



fall 2009

*You won't believe all the things you can do!*

# leisure guide

A circular graphic with a double-line border containing text about an open house event.

White Rock  
Community Centre  
**OPEN HOUSE**  
Saturday,  
September 19 • 10-3



# WHITE ROCK LIBRARY

15342 Buena Vista Ave | 604-541-2201



Reading Link Challenge 09 - White Rock Readers

## Traveling India with John Gordon

**Monday, September 21, 7 pm**

Langlely photojournalist John Gordon, winner of both provincial and national photography awards, travels through Delhi, Rajasthan and Agra. Share John's adventures through his stunning photos and narrative. Registration required.

## Matt Jackson

**Monday, October 19, 7 pm**

Have you ever felt the Universe is doubled over laughing at you? Join author Matt Jackson for a night of slides, music, and storytelling as he talks about recent adventures and wacky misadventures. Registration required.

## Tessa McGuinness - Author Reading

**Monday, November 23, 7 pm**

Former Surrey School District teacher-librarian, Tessa McGuinness, will be reading from her first novel "Never See a Poor Day". Tessa drew from her own war time experiences to create 9-year-old Katie Byrne's world as she

and her family are forced to flee Liverpool and take up residence in a gypsy caravan. Registration required.

## CHILDREN

### Family Storytime

**Wednesdays, September 9 to November 4, 10:30-11 am**

(for pre-schoolers and their caregivers)

Join library staff for an entertaining half-hour of stories, songs, rhymes and finger puppets. This is a great way to introduce young children to books and reading!

### Van Gogh and Friends

**Wednesday, October 28, November 4, 18, 25, 3:30-4:30 pm**

**\*Gallery Afternoon, Sunday, November 22, 1-4 pm**

(ages 7 and up)

Sign up for this 4-session art program and learn about famous artists like Vincent Vangogh. Have your "masterpieces" of artwork displayed for family and friends

at our Gallery Afternoon. Our Friends of the White Rock Library generously pay for all supplies. Registration begins October 9.

## Deck the Halls with Christmas Crafts!

**Wednesday, December 9**

**3:30-4:30 pm**

(ages 6 and up)

Make fabulous Christmas crafts to hang on your tree or to give as a gift. Supplies provided. Registration begins November 25.

## TEENS

### Frightful Reads!

**Friday, October 9, 3:30-4:30 pm**

Are you looking for some frightful reads this October? Come to the library for an hour of suggested reads. Halloween refreshments and ghoulish goodies will be served. Registration begins September 25.

*Pick up a brochure, call us or visit our website for a full listing of our programs.*

Parking?

Did you know.... Resident only 2009 Courtesy Parking Decals are now available at any Leisure Services office during regular business hours. **\$25 + tax**



[webreg.city.whiterock.bc.ca](http://webreg.city.whiterock.bc.ca)

## Contents

Membership Information .....	4	<b>Adult Programs</b>	Modern Jazz .....	23	Dramatics .....	38
Registration Information .....	5	<b>Arts and Crafts .....</b>	Mommy Moves Fitness .....	28	Drawing .....	38
White Rock Library .....	2	<b>Dance and Music .....</b>	Nordic Stride Club .....	29	Gardening .....	40
Program Locations .....	6	<b>Health and Fitness .....</b>	Olympics – Catch the Spirit .....	34	Guitar Lessons .....	39
Community Group Listings .....	48	<b>Sports .....</b>	Painting with Oils/Acrylics .....	38	Hawaiian Dance .....	39
Leisure Access .....	5	<b>Lifelong Learning .....</b>	Pet Health .....	33	Joint Works .....	41
Rental Facilities .....	49	<b>Outdoors .....</b>	Photography .....	34	Line Dance .....	39
<b>Preschool Programs</b>		Back Health .....	Pilates .....	29	Keep Fit 50+ .....	42
Ballet .....	9	Ballet Basics .....	Qigong .....	29	Mah Jong .....	40
Birthday Parties .....	17	Ball Hockey League .....	Rhythm Wellness Drum Circle .....	23	Mature Driving Workshops .....	40
Learn to Skate .....	8	Belly Dance .....	Sea Kayaking .....	36	Middle Eastern Dance .....	39
Moms n’ Toes Art .....	9	Brain Gym Mentor Training .....	Skating Lessons .....	31	Nordic Stride Club .....	42
Rock ‘N’ Roll Tots .....	9	Bridge Lessons .....	Soccer .....	32	Nordic Walking .....	42
Soccer for Tots .....	10	Boot Camp Fitness .....	Spanish .....	34	Osteofit .....	42
Sportball Multi-Sport .....	10	Cardio Challenge .....	Steps in the Right Direction .....	25	Painting with Oils and Acrylics .....	38
<b>Kids &amp; Teens Programs</b>		Chinese Zen Meditation .....	Tai Chi .....	26	Pilates Mat .....	42
Art Explorers .....	11	Clogging .....	Tennis Lessons .....	32	Religions of the World .....	41
Babysitter Training .....	12	Conditioning on Ice - Women .....	Training – Coming Back .....	25	Rhythm Wellness Drum Circle .....	38
Basketball .....	13	Cooking classes .....	Ukulele Group Lessons .....	24	Safe ‘n Sound at Home .....	40
Birthday Parties .....	17	Crafts-Holiday .....	Volleyball .....	32	Spanish .....	40
Curling .....	13	Curling .....	Watercolour Painting .....	22	Stretch & Strength .....	42
Fencing .....	13	Cycling .....	Yoga .....	29, 30	Swimming .....	43
Golf .....	15	Dance Lessons .....	<b>Adult 55+ Programs</b>		Travel Talks .....	40
Hip Hop .....	11	Dodgeball League .....	<b>Arts and Crafts .....</b>	<b>38</b>	Ukulele Group Lessons .....	39
Magic for Kids .....	12	Dolls Dance Class .....	<b>Arts and Crafts .....</b>	<b>38</b>	Woodcarvers .....	38
Pre-teen Dance .....	11	Dramatics .....	<b>Dance and Music .....</b>	<b>38</b>	Weight Smart .....	43
Skating Lessons .....	15	Drawing in Colour .....	<b>Lifelong Learning .....</b>	<b>39</b>	Writing-Creative .....	40
Sport Kickboxing .....	15	Fencing .....	<b>Health and Wellness .....</b>	<b>41</b>	Yoga for Seniors .....	43
Sportball Multi-Sport .....	15	Fitness Guidance & Testing .....	<b>Excursions .....</b>	<b>43</b>		
Soccer .....	17	Gardening .....	Balance Class .....	41	<b>Kent Street Activity Centre</b>	
Tennis Lessons .....	17	Golf Lessons .....	Bridge Lessons .....	35	<b>Membership Activities</b>	
Theatresports .....	11	Guitar Lessons .....	Cabaret Dance .....	38	Membership Activities .....	46, 47
Vocal Workshop .....	12	Health Talks .....	Cardio Workout & Stretch .....	41	Services for Seniors .....	47
Youth Leadership .....	13	Hiking .....	Chinese Zen Meditation .....	41		
		Hip Hop .....	Cooking classes .....	39		
		Hockey Drop-in .....	Crafts-Holiday .....	39		
		Improv Your Life .....	Cycling .....	41		
		Keep Fit for 50+ .....	Daytrips .....	43, 44		
		Lifesaver Course .....	Dolls Dance Latin .....	38		

membership

You won't believe all the things you can do!

- > Connect with your community
- > Choose from a variety of health and wellness activities
- > Find an art, music, or dance program you enjoy
- > Discover a new interest




# JOIN US TODAY!

## BENEFIT FROM REDUCED MEMBER RATES ON YOUR FAVOURITE PROGRAMS

### Sign up with White Rock Leisure Services & get your **WHITE ROCK LEISURE PASS**

Call us at 604-541-2161 or 604-541-2231 or visit any Leisure Services Office. See page 5 for office locations.

Look for the  symbol in the Leisure Services Guide for reduced prices on courses.

### Annual Membership

<b>Adult</b> .....	\$30
<b>Youth (to age 17)</b> .....	\$20
<b>Family</b> .....	20% off individual rates
<b>Kent Street Plus</b> .....	\$50

(adults 55+) participate in Kent Street Centre clubs and activities plus receive member pricing on programs.

### 3 Month Membership

Valid Mar-May; Jun-Aug; Sept-Nov; Dec-Feb	
<b>Adult</b> .....	\$15
<b>Youth (to age 17)</b> .....	\$10

### Kent Street Activity Group Annual Membership

<b>Adult 55+</b> .....	\$28
------------------------	------

Participate in Kent Street Centre clubs and activities . (Reduced to \$14 Sept-Dec)

*bonus!*  
**Nordic Stride Club**

**FREE** for

 **Leisure Pass Members!**

See page 29!

## Advertisers

ABC Music Factory .....	8
Beyond Excuses Life Coaching Services .....	17
Crescent Moon Childbirth Services .....	10
CUPE .....	30
Essence of Dance Inc. ....	9, 11
Jazzercise .....	49
Joy of Movement .....	14
Kids Only Acting .....	10
Mountain Magic .....	34
Omega Health Services .....	49
Opus Framing & Art Supplies .....	22
Peace Arch Hospital - Cardiac Rehab Program .....	26

Peninsula Multisport .....	50
Peninsula Runners .....	50
Roca Blanca Dance Studio .....	50
Semiahmoo Family Place .....	8
Semiahmoo Stables .....	50
South Surrey Recreation Centre .....	28
Spiral Dance .....	13
Walking Tall Pilates .....	27
Westcoast Hot Yoga .....	50
WR Wellness Centre .....	20
WR Community Choirs .....	50
WR Gymnastics .....	12
WR School of Music and Dance .....	Back Cover
WR Senior Hockey League .....	36
WR/SS Skating Club .....	16

Registration  
opens  
August 27

registration info

## Register online 24/7

Visit [webreg.city.whiterock.bc.ca](http://webreg.city.whiterock.bc.ca)

**Simple** – You will need your Family PIN, Client Number, and a valid credit card. Contact Leisure Services if you do not have your ID.

**Secure** – We use the latest in online payment security, as provided by TrustKeeper.net. The White Rock WebREG system employs 256-bit encryption, the highest form generally available.



## Office Hours:

### Monday – Friday:

8:30 am – 4:30 pm (until 6pm  
Monday – Thursday at Centennial  
Park and White Rock Community  
Centre locations)

### Saturday:

9:00 am – 4:00 pm  
(until 1 pm at White Rock  
Community Centre)

CLOSED Sundays and  
Statutory Holidays

## Register by phone: Call White Rock Leisure Services at:

**Centennial Park Leisure Centre: 604-541-2161**

**Kent Street Activity Centre: 604-541-2231**

**White Rock Community Centre: 604-541-2199**

Pay by Visa, Mastercard or American Express.

## Register in person

Visit **White Rock Leisure Services** with offices located at:

**1) Centennial Park Leisure Centre, 14600 North Bluff Road**

**2) White Rock Community Centre, 15154 Russell Avenue**

**3) Kent Street Activity Centre, 1475 Kent Street**

Pay by cash, cheque, Interac, Visa, Mastercard or American Express.

## Mailing Address:

### White Rock Leisure Services

Corporation of the  
City of White Rock  
15322 Buena Vista  
Avenue, White Rock,  
BC V4B 1Y6

## Cancellation and Refund Policy

Refunds may be available according to our refund and cancellation policy.  
A \$10 administration fee will be charged for each requested refund.

White Rock Leisure Services

# Leisure Access Program



**Leisure Access provides you and your family with affordable recreation.**

### Who is eligible?

All permanent White Rock and Surrey residents who meet the annual family income limitations may apply.

### How can you apply?

Applications are available at all White Rock Leisure Services office locations and online at [www.city.whiterock.bc.ca](http://www.city.whiterock.bc.ca). Complete one application per family and return it to Leisure Services with proof of residency and proof of household income.

**Take this opportunity to make a healthy lifestyle a priority for you and your family!**

## program locations

- 1. White Rock Community Centre:**  
15154 Russell Avenue 604-541-2199  
• Presentation Room, Arts Room, Studio, Gallery
- 2. Centennial Park Leisure Centre (CPLC) & Arena:**  
14600 North Bluff Rd. 604-541-2161  
• Arena • Hall, Lounge, Boardroom, Recreation Room  
• Mel Edwards Centre • Centennial Park Oval, Ball Diamond & Tennis Courts
- 3. Kent Street Activity Centre:**  
1475 Kent Street 604-541-2231  
• Auditorium, Classroom, Library
- 4. Bayridge Elementary:**  
1730 142 St.
- 5. Earl Marriott Secondary:**  
15761 16th Ave.
- 6. Jessie Lee Elementary:**  
2064 154 St.
- 7. Morgan Elementary:**  
3366 156A St.
- 8. Peace Arch Curling Club:**  
14600 North Bluff Rd.
- 9. Peace Arch Elementary:**  
15877 Roper Ave
- 10. Peace Arch Golf Centre:**  
765 172nd St.
- 11. South Surrey Cycles:**  
2055 152nd St.
- 12. West Beach Boat Launch:**  
On Marine Drive, at Bay St.
- 13. White Rock Elementary:**  
1273 Fir St.
- 14. White Rock Library:**  
15342 Buena Vista Ave.

You won't believe all the things you can do!

## White Rock Community Centre Open House!

Saturday September 19 10:00am – 3:00pm  
You're invited to join staff and instructors for a fun filled day of programs and healthy activities for the whole family. Let us show you our beautiful new centre as you enjoy facility tours, entertainment and a showcase of programs to be offered in the fall.

15154 Russell Avenue • 604.541.2199



# Preschool, Kids + teens

*"I can skate all by myself now!"*

Tiana – 5 / Skating participant

Look out Winter Olympics, here comes Tiana! A veteran ice-skater at five, she's been taking lessons since three. She's a whiz at cross-overs but loves "going backwards the best". Mom says it's because she's already better at it than her eight-year-old brother who plays hockey.

"One time Mommy went on the ice with me and she was afraid to fall down so I held her hand."

**Help your  
youngster be an  
"I Can" Kid!**



! Catch the 2010 Olympic Winter Games Spirit! See page 34.

# Preschool

## Learn to Skate

3-6 years

Children work toward their Premier's Sport Awards badges for skating. Skate rental included. CSA approved helmets mandatory. Please bring your own helmet if you have one. Register in the appropriate badge level. If unsure, contact: 604-541-2161.

Lead Instructor: *Juli Christy*

Centennial Arena

6 sessions

**1 - Magenta level:** No experience necessary.

17354	F	10:00 AM-10:30 AM	Sep 18	\$39/(\$36)
17356	F	01:15 PM-01:45 PM	Sep 18	\$39/(\$36)
17357	Sa	10:00 AM-10:30 AM	Sep 26	\$39/(\$36)
17358	Sa	10:45 AM-11:15 AM	Sep 26	\$39/(\$36)
17352	F	10:00 AM-10:30 AM	Oct 30	\$39/(\$36)
17353	F	01:15 PM-01:45 PM	Oct 30	\$39/(\$36)
17355	Sa	10:45 AM-11:15 AM	Oct 31	\$39/(\$36)
17359	Sa	10:00 AM-10:30 AM	Oct 31	\$39/(\$36)

**2 - Silver level:** Able to skate or march width of the ice; completed Magenta level.

17360	F	10:00 AM-10:30 AM	Sep 18	\$39/(\$36)
17361	F	01:15 PM-01:45 PM	Sep 18	\$39/(\$36)
17362	Sa	10:00 AM-10:30 AM	Sep 19	\$39/(\$36)
17363	Sa	10:45 AM-11:15 AM	Sep 19	\$39/(\$36)
17364	F	10:00 AM-10:30 AM	Oct 30	\$39/(\$36)
17365	F	01:15 PM-01:45 PM	Oct 30	\$39/(\$36)
17366	Sa	10:00 AM-10:30 AM	Oct 31	\$39/(\$36)
17367	Sa	10:45 AM-11:15 AM	Oct 31	\$39/(\$36)

**3 - Teal level:** Able to perform a two-foot forward glide; or completed Silver level.

17368	F	10:00 AM-10:30 AM	Sep 18	\$39/(\$36)
17369	F	01:15 PM-01:45 PM	Sep 18	\$39/(\$36)
17370	Sa	10:00 AM-10:30 AM	Sep 19	\$39/(\$36)
17371	Sa	10:45 AM-11:15 AM	Sep 19	\$39/(\$36)
17372	F	10:00 AM-10:30 AM	Oct 30	\$39/(\$36)
17373	F	01:15 PM-01:45 PM	Oct 30	\$39/(\$36)
17374	Sa	10:00 AM-10:30 AM	Oct 31	\$39/(\$36)
17375	Sa	10:45 AM-11:15 AM	Oct 31	\$39/(\$36)

**4-Purple level:** Able to make snow either foot; or completed Teal level.

17376	F	10:00 AM-10:30 AM	Sep 18	\$39/(\$36)
17377	F	01:15 PM-01:45 PM	Sep 18	\$39/(\$36)
17378	Sa	10:00 AM-10:30 AM	Sep 19	\$39/(\$36)
17379	Sa	10:45 AM-11:15 AM	Sep 19	\$39/(\$36)
17380	F	10:00 AM-10:30 AM	Oct 30	\$39/(\$36)
17381	F	01:15 PM-01:45 PM	Oct 30	\$39/(\$36)
17382	Sa	10:00 AM-10:30 AM	Oct 31	\$39/(\$36)
17383	Sa	10:45 AM-11:15 AM	Oct 31	\$39/(\$36)



#1 Music & Movement Program for Children New Born to 7 Years

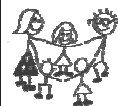
**Baby Time Music:**  
New Born to 16 Months

**Time Together Music:**  
16 Months to 3 Years

**Making Music:**  
3.5 to 5 Years

**Young Musicians:**  
5 to 7 Years

www.abcmusicfactory.com  
604-575-4348  
Surrey/White Rock/Delta



SEMIAHMOO FAMILY PLACE

••• Connecting Families Through Play •••

Unit #13 - 15515 24th Ave, South Surrey  
Tel. # 604-531-5882  
www.semiahmoofamilyplace.com



### Drop-in Playtime Hours

Monday to Saturday  
9:00am—12:30pm  
(for families with children 0-5 yrs)

Visit our website for more programming info.



