out the Park, Recreation & Culture program guide for other Lo-cost drop-in pre-school activities</p>

Children and Youth Activity Options	
<p>Abbotsford Youth Commission (AYC) www.abbyyouth.com Info@abbyyouth.com 604-854-8785</p> <p><u>No-Cost</u></p> <ul style="list-style-type: none"> • Drop in Basket Ball @ Abby Middle School on Wednesdays 8:00pm to 10:00pm (Ages 12 to 18) • Drop in Floor Hockey @ Ag-Rec on Thursdays 3:30pm to 5:00pm (Ages 12 to 18) <p><u>Low-Cost*:</u></p> <ul style="list-style-type: none"> • Girls Nite Out (Ages 12 to 16 Girls) Hip Hop, Yoga, Rock Climbing and other fun activities at various locations. Girls Nite Out encourages girls to try new activities as a fun way to practice healthier living. (Twice a week: cost \$32.00 6/weeks \$42.00 8/weeks) • Guys Nite Out (Ages 12 to 16 Boys) Range, Judo Club, Rock Climbing Gym and other various activities. This recreational program introduces guys to a variety of activities in the community. (Twice a week: cost \$32.00 6/weeks \$42.00 8/weeks) 	<p>Big Brothers/Big Sisters www.mentoringworks.ca magic@mentoringworks.ca 604-852-3331</p> <p><u>No-Cost**:</u></p> <ul style="list-style-type: none"> • Go Girls! Is a program in partnership with SD34 to provide a seven week healthy eating and lifestyles mentored activity 1x/week for young ladies aged 12-14 (middle years) <p>**Applicants must be recommended and qualify for this program. For more information contact Big Sisters.</p> <hr style="width: 80%; margin-left: 0;"/> <p>Athletes In Action www.athletesinaction.com frankt@athletesinaction.com 604-859-1147</p> <p><u>Low-Cost***</u></p> <ul style="list-style-type: none"> • 'Friday Nite Basketball' is available for children and youth from 4 years of age to grade 12. All kids are welcome, regardless of skill level or experience. Each year the season runs from the beginning of October until the end of February.

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<p>*Subsidies may be available through Canadian Tire Jump Start.</p>	<p>Registration fees for the 5-month season range from \$120.00 to \$135.00.</p> <p>***A scholarship program is available for families that qualify for assistance with registration fees.</p>
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General Activity Options	
<p>Abbotsford Cycling Action Group (ACAG) acag@telus.net</p> <p>The ACAG advocates for the inclusion of a cycling infrastructure in Abbotsford and encouraging “active transportation”. They promote cycling to work, school, shopping, for recreation and for health & fitness, as well as fun.</p> <p><u>Main Event:</u> Bike to Work Week</p> <ul style="list-style-type: none"> • Group rides throughout the year • Regular newsletter available • Volunteer opportunities available • Fundraising events <p>If you want to increase your cycling skills and knowledge about safe cycling the ACAG is an excellent organization to connect with. Currently they do not charge any fees to participate in their activities</p>	<p>Running Room www.runningroom.com abbotsford@runningroom.com 604-556-0770</p> <p><u>No-cost</u> Drop in walking and running groups meet every:</p> <ul style="list-style-type: none"> • Wednesday at 6:30pm • Sunday at 8:30am <p>Free maps are available on the Running Room website for 3km to 20 km walking and running routes in Abbotsford.</p>

Senior Activity Options
<p>Abbotsford Senior Association 604-853-4014</p> <p><u>Low cost</u> Regular light to moderate fitness classes are available.* Classes are \$2.00 each, or \$1.50 each for members. Annual membership fees are \$12.00</p> <p>Other Activities:</p> <ul style="list-style-type: none"> • Blood pressure monitoring twice a week • Weekly dances • Chair classes • Social activities <p>*Classes are available for anyone over 18 years of age.</p>

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Transportation Solutions	
<p>ValleyMAX Transit System www.bctransit.com 604-854-3232 (Abbotsford)</p> <p>For a map of Abbotsford bus routes visit www.bctransit.ca and click on schedules and maps. From there choose Abbotsford or call ValleyMAX for more information.</p>	<p>Active Transportation</p> <p>Active Transportation involves activities such as walking and cycling. It's a great way to fit physical activity into your life, save money and reduce air pollutants. The City of Abbotsford has a growing number trails and sidewalks to make walking for transportation more enjoyable. The City also has a growing number of bike lanes to support biking as a safe and effective means of Active Transportation.</p> <p>Bike lanes are identified with a strip and in some cases a large white bicycle is painted on the pavement. Bike lanes may run along the curb or appear along the left side of parked cars. Motor vehicles are not allowed to drive, park or idle in the bike lane but are permitted to cross the lane in order to park and pull in and out of driveways. Motorists turning right must yield to cyclists in the bike lane.</p>