Parties Available!  
Call our Party Line  
778-881-4122

essence  
of dance Inc.



Offering Classes  
For ages 3 ~ Adult

Russian Ballet	AIDT Jazz Exams
Technique	Contemporary
Pointe	Acro
Jazz	Hip Hop
Spins n' Leaps	Musical Theatre
Lyrical	Adult Classes
Modern	Beginner Teen Classes
Youth Company	Tap
Boys Hip Hop	Song and Dance

Register Now  
for the  
09-10  
Season!

604.541.9498

N#4 15578 24th Ave.  
Surrey BC

www.essenceofdance.ca

# Preschool

## Tiny Tot and Parent Skate

An opportunity for parents and tots (up to 5 years old) to skate together. Skate and helmet rentals available. Note: Part of the ice will be in use for skating lessons.  
Centennial Arena drop-in  
Fr 01:45PM-02:30PM ongoing \$2 per person

## Moms n' Toes Art

Create original works of art using your baby's toes, hands and more. Have a fun, memorable time using a lively medium to capture this special time. Babies 6-12 months can bring one to two caregivers to help! Supplies included.

Instructor: Jill Glennie

White Rock Community Centre-Art Room 7 sessions  
17492 Sa 10:15 AM-11:30 AM Sep 26 \$90/Ⓜ\$82



## Dance with Me Ballet 18-30 months

Parents and toddlers will have a great time together in this fun and imaginative class. Dance in bare feet or ballet slippers. Parent participation is required.

Instructor: Jennifer Kube

White Rock Community Centre-Studio 10 sessions  
17449 Th 10:15 AM-11:00 AM Sep 24 \$45/Ⓜ\$40  
17450 Sa 10:30 AM-11:15 AM Sep 26 \$45/Ⓜ\$40

## Preschool Ballet 3-5 years

Your little one will develop skills and confidence in this fun and imaginative class. She or he will have a great time dancing while an introduction to ballet is presented. Dance in bare feet or ballet slippers.

Instructor: Jennifer Kube

White Rock Community Centre-Studio 10 sessions  
17451 Th 11:15 AM-12:00 PM Sep 24 \$45/Ⓜ\$40  
17452 Sa 11:30 AM-12:15 PM Sep 26 \$45/Ⓜ\$40

## Rock 'N' Roll Tots 3-5 years

Shake, boogie, and roll in this energetic class. Maracas, hula hoops, parachutes, and more will be used as your child works on his/her balance and coordination. Each activity is set to tunes from the 50's & 60's. The emphasis is on learning small and large motor skills in a supportive team atmosphere.

Instructor: Jennifer Kube

C.P.L.C.-Recreation Room 10 sessions  
17433 Sa 12:30 PM-01:15 PM Sep 26 \$45/Ⓜ\$41



Have you  
signed up?



Introducing  
The White Rock  
Leisure Pass

Save all year!

Look for the Member  
Pass price Ⓜ

Info: 604 541 2161

Have you signed up?



Introducing  
The White Rock  
Leisure Pass

Save all year!

Look for the Member  
Pass price 

Info: 604 541 2161

# preschool

## Soccer for Tots

4-6 years


The tiny-tot version of the big field game! Taught by professional coach Ajit Braich, this age specific course emphasizes fun, fundamental skills, and participation. Each participant will receive a dvd and activity book. Parental participation is encouraged.


Instructor: Ajit Braich

C.P.L.C.-Hall

10 sessions

17515 W 09:00 AM-09:45 AM Sep 16 \$65/\$58

17516 W 10:00 AM-10:45 AM Sep 16 \$65/\$58

17517 W 11:00 AM-11:45 AM Sep 16 \$65/\$58

## Sportball Multi-Sport Parent & Tot

2-3.5 years

This program is designed to guide parents and their children through the introductory skills of eight different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence.


Morgan Elementary-Gymnasium

7 sessions

17494 M 05:15 PM-06:00 PM Sep 14 \$91/\$83

Morgan Elementary-Gymnasium

6 sessions

17495 M 05:15 PM-06:00 PM Nov 09 \$78/\$72


## Sportball Multi-Sport Preschool

3.5-5 years

Introduce your child to the eight sports of the Sportball approach: baseball, basketball, golf, hockey, football, soccer, tennis and volleyball. Sportball helps children develop social as well as physical skills through a curriculum that reinforces confidence, free of the pressure of competition. Children are under constant supervision by certified Sportball instructors to ensure their safety and enjoyment.

Morgan Elementary-Gymnasium

7 sessions

17500 M 06:00 PM-07:00 PM Sep 14 \$91/\$83

Morgan Elementary-Gymnasium

6 sessions

17501 M 06:00 PM-07:00 PM Nov 09 \$78/\$72



Group Childbirth Education  
in partnership with Semiahmoo Family Place  
for \$50

Private Childbirth Education

Lactation/Breastfeeding  
consulting

Medela breastpump and  
scale rental

Perinatal counselling



Serving Surrey, White Rock and Langley, BC

For information visit our website:  
[www.crescentmoonchildbirth.org](http://www.crescentmoonchildbirth.org)  
or call 604-612-6906

## Register now for our Exciting Fall/Winter Classes

Check our website for detailed information on available programs.

### ACTING FOR 3-17 yrs

South Surrey's Best Professional Acting Studio for All Ages

Fun. Professional.  
Affordable.



New  
Recreational  
Programs  
available



778-378-9103  
[www.kidsonlyacting.com](http://www.kidsonlyacting.com)

essence  
of dance Inc.



Offering Classes  
For ages 3 ~ Adult

Russian Ballet	AIDT Jazz Exams
Technique	Contemporary
Pointe	Acro
Jazz	Hip Hop
Spins n' Leaps	Musical Theatre
Lyrical	Adult Classes
Modern	Beginner Teen Classes
Youth Company	Tap
Boys Hip Hop	Song and Dance

Register Now  
for the  
09-10  
Season!

604.541.9498

N°4 15578 24th Ave.  
Surrey BC

www.essenceofdance.ca

# Kids+teens

## Arts & crafts

### Art Explorers **6-12 years**

Explore a variety of artistic techniques including cartooning, painting, and illustration. Create an idea book to keep all your art work in, and take home a canvas painting you've created all on your own! All materials included.

White Rock Community Centre-Art Room 8 sessions

#### 6-9 yrs

17555 Tu 03:30 PM-04:30 PM Sep 22 \$60/Ⓜ\$54

#### 10-12 yrs

17556 Tu 04:30 PM-05:30 PM Sep 22 \$60/Ⓜ\$54

### Theatresports Improv **13-17 years**

Theatresports is a unscripted self-created form of theatre that will help you to explore your innate creativity. As a team we will have fun spontaneously creating scenes, characters and environments. No experience necessary, wear comfortable clothing and footwear.

Instructor: Maury Fraser

C.P.L.C.-Lounge 8 sessions

17734 W 04:30 PM-05:30 PM Sep 16 \$64/Ⓜ\$58

## Dance and Music

### Hip Hop Junior **7-12 years**

An excellent way to have fun, meet new friends, and learn all the coolest new dance moves.

Instructor: Ryan Erwin

C.P.L.C.-Hall 8 sessions

17548 M 06:15 PM-07:00 PM Sep 21 \$45/Ⓜ\$41

### Pre-teen Dance **Gr 5-7**

Come out and bust a move at our pre-teen dances. Our pro-Dj spins the hottest music and the first 100 registered dancers will receive a free glow stick.

White Rock Leisure Services staff will be on site to supervise and ensure a fun time for all.

White Rock Community Centre 1 session

17477 F 07:00 PM-09:30 PM Sep 25 \$6/\$8 @ door

17478 F 07:00 PM-09:30 PM Oct 23 \$6/\$8 @ door

17479 F 07:00 PM-09:30 PM Nov 20 \$6/\$8 @ door



Ask us about  
the Jump Start  
program –

fee subsidies available  
for children's sports and  
active programs.

**604 541 2161**

Sponsored by  
**Canadian Tire  
Foundation for  
Families**

# Kids+teens

**Catch the 2010 Olympic Winter Games Spirit! See page 34.**

## Vocal Workshop & Performance 7-12 years

Breathing exercises, vocal warm-ups, and an introduction to voice technique and its application to various styles of music are all part of this vocal workshop. Local performers will also have an opportunity to be critiqued by bringing their favorite song either on a CD or Ipod. Taught by Jan Cooper who has been a vocal coach for over 25 years, has worked with Grammy and Juno award winners, and has formed the first ever youth label in Canada 'Pump Records'.



C.P.L.C.-Hall 1 session  
17560 Su 01:00 PM-04:00 PM Sep 27 \$20/M\$10

## General

### Babysitter Training 11-16 years

This St. John Ambulance course is designed to teach young people how to babysit children. Topics will cover safety, responsible babysitting and coping with common emergencies. A certificate is issued upon successful completion. Manual is provided for this course.

White Rock Community Centre-Gallery 1 session  
17455 Sa 09:15 AM-04:00 PM Sep 26 \$44/M\$40  
17456 Sa 09:15 AM-04:00 PM Nov 07 \$44/M\$40  
17457 Sa 09:15 AM-04:00 PM Dec 05 \$44/M\$40

### Magics for Kids 12+ years

Hocus Pocus! A crash course in how to perform simple magic tricks for your friends and family. Designed to bring out the Harry Potter in your child. All magic supplies included.

Instructor: Ryan Erwin  
White Rock Community Centre-Gallery 1 session  
17545 M 04:00 PM-05:45 PM Oct 05 \$20/M\$18  
17546 M 04:00 PM-05:45 PM Nov 16 \$20/M\$18

# WHITE ROCK GYMNASTICS

## FALL REGISTRATION

Programs Start August 24, 2009

### PRE-SCHOOL

Parent & Tiny Tot	15 mos.-2 years	1 hour
Parent & Tot	2-4 years	1 hour
Kindergym	4-6 years	1 hour



### RECREATIONAL

Mixed Recreational	6+ years	1 1/2 hours
Boys Recreational	6+ years	1 1/2 hours
Teens	11+ years	1 1/2 hours
Club Team	9+ years	2x2 hours

Please enquire about our other programs:

### AFTER SCHOOL PROGRAM

### SPECIAL NEEDS PROGRAM

### COMPETITIVE PROGRAMS

### DROP-INS



We do great BIRTHDAY PARTIES!



Check out our 9000 sq ft facility  
114 - 15272 Croydon Ave.  
(Behind the Morgan Corporate Ctre)

**604-542-0386**

Register online: [www.whiterockgym.com](http://www.whiterockgym.com)

## Youth Leadership Development

The YMCA Youth Leadership Development program is a safe, fun, comfortable environment for teens where they can build self esteem, great relationships and develop strong leadership skills. Activities include team building games, social planning, global activities, volunteer opportunities, youth lead activities, special guests, a variety of trainings, special events with other YLD groups and a Youth Conference weekend.

The YMCA provides financial assistance so anyone who wishes to can attend our programs.

White Rock Community Centre

<b>Grades 5-7</b>				\$210/Ⓜ\$140
17438	W	06:30 PM-08:30 PM	Sep 23 - June	
<b>Grades 8-10</b>				\$210/Ⓜ\$140
17562	W	06:30 PM-08:30 PM	Sep 23 - June	
<b>Grades 11-12</b>				\$210/Ⓜ\$140
17563	W	06:30 PM-08:30 PM	Sep 23 - June	



We hold strong beliefs, strong facilities, strong communities.

WHEN I IMAGINE...  
I CAN DO ANYTHING.



Pre-dance • Pre-Jazz • Ballet • Jazz • Tap • Hip Hop

Hours: Aug 24-27 Mon/Wed:10-2pm Tue/Thu:3-7pm

Competitive classes begin Tue, Sept 8th

3yrs-Adult: Register NOW!



604-541-2800  
spiraldance.ca

# Kids+teens

## Sports

### Basketball

7-13 years

Children will be coached on offence, defense, teamwork and hustle. Please bring your own basketball.

Instructor: Sean Stewart

Bayridge Elementary-Gym

10 sessions

### 7-10 years

17453 Tu 06:30 PM-07:30 PM Sep 22 \$45/Ⓜ\$40

### 11-13 years

17458 Tu 07:30 PM-08:30 PM Sep 22 \$45/Ⓜ\$40

### Curling for Kids

9-14 years

A great introduction to Canada's other favourite winter sport! Children will be grouped according to age and ability. Adult lessons will also be offered during this time. Adults can register in course #17424. All equipment provided.

Instructor: Darren Spencer

Peace Arch Curling Rink

2 sessions

17423 Sa-Su 01:30 PM-04:30 PM Nov 07 \$30/Ⓜ\$27

### Fencing for Youth

8-14 years

Fencing challenges the mind and body, builds confidence, co-ordination and physical fitness. Equipment is provided.

Instructor: Victor Gantsevich

White Rock Elementary-Gym

10 sessions

**Beginner** - No experience required.

17410 Tu 06:00 PM-07:00 PM Sep 15 \$99/Ⓜ\$91

**Intermediate** - Minimum one season of Fencing.

17411 Tu 08:00 PM-09:00 PM Sep 15 \$99/Ⓜ\$91

## Have you signed up?



### Introducing The White Rock Leisure Pass

## Save all year!

Look for the Member  
Pass price Ⓜ

Info: 604 541 2161

# JOY of MOVEMENT studio & Visions Dance Company

## THE UNIQUE AWARD WINNING STUDIO



### CODY GREEN -

- Currently "Riff" in Westside Story revival on Broadway NYC
- 1st place winner \$100,000 on Bravo *Step It Up and Dance*
- Master Teacher
- International Choreographer

Offering complete, superior service in:

- ALL AGES
- ALL LEVELS
- ALL DISCIPLINES

**ADULT CLASS!**  
JAZZ/FUSION  
TUESDAYS  
7-8 PM



*Little ones at year end show*

JOY OF MOVEMENT STUDIO  
RECOGNIZED BY:

- FEDERAL GOVERNMENT  
2009, 2008, 2007, 2006  
GOVERNOR GENERAL THE  
RIGHT HONOURABLE Michaëlle  
Jean
- PROVINCIAL GOVERNMENT
- MUNICIPAL SURREY MAYOR  
DIANE WATTS

### RECREATIONAL AND/OR

COMPETITIVE TEAMS: JAZZ, TAP, BALLET, MUSICAL THEATRE, HIP HOP, MODERN, CONTEMPORARY, YOGA AND MEDITATION FOR KIDS, AMBASSADORIAL TEAM, SCHOOL TOUR TEAM, AWARD WINNING STUDIO IN 10 COUNTRIES

### FALL TERM BEINGS

**MONDAY SEPT 14TH ALL LOCATIONS...OFFERING:**

\*Recreational Programs in all disciplines.

\*Training Programs in all disciplines with performance opportunities locally, provincially, nationally and internationally.

\* Professional Division school support available, 1/2 day program.

### OPPORTUNITIES:

**MENTORING**

• touring in schools throughout the province

### YOGA: for KIDS & DANCERS

**ORFF MUSIC AND MOVEMENT:**  
3 YRS OLD AND UP. THIS UNIQUE CLASS INCLUDES CLASSICAL BALLET, JAZZ, ORFF, YOGA AND CREATIVE MVT, MASKS, STORIES AND SCARVES - 3-5 yrs, 5-7 yrs, 7-9 yrs, 10-12 yrs, 13-15 yrs



### OLYMPIC SHOW AUDITION

Perform for 16 countries in LA

DATE: SAT SEPT 12th 12-2PM  
ACTORS, SINGERS, DANCERS,  
ALL WELCOME TO AUDITION

Call 604.535.0330  
to reserve a spot!

Joy of Movement Studio is representing BC, and Canada in LA and will perform a special show during that tour in honour of BC hosting the Olympics.

### OPPORTUNITIES:

**CHARITY**

• Canadian Ambassador delegates - 22 countries.  
All welcome

### REGISTRATION PICK UP

During **SUMMER SCHOOL**  
(Aug. 3-14) or **IN PERSON**  
Sept. 8,9,10,11 [3:30-6:30pm]  
2789 McBride Ave.

### ALL AGES ALL LEVELS ALL DISCIPLINES

3 yrs old to Adult Beginner to Pro

### Boys Only HIP HOP (Limited Space Available)

### UNIQUE OPPORTUNITIES

Exposure to Local, Provincial and International venues in both  
1)Performance & 2)Competition for your aspiring young artist.

### ADULT JAZZ & STRETCH

Pre-register On Or Before Sept. 14, 09

**Joy of Movement Studio  
HOME of Visions Dance Company**  
Canada's internationally recognized company of young artists. Joy of Movement Studio dancers have represented BC and Canada on over 20 occasions, including 2009,2008 2007 2006 2005 with 15 countries the symposium is hosted by the team who create the Oscars, the Emmys and the Tony's the best NYC and LA have to offer

**ALL DANCERS AT JOY OF MOVEMENT STUDIO can do a solo, duo or trio in local competition, whether they are in recreational or training programs.**

ARTISTIC DIRECTOR: SUSIE GREEN

2789 McBride Avenue, Surrey, BC, Canada V4A 3G3 • Phone: 604-535-0330 • Fax: 604-535-8075 • visionsco@aol.com | www.joyofmovement.ca

# Kids+teens

## Skating Lessons

6-15 years

Fundamental skills will be taught in a fun format. Children will work toward achieving their Premier's Sport Awards badges for skating. Skate rental included. CSA approved helmets are mandatory. Please bring your own helmet if you have one. Please register in the correct level. Contact Leisure Services if unsure: 604-541-2161

Lead Instructor: *Juli Christy*

Centennial Arena

6 sessions

**1 – Red:** No previous experience.

17384 F 03:30 PM-04:00 PM Sep 18 \$39/Ⓜ\$36

17385 Sa 11:30 AM-12:00 PM Sep 19 \$39/Ⓜ\$36

17386 F 03:30 PM-04:00 PM Oct 30 \$39/Ⓜ\$36

17387 Sa 11:30 AM-12:00 PM Oct 31 \$39/Ⓜ\$36

**2 – Orange:** Able to skate with a reasonable degree of confidence - width of ice; or completed Red level.

17388 F 03:30 PM-04:00 PM Sep 18 \$39/Ⓜ\$36

17389 Sa 11:30 AM-12:00 PM Sep 19 \$39/Ⓜ\$36

17390 F 03:30 PM-04:00 PM Oct 30 \$39/Ⓜ\$36

17391 Sa 11:30 AM-12:00 PM Oct 31 \$39/Ⓜ\$36

**3 – Gold:** Able to skate in and out of pylons; or completed Orange level.

17392 F 04:00 PM-04:30 PM Sep 18 \$39/Ⓜ\$36

17393 Sa 11:30 AM-12:00 PM Sep 19 \$39/Ⓜ\$36

17394 F 04:00 PM-04:30 PM Oct 30 \$39/Ⓜ\$36

17395 Sa 11:30 AM-12:00 PM Oct 31 \$39/Ⓜ\$36

**4 – Yellow:** Able to skate backwards the width of ice; or completed Gold level.

17396 F 04:00 PM-04:30 PM Sep 18 \$39/Ⓜ\$36

17397 Sa 11:30 AM-12:00 PM Sep 19 \$39/Ⓜ\$36

17398 F 04:00 PM-04:30 PM Oct 30 \$39/Ⓜ\$36

17399 Sa 11:30 AM-12:00 PM Oct 31 \$39/Ⓜ\$36

**5 – Green:** Able to perform two-foot turn backwards to forwards; or completed Yellow level.

17400 F 04:00 PM-04:30 PM Sep 18 \$39/Ⓜ\$36

17401 Sa 11:30 AM-12:00 PM Sep 19 \$39/Ⓜ\$36

17402 F 04:00 PM-04:30 PM Oct 30 \$39/Ⓜ\$36

17403 Sa 11:30 AM-12:00 PM Oct 31 \$39/Ⓜ\$36

**6 – Blue:** Able to perform a two-foot side stop; or completed Green level.

17404 F 04:00 PM-04:30 PM Sep 18 \$39/Ⓜ\$36

17405 Sa 11:30 AM-12:00 PM Sep 19 \$39/Ⓜ\$36

17406 F 04:00 PM-04:30 PM Oct 30 \$39/Ⓜ\$36

17407 Sa 11:30 AM-12:00 PM Oct 31 \$39/Ⓜ\$36

## Snag Golf

5-12 years

SNAG Golf (Starting New at Golf) provides everyone with the opportunity to learn putting, chipping, pitching, and full swing in a safe, fun, creative and inviting environment.

Instructor: *Taronne Atley, LPGA Pro*

White Rock Community Centre-Hall A

4 sessions

**5-8 yrs**

17557 Th 03:15 PM-04:15 PM Oct 15 \$55/Ⓜ\$50

**9-12 yrs**

17627 Th 04:15 PM-05:15 PM Oct 15 \$55/Ⓜ\$50

## Sport Kickboxing

8-12 years

Sport Kickboxing is a complete form of martial arts offering practical knowledge of self defense, superior physical and mental fitness, focus, and stress relief in a fun, motivational and energetic format.

White Rock Community Centre-Studio

6 sessions

17471 Tu 03:30 PM-04:15 PM Sep 15 \$48/Ⓜ\$43

17472 Tu 03:30 PM-04:15 PM Oct 27 \$48/Ⓜ\$43

## Sportball Multi-Sport

6-9 years

Children will enjoy this high-energy, fun-filled environment as they develop basic concepts and skills in the eight sports of the Sportball approach: baseball, basketball, golf, hockey, football, soccer, tennis and volleyball. This program is carefully designed to use activities in these sports to help children develop gross motor skills, balance, strength, coordination, stamina and timing. Sportball provides the positive encouragement needed to fuel a child's confidence and self-esteem.

Instructed by a certified Sportball leader.

Morgan Elementary-Gymnasium

7 sessions

17502 M 07:00 PM-08:00 PM Sep 14 \$91/Ⓜ\$83

Morgan Elementary-Gymnasium

6 sessions

17503 M 07:00 PM-08:00 PM Nov 09 \$78/Ⓜ\$72



**Juli Christy**

-Skating, Ladies' Conditioning on Ice

Juli Christy's years of figure skate training serves her well today, as she expertly maneuvers a Legal Assistant career, three kids, one husband, managing the entire Learn To Skate program, and teaching her incredibly popular Ladies Conditioning On Ice class - a fun combo of cardio workout and weights. "Skating has so many facets and possibilities - there's truly something for everyone."



# WHITE ROCK SOUTH SURREY SKATING CLUB

SKATE CANADA PROFESSIONAL COACHES

2009/2010 SEASON AT CENTENNIAL & SOUTH SURREY ARENAS

September 14, 2009 – March 5, 2010



## Winter 2009-2010 Programs

### CanSkate

Learn-to-skate program teaching fundamental skating movements and basic skills. For ages 3+.

Levels 1-3 Tues/Thurs 4:00-4:45 pm

Levels 4-7 Tues/Thurs 4:45-5:30 pm

### Accelerated STARSkate

Program transitions skaters from CanSkate into STARSkate figure skating stream. Participation by coach recommendation only.

### CanPowerSkate

Program targeted to improve power, agility & speed for hockey & ringette players.

### STARSkate & Competitive Figure Skating Sessions

#### Private and Semi-Private Lessons

For skaters interested in personalized instruction in all figure skating disciplines of Skate Canada STARSkate and Competitive programs

**Adult Drop-In** For adults of all levels. Tues 9:30-10:30 am

Skating Club Infoline:  
**604-538-0109**



**OPEN HOUSE** Thursday September 10, 2009 4:30-6:30 pm, Centennial Arena  
Registration for all programs, on-ice skater assessments, and skate sale

All club members are welcome to drop off items to sell on Wednesday September 9 from 5-7 pm at Centennial Arena

OFFICE HOURS: 3:30-5:00 PM TUES & THURS AT CENTENNIAL ARENA

WEBSITE: [WWW.WRSSSC.COM](http://WWW.WRSSSC.COM) • E-MAIL: [INFO@WRSSSC.COM](mailto:INFO@WRSSSC.COM)

# Kids+teens

## Street Soccer - Futsal

6-9 years

The street soccer experience is recreated in this gym program. The 5 v 5 game of street soccer, combined with the skills practices is an exciting way of experiencing indoor soccer.

Instructor: Geoff McCormick

White Rock Elementary-Gym

10 sessions

17491 M 05:00 PM-06:00 PM Sep 21 \$55/Ⓜ\$50

## World of Soccer

6-9 years

Taught by professional coach Ajit Braich, this after-school program is all about fun, developing fundamental skills, and participation. Emphasis is on 2v2 games and participation amongst smaller groups.

Centennial Park-Soccer Field

10 sessions

17519 W 03:00 PM-04:00 PM Sep 16 \$60/Ⓜ\$54



## Tennis Lessons

8-12 years

Course includes six hours of skill development and supervised play. Players develop basic ball control skills and the fundamentals of ground strokes, volleys and serves. Rules, scoring and sportsmanship are also covered. Please bring your own racquet. Balls will be provided. Rainy Day Policy: If court conditions are too wet to play, classes will be made up on an alternate day. No refunds given due to rainout

Instructor: Bruce Webster

Centennial Park-Tennis Courts

4 sessions

17461 F 05:00 PM-06:30 PM Sep 11 \$60/Ⓜ\$56

17462 M 05:00 PM-06:30 PM Sep 14 \$60/Ⓜ\$56

## Have your Birthday Party

with White Rock Leisure Services

### Choose Your Theme:

**Crafts • Dance • Games • Ice Skating**

**Skating Party** Use the rink-side party room and ice skate during public skate.

**Craft Party** Create a craft based on your theme: Pirate, Princess, or Fuzzy Animals

**Dance Party** Learn new dance moves and then do a performance! Ballet or Hip Hop/Jazz

**Classic Games** Play old favorites such as musical chairs, freeze tag, bean bag toss, and more!

**Led by qualified Leisure Services leaders!**



**Cost:** \$99 for up to 10 children  
\$120 for up to 15 children

Bring in your own cake and food and party favors. Parent assistance required.

**Call 604-541-2161 to book your party**

Skating parties available during public skate times. Craft, Dance & Classic Games parties available Saturdays 12:30-2:30pm or 3-5pm.

## Helene Iliffe

Professional Life Coach and certified Parent and Teen Coach



Please visit my website for upcoming workshops.

I coach parents on how to support their teenagers through to adulthood. My philosophy is that by supporting each member of a family through transitions, our community is uniquely connected.

**Beyond Excuses™ Professional Life Coaching Services**

www.beyondexcuses.com • 604-535-6783

## Have you signed up?



### Introducing The White Rock Leisure Pass

### Save all year!

Look for the Member Pass price Ⓜ

**Info: 604 541 2161**

# centennial park Leisure Centre and Arena

14600 N. Bluff Road, White Rock, BC

## PUBLIC SKATING SCHEDULE

	MON	WED	THURS	FRI	SUN
<b>Public Skate</b> Oct 7 to Mar 5 No skating Nov 27, Dec 21 - Jan 3				7:00 – 8:30 pm	
<b>Family Skate</b> Oct 7 to Mar 5 No skating Nov 29, Dec 21 - Jan 3		6:30 – 7:45 pm			2:30 – 3:45 pm
<b>Adult Skate*</b> Oct 7 to Mar 5 No skating Nov 29, Dec 21 - Jan 3					4:00 – 4:45 pm
<b>Tiny Tot &amp; Parent**</b> Oct 7 to Mar 5 No skating Nov 27, Dec 21 - Jan 3				1:45 – 2:30 pm	
<b>Silver Blades Skate***</b> Oct 7 to Mar 5 No skating Dec 21 - Jan 3		11:00 am – 12:30 pm			
<b>Adult Drop-in Hockey****</b> Sep 14 to Mar 5 No hockey Dec 21-Jan 3	1:15-2:30 pm \$6 drop-in		1:15-2:30 pm \$6 drop-in		

\* Adult Skate: Half price adult rate during adult skating lessons.

\*\* Tiny Tot & Parent Skate: For children 5 years or younger.

\*\*\* Silver Blades Skate: Limited to adults 50+ years.

\*\*\*\* Drop-in only. Helmets and full gear are mandatory. Admission is first-come, first-served, starting at 12:00pm.

### Admission rates:

Preschool (5 years and under)	Child/Student (6-18 years)	Adult (19-54 years)	Senior (55+ years)	Family Skate (per member)	Family Rate inc. rentals (up to 5 members)
\$2.00	\$2.50	\$4.50	\$3.00	\$2.50	\$17.00
<b>10-Session Passes:</b>					
\$17.00	\$20.00	\$36.00	\$25.00		

### Skate Shop Fees:

Skate rentals	\$2.50
Helmet rentals	\$1.50
Skate sharpening	\$6.00

Arena Infoline:  
604-541-2171

## MARK THESE DATES:

### Free Community Skate

Wednesday, October 7  
6:30-7:45pm

### Halloween Skate

Friday, October 30  
7-8:30pm

### Holiday Break Skates

Dec 21 - Jan 3  
Family Skate  
12:30-2:30pm  
Stick & Puck 5-12 yrs  
11:30am-12:15pm

### New Year's Skate

Friday, January 1  
12:30-2:30pm



## Grade 5 **ACTIVE PASS**

*Free Public Skating during the  
Grade 5 school year.*

The Grade 5 Active Pass is free to school children in the White Rock/South Surrey area. This includes students in public, private and home school programs.

The pass allows FREE admission to public skating at Centennial Arena during the ice skating season (October 2009 through March 2010).

### How to get your Grade 5 Active Pass

Visit Centennial Park Leisure Centre (14600 North Bluff Road) to register for your free pass. Proof of age and residency is required. The Grade 5 Active Pass is valid at all Family and Public Skating sessions.

**For more information call 604.541.2161**

Have you  
signed up?



Introducing  
*The White Rock  
Leisure Pass*

**Save all year!**

*Look for the Member  
Pass price* 

**Info: 604 541 2161**

**Make this the year  
you learn to skate!**

**Ice Skating Lessons  
for all ages!**

**Preschool**  
See page 8

**Children**  
See page 15

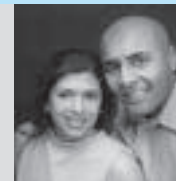
**Adults**  
See page 36



# White Rock Wellness Centre & Store

*Working Together for Optimal Wellness*

Pinki & Jazz Mattu & the team of holistic therapists at the White Rock Wellness Centre & Store invite you to take the first step towards optimal health! For over 15 years ... we've been helping people like you reach their health goals by feeling better, living longer & enjoying life ... how can we help you?



## GOT PAIN?



### SERRAPEPTASE<sup>Rx</sup> The "Miracle Enzyme"

Serrapeptase is an enzyme that digests non-living tissue, blood clots, cysts and arterial plaque. It alleviates inflammation in all its forms. The late German physician, Dr. Hans Nieper, used serrapeptase to treat arterial blockage in patients. It also protects against strokes. Serrapeptase helps to shrink or diminish varicose veins and is beneficial for migraine sufferers.

#### Benefits

- Osteo Arthritis
- Rheumatoid Arthritis
- Migraine
- Menstrual Pain
- Carpal Tunnel Syndrome
- Soft Tissue Injury
- Fibrocystic Breast Disease
- Edema
- Post-Operative Swelling
- Chronic Sinusitis
- Scar Tissue Remediation

**Serrapeptase<sup>Rx</sup> - for drug-free pain relief**

**10% off when you mention this ad**

### Our Therapists to serve you ...

**Dr. Vinnie Dhillon ND**

Naturopathic Physician

**Jazz Mattu MNIMH, CL.RHP, CLBCA**

Medical Herbalist & Live Blood Cell Analyst

**Anita Dhalla CN**

Clinical Nutritionist & Ayurvedic Practitioner

**Lydia Nichka CR**

Reflexologist & Foot Care Therapist

**Linda Rose**

Spiritual Intuitive & Energy Healer

**Vivian Belbeck MH, CHt**

Clinical Hypnotherapist

**Joanne Johnson RTC, CST**

Certified CranioSacral Therapist & Reiki Therapist

**Cheryl Kilback MScN, CH**

Certified Herbalist & Holistic Pet Care Therapist

**Ranjit Dhari RN**

Biofeedback Therapist

**Lauren Niven**

Natural Esthetician

The Whale Wall Building, 101/303 -1493 Johnston Road,  
White Rock. Tel: 604 541 6110 Open: Mon – Sat 10-5pm

**Inquire** about ongoing Health &  
Wellness Seminars and Open Houses

# Adults

*"The Yoga/Pilates mix really takes you to the next level!"*

Raina – 33 / Yoga/Pilates 50/50 participant

Balancing a full-time hairdressing career and an active family, Raina is very savvy about self-care. Her challenge is to get maximum benefit in a minimum time-frame. After years of yoga classes for a meditative all-body stretch and strength, and Pilates for a more strenuous core-balancing workout, she was thrilled to find a workout that brings it all together. "Taking care of me benefits all areas of my life."

**White Rock  
Leisure helps you  
be your Best You!**





## Billy Knutson

–Rhythm Wellness Drum Circle

Billy is a Personal Trainer, Lifestyle Coach and Drum Circle Facilitator with a passionate commitment to wellness and community. He discovered the power of group rhythm and drumming in 2003, creating his popular 'Playshops' and continuing to study with drummers from around the world. "Like George Bernard Shaw said, we don't stop playing because we grow old, we grow old because we stop playing."

# adults

## Arts & crafts with catherine Robertson

Open to adults, all ages.  
See page 38 for full course descriptions.

### Drawing in Colour

White Rock Community Centre-Art Room 10 sessions  
17702 M 10:00 AM-12:00 PM Sep 14 \$95/Ⓜ\$87  
Kent Street-Classroom 10 sessions  
17703 W 09:30 AM-12:00 PM Sep 16 \$119/Ⓜ\$111

### Preparation for Painting with Oils/Acrylics

White Rock Community Centre-Art Room 10 sessions  
17701 Th 09:30 AM-12:00 PM Sep 17 \$106/Ⓜ\$98

### Painting with Oils & Acrylics

C.P.L.C.-Hall 12 sessions  
17614 F 09:00 AM-12:00 PM Sep 11 \$143/Ⓜ\$135

### Dramatics

Acting is fun and creative whether using the improvisation method, doing a theme from a known play, a monologue or taking part in a one-act play. The choice is yours in this program directed by professional actor Monica Marko.

Kent Street-Classroom 10 sessions  
16990 W 07:00 PM-09:00 PM Sep 16 \$33/Ⓜ\$30

### Improv Your Life

Theatresports is a unscripted self created form of theatre that will help you to explore your innate creativity. As a team we will have fun spontaneously creating scenes, characters and environments. No experience necessary.

Instructor: Maury Fraser  
White Rock Community Centre-Hall A 8 sessions  
17733 W 06:00 PM-07:30 PM Sep 16 \$64/Ⓜ\$58

### Peninsula Woodcarvers Club

Earl Marriott Secondary Woodshop  
Tuesdays 7-9pm  
Call 604 541 2231 for more information.

### Watercolour Painting

Start painting watercolour the professional way! In this watercolour class, you will learn the use of materials and tools, colour mixing & basic theory, brush stroke application, texture creation, wet-on-wet techniques and much more. Beginner to intermediate students are welcome. A supply list is available upon registration.

Instructor: Danny Chen

White Rock Community Centre-Art Room 8 sessions  
17700 W 07:00 PM-09:00 PM Sep 16 \$85/Ⓜ\$77

**OPUS**  
FRAMING &  
ART SUPPLIES

**Come to Opus Langley –  
The Fraser Valley's  
main art supply  
store!**

- Wide selection of artist and framing materials
- Free demos on a variety of art making techniques
- Fun and knowledgeable staff, who are artists too!

**COME BE INSPIRED!**

**95-5501 204 St, Langley**  
Tel 604-533-0601 • Langley Mall  
[www.opusframing.com](http://www.opusframing.com)

# adults

## Dance & Music

### Belly Dance – Beginner/Intermediate

Learn the basic movements in Middle Eastern Dance. A unique fitness program for all ages.

*Instructor: Elizabeth Carefoot*

*Kent Street-Auditorium* 10 sessions  
17705 M 06:30 PM-08:00 PM Sep 14 \$90/Ⓜ\$81

### Belly Dance Technique & Choreography

You will learn the various pops, locks and isolations that are the foundation of belly dance, then how to combine them in a fun choreography. The focus on technique and form provides a great physical workout.