Additional Information	
<p>Abbotsford Early Childhood Committee (AECC) www.abbyearlyyears.com admin@abbyearlyyears.com 604-852-1236</p> <p><u>No cost</u> Several programs are supported and funded through AECC in Abbotsford for families with children: Ages 0 to 6.</p> <ul style="list-style-type: none"> • Examples of activities: parent and tot gym time, parachute games and story time in the park. <p>All programs are free. For more information call or visit their website</p> <hr style="width: 30%; margin-left: 0;"/> <p>Popular Abbotsford Walking Trails</p> <p>Mill Lake Park* Discovery Trails Fish Trap Creek</p> <p>*Walking distance from Seven Oaks Mall Bus loop</p>	<p>Pacific Sport www.pacificsport.com lpalm@pacificsport.com 604-557-4021</p> <p>Pacific Sports offers a summertime camp called XploreSportz. These camps introduce children ages 7 to 11 years to 10 Olympic/Paralympic sports in one week. The focus is not on excellence and ability but opportunity and exposure to new sports.</p> <p>The camp fee is \$140.00; however small subsidies from XploreSportz may be offered.</p> <p>GymWorks is a partnership with several recreation facilities in Abbotsford supporting aspiring athletes with affordable gym access.</p> <p>Contact Pacific Sports for more information about XploreSportz subsidies or Gymworks.</p> <hr style="width: 30%; margin-left: 0;"/> <p>Parents and Guardians</p>

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<p>Activity options for children with special needs</p> <p>Access Abbotsford www.accessabbotsford.ca 604-852-2686 ext.274</p> <p>Visit the Access Abbotsford website and download their Adapted Recreation brochure* for children with special needs.</p> <p>*If fees prevent your child from participating call the Access Abbotsford number listed above to learn about available financial supports. No financial records are required and funding is available on first come first serve basis.</p>	<p>Contact your child's school to find out what no-cost activities are taking place and encourage your kids to participate.</p> <p>Check out Mayo Clinic's website for ideas to be active with your children. www.mayoclinic.com/health/fitness/FL00030</p> <p>Share your family activity ideas with Healthy Abbotsford <i>(insert email address here)</i></p>
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Funding Opportunities	
<p>Abbotsford Parks and Recreation www.abbotsford.ca/parksrecreationandculture.htm 604-859-3134</p> <p>A Recreation Service Credit Program is available for families in Abbotsford who are Social Service Ministry clients or for working families with lower incomes. Individuals and families that qualify receive credits to use the facilities at ARC and MRC. Credit can be used for:</p> <ul style="list-style-type: none"> • Public admissions – swimming at indoor, skating, roller blade drop-in • Public swim lessons • Public Learn-to-skate lessons • Skate rentals • All facility memberships (including ARC Senior Centre memberships); • Community recreation programs and camps <p>For more information contact the Abbotsford Parks, Recreation and Culture office at 604-859-3134</p>	<p>Canadian Tire Jumpstart http://www.canadiantire.ca/jumpstart/ 1-877-616-6600</p> <p>Jumpstart is a community-based charitable program that supports kids' ages 4 to 18 with funding to participate in organized sport and recreation such as hockey, soccer and swimming.</p> <hr style="border: 0.5px solid black;"/> <p>KidSport Society of Abbotsford www.kidsport.ca 604-333-3401 (Richmond office)</p> <p>Provide grants up to \$200.00 for sports participation and registration for children ages 6 to 18.</p> <hr style="border: 0.5px solid black;"/> <p>Abbotsford Parks and Recreation www.abbotsford.ca/parksrecreationandculture.htm Abbotsford Recreation Centre (ARC) 604-853-4221 Matsqui Recreation Centre (MRC) 604-855-0500</p> <p>'Grade Five Get Active Pass'</p> <p>The 'Grade Five Get Active Pass' is valid until August 31, 2010. To obtain a pass grade five students accompanied by a parent or guardian can sign up at the customer service desk at either ARC or MRC. Passes can be used for swimming and skating at both ARC and MRC.</p>

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Active Community Events	
<p>Healthy Abbotsford www.healthyabbotsford.ca Fall Activity Challenge: October 1 to October 31st</p> <p><u>No-cost</u></p> <p>The annual Fall Challenge is a 30-day physical activity challenge. Activity logs are available at both Recreation Centres and all Abbotsford residence are encouraged to participate. Participants use the activity logs to record their daily activity for the month of October. Activity logs that are returned after the 30-day period are eligible for a prize. Additional activity logs can be picked up at ARC or MRC for your workplace, church or organization.</p>	<p>BCRPA Move For Health Day (MFHD) www.bcrpa.bc.ca/mfhd/ Annual Move For Health Day: May 10th</p> <p>Move For Health Day is an international event created by the World Health Organization. In British Columbia, BCRPA (BC Recreation and Parks Association) promotes MFHD in all communities. Healthy Abbotsford encourages all Abbotsford residents to Move with the City on May 10th.</p> <p>Walking, cycling, swimming, hiking, canoeing, visit ARC or MRC: Every move counts!!!</p>