*Instructor: Noelle Phillips*

*White Rock Community Centre-Hall A* 10 sessions  
17704 M 06:30 PM-08:00 PM Sep 14 \$90/Ⓜ\$82

### Clogging

Clogging is an authentic and distinctive form of American folk dance that is energetic, fun and social.

*Instructor: Darlene Cummings*

*C.P.L.C.-Hall* 10 sessions

#### Beginner

17542 Sa 11:00 AM-12:00 PM Sep 19 \$42/Ⓜ\$38

**Beginner Plus/Easy Intermediate** – Some experience required.

17544 Sa 08:30 AM-09:45 AM Sep 19 \$63/Ⓜ\$56

**Intermediate / Intermediate Plus** – Complex level of steps and dances, working at a faster pace.

17543 Sa 09:45 AM-11:00 AM Sep 19 \$63/Ⓜ\$56

### Ballet Basics

Improve your posture, strength and flexibility and move with grace and stability.

*Instructor: Makai Genovese*

*White Rock Community Centre-Studio* 10 sessions  
17813 W 10:30 AM-12:00 PM Sep 16 \$95/Ⓜ\$87



### Dolls Dance Class

Want to feel fit, fun and purrrfectly fabulous? Learn to dance in the 'pussycat doll' style and indulge your sensuous, flirtatious and fun side! Women only please. Your instructor Makai Genovese has worked as a professional dancer in stage productions, television, and film.

*White Rock Community Centre-Studio* 10 sessions

**Basic** – No experience required

17436 M 10:30 AM-12:00 PM Sep 14 \$80/Ⓜ\$72

17437 W 07:00 PM-08:30 PM Sep 16 \$80/Ⓜ\$72

**Beginner** – Some experience required

*White Rock Community Centre-Studio* 10 sessions

17811 M 12:00 PM-01:30 PM Sep 14 \$80/Ⓜ\$72

### Modern Jazz

Have fun and meet new people while dancing funky jazz style routines to Broadway showtunes.

*C.P.L.C.-Hall* 8 sessions

*Instructor: Ryan Erwin*

17549 M 08:00 PM-09:00 PM Sep 21 \$45/Ⓜ\$41

### Hip Hop Dance

A funky and fun way to keep fit!

*Instructor: Ryan Erwin*

*C.P.L.C.-Hall* 8 sessions

17547 M 07:00 PM-08:00 PM Sep 21 \$45/Ⓜ\$40

### Rhythm Wellness Drum Circle

Timing and percussion has been proven to relax the tense, energize the tired, and heal the emotions. Everybody can play because it requires no training to create exuberant and expressive sounds. Percussion instruments are provided.

*Instructor: Billy Knutson*

*White Rock Community Centre-Gallery* 8 sessions

17691 Th 01:00 PM-02:00 PM Sep 17 \$56/Ⓜ\$51

*C.P.L.C.-Mel Edwards Centre* 8 sessions

17692 Th 07:30 PM-08:30 PM Sep 17 \$56/Ⓜ\$51

## Have you signed up?



### Introducing The White Rock Leisure Pass

## Save all year!

Look for the Member  
Pass price Ⓜ

**Info: 604 541 2161**



## Don Picard

–Social & Ballroom  
Dance

Don has been 'trip-  
ping the light fantas-  
tic' as a pro dancer  
and ballroom instruc-  
tor since the early 60s.  
His highly successful  
studio and brilliant  
routines with his wife  
and dance partner of  
many years, made  
him a well known face  
in the competition  
and entertainment  
world. "Teaching is my  
biggest joy. The more  
you dance, the better  
it gets."

# adults

## Play Guitar

A good foundational course for beginner guitarists. With regular practice, you will be playing for your own and others enjoyment. Please bring your guitar.

*Instructor: Greg DeLaRonde*

*White Rock Community Centre-Hall A 10 sessions*

### Beginner Level 1

17347 Th 07:30 PM-08:30 PM Sep 17 \$56/Ⓜ\$50  
+ lesson book \$10

### Beginner Level 2

17348 Th 08:30 PM-09:30 PM Sep 17 \$56/Ⓜ\$50

## Ukulele Group Lessons

Learn how to hold, pick and strum the ukulele as well as some popular ukulele songs. Please bring your ukulele tuned to D, or purchase one (request at time of registration).

*Instructed by Langley Ukulele Association Students*

*Kent Street-Classroom*

*7 sessions*

### Beginner

17706 Sa 10:00 AM-11:30 AM Sep 19 \$72/Ⓜ\$65  
+ music book \$12.50

### Intermediate

17707 Sa 11:30 AM-12:30 PM Sep 19 \$65/Ⓜ\$59

Learn from  
the best!  
Over 40 years  
experience teaching  
Ballroom Dance in the  
Vancouver area

## DANCE LESSONS WITH DON PICARD

(Dancer/Choreographer/Teacher)

### West Coast Swing

Learn this popular sophisticated style of swing. West Coast Swing is danced in a linear form to music of the big bands, blues, country/western, and pop rock. Basic variations, syncopations and whips in 6 and 8 count patterns will be covered. Please register with a partner.

*Kent Street-Auditorium 10 sessions*  
17696 Tu 08:45 PM-09:45 PM Sep 15 \$55/Ⓜ\$50

### Rumba and Cha Cha

Learn the basics and some useful variations in the Rumba and Cha Cha. Please register with a partner.

*C.P.L.C.-Hall*

*10 sessions*

17698 W 07:45 PM-08:45 PM Sep 16 \$55/Ⓜ\$50

### Rock n' Roll Jive

This class will get you movin' and groovin'! Learn Single Rhythm and Triple Rhythm Jive. Please register with a partner.

*C.P.L.C.-Hall*

*10 sessions*

17697 W 06:45 PM-07:45 PM Sep 16 \$55/Ⓜ\$50

### Waltz and Foxtrot

**Level 1**– Learn the basics and some useful variations in the Slow Waltz and Foxtrot. Please register with a partner.

*Kent Street-Auditorium*

*10 sessions*

17694 Tu 06:45 PM-07:45 PM Sep 15 \$55/Ⓜ\$50

**Level 2** – Polish the basics, work on style, lead, and follow in the Slow Waltz and Foxtrot. Please register with a partner.

*Kent Street-Auditorium*

*10 sessions*

17695 Tu 07:45 PM-08:45 PM Sep 15 \$55/Ⓜ\$50

### Salsa Dance

The music is vibrant and sensual. The dance steps are novel and intricate, and fun. Master the basics in this class, and you'll be on your way! Please register with a partner.

*C.P.L.C.-Hall*

*10 sessions*

17699 W 08:45 PM-09:45 PM Sep 16 \$55/Ⓜ\$50

# Adults

## Health and Fitness with Fred Kikhosrowkian

### Fitness Guidance – Where do I begin?

Have you been advised by your physician to begin an exercise regimen? Book an appointment with a professional who will guide you to appropriate programs and a course of action.

#### Consult (half hour) \$21

Call 604-541-2161 for your 1/2 hour consult today.

### Total Fitness Testing

Know your fitness level before you get started on a training regimen. Book an individual assessment by a certified trainer.

**General assessment (1.5 hours) \$72** – includes aerobic and strength testing and evaluation.

**Comprehensive assessment (2 hours) \$96** – includes cardiovascular fitness testing (blood pressure, heart rate, target heart rate), strength testing and a recommended fitness program.

To book an appointment or for more details, call White Rock Leisure Services at 604-541-2161.

### Back Health

Do you experience chronic back pain? If so, this is the class for you. Learn how to strengthen the muscles that will assist you in achieving and maintaining a happy and healthy back. Class size limited to 12.

*C.P.L.C.-Mel Edwards Centre* 12 sessions

17295 Tu 06:00 PM-07:00 PM Sep 08 \$126/Ⓜ\$118

17296 Th 06:00 PM-07:00 PM Sep 10 \$126/Ⓜ\$118

### Back Health Maintenance

Are you physically active, but feel those telltale aches and pains now and again? Prevention is key in maintaining a healthy back for life. Learn how to strengthen the muscles which will assist your back and keep you pain-free while sitting, working, and in day-to-day activities. Class size limited to 12.

*C.P.L.C.-Mel Edwards Centre* 12 sessions

17297 Sa 09:00 AM-10:00 AM Sep 12 \$114/Ⓜ\$106

### Steps in the Right Direction

Physical activity can help people achieve a variety of goals, including increased fitness, increased energy, improved glycemic control, and weight loss. What's the best approach for you? You will be given an individualized program, then continue that program in a group setting with an exercise specialist. Your personal goals and fitness level will be taken into consideration. Class size limited to 10.

*C.P.L.C.-Mel Edwards Centre* 12 sessions

17298 Sa 10:10 AM-11:10 AM Sep 12 \$114/Ⓜ\$106

17299 Sa 12:30 PM-01:30 PM Sep 12 \$114/Ⓜ\$106

### Training - Coming Back

Discover what it feels like to feel fit and well again! The class focus is on strength and conditioning and contains a cardio component using treadmills, cycles and rowing machines. An individually tailored total body workout will help you get back on track to being fit and healthy. Class size limited to 10.

*C.P.L.C.-Mel Edwards Centre* 12 sessions

17301 Sa 08:00 AM-09:00 AM Sep 12 \$114/Ⓜ\$106

17300 Sa 11:20 AM-12:20 PM Sep 12 \$114/Ⓜ\$106

17302 Sa 01:40 PM-02:40 PM Sep 12 \$114/Ⓜ\$106

### Cardio Challenge Boot Camp

This work-out incorporates 3:1 ratio intervals of cardio and functional movements. Our qualified instructor will coach you to reach your potential, safely. Class held outdoors weather permitting. Class size limited to 10.

*C.P.L.C.-Mel Edwards Centre* 12 sessions

17755 Sa 06:50 AM-07:50 AM Sep 12 \$114/Ⓜ\$106



### Fred Kikhosrowkian

*–Back Health, Steps in the Right Direction; Training - Coming Back*

For over five years, Fred has been working with Leisure Services to help people with significant physical challenges journey back to better health. With degrees and certifications in kinesiology, back health, fitness, cancer exercise and clinical exercise, he works with cardiac and respiratory patients in rehab settings. "My classes offer exercise and education. My goal and purpose is creating a better life through better health."



**Johann MacDonald**  
–Tai Chi Chuan

In 1973, Vancouver had hardly even heard of Tai Chi, but a demo-viewing at the YWCA was all Johann MacDonald needed to know she had found her niche – a series of flowing, gentle movements that worked the body, balanced the mind and fed the spirit. Since then, she has guided countless people on their path to wellness and vitality.

## adults

### Tai Chi with Johann MacDonald

#### Introduction to Tai Chi

Stretch and strengthen muscles and instill peace and feelings of connection between body, mind and soul. The 24 Form will be taught.

*White Rock Community Centre-Hall A & B* 12 sessions  
17743 M, W 10:45 AM-11:45 AM Sep 14 \$54/Ⓜ\$49  
*C.P.L.C.-Hall* 12 sessions  
17744 Th 07:30 PM-08:30 PM Sep 17 \$54/Ⓜ\$49

#### Tai Chi Level 1

Continue to develop your expertise in the 24 Form. The classical Long Form (Yang style) will be introduced in the second half of the course.

*White Rock Community Centre-Hall A & B* 12 sessions  
17745 W 09:30 AM-10:30 AM Sep 16 \$54/Ⓜ\$49  
*C.P.L.C.-Hall* 12 sessions  
17746 Th 06:15 PM-07:15 PM Sep 17 \$54/Ⓜ\$49

#### Tai Chi Level 2

Review the 24 Form and complete the classical Long Form in this class.

*White Rock Community Centre-Hall A & B* 13 sessions  
17748 W 09:00 AM-10:00 AM Sep 16 \$54/Ⓜ\$49

#### Tai Chi Level 3

In this class we will continue to develop and work toward mastering the Tai Chi classical Long Form.

*White Rock Community Centre-Hall A & B* 12 sessions  
17747 M 09:30 AM-10:30 AM Sep 14 \$54/Ⓜ\$49

#### Tai Chi Weapons Level 2

*White Rock Community Centre-Hall C* 12 sessions  
17749 Th 09:30 AM-10:30 AM Sep 17 \$54/Ⓜ\$49



**fraserhealth**

Better health.  
Best in health care.

## NEW INTEGRATED HEALTH CENTRE 15455 Vine Avenue

### SUPPORTING DIABETES EDUCATION CARDIAC REHAB AND RELATED CONDITIONS

(Note: Physician Referral required)

- **Education**
- **Exercise**
- **Prevention**
- **Self-Management**

### LIFESTYLE EDUCATION

(Anyone welcome without referral)

- **Blood Pressure**
- **Cholesterol**
- **Health Eating**
- **Healthy Weight Loss**



For dates and info, please call:

**604 541 7162**

# adults

## Chinese Zen Meditation

The guiding principles and methods for calming the mind and exploring the self will be explained. Sessions will include meditation during sitting, slow exercises and walking, as well as practical suggestions for maintaining a regular meditation routine.

*Instructors: William Tsao, Lisa Shen*

White Rock Community Centre-Studio 4 sessions  
17708 Sa 01:00 PM-03:00 PM Sep 26 \$20/Ⓜ\$18

## Keep Fit for 50+

Join us for light aerobics. Go at your own pace and enjoy the benefits of keeping fit.

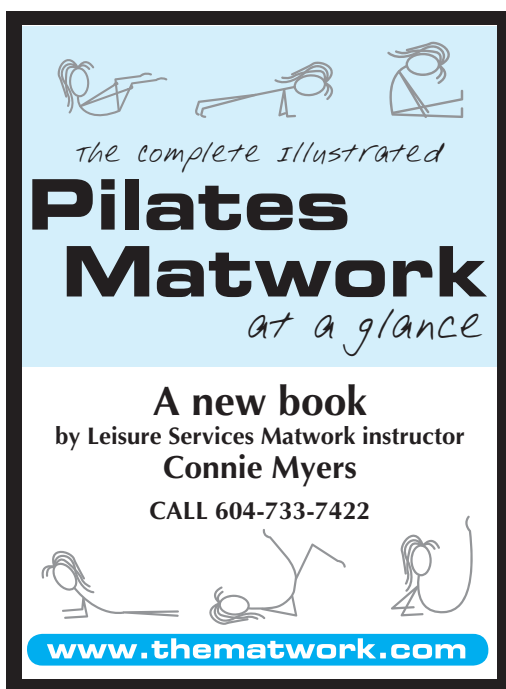
*Instructors: Sue Scott*

Kent Street-Auditorium ongoing

Tu, Th 05:00 PM-06:00 PM \$3 drop-in/Ⓜ\$2

White Rock Community Centre-Hall C ongoing

M, W 05:00 PM-06:00 PM \$3 drop-in/Ⓜ\$2



The complete illustrated  
**Pilates  
Matwork**  
at a glance

A new book  
by Leisure Services Matwork instructor  
**Connie Myers**  
CALL 604-733-7422

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

## Brain Gym® Mentoring Training

See page 34 for details.

## Boot Camp Fitness

Higher intensity for people who exercise regularly and want a challenging workout. This well rounded program includes cardio and strength training.

*Instructor: Teri Lee Sampson*

White Rock Community Centre-Hall A & B 10 sessions

17673 Th 09:00 AM-10:00 AM Sep 17 \$66/Ⓜ\$60

White Rock Community Centre-Hall B & C 10 sessions

17674 Tu 09:00 AM-10:00 AM Sep 15 \$66/Ⓜ\$60

## Cycling 40+

Looking for a way to get fit on two wheels? Join a Nationally Certified Cycling Coach for a weekly ride. This course is designed for beginner and non-intermediate riders.

*Instructor: Barry Dalziel*

Meet at South Surrey Cycles 8 sessions

17665 M 06:00 PM-07:30 PM Sept 14 \$40/Ⓜ\$36

## Cycling 50+

Looking to get back into cycling? Looking for a group to ride with? These weekly cycling trips are led by a qualified cycling leader. All participants must have a good working bicycle (road or mountain) and a helmet. Bike maintenance and safety are also covered in this course.

*Instructor: Barry Dalziel*

Meet at South Surrey Cycles 8 sessions

17554 W 09:00 AM-10:30 AM Sept 9 \$40/Ⓜ\$36

## Conditioning on Ice for Women

Incorporate the fun of skating into your fitness regime with this dynamic on-ice workout. Improve your cardiovascular fitness, muscular endurance, core stability and balance. Skate rentals included.

*Instructor: Juli Christy*

C.P.L.C.-Ice 6 sessions

17468 Sa 09:00 AM-09:45 AM Sep 19 \$50/Ⓜ\$45

17469 Sa 09:00 AM-09:45 AM Oct 31 \$50/Ⓜ\$45

## Cardio Club

**ONLY \$25**  
for

Ⓜ **Leisure Pass  
Members!\***

*Sign up in the Cardio Club and you can use the cardio equipment and free weights in Mel Edwards Centre at these specific drop-in times.*

### GYM HOURS

**Sept 14-Oct 29:**

Monday 6pm-9pm

Tuesday 7:30pm-9pm

Wednesday 6pm-9pm

Non-Members  
\$60/fall session

\*limited Cardio Club spaces are available, register early to avoid disappointment!

Have you  
signed up?



Introducing  
The White Rock  
Leisure Pass

Save all year!

Look for the Member  
Pass price 




Info: 604 541 2161

## adults

### Mommy and Tot Moves

This Mom and Tot fitness class will get your heart pumping with individual, partner and group activities. Suitable for moms with tots who are walking to 3 years old.




Instructor: Christine Dalzell

White Rock Community Centre-Studio	4 sessions
17484 F 10:00 AM-10:45 AM Sep 18	\$28/  \$25
17485 F 10:00 AM-10:45 AM Oct 16	\$28/  \$25
17486 F 10:00 AM-10:45 AM Nov 13	\$28/  \$25

### MommyMoves Bootcamp

Research has shown that interval training is the most effective way to lose weight and stay fit. This class is an interval based class that is appropriate for everyone from the 'just starting' to the 'restarting' mom.



Instructor: Christine Dalzell

White Rock Community Centre-Hall B	4 sessions
17480 Th 11:30 AM-12:30 PM Sep 17	\$36/  \$32
17481 Th 11:30 AM-12:30 PM Oct 15	\$36/  \$32
17483 Th 11:30 AM-12:30 PM Nov 12	\$36/  \$32

### MommyMoves Stroller Circuit

The additional resistance of pushing a stroller changes both workout intensity and posture. The presence of exercise stations strategically placed through the circuit guarantees a balanced workout. This class is appropriate for women at least 6 weeks postpartum.

Instructor: Christine Dalzell

Waterfront Promenade-Totem Plaza	4 sessions
17473 M 09:00 AM-10:00 AM Sep 14	\$36/  \$32
White Rock Community Centre-Hall B	4 sessions
17474 Tu 11:30 AM-12:30 PM Oct 13	\$36/  \$32
17482 Tu 11:30 AM-12:30 PM Nov 10	\$36/  \$32

FALL 2009

## South Surrey Recreation Centre



14601 – 20th Ave, South Surrey

### Come and Join the Fun! Be Active!

There is something for everyone!

- GROUP FITNESS • PARENT & TOT PROGRAMS
- DROP-IN SPORTS • YOUTH LOUNGE & ACTIVITIES
- PRESCHOOL PROGRAMS • 55+ ACTIVITIES
- CHILDREN'S PROGRAMS • ADULT PROGRAMS
- PRESCHOOL SOCIAL RECREATION



For more information please call

**604 592-6970**

or visit our website: [www.surrey.ca](http://www.surrey.ca)



SURREY PARKS, RECREATION & CULTURE

# adults

## Nordic Stride Club

This dynamic walking club is for people who are experienced Nordic Walkers confident in their technique and can walk at a steady rate of 5 km in 1 hour. Club members meet 3 times per week for planned walking routes, local and outside the area. A current White Rock Leisure Services Membership is required. Please pre-register, and complete and return the medical waiver form to Leisure Services before participating.

Call Leisure Services for meeting location

17816 M, W, F 11:00 AM-12:00 PM

## Pilates Mat - Lunch Hour

Keep your body fit and trim and enhance your physical performance using the Pilates method. You will increase your flexibility and mobility and get an amazingly effective body core workout.

Instructor: Svetlana Lysenko

White Rock Community Centre-Hall A 12 sessions

17728 W 12:00 PM-01:00 PM Sep 16 \$102/Ⓜ\$94

White Rock Community Centre-Hall A 12 sessions

17729 M 12:00 PM-01:00 PM Sep 14 \$102/Ⓜ\$94

## Pilates on the Ball

Pilates on the ball is a challenging workout, suitable for people who have previous pilates mat experience. Please bring your own yoga mat. Fitness balls provided.

Instructor: Svetlana Lysenko

White Rock Community Centre-Studio 12 sessions

17810 M 06:20 PM-07:20 PM Sep 14 \$102/Ⓜ\$94

## Walking Qigong

Walking Qigong includes a basic meditative walking style, breathing techniques, and easy-to-learn arm/hand movements, along with variations. Each simple variation adds to the therapeutic effect.

Through regular practice, improved co-ordination, balance and a meditative feeling is reached.

Instructor: Mark Broscheit

White Rock Community Centre-Hall B 10 sessions

17616 M 07:30 PM-09:00 PM Sep 21 \$85/Ⓜ\$77

## Yoga - All Levels

Enjoy the feeling of physical vitality through gentle stretching, breathing and relaxation. Yoga focuses on increasing flexibility and muscular strength, along with breathing techniques that help to center and calm the mind.

Instructor: Heidi Bumann

C.P.L.C.-Hall 12 sessions

17536 Th 02:15 PM-03:15 PM Sep 17 \$84/Ⓜ\$76

Instructor: Tanesa Kiso

Kent Street-Auditorium 11 sessions

17537 Th 06:00 PM-07:30 PM Sep 17 \$104/Ⓜ\$96

Kent Street-Auditorium 12 sessions

17538 Th 09:00 AM-10:15 AM Sep 17 \$102/Ⓜ\$94

White Rock Community Centre-Studio 12 sessions

17540 W 05:00 PM-06:30 PM Sep 16 \$114/Ⓜ\$106

Instructor: Alison Polacco

White Rock Community Centre-Studio 12 sessions

17541 Tu 06:30 PM-08:00 PM Sep 15 \$114/Ⓜ\$106

## Yoga Ballet

Experience the graceful movements of the Ballet Floor Barre complemented by the physical aspects of Power Flow Yoga. No ballet shoes required. No jumping or running. All the work is done on the floor and on mats. Bring your own yoga mat. Not suitable for those with wrist and shoulder injuries.

Instructor: Connie Myers

White Rock Community Centre-Studio 10 sessions

17809 Tu 05:10 PM-06:10 PM Sep 15 \$85/Ⓜ\$77

## Yoga for Stiff Guys

Looking to limber up those hips, legs, and spine after years of neglect? Come learn how yoga can help you out. Practice with others in a supportive and educational environment. Men only please.

Instructor: Jeff Hubbick

White Rock Community Centre-Studio 12 sessions

17475 Tu 08:15 PM-09:30 PM Sep 15 \$102/Ⓜ\$94

Instructor: Jo-Ellen Mitchell

Kent Street-Auditorium 12 sessions

17476 M 08:15 PM-09:30 PM Sep 14 \$102/Ⓜ\$94



## Tanesa Kiso

-Yoga

Known as Leisure Services' Godmother of Yoga, Tanesa Kiso believes that a greater awareness in our breath and body brings more clarity and spirit into our lives. For over ten years she has mentored future teachers and inspired countless students to make yoga a lifelong practice. "My intention is to teach with passion, compassion and a sense of enjoying the journey."

## Health & Wellness

Presented by Rick Kaselj – Registered Kinesiologist and Certified Personal Trainer

### Active Adventures

Looking at a new way of seeing the world? This session will open your eyes to the world of active adventures such as walking, biking tours and self guided trips. From what gear to bring to training tips and more learn how to make your next holiday the best one yet!

White Rock Community Centre-Gallery

1 session

17653 W 07:30 PM- 9:00 PM  
Oct 21 \$10

### Living a Healthy Lifestyle

Take a lighthearted look at the key strategies necessary for a healthy and active lifestyle. Learn how to become active, stay active, incorporating stretching, strengthening and core stability into your life and how to tap into your internal motivation whenever you need it.

White Rock Community Centre-Gallery

1 session

17652 Th 07:30 PM-09:00 PM  
Nov 12 \$10

# adults

### Yoga Pilates 50/50

Using the physical aspects of Yoga & Pilates mat work, the continuous flowing movements will help strengthen the whole body while increasing flexibility. No experience required. Not suitable for those with wrist and shoulder injuries.

Instructor: Connie Myers

C.P.L.C.-Hall

17680 Tu 07:30 PM-08:30 PM Sep 22 \$85/Ⓜ\$77



### Yoga Pilates 50/50 Level 1

Using the physical aspects of Yoga & Pilates mat work, the continuous flowing movements will help strengthen the whole body while increasing flexibility. Previous experience required in pilates mat work and/or hatha yoga.

Instructor: Connie Myers

C.P.L.C.-Hall

17681 Tu 06:15 PM-07:15 PM Sep 22 \$85/Ⓜ\$77



### Dru Dance

Dru Dance is a fusion of yoga and dance moves choreographed to music. It's stress-busting and energetic and focuses on dynamic, flowing movement to create both strength and suppleness.

Instructor: Darquise Desnoyers

White Rock Community Centre-Studio 12 sessions  
17649 F 04:45 PM-06:00 PM Sep 18 \$114/Ⓜ\$106

### Dru Yoga

Dru Yoga's emphasis on soft, flowing movements, controlled breathing and visualization can help increase energy levels, and wash away stress.

Instructor: Darquise Desnoyers

White Rock Community Centre-Studio 12 sessions  
17855 F 06:30 PM-08:00 PM Sep 18 \$114/Ⓜ\$106

### Yoga for Runners

Lengthen and strengthen your body and experience the far-reaching benefits of yoga.

Instructor: Jeff Hubbick

White Rock Community Centre-Hall B 12 sessions  
17751 W 07:15 PM-08:45 PM Sep 16 \$114/Ⓜ\$106

### Power Flow Yoga

The fluid movement from one posture to the next creates a moving meditation and promotes improved strength, flexibility, and endurance.

Instructor: Svetlana Lysenko

White Rock Community Centre-Studio 10 sessions

17735 Th 07:15 PM-08:30 PM Sep 17 \$85/Ⓜ\$77

White Rock Community Centre-Studio 12 sessions

17736 M 07:30 PM-08:45 PM Sep 14 \$102/Ⓜ\$94

### Yoga - Mostly Meditation

A gentle hatha yoga program is combined with guided and silent meditation, pranayama (breath work), and relaxation.

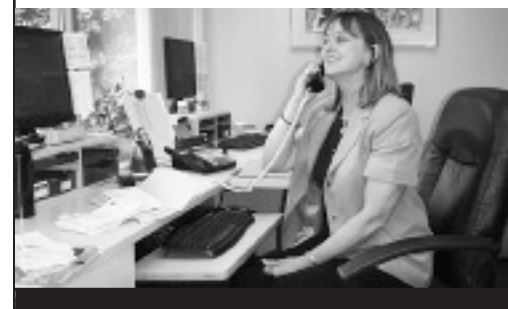
Instructor: Tanesa Kiso

White Rock Community Centre-Studio 12 sessions

17522 Tu 09:30 AM-11:30 AM Sep 15 \$114/Ⓜ\$106



Working for your community.



# Adults

## Sports

### Introduction to Curling

Bring the whole family out to play Canada's other favourite winter sport! Open to adults and children. Children register in course no. 17423. Wear loose-fitting, warm, comfortable clothing and clean running shoes (not worn outside). All other equipment provided.

*Instruction provided by the Peace Arch Curling Club*  
Peace Arch Curling Rink-Curling Rink - Ice 2 sessions  
17424 Sa-Su 01:30 PM-04:30 PM Nov 07 \$30/Ⓜ\$27

### Dodgeball League

Despite popular belief, this is not a child's game anymore! Get ready to dip, dive, duck and dodge. It's a 6 on 6 game, with a minimum of two males and females on the court at all times. Team captains register their teams.

*Peace Arch Elementary-Gym* 8 sessions  
17506 Th 06:00 PM-10:00 PM Sep 24 \$300/team

### Golf Lessons - Level 1

Learn the proper setup and swing fundamentals for the short game and long game. Clubs are provided. Range balls are extra and available at the range.

*Instructor: Mark Kuhn*  
Peace Arch Golf Centre-Peace Arch Golf 4 sessions  
17412 Sa 09:00 AM -10:00 AM Sep 22 \$79

### Golf Lessons - Level 2

Designed for the intermediate golfer with minimum of 3 years or 25 rounds of golf experience. Please bring your own clubs. Range balls are extra and available at the range.

*Instructor: Mark Kuhn*  
Peace Arch Golf Centre-Peace Arch Golf 4 sessions  
17413 Sa 10:00 AM -11:00 AM Sep 12 \$79

### Fencing

Often described as physical chess, fencing challenges the mind and the body, builds confidence, coordination and physical fitness. Equipment is provided.

*Instructor: Victor Gantsevich*  
White Rock Elementary-Gym 10 sessions

**Beginner** – No experience required.

17408 Tu 07:00 PM-08:00 PM Sep 15 \$110/Ⓜ\$102

**Intermediate** – Pre-requisite: Minimum one season of Fencing.

17409 Tu 08:00 PM-09:00 PM Sep 15 \$110/Ⓜ\$102

### Recreational Drop-in Hockey

Recreational mid-day hockey for adults. Protective gear and helmets are mandatory. Drop-in registration on a first come-first served basis starts at 12 noon. Maximum 20 players.

*C.P.L.C.-Ice* 14 sessions  
17466 Th 01:15 PM-02:30 PM Sep 17 \$6 drop-in  
17467 M 01:15 PM-02:30 PM Sep 14 \$6 drop-in

### Skating Lessons - Beginner

It's never too late to learn to skate. Our experienced instructors will provide you with the basic skills.

Skate and helmet rentals are included. Helmets are mandatory.

*Instructor: Juli Christy*  
*C.P.L.C.-Ice* 6 sessions  
17417 Su 04:00 PM-04:30 PM Sep 20 \$39/Ⓜ\$36  
17418 Su 04:00 PM-04:30 PM Nov 01 \$39/Ⓜ\$36

### Skating Lessons - Intermediate

For those who want to improve on their skating skills. Skate and helmet rentals are included. Helmets are mandatory.

*Instructor: Juli Christy*  
*C.P.L.C.-Ice* 6 sessions  
17421 Su 04:00 PM-04:30 PM Sep 20 \$39/Ⓜ\$36  
17422 Su 04:00 PM-04:30 PM Nov 01 \$39/Ⓜ\$36

## Have you signed up?



### Introducing The White Rock Leisure Pass

### Save all year!

Look for the Member  
Pass price Ⓜ

Info: 604 541 2161



## Frank Hartnett

–Recreational Volleyball

Frank and his wife started playing volleyball to connect with their new community when they moved to White Rock more than twenty years ago and have been playing ever since. Now he runs the weekly coed program. "It's a great mix of people - old and new participants, from beginners to experts. It's just a fun, social evening and great exercise."

# adults

## Indoor Women's Soccer

Come out and learn to play 'the beautiful game' with Coach Geoff McCormick. Each class will consist of a warm-up, individual skills, progressive drills, small-sided games and a scrimmage. Shin guards are mandatory.

Instructor: Geoff McCormick

White Rock Elementary-Gym 10 sessions

17459 M 06:00 PM-07:30 PM Sep 21 \$90/(\$82

17460 M 07:30 PM-09:00 PM Sep 21 \$90/(\$82

## Tennis - Intermediate

This program builds on the basic stroke techniques, shot selection and strategy for play. Rainy Day Policy: If court conditions are too wet to play, classes will be made up on an alternate day. Please call White Rock Leisure Services at 604-541-2161 for court conditions and to confirm your class makeup day and time. No refunds given due to rainout. Please bring your own racquet. Balls will be provided.

Instructor: Bruce Webster

Centennial Park-Tennis Courts 4 sessions

17551 F 06:30 PM-08:00 PM Sep 11 \$64/(\$60

## Recreational Co-Ed Volleyball

Each night, games and teams will be arranged by the coordinator. Referees are the responsibility of the participating players. Informal games and some skill development. Beginners welcome.

Instructor: Frank Hartnett

White Rock Elementary-Gym 10 sessions

17416 W 07:15 PM-08:45 PM Sep 16 \$45 \$41

## White Rock Ball Hockey League 3vs3

Fast paced ball hockey action in a recreational league format with the emphasis on fun. Games will consist of two 20 minute halves with 3 players plus a goalie on the floor for each team. It's recommended to have 5-8 players on a team. Plastic hockey sticks will be supplied. Only league supplied sticks are allowed.

Jessie Lee Elementary-Gym 12 sessions

17504 W 07:00 PM-10:00 PM Sep 16 \$425/team

## White Rock Indoor Soccer League

The focus of this league is on fun and social recreation. 5v5 indoor soccer is fast, exciting, and strategic. The team captain signs the team up for an exciting 10 weeks of soccer, including playoffs. Each game will be two 20 minute halves. There must be a minimum of one male or female playing out at all times. 5v5 is one goalie and four players.

Jessie Lee Elementary-Gym 10 sessions

17564 M 07:00 PM-10:00 PM Sep 21 \$350/team



## Lifelong Learning

### Cooking with Pat Faulkner

#### Fun with Phyllo

Demystifying this easy to use pastry. Learn how to make spinach pies/cheese pies and other delicious finger foods. Come prepared to cook and eat.

White Rock Community Centre-Kitchen 1 session

17682 Th 07:30 PM-09:30 PM Sep 24 \$20/(\$18

#### Pizza, Pizza, Pizza

Easy, nutritious fast food. Learn how to make different crusts with a variety of flours and toppings. Shape crusts from scratch and use a variety of toppings. Come prepared to cook and eat.

White Rock Community Centre-Kitchen 1 session

17683 Th 07:30 PM-09:30 PM Nov 12 \$20/(\$18

### Holiday Craft Workshops with Carrie Gaskin

#### Gift of Memories

Make a beautiful 20 page 6X6 scrapbook with a 'memory' theme. Makes a wonderful Christmas gift for everyone!

White Rock Community Centre-Art Room 1 session

17669 Th 07:00 PM-10:00 PM Dec 03 \$44/(\$40

#### Holiday Countdown Calendar

How many more sleeps till Christmas? Make a festive, holiday calendar out of all things.....a cookie sheet!

White Rock Community Centre-Art Room 1 session

17670 M 07:00 PM-09:00 PM Nov 23 \$31/(\$28



# Adults

## Gardening with Estelle Bogoch

horticulturalist and garden designer

### Gardening in Autumn

If you feel overwhelmed by your garden in the fall, this is the course for you. Everything you need to know about composting, planting bulbs, pruning, lawn care, and more.

CPLC - Lounge 1 session  
17671 W 07:00 PM-10:00 PM Sep 23 \$22/Ⓜ\$20

### Garden Design 101

Learn the basics needed to design your own garden! Included are: patio gardens, decks, and walkway gardens, garden-bed shapes and placements, plant selection and color. Neighborhood walkabout to analyze gardens included.

White Rock Community Centre-Art Room 5 sessions  
17663 M 06:30 AM-09:00 PM Sep 21 \$65/Ⓜ\$59

### Making Organic Garden Pesticides

Learn common sense ways to grow healthy plants without using chemicals. Afterwards, make two organic pesticides to take home. Supplies included.

CPLC - Lounge 1 session  
17666 Sa 09:30 AM-12:00 PM Oct 03 \$19/Ⓜ\$17

**For more classes with Estelle Bogoch, see page 40**

### Getting through the Holidays

Surviving the holidays after the death of a loved one can be one of the most painful issues to deal with. This evening with the White Rock Hospice Society will provide support and education on how to get through this difficult time. Pre-registration required.  
White Rock Community Centre-Gallery 1 session  
17679 Th 06:30 PM-08:00 PM Dec 03 No charge

### Craving Mood not Food

This unique program examines why we eat, different types of hunger and positive conditioning on the mind to manage eating behaviors.

Instructor: Laila Hussain, Registered Dietitian  
White Rock Community Centre-Gallery 2 sessions  
17676 Sa 09:30 AM-11:30 AM Nov 21 \$40/Ⓜ\$36

### Medicinal Herbs in your Kitchen Cupboard

Look no further than in your kitchen cupboard or garden for a treasure of wonderful medicinal herbs that can be used for your natural first aid kit.

Instructor: Jazz Mattu - White Rock Wellness Centre  
White Rock Community Centre-Gallery 1 session  
17534 Sa 09:30 AM-11:30 AM Nov 14 \$10/Ⓜ\$9

### Herbs for Dogs and Cats

Do you have a dog or cat you would like to treat with natural remedies to promote their overall health? Learn about herbs and nutrition for flea control, treatment of skin conditions, relief from arthritis and more. These treatments supplement but do not replace regular veterinary care.

Instructor: Cheryl Kilback - MScN & Certified Herbalist  
White Rock Community Centre-Gallery 1 session  
17520 Th 07:00 PM-08:30 PM Nov 05 \$18/Ⓜ\$16

### Pet First Aid

Learn lifesaving training for your pet which encourages safety in emergency situations. Course includes disease prevention, basic safety, airway obstruction, CPR, bleeding, shock and much more.

Instructor: St. John's Ambulance  
White Rock Community Centre-Gallery 1 session  
17524 Sa 09:00 AM-03:30 PM Oct 17 \$116/Ⓜ\$110

## Have you signed up?



### Introducing The White Rock Leisure Pass

### Save all year!

Look for the Member  
Pass price Ⓜ

**Info: 604 541 2161**

Have you  
signed up?



Introducing  
The White Rock  
Leisure Pass

Save all year!


Look for the Member  
Pass price 

Info: 604 541 2161

## adults

### Lifesaver Course

This introductory first aid course is designed for busy people and includes adult CPR, emergency scene management, shock, choking, poisoning and more. A St. John's Ambulance certificate of attendance is issued upon completion.

White Rock Community Centre-Gallery 1 session  
17525 Tu 06:00 PM-10:00 PM Nov 17 \$34/\$31

### Olympics – Catch the 2010 Winter Games Spirit!

Join Kim Gordon- Manager of Government Partnerships for the Vancouver Organizing Committee for the 2010 Olympic and Paralympics Winter Games and former member of the National and 1980 Canadian Olympic Rowing Team for a fun and informative presentation on the 2010 Winter Games. Discover everything you always wanted to know about the Games and haven't had a chance to ask including a Games overview, volunteer and home hosting opportunities plus how the community of White Rock can become inspired by the 2010 Winter Games.

White Rock Community Centre-Gallery 1 session  
17521 Th 07:00 PM-08:30 PM Nov 19 \$5

### Photography with Geoff Milne

Professional Photographer


#### Introduction to Photography

You've just bought an SLR camera and now you want to know how to use it. Learn all the skills needed to create award winning photographs. For all skill levels and both digital and film cameras.

White Rock Community Centre-Gallery 5 sessions  
17724 Th 07:00 PM-09:30 PM Oct 01 \$75/\$68

#### Photography for the Point & Shoot Camera

You've just purchased a great camera but have no idea what to do with it. Learn about the camera's automatic modes, settings, image files and how to store them, and how to compose pictures.

White Rock Community Centre-Gallery 3 sessions  
17675 Tu 07:00 PM-09:00 PM Sep 22 \$38/\$35

### Religions of the World

See page 41 for details.

### Spanish


Beginners: Basic Spanish language conversation and pronunciation in an informal setting.

Instructor: Carlos Rabago

White Rock Community Centre-Gallery 6 sessions  
17508 M 07:00 PM-08:00 PM Sep 14 \$30/\$27

### Brain Gym® Mentoring Training

Brain Gym® Mentoring Training is from the field of Educational Kinesiology for use in Community Programs with Seniors. This 12 hour training course is suitable for those who work with and volunteer with seniors in leisure and recreation. For more details, see webREG or contact Lori Wall - Licensed Instructor 604-990-4019 Email: braingymnastics@shaw.ca

White Rock Community Centre-Gallery 3 sessions  
17769 F 09:00 AM-01:00 PM Oct 09 \$250/\$150

### For all your camping, backpacking and travel gear

Icebreaker  
Merino clothing/socks  
Qwik Dri Pants  
Gore-tex clothing  
Event Fabric  
Backs Backpacks  
Stoves/Cookware  
Sleeping bags  
Tents  
Boots  
Shoes



**MOUNTAIN MAGIC**

Corner of King George Highway and 24th Ave.

**604.535.5182**

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

# adults

## Bridge - Defensive Strategies-Tune Up Your Game

Play and defend with confidence. A hands on approach to learning in a friendly, welcoming environment.

*Instructor: Jane Youngberg*

White Rock Community Centre-Art Room 4 sessions  
17790 Th 07:00 PM-09:00 PM Sep 10 \$34/Ⓜ\$31

## Bridge - Modernize Your Game

This course will appeal to bridge players who have been playing social bridge and would like to update their game with the latest approach to bidding and playing. Suitable for advanced beginners or junior intermediate players. Learn as you play in a welcoming and relaxed environment.

*Instructor: Jane Youngberg*

Kent Street-Classroom 4 sessions  
17788 Th 03:00 PM-05:00 PM Sep 10 \$34/Ⓜ\$31

## Bridge Basics 1

An introductory course for those who have always wanted to learn the wonderful game of bridge. It is also suitable for those people returning to the game after not playing for some time who want to learn about the new bidding systems. We will follow Audrey Grant's book 'Bridge Basics 1 - An Introduction', available for purchase at the Kent Street Centre.

*Instructor: Louise Hutchinson*

Kent Street-Classroom 6 sessions  
17786 Th 07:00 PM-09:00 PM Sep 10 \$51/Ⓜ\$46

## Bridge Basics 2

This course is for those who have already taken Bridge Basics 1 and want to improve their bidding and playing skills. Emphasis will be on getting to the right contract. Some new bidding tools will also be introduced such as Stayman, Weak 2's, Pre-empts, Overcalls and Take-out Doubles. We will follow Audrey Grant's book 'Bridge Basics 2', available for purchase at the Kent Street Centre.

*Instructor: Louise Hutchinson*

Kent Street-Classroom 5 sessions  
17787 M 07:00 PM-09:00 PM Sep 14 \$43/Ⓜ\$39

## Bridge Play for Novices

This course is perfect for those who have taken both Bridge Basics 1 and Bridge Basics 2 (or equivalent) and want the opportunity to practise their bridge skills in a supervised setting. Emphasis will be on the play of the hand while learning some defense skills as well.

*Instructor: Louise Hutchinson*

Kent Street-Classroom 5 sessions  
17784 M 03:30 PM-05:30 PM Sep 14 \$43/Ⓜ\$39  
Kent Street-Classroom 6 sessions  
17837 Tu 04:00 PM-06:00 PM Sep 15 \$51/Ⓜ\$46

## Fun Bridge

Drop in for a friendly game of fun bridge. White Rock Leisure Services Membership required.

White Rock Community Centre-Art Room 12 sessions  
Tu 06:00 PM-08:00 PM Sep 29 Ⓜ\$24

**NEW!**

## outdoors

### Lifestyle Hiking – Weekdays

For people who love being outdoors! Explore South-western B.C. trails. We provide transportation and an experienced guide. The distance and elevation gain at each level is described below.

*Leader: Doug Woodroff*

*Meet at Centennial Arena parking lot*

Depart 8 am, return 4:30-5:30 pm

\$37/Ⓜ\$35/per hike

**Light:** Easy pace – up to 15 km and some elevation gain.

#### Thursdays

16881	Sep 10	17832	Oct 29
17827	Sep 24	17833	Nov 05
17828	Oct 01	17834	Nov 12
17829	Oct 08	17835	Nov 19
17830	Oct 15	17836	Nov 26
17831	Oct 22		

**Level 1** – Moderate pace and elevation gain up to 500 m, distance up to 15 km.

#### Tuesdays

17817	Sep 22	17822	Oct 27
17818	Sep 29	17823	Nov 03
17819	Oct 06	17824	Nov 10
17820	Oct 13	17825	Nov 17
17821	Oct 20	17826	Nov 24



## Doug Woodroff

–Lifestyle Hiking -  
Weekdays

"To see someone who's never done an overnight backpacking trip get themselves ready physically, emotionally and spiritually and complete it, then watch them glow with a new view of themselves, gives me great gratification." Doug's retirement this summer from teaching high school math, frees him to devote even more of his time and passion to guiding wilderness hiking experiences throughout his beloved BC.



## Ron Davidson

–Hiking on Sundays

Ron Davidson truly lives his favourite quote from Einstein: “Look deep, deep into nature and understand everything better.” Inspired in childhood by Beautiful BC magazines, Ron is passionately committed to helping others appreciate nature and the shrinking wilderness by introducing them to BC’s spectacular outdoors. “Being out there strips people down to basics so they can really appreciate the natural world.”

# adults

## West Coast Adventure

Enjoy early Fall hiking in the Sooke area on Vancouver Island. Stay in Pt Renfrew at Soule Creek Lodge, with breakfast and dinner made for you. Low level, easy day hikes are planned for sections of the Juan de Fuca Trail, and a scenic river hike in the Cowichan area. Price includes accommodation (group occupancy), transportation, meals, and hiking guide. Lunch not included.

Leader: Doug Woodroff

17805 M-Th Sep 14-17 \$581/Ⓜ\$556

## Hiking on Sundays

Discover great places to hike! We provide transportation and an experienced guide. The distance and elevation gain at each level is described below. Good hiking footwear is a must. Destinations are subject to change due to weather and trail conditions.

Leader: Ron Davidson

Meet at Centennial Arena parking lot

Depart 7 am, return 5-6 pm \$37/Ⓜ\$35/per hike

**Level 1** – These moderately paced hikes are up to 10-15 km and may involve an elevation gain of up to 300 m.

17795 Sep 13

17796 Oct 4

17797 Oct 18

**Level 2** – These hikes have a quicker pace, up to 20 km, and may involve an elevation gain of up to 1000 m.

17799 Sep 20

17800 Oct 10 \*Saturday

17801 Oct 25

**Level 3** – Fast paced, for experienced hikers up for a challenge. Approx. 20 km and up to 1000 m. elevation gain.

17803 Sep 27

! **Minimum 3 business days notice required for all outdoor program registration changes. A late-notice service charge will apply for late withdrawals or transfers.**

## Introduction to Sea Kayaking

Discover the sport of sea kayaking and learn the fundamentals of kayaking safely. All equipment is provided.

Instructed by Natural West Coast Adventures

Meet at Waterfront-West Beach Boat Launch

17779 Sa 09:00 AM-04:00 PM Oct 3 \$131/Ⓜ\$125

17780 Sa 09:00 AM-04:00 PM Oct 11 \$131/Ⓜ\$125

## Sunrise Paddle

A great opportunity to explore White Rock by water, meet other like-minded outdoor enthusiasts, and practice your sea kayaking skills! Paddles are designed for beginners to experienced and include preliminary instruction, guides, sea kayaks and safety equipment.

Instructed by Natural West Coast Adventures

Meet at Waterfront-West Beach Boat Launch

17775 Su 08:00 AM-11:00 AM Oct 4 \$49/Ⓜ\$51

## Gentlemen's Ice Hockey League - White Rock



Players Wanted

Contact Brian Brown

604-534-9525

## Adults 55+

*"I wanted something high energy with lots of fun and I got it!"*

Lucy – 65 / Modern Jazz, Hip Hop participant

Lucy didn't start getting fit 'til her late fifties, but once she did, there was no stopping her. Kickboxing, Sun Run, kayaking, climbing 48 flights of stairs for a fundraiser – she took it all in stride as she made fitness and health her top priority. "Challenge yourself, do something different. You don't know what you can do 'til you try."

*Add 'tripping the light fantastic' to your healthy lifestyle.*



Have you signed up?



Introducing  
The White Rock  
Leisure Pass

Save all year!

Look for the Member  
Pass price 

Info: 604 541 2161

## adults 55+

### Arts & Crafts

#### Dramatics Class

Acting is fun and creative whether using the improvisation method, doing a theme from a known play, a monologue or taking part in a one-act play. See page 22 for details.

#### Drawing in Colour

Hone your drawing and colour skills in this fun and supportive class, using colour pencil, watercolour pencil, and/or pen and ink. All levels are welcome, beginner to advanced. Suggested supply list is available at registration.

*Instructor: Catherine Robertson*

White Rock Community Centre-Art Room 10 sessions

17702 M 10:00 AM-12:00 PM Sep 14 \$95/\$87

Kent Street-Classroom 10 sessions

17703 W 09:30 AM-12:00 PM Sep 16 \$119/\$111

#### Fundamental Drawing

Artist Mike Smyth loves to teach his students how to 'draw what you see'. Mike attended the National College of Art in Dublin Ireland, and has taught drawing for many years. All levels are welcome, from beginner to advanced.

*Instructor: Mike Smyth*

White Rock Community Centre-Art Room 8 sessions

17762 Tu 10:30 AM-12:30 PM Sep 15 \$68/\$61

#### Watercolour Painting


See page 22 for details.

#### Preparation for Painting with Oils/Acrylics

This class prepares the student for painting oils or acrylics through the use of small, coloured sketches and other useful startup procedures. Good, basic drawing and painting skills are taught, enabling confident, effective painting for all levels.

*Instructor: Catherine Robertson*

White Rock Community Centre-Art Room 10 sessions

17701 Th 09:30 AM-12:00 PM Sep 17 \$106/\$98

### Painting with Oils & Acrylics

Explore painting basics, blocking in, brush handling, colour theory, composition and other aspects of good painting under the guiding hand of this professional artist and instructor. Classes are fun and informative. All levels are welcome. A supply list will be available at registration.

*Instructor: Catherine Robertson*

C.P.L.C.-Hall

12 sessions

17614 F 09:00 AM-12:00 PM Sep 11 \$143/\$135

### Peninsula Woodcarvers Club

Earl Marriott Secondary Woodshop

Tuesdays 7-9pm


Call 604 541 2231 for more information.

### Dance & Music

#### Cabaret Dance Class

Calling all fabulous 55 plus women. Learn to dance in 'showgirl' style and indulge your sensuous, flirtatious and fun side! Your instructor Makai Genovese has worked as a professional dancer in stage productions, television, and film.

White Rock Community Centre-Studio 10 sessions


17812 M 02:30 PM-03:30 PM Sep 14 \$80/\$72

#### Dolls Dance Latin

Latin style dance for women only. No partner required.

*Instructor: Makai Genovese*

White Rock Community Centre-Studio 10 sessions


17814 W 12:00 PM-01:30 PM Sep 16 \$80/\$72

#### Rhythm Wellness Drum Circle

Timing and percussion has been proven to relax the tense, energize the tired, and heal the emotions. Everybody can play because it requires no training to create exuberant and expressive sounds. Percussion instruments are provided.

*Instructor: Billy Knutson*

White Rock Community Centre-Gallery 8 sessions

17691 Th 01:00 PM-02:00 PM Sep 17 \$56/\$51

## Hawaiian Dance

This beautiful dance form has been practiced for hundreds of years throughout the Pacific Islands. Enjoy the Hula experience and benefit from this gentle form of exercise.

White Rock Community Centre-Hall A 13 sessions  
17783 Th 01:00 PM-02:00 PM Sep 17 \$54/Ⓜ\$49



## Play Guitar

A good foundational course for beginner guitarists. With regular practice, you will be playing for your own and others enjoyment. Please bring your guitar.

Instructor: Greg DeLaRonde

### Beginner

Kent Street-Classroom 10 sessions  
17349 F 09:30 AM-10:30 AM Sep 18 \$56/Ⓜ\$50  
+ lesson book (\$10)

**Beginner Level 2** - For beginners with some previous experience playing guitar.

Kent Street-Classroom 10 sessions  
17350 F 10:30 AM-11:30 AM Sep 18 \$56/Ⓜ\$50

## Line Dance

It's easy and it's fun! Line Dance routines are choreographed to popular Country, Latin, and Celtic music.

Instructor: Peggy Thomson Phillips

### Beginner

C.P.L.C.-Hall 12 sessions  
17740 M 11:30 AM-12:30 PM Sep 14 \$54/Ⓜ\$49

### Beginner Plus

C.P.L.C.-Hall 12 sessions  
17741 M 09:15 AM-10:15 AM Sep 14 \$54/Ⓜ\$49

### Intermediate

C.P.L.C.-Hall 12 sessions  
17742 M 10:20 AM-11:20 AM Sep 14 \$54/Ⓜ\$49

## Middle Eastern Dance

Gentle-paced, fun-filled sessions that build flexibility, enhance cardiovascular fitness, improve posture, and promote self-esteem. Your instructor has taught and danced professionally for over 30 years. Women only.

Instructor: Elizabeth Carefoot

Kent Street-Auditorium 10 sessions  
17752 M 10:45 AM-11:45 AM Sep 14 \$56/Ⓜ\$51

## Ukulele Group Lessons

The great thing about the ukulele is that it is easy to Play! See page 24 for details.

## Social Dance Lessons

Choose from Waltz and Foxtrot, Rumba and Cha Cha, West Coast Swing or Rock n' Roll Jive.

See page 24.

## Lifelong Learning

### Cooking Classes with Pat Faulkner

#### Soups & Quick Breads

Back by popular demand, this class will focus on making nutritious soups from scratch and a scrumptious easy quick bread to accompany the meal.

Kent Street-Classroom 3 sessions  
17678 Th 09:30 AM-11:30 AM Nov 05 \$44/Ⓜ\$40

#### Vegetarian, Tofu & Grains

Add new foods and variety to your vegetarian menu. Learn how to incorporate tofu and grains into your daily diet in a delicious way.

Kent Street-Classroom 3 sessions  
17677 Th 09:30 AM-11:30 AM Oct 01 \$44/Ⓜ\$40

### Holiday Craft Workshops with Carrie Gaskin

#### Handmade Holiday Cards

It's never too early to get started on those holiday cards! Make 5 beautiful cards with holiday themes. All supplies included.

White Rock Community Centre-Art Room 1 session  
17668 F 01:00 PM-03:00 PM Nov 27 \$16/Ⓜ\$15

#### Tags, Bags & Bows

Make 3 beautiful coordinating gift bags, tags and bow combinations perfect for gift giving this holiday season. All supplies included.

White Rock Community Centre - Art Room 1 session  
17667 W 01:00 PM-03:00 PM Dec 02 \$24/Ⓜ\$22



## Elizabeth Carefoot

-Bellydance

Ballet was too boring; Flamenco gave her shinsplints; but when Elizabeth Carefoot discovered Middle Eastern dance 35 years ago, it was love at first shimmy. This Microbiologist turned Bellydancer has inspired people of any age, size, level and shape, to let go, keep flexible, and dance out the passions of their lives. "The dance welcomes everyone and keeps you interested in life."

! Catch the 2010 Olympic Winter Games Spirit! See page 34.

# adults 55+

## Gardening with Estelle Bogoch

horticulturalist and garden designer

### Gardening in Autumn

Everything you need to know about composting, planting bulbs, pruning, lawn care, and more.

White Rock Community Centre-Art Room  
17664 F 09:00 AM-12:00 PM Sep 25 \$22/Ⓜ\$20

### Containers for Fall & Winter

Learn to design plant and care for a container that will be eye-catching during the cooler seasons.

White Rock Community Centre-Art Room 1 session  
17651 Th 07:00 PM-10:00 PM Oct 08 \$22/Ⓜ\$20

For more classes with Estelle see page 33

## Holistic Approach to Chronic Pain

What happens in your body to cause chronic pain? Learn about the natural approach to treating muscle pain and fatigue through specific herbs and natural nutrients.

Instructor: Dr. Vinnie Dhillon – Naturopathic Physician  
White Rock Community Centre-Gallery 1 session  
17750 W 01:00 PM-03:00 PM Sep 30 \$10/Ⓜ\$9

## Mah Jong - Learn to Play the Chinese Way

Learn to play the Chinese version.

Instructor: Joan Morinville  
Kent Street-Classroom 6 sessions  
17615 M 10:00 AM-12:00 PM Sep 14 \$59/Ⓜ\$54

## Safe 'n Sound at Home

Part of being safe at home is the ability to hear and see what's happening in your environment. Join Elite Hearing as they team up with other health professionals for a presentation on the how to's and what to's of helping you to feel safer and more independent in your home. Refreshments provided.

White Rock Community Centre-Gallery 1 session  
17650 F 10:00 AM-12:00 PM Oct 30 \$5

## Mature Driving Workshops

What are you doing to reduce your risk and improve your driving? Assess your driving skills and habits. Update your knowledge of vehicle safety features and road regulations. Co-sponsored with White Rock Community Policing and BCAA. Please call Kent Street Centre to register 604 541 2231.

White Rock Community Centre-Gallery 1 session  
17806 M 09:30 AM-11:30 AM Oct 05 no charge  
17807 Th 09:30 AM-11:30 AM Nov 12 no charge  
17808 Th 09:30 AM-11:30 AM Dec 03 no charge

## Spanish

**Beginners:** Basic Spanish language conversation and pronunciation in an informal setting.

Instructor: Carlos Rabago  
Kent Street-Classroom 6 sessions  
17498 Th 12:30 PM-01:30 PM Sep 17 \$30/Ⓜ\$27

**Level 2:** A continuation of Spanish for beginners, or for those who have some previous knowledge of the language.

Kent Street-Classroom 6 sessions  
17499 Th 01:30 PM-02:30 PM Sep 17 \$30/Ⓜ\$27

## Travel Talks

Pull up a chair and enjoy the trip. Presentations are held at the White Rock Community Centre.

### Awesome Australia with George Bell

17511 Tu 07:00 PM-09:00 PM Oct 20 \$10

### Pros and Cons of Special Interest Tours with George Bell

17685 Tu 07:00 PM-09:00 PM Nov 03 \$10

### Greece: A Classic Odyssey with Peter Prontoz

17514 W 01:00 PM-03:00 PM Nov 04 \$10

### Discover Norway with Maggie Rodgers

17686 W 03:00 PM-04:00 PM Nov 18 & 25 \$10

## Write On!

From inspiration to publication this hands on creative writing program will guide you through the writing process. Develop your writing skills through fun, interactive exercises plus receive a supportive critique to help you become a better writer.

Instructor: Sylvia Taylor-author, journalist, editor and President of the Fed. of BC Writers.

White Rock Community Centre-Gallery 8 sessions  
17493 Tu 09:30 AM-12:00 PM Oct 13 \$94/Ⓜ\$85

# Adults 55+

## Religions of the World

Explore the differences and the similarities among six major religions: Hinduism, Buddhism, Sikhism, Judaism, Christianity, and Islam. Your instructor is Sid Bentley - teacher, and author of *The Religions of Our Neighbors*.

White Rock Library-Meeting Room 8 sessions  
16991 M 10:30 AM-12:30 PM Sep 21 \$51/Ⓜ\$46

## Bridge Lessons and Bridge Play Programs

See page 35.

## Health & Wellness

### Fitness Guidance – Where do I begin?

Have you been advised by your physician to begin an exercise regimen? Book an appointment with a professional who will guide you to appropriate programs and a course of action.

**Consult (half hour) \$21**

Call 604-541-2161 for your 1/2 hour consult today.

### Total Fitness Testing

For details, see page 26.

### Balance Class 65+

Gain the body strength you need to improve and maintain your ability to balance, and the self-assurance to move with ease through daily routines. You will begin with seated and supported exercises and progress gradually through specialized strength training and balance movements.

*Instructor: Diane Bower*

White Rock Community Centre-Hall C 20 sessions  
17648 M, W 11:30 AM-12:30 PM Sep 14 \$90/Ⓜ\$82  
C.P.L.C.-Hall 20 sessions  
17647 Tu, Th 11:00 AM-12:00 PM Sep 15 \$90/Ⓜ\$82

## Cardio Workout & Stretch

The instructor will guide you through a warm-up and low-impact cardio component. Mild strength training exercises and a relaxing stretch complete the workout.

C.P.L.C.-Hall 12 sessions  
17631 Tu 08:30 AM-09:30 AM Sep 15 \$51/Ⓜ\$46  
Kent Street-Auditorium 12 sessions  
17630 F 08:30 AM-09:30 AM Sep 18 \$51/Ⓜ\$46  
*Instructor: Sharon Sommer*

White Rock Community Centre-Hall B 12 sessions  
17640 Tu 06:00 PM-07:00 PM Sep 15 \$51/Ⓜ\$46  
White Rock Community Centre-Hall B 12 sessions  
17639 Th 06:00 PM-07:00 PM Sep 17 \$51/Ⓜ\$46

## Chinese Zen Meditation

The benefits, rationale, guiding principles and methods for calming the mind and exploring the self will be explained and practiced.

*Instructors: William Tsao, Lisa Shen*

White Rock Community Centre-Studio 4 sessions  
17708 Sa 01:00 PM-03:00 PM Sep 26 \$20/Ⓜ\$18

## Cycling for 50+

Looking to get back into cycling or for a group to ride with? These weekly cycling trips are led by a qualified cycling leader. Bring your bicycle (road or mountain) and helmet. Bike maintenance and safety are also covered.

*Instructor: Barry Dalziel*

Meet at South Surrey Cycles 8 sessions  
17544 W 09:00 AM-10:30 AM Sep 09 \$40/Ⓜ\$36

## Joint Works - Arthritis Exercise Program

Regular exercise helps reduce the pain and limitations associated with arthritis and improves overall quality of life. The Joint Works program was developed by the Arthritis Society and is conducted by a certified instructor.

*Instructor: Katherine Town*

C.P.L.C.-Lounge 20 sessions  
17344 Tu, Th 09:30 AM-10:30 AM Sep 15 \$85/Ⓜ\$77



**Sylvia Taylor**

*–Write On! Creative Writing*

“From cave walls to computers, we yearn to share our stories. From brochures to biographies, it’s about the Art & Engineering of communication,” says this award-winning writer, editor, consultant and educator. Sylvia writes for magazines and newspapers, consults with businesses, edits in all genres, and works extensively with authors through all stages of the writing and publishing process. She serves the literary community as President of the Federation of BC Writers.

Have you  
signed up?



Introducing  
The White Rock  
Leisure Pass

Save all year!

Look for the Member  
Pass price 

Info: 604 541 2161

## adults 55+

### Keep Fit for 50+

Join us for light aerobics. Go at your own pace and enjoy the benefits of keeping fit.

*Instructor: Sue Scott*

*Kent Street-Auditorium* ongoing

Tu, Th 05:00 PM-06:00 PM \$3 drop-in/\$2


*White Rock Community Centre-Hall C* ongoing

M, W 05:00 PM-06:00 PM \$3 drop-in/\$2

### Nordic Walking Lessons - Level 1

Nordic walking is a complete workout involving all the major muscles of your body. Walking with specialized poles with a rubber tip reduces stress to your hips, knees and ankle joints and improves stability, balance and posture while walking. Poles provided.

*C.P.L.C.-Lower Parking Lot* 6 sessions


17770 M, W 11:00 AM-12:00 PM Sep 14 \$49/\$45

17771 Tu, Th 01:30 PM-02:30 PM Sep 22 \$49/\$45

### Nordic Walking Club for Beginners

This Nordic walking club is for people who have taken an introduction to Nordic Walking program and are ready to roll. Walks are led by a certified Nordic walking instructor. Poles will be provided.

*Meet at Centennial Arena parking lot* 8 sessions

17815 M, W 11:00 AM-12:00 PM Oct 05 \$27/\$25

### Nordic Stride Club

This dynamic walking club is for people of all ages who are experienced Nordic Walkers who can walk at a steady rate of 5 km over 1 hour. Club members meet 3 times per week for planned walking routes, local and outside the area. A current White Rock Leisure Services Membership is required.

*Call Leisure Services for meeting location*


17816 M, W, F 11:00 AM-12:00 PM

### Pilates Mat


Keep your body fit and trim and enhance your physical performance using the Pilates method.

*Instructor: Svetlana Lysenko*

*White Rock Community Centre-Hall A* 12 sessions

17728 W 12:00 PM-01:00 PM Sep 16 \$102/\$94

*White Rock Community Centre-Hall A* 12 sessions


17729 M 12:00 PM-01:00 PM Sep 14 \$102/\$94

### Osteofit

Exercise can help to reduce the rate of bone loss, and can help strengthen muscles and improve balance thereby reducing the risk of falls and fractures. Osteofit 1 and Osteofit for Life offer a safe and effective program designed for those with osteoporosis.


**Osteofit 1** – For those new to Osteofit exercises.

*C.P.L.C.-Lounge* 20 sessions

17646 M, W 09:45 AM-10:45 AM Sep 14 \$90/\$82

*Instructor: Diane Bower*


*C.P.L.C.-Hall* 20 sessions

17645 Tu, Th 09:45 AM-10:45 AM Sep 15 \$90/\$82

**Osteofit for Life** – For those who have completed Osteofit 1.


*Instructor: Diane Bower*

*White Rock Community Centre-Hall C* 20 sessions

17642 M, W 10:15 AM-11:15 AM Sep 14 \$85/\$77


*Instructor: Beulah Rykaart*

*White Rock Community Centre-Hall C* 20 sessions

17641 Tu, Th 11:30 AM-12:30 PM Sep 15 \$85/\$77

*Instructor: Diane Bower*

*White Rock Community Centre-Hall C* 12 sessions

17643 F 10:15 AM-11:15 AM Sep 18 \$43/\$39


### Stretch & Strength

Strengthen your muscles and improve flexibility using light weights and resistance bands.

*Kent Street-Auditorium* 12 sessions

17633 M 08:30 AM-09:30 AM Sep 14 \$51/\$46


*White Rock Community Centre-Hall B & C* 12 sessions

17634 Tu 01:15 AM-11:15 AM Sep 15 \$51/\$46

*Kent Street-Auditorium* 12 sessions


17638 W 08:30 AM-09:30 AM Sep 16 \$51/\$46

*White Rock Community Centre-Hall A & B* 12 sessions


17632 Th 10:15 AM-11:15 AM Sep 17 \$51/\$46

*Instructor: Lotte Flint-Peterson*

*White Rock Community Centre-Hall B* 12 sessions

17635 M 06:00 PM-07:00 PM Sep 21 \$51/\$46

*White Rock Community Centre-Hall B* 12 sessions


17636 W 06:00 PM-07:00 PM Sep 16 \$51/\$46

### Introduction to Tai Chi

The 24 Form will be taught in this introductory course.

*Instructor: Johann MacDonald*

*White Rock Community Centre-Hall A* 12 sessions

17743 M, W 10:45 AM-11:45 AM Sep 14 \$54/\$49

# Adults 55+

## Weight Smart & Wellness

Transform the way you think about your health, vitality and aging. WeightSmart & Wellness is a five week course in a supportive classroom environment combining overall wellness, brain fitness and weight loss. You will learn how to generate the motivation to get results and achieve and maintain a healthy weight.

*Instructor: Wendy Thompson, M.A., Gerontologist*  
White Rock Community Centre-Gallery 5 sessions  
17849 F 02:00 PM-04:00 PM Sep 25 \$118/Ⓜ \$110

## Yoga for Seniors

Gentle stretching, proper breathing techniques and deep relaxation allow the body and mind to come alive with renewed energy.

*Instructor: Tanesa Kiso*  
Kent Street-Auditorium 12 sessions

17446 Th 10:30 AM-11:30 AM Sep 17 \$84/Ⓜ \$76

*Instructor: Alison Polacco*

White Rock Community Centre-Hall B 12 sessions

17447 M 01:30 PM-02:45 PM Sep 14 \$102/Ⓜ \$94

White Rock Community Centre-Studio 10 sessions

17448 W 03:30 PM-04:45 PM Sep 16 \$102/Ⓜ \$94

## Yoga - Mostly Meditation

See page 30.

## "Gentle Joints" Swim Program

Board the White Rock Leisure Services mini bus and head to the Tong Louie YMCA for the 'Gentle Joints' fitness program which features a warmer water temperature and a moveable bottom floor. Enjoy a combination of body movements, stretches and exercises in a friendly, social atmosphere. Transportation and admission included.

*Tong Louie YMCA* 8 sessions  
17690 Tu 10:00 AM-01:00 PM Sep 15 \$42/Ⓜ \$40

## Swim and Social

How does a relaxing warm water swim and hot tub with your friends at the Surrey YMCA sound? Transportation and admission included.

*Tong Louie YMCA* 8 sessions  
17689 Tu 10:00 AM-01:00 PM Sep 15 \$22/Ⓜ \$20

You will find a little bit of culture, entertainment, nature, and history in these daytrips! Transportation will be provided in the 22 passenger White Rock Leisure Services mini-bus. Where indicated, transportation will be in a 28 passenger MINI-COACH operated by Enjoy Tour and Travel or a 44 passenger BUS operated by Mandate Tours.

## FALL EXCURSIONS

### Whistler Olympic Venue Tour - MINI COACH

Tour the Whistler Olympic Centre, the Celebration Plaza site and the Whistler Athletes Village site. Enjoy lunch at Monk's Grill. There will be free time to explore Whistler village. Includes tours and lunch.  
17709 Thursday Sept 3 \$119/Ⓜ \$114  
Depart: 7:50 am Return: 7:30 pm approx.

### Victoria- Royal BC Museum††

Travel to Victoria and visit the North American premiere of Treasures: The World's Cultures from the British Museum. Includes admission, not lunch.  
17711 Wednesday Sept 9 \$55/Ⓜ \$50  
Depart: 7:00 am Return: 7:30 pm approx.

### Gabriola Island†† - BUS

Tour Gabriola Island with Mandate Tours. Enjoy a picnic lunch and a stop at Folk Life Village. Includes transportation, tours and lunch.  
17723 Tuesday Sept 15 \$101/Ⓜ \$96  
Depart: 6:30 am Return: 7:30 pm approx.

### Sidney Boat Cruise with Joy Brown††

Travel to Sidney for the day! Includes a 90 minute boat cruise and a picnic lunch. Enjoy afternoon tea served in a 1910 school house, and explore the stores, museums and galleries in Sidney. Includes boat cruise, lunch and tea.  
17714 Thursday Sept 24 \$124/Ⓜ \$119  
Depart: 7:20 am Return: 7:15 pm approx.

## Important information about our trips

Trips are open to both Kent Street Centre members and non members.

Pick-up and drop-off available at:

### Centennial Arena

14600 North Bluff Rd.  
(park for the day with a decal)

### White Rock

Community Centre  
15154 Russell Avenue.  
(no all day parking)

### Kent Street Activity Centre

1475 Kent Street.  
(no all day parking)

### Ferry Trips:

†† Please bring BC GoldCare Card; under 65 or non BC resident may be required to pay passenger ferry fare.

### U.S. Trips:

\*\*Please bring citizenship ID. Out of province medical insurance recommended.

### Please note:

All-day parking for passengers is available only at Centennial Arena. No all-day parking at Kent St. Centre or White Rock Community Centre.

## Important information about our trips

Trips are open to both Kent Street Centre members and non members. Pick-up and drop-off available at:

### Centennial Arena

14600 North Bluff Rd. (park for the day with a decal)

### White Rock

Community Centre  
15154 Russell Avenue.  
(no all day parking)

### Kent Street Activity Centre

1475 Kent Street.  
(no all day parking)

### Ferry Trips:

†† Please bring BC GoldCare Card; under 65 or non BC resident may be required to pay passenger ferry fare.

### U.S. Trips:

\*\*Please bring citizenship ID. Out of province medical insurance recommended.

### Please note:

*All-day parking for passengers is available only at Centennial Arena. No all-day parking at Kent St. Centre or White Rock Community Centre.*

adults 55+

Fall excursions

### Tea and Trumpets- Mendelssohn

Join us for the celebration of Mendelssohn's 200th birthday with the Vancouver Symphony Orchestra! Includes admission and refreshments.  
17715 Thursday Oct 1 \$60/Ⓜ\$55  
Depart: 11:40 am Return: 5:00 pm approx.

### Britannia Heritage Shipyards in Steveston

Step back in time. Take a guided tour of the oldest shipyard buildings in British Columbia as well as the homes of some of the former residents of the area. Includes tour, not lunch.  
17716 Wednesday Oct 7 \$28/Ⓜ\$23  
Depart: 9:00 am Return: 4:00 pm approx.

### Culinary Adventure on Granville

Do you realize that the average meal on your table travels 4000 miles to get there? Join Pat Faulkner on an eye opening visit to Granville Island to discover food that is produced locally. Our visit to this bustling market will include information on food preparation and selection.  
17844 Monday Oct 19 \$42/Ⓜ\$37  
Depart: 8:40 am Return: 4:00 pm approx.

### Silver Reef and Tulalip Casino Tour\*\*

First stop is the Silver Reef Casino for gambling and buffet lunch. Continue to the Tulalip Resort Casino for more gambling fun or visit the Seattle Premium Outlet Mall for some great shopping. Lunch included.  
17717 Monday Nov 9 \$55/Ⓜ\$50  
Depart: 8:40 am Return: 6:40 pm approx.

### White Christmas – Stanley Theatre

Based on the classic holiday film, Irving Berlin's White Christmas will fill you with the joy of the season!  
17718 Wednesday Nov 18 \$74/Ⓜ\$69  
Depart: 11:50 am Return: 6:00 pm approx.

### Tea and Trumpets- Great Russian Classics

Presented by the Vancouver Symphony Orchestra, the concert features some of the paramount songs in Russian music. Includes admission and refreshments.  
17719 Thursday Nov 26 \$60/Ⓜ\$55  
Depart: 11:40 am Return: 5:00 pm approx.

### Carol Ship Dinner Cruise

Join the fleet of carol ships in Burrard Inlet this holiday season. The cruise will feature a gourmet buffet, dessert, live entertainment and Christmas carols. Includes boat cruise, dinner and dessert.  
17722 Monday Dec 7 \$91/Ⓜ\$86  
Depart: 3:50 pm Return: 10:30 pm approx.

### It's A Wonderful Life - Arts Club Theatre

The holiday heart-warmer returns. In this Christmas favourite, George Bailey's guardian angel swoops in to remind him that faith, hope, and family make life truly wonderful.  
17720 Wednesday Dec 9 \$53/Ⓜ\$48  
Depart: 11:50 am Return: 6:00 pm approx.

### VanDusen Gardens Festival of Lights

VanDusen transforms from a serene botanical oasis into a winter wonderland. Millions of colourful lights are strewn around flower beds, trees, shrubs and decorations, combining to create an awesome spectacle. Enjoy dinner before our visit to the gardens. Includes admission, not dinner.  
17721 Wednesday Dec 16 \$35/Ⓜ\$30  
Depart: 3:20 pm Return: 10:00 pm approx.

# Kent Street

activity centre

*"I was pretty lonesome after we moved here but now I'm right at home again."*

Sandy – 77 / Sing Alongs, Crib participant

When Sandy and his wife moved from the Shuswap to White Rock last fall, he never imagined how quickly he would be back in the 'swing' of things. This Kent Street crooner took his love of singing, especially the ballads of the 50s and 60s, from sing-alongs at the Centre to entertaining residents at local nursing homes.

Let Kent Street  
Centre be your  
doorway to the  
community.





## As an Kent Activity Group Member, you can...

- Participate in a variety of clubs and activities all year round
- Use the Kent Street Centre lending library
- Enjoy a healthy lifestyle

### 2009 membership

# \$28

(reduced to \$14 Sept-Dec)

### How do you join?

Membership is open to adults 55+

**In person:** Register and pick up your membership card at Kent St. Centre, 1475 Kent Street, White Rock

**Phone:** Credit card payment accepted. Come in to the Centre to pick up your membership card on your first visit.

**Call 604-541-2231**

*Each Activity Group collects a participation fee*

## Listings of Activity Groups –

Find us online at [webreg.city.whiterock.bc.ca](http://webreg.city.whiterock.bc.ca)

### Card Games:

#### Contract Bridge

Tuesday 1-3:30 pm  
*White Rock Community Centre*  
Sunday 1-4 pm  
*Kent Street Classroom*

#### Partners Contract Bridge

Friday 7-9:30 pm  
*C.P.L.C.-Hall*

#### Duplicate Bridge (unsanctioned)

Wednesday 1-4 pm  
*C.P.L.C.-Hall*

#### Fun Bridge

Wednesday 1-3 pm  
*Kent Street Classroom*

#### Cribbage & Bid Whist

Thursday 1-3:15 pm  
*Kent Street Auditorium*

### Arts & Crafts:

#### Peninsula Woodcarvers

Tuesday 7-9 pm until June 9  
*Earl Marriott School Woodshop*

#### Stitch & Chat

Friday 1-3 pm  
*Kent Street Classroom*

### Active Living:

#### Snooker

The Snooker Room is open during Centre operating hours. Women only Tuesday 9 am-12 pm

#### Keep Well Gentle Exercise

Monday 9:45-10:30 am  
*Kent Street Auditorium*

#### Table Tennis

Monday 4-6 pm  
Wednesday 2:45-4:15 pm  
Saturday 10 am-1 pm  
*Kent Street Auditorium*

### General Interest:

#### Bingo

Tuesday 1-3 pm  
*Kent Street Auditorium*

#### Carpet Bowling

Wednesday & Friday 10 am-12 pm  
*Kent Street Auditorium*

#### Computer Club

Wednesday 12:30-2:30 pm  
*Kent Street Auditorium*

#### Spanish Conversation Group

Thursday 10-11 am  
*Kent Street Library*

#### Dining Club

4th Tuesday of the month.  
Call 604-541-2231 for details

#### Mah Jong

Wednesday & Thursday  
2:30-4:30 pm  
*Kent Street Coffee Shop*

Did you know you can  
come three times as a guest  
before taking out a membership?  
Ask for your Guest Pass  
on your first visit.

# Kent Street

Activity Centre - 1475 Kent Street

## Office hours:

Monday – Friday 8:30 am – 4:30 pm • Saturday 9:00 am – 4:00 pm (starting September 19)  
CLOSED Sundays and statutory holidays.

## Dance & Music:

### Kent Street Centre Dances

Wednesday 7:30-10:30 pm  
\$5/Ⓜ\$4

### Dinner Dances at Kent Street

3rd Saturday of the month  
6:15-11 pm  
\$18/Ⓜ\$16

### Kent Street Choristers

Tuesday 9-11 am  
Kent Street Auditorium

### Sing Along

Tuesday 2-3:30 pm  
Kent Street Classroom

## Services for Seniors:

Services are open to all adults 55+  
Membership is NOT required.

### Blood Pressure Monitoring

3rd Monday of the month  
10:30 am at Kent Street Centre  
4th Monday of the month  
10:00 am at C.P.L.C.-Boardroom

### Legal Advice

Local lawyer Al Benson will help  
seniors 55+ on LOW INCOME  
with legal queries and problems.  
1st Wed of the month 9:30 am

### Hearing Test Clinics

Call the Centre for dates.

## Personal Counseling

Senior citizens' counselor Joyce  
Schmalz is available to help sen-  
iors with application forms for  
OAS, GIS, Spouse's Allowance  
and SAFER. She can also inform  
you of benefits such as BC Medi-  
cal, Pharmacare, bus passes,  
housing & veterans affairs. Drop-  
in, no appointment necessary.  
Mondays 10-11:30 am  
Kent Street Activity Centre

## Special Events:

### Cribbage Tournaments

4th Friday of each month  
12:45-4 pm \$3

### Fresh & Lively Luncheons

Co-sponsored with Senior  
Support Services. Advance  
reservations only. To register,  
please contact Senior Sup-  
port Services at 604-531-  
9400  
1st three Fridays each month  
12:30-2:30 pm \$6  
Kent Street Activity Centre

## Watch for these upcoming events!

### Dairy Queen Trophy Crib Tournament

Friday September 25  
12:45-4 pm \$3  
Tickets available from  
Crib and Whist committee.

### KSSS Bridge Luncheon

Friday October 30  
12:30-4 pm \$15  
Don't miss this fall  
favourite! Please register  
with a partner.

### Kent Street Activity Centre AGM

Monday  
November 23  
1:30 pm

### Mistletoe Dinner

Thursday  
December 3  
4 pm  
Tickets on sale  
November 1

This listing is also  
online at  
[city.whiterock.bc.ca](http://city.whiterock.bc.ca)  
search word: Community  
Group Listing

White Rock/South Surrey has many community groups you can join. The City of White Rock provides this information as a community service. To update your listing or to have your organization added to the list, please contact White Rock Leisure Services at 604-541-2161.

## community group listings

**Please dial 604  
before all phone  
numbers, unless  
otherwise noted.**

This listing is also online  
at [city.whiterock.bc.ca](http://city.whiterock.bc.ca)  
search word: Communi-  
ty Group Listing

### Arts

Community Arts Council .....	536-8333
Semiahmoo Potters Club .....	531-1958
White Rock Players Club .....	536-7535

### Community Services

Big Sisters of BC Lower Mainland ...	873-4525 loc. 300
CBCS at Camp Alexandra .....	535-0015
Child Care Options .....	572-8032
PACS Counselling Program .....	538-2522
Rotary Club of White Rock .....	535-9533
Semiahmoo Speech Centre .....	250-3873
Women's Place .....	536-9611

### General

Air Cadets, WR Squadron .....	538-4018
Christmas on the Peninsula Society .....	542-3776
Crescent Beach Photo Club .....	535-0374
Peace Arch Stamp Club .....	531-6041
Semiahmoo Rotary Club .....	538-1992

### Music

Community Choirs .....	536-0346
Pacific Showtime Chorus .....	535-7281
Surrey Children's Choir .....	541-2519
Surrey Youth Orchestra .....	572-9225

### Outdoor/Environmental

Birds on the Bay .....	536-3552
WR/SS Naturalists .....	531-7147

### Recreation

Lower Mainland Yacht Club .....	535-2557
Mann Park Lawn Bowling .....	531-0833
Nicomekl Rowing Club .....	574-8343
Ocean Park Badminton Club .....	531-0708
Peace Arch Curling Club .....	531-0244
Peace Arch Soccer Club .....	538-2414
Semiahmoo Family Place .....	778-322-1222
Semiahmoo Girls Soccer .....	580-2480
Semiahmoo Minor Hockey .....	587-1500
Semiahmoo Minor Lacrosse .....	607-3742
Surrey Sailing Club .....	535-WIND
SWR Ringette .....	542-1419
WR Badminton Club .....	535-7099
WR Horseshoe Club .....	536-4234
WR Lawn Bowling .....	538-1703
WR Tennis Club .....	531-2236
WR/SS Baseball Assoc. ....	531-3668
WR/SS Minor Football .....	808-6932
WR Senior Hockey League .....	534-9525
WR/SS Skating Club .....	538-0109
WR/SS Softball Assoc. ....	535-1422

### Running/Walking

Hearts in Motion Club .....	591-1955
Nordic Walking .....	541-2161
Semiahmoo Sunrunners .....	536-1394

### Swimming

WR Amateur Swimming .....	574-0093
WR Divers .....	541-9332

View availability of rooms  
**online** –  
[webreg.city.whiterock.bc.ca](http://webreg.city.whiterock.bc.ca)

## rentals

### WHITE ROCK COMMUNITY CENTRE

15154 Russell Avenue Tel: 604-541-2199

**Presentation Room:** Three stunning rooms can be configured separately or together for a variety of functions from conferences to weddings. Catering kitchen available.

**NEW!**

**Studio:** A sprung floor and mirrored walls ideally suited for dance and fitness.

**Gallery:** Soundproofing makes this a perfect room for meetings and lectures.

**Arts Room:** A unique L-shaped room with north-east exposure for natural light. Access to water/sinks.

### KENT STREET ACTIVITY CENTRE

1475 Kent Street Tel: 604-541-2231

**Kent Street Auditorium:** Capacity: 196 Row Seating, 150 Banquet Style

Business \$74 per hour • Non-profit \$49 per hour

### MUSEUM

14970 Marine Drive

**Museum Room :** Capacity: 40 Row Seating  
Business \$40 per hour • Non-profit \$22 per hour

### CENTENNIAL PARK LEISURE CENTRE

14600 North Bluff Road Tel: 604-541-2161

**Hall :** Capacity: 150 Row Seating, 120 Banquet Style  
Business \$42 per hour • Non-profit \$27 per hour Wed-  
ding \$398 (1:30 pm to 1:00 am) Party \$230 (6 hours  
maximum)

**Lounge:** Capacity: 48 Row Seating, 30 Banquet Style  
Business \$32 per hour • Non-profit \$16 per hour

**Recreation Room:** Capacity: 30 Row Seating  
Business \$32 per hour • Non-profit \$20 per hour

**Mel Edwards Centre:** Capacity: 40 Row Seating,  
30 Banquet Style  
Business \$32 per hour • Non-profit \$20 per hour

## Interested in booking a room in the new White Rock Community Centre?

The 2009 Facilities Request form (with rates) is available online at [www.city.whiterock.bc.ca](http://www.city.whiterock.bc.ca)

## marketplace

**jazzercise**  
Lite

*for fitness that's not intimidating ~  
just invigorating and FUN!*

**MON. AND THURS. @ 10 AM  
OCEAN PARK HALL  
(128<sup>TH</sup> ST. & 15<sup>TH</sup> AVE.)**

For Info call  
**Judy Griffith ~ 604-312-8615**

*When you love your workout ~  
results come easy.....*



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

**Omega Health Services**

**Cheryl Kilback BN, MScN, CH, HTP(c)**

*Holistic Practitioner – Certified Herbalist  
People and Canine Health*

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

Tel: 778-389-9915 Email: [ckilback@shaw.ca](mailto:ckilback@shaw.ca)

# marketplace



**"WE FIT FEET"**

## WALK, LEARN TO RUN, AND RUN GROUPS

Tuesday Eves.  
6:30 pm • Drop-in \$7  
*Everyone welcome!*  
*Leaders for all levels*

1708-152nd St.,  
White Rock  
Tel: (604) 531-7879  
peninsularunners.com



Training on your own?  
Never done a triathlon?

## JOIN US

Enjoy Coached Workouts  
For Swim Cycle Run & Fun  
Sprint to Iron Man Distances

604.240.3245 604.536.1961

peninsulamultisports.com



## ROCA BLANCA DANCE STUDIO

604-541-1313  
www.rocablancadance.ca

**BRIAN UDAL**, DVIDA MASTER  
INSTRUCTOR & DIRECTOR

- Certified instructors
- Swing, Latin & Ballroom
- Social Classes and Privates
- Jazz/Ballet/HipHop Choreography
- Teacher Training Certification Course

STUDIO LOCATION:  
218-15272 Croydon Dr.  
South Surrey, BC, V3S 0Z5

Mailing Address:  
971-164th Street  
South Surrey, BC V4A 4Y4  
E-mail: brian@rocablancadance.ca



Visit us at  
1528 - 172nd Street  
South Surrey, BC

www.semiahmoostables.com

## REGISTER FOR FALL

Visit us at our  
**OPEN BARN**  
Saturday, Sept. 5, 2-5 pm  
BBQ / PONY RIDES /  
DEMONSTRATIONS

Safe, school horses  
and ponies for  
\* Beginner to Advanced  
\* Parent and Tot \* Adult  
**604-536-9440**



## Westcoast Hot Yoga

-the evolution of yoga-

We offer...

# Hot Flow Yin

202-1688 152 Street, White Rock ~ 604-221-YOGA(9642) ~ WestcoastHotYoga.com

White Rock Community Choirs for women

Sing-along Christmas songs  
COMMUNITY CHRISTMAS CHOIR rehearses  
Mondays at 7pm Sept 28 to Dec 7  
Music and practice CDs provided 11 weeks/\$99  
icharyna@telus.net Ivy @ 604.536.0346



# COMMUNITY CENTRE

*You won't believe all the things you can do!*

Lobby • Presentation Room • Studio • Gallery • Arts Room

White Rock  
Community Centre  
Open House!

# Come in!

Saturday September 19 • 10:00am – 3:00pm

You're invited to join staff and instructors for a fun filled day of programs and healthy activities for the whole family. Let us show you our beautiful new centre as you enjoy facility tours, entertainment and a showcase of programs to be offered in the fall. 15154 Russell Avenue • 604.541.2199

## JOIN US!

EVERYONE WHO ATTENDS WILL BE ENTERED IN A DRAW TO WIN  
A ONE YEAR MEMBERSHIP TO WHITE ROCK LEISURE SERVICES

# Register Now For Fall Music Lessons and Dance Classes

BC's largest music and  
dance school.

## Tired of running between activities?

Join hundreds of families that are saving valuable hours each month by scheduling music or dance classes for different children at the same time. Call us today to see how we can help you save time in your busy schedule.

### Dance Classes For All Ages

- Ballet
- Hip Hop
- Jazz
- Modern
- Tap
- Musical Theatre
- Preschool Dance
- Parent & Tot

#### REASONS TO CHOOSE OUR DANCE PROGRAM

1. **Facilities** - Our "floating" professional dance floors reduce fatigue and prevent injuries.
2. **Customer Service** - Desk staff are available during class time to provide assistance.
3. **Free Recital DVD** For Every Family
4. **Hassle-Free Recitals** - Parents get 2 free tickets. We sew and alter costumes for you.
5. **Small Class Sizes** - Ages 3-5, maximum of 6 per class. Ages 6 and up, maximum of 12 per class.



### Walnut Grove School of Music & Dance

#202, 8790 - 204 Street, Langley  
(in Walnut Grove, beside McDonald's)

604-882-0422

### Visit

[www.whiterockdanceandmusic.com](http://www.whiterockdanceandmusic.com)  
to view video samples  
of our classes



### White Rock School of Music & Dance

2355 King George Hwy, Surrey  
(near King George & 24th Ave)

604-531-3993



### Music Lessons For All Ages

- Piano
- Keyboard
- Voice
- Guitar
- Theory
- Violin
- Viola
- Cello
- Flute
- Saxophone
- Clarinet
- Oboe
- Bassoon
- Trumpet
- Trombone
- Tuba
- Drums

Preschool Music • Choirs • Theory  
Regular Recitals • RCM Exam Prep

#### REASONS TO CHOOSE OUR MUSIC PROGRAM

1. University-trained Teachers
2. We teach the way you want to learn - instruction in pop, jazz, classical & exam preparation
3. Optional low-pressure recitals

### Guildford School of Music & Dance

15326 103A Ave, Surrey  
(behind "the Flag" Car Dealership)

604-951-3725

Convenient options to have 2 or more students in different programs at the same time.

Hear what our students and parents are saying  
and watch videos of our classes on our website! Visit [www.whiterockdanceandmusic.com](http://www.whiterockdanceandmusic.com)