A Message from your Mayor

With the onset of a New Year, we welcome refreshed and renewed perspective on our lives as we eagerly await new experiences. Through the activities, programs, and events listed in this Winter Spring 2018/19 Leisure Guide, Delta Parks, Recreation & Culture aims to enable you and your family to seek out these opportunities and further your ambitions.

For many people, Delta’s fitness programs and courses provide the perfect place to set new personal goals. These extremely popular programs include classes specifically tailored for Delta’s seniors, like Heart Wise and Osteofit One, as well as classes that mix dancing and exercise like the variety of Zumba classes that run throughout each season. You can find all of Delta’s fitness programs from pages 55-64.

Looking ahead, we also have a wide range of Spring Break camps and activities to ensure that children of all ages are staying active while they are out of school. You can read all that we have in store during Spring Break on pages 49-53.

And finally, please remember to be safe throughout the winter months by staying alert for wet and icy conditions. Our Engineering Department is available to respond 24/7, as our staff diligently monitor the roads for hazardous conditions. Residents are invited to help further the safety of our community during inclement weather by volunteering as a Snow Angel. Learn how to get involved on page 87.

There are plenty of great opportunities listed throughout this Leisure Guide, so please, have a look and hopefully you will find what is right for you.

Mayor George V. Harvie

BEING ACTIVE IN DELTA GETS EVEN EASIER IN 2020!

In 2020, Delta Parks, Recreation & Culture will introduce the PerfectMind Online Registration Software to manage all of Delta’s recreation programs.

PerfectMind allows for easy online registration, including a user-friendly search and filter feature for all activities.

Users will be able to connect family member accounts to one or more family groups to track individual activities and schedules.

PerfectMind keeps track of all individual records online, including receipts, schedules, and contracts.

Payments can be made online in a safe and secure manner through credit cards or electronic fund transfers.

PerfectMind will be more accessible to users through its mobile-friendly interface.

Learn more and stay updated by visiting Delta.ca/PerfectMind.
INTRODUCTION

How to Use This Guide
The guide is designed to allow easy access to information on activities, courses, events, and services provided by Parks, Recreation & Culture and community organizations. Information is sorted by age sections located in the Table of Contents and listed along the top of every page. This is followed by the type of activity, then specific courses listed alphabetically with course details, including:

- Geographic region
- Number of sessions
- Course registration code
- Day of the week
- Start and end dates
- Age range
- Location
- Time
- Cost

The registration code is needed when registering online at DeltaReg.ca, by telephone, or in-person. Sometimes changes to programs, times and dates are necessary, so please confirm details when registering.

For the most up-to-date information about Parks, Recreation & Culture services, please visit Delta.ca or contact the Registration Line at 604-952-3000.

Viewing Online?
Click on the program title to link directly to DeltaReg.ca to register for that program.

Advertisers
For information on advertising in Delta’s Guides, please email prc@delta.ca or call 604-946-3293.

We Think You’re Picture Perfect
We like to showcase our programs and events with great photos in this Guide, on posters, on Delta’s website and in flyers and pamphlets. So when you see a staff or volunteer photographer… keep smiling! Please advise the instructor or Delta staff if you have concerns about having photos taken of you or your child.

PHOTO CREDITS: Rob Hebdan, Marlene Graham, Richard Pasco

Every effort is made to ensure the contents of this Guide are correct but mistakes occasionally occur or circumstances change. For the most up-to-date information, please check Delta.ca under Parks and Recreation, or call 604-952-3000.

Volunteers – Give Where You Live!
Interested in volunteering in your community? Look out for our Volunteer Guide at Delta facilities.

Table of Contents
A Message from your Mayor . . . . Inside Front Cover
Affordable Options . . . . . . . . 2
Registration Information . . . . . . . . 3
Facility Locations . . . . . . . . 4
Facility Admission Rates . . . . . . . . 5
Birthday Parties . . . . . . . . 6
Arts, Culture & Heritage . . . . . . . . 7
Delta Arts Events . . . . . . . . 16
Community Recreation . . . . . . . . 17
Sports . . . . . . . . 31
Seasonal Features . . . . . . . . 41
Spring Break . . . . . . . . 49
Fitness & Wellness . . . . . . . . 55
Aquatics . . . . . . . . 65
Special Events . . . . . . . . 66
Registration Information . . . . . . . . 67
Aquafit and Drop-in Descriptions . . . . . . . . 68
Swim Lessons . . . . . . . . 69
Become a Lifeguard . . . . . . . . 72
Arenas . . . . . . . . 75
Rec 50+ . . . . . . . . 83
Snow Angels & Volunteers . . . . . . . . 87
Facility Rentals . . . . . . . . 88

The contents of this document are important. Please have someone translate it for you.

This Leisure Guide may be recycled in your Yellow Recycling Bag.
For more recycling information please check Delta.ca or call 604-946-3260.

INFORMATION 604-952-3000 or Delta.ca
Leisure Access Assistance Program
Delta’s Leisure Access Assistance Program allows eligible, low-income Delta residents (individuals or families) to access drop-in land and aquatic fitness classes, weight room sessions, public swims, open gyms, and public skating. The Leisure Access Assistance Program determines eligibility for recreation and leisure subsidy based on the family net income as defined by the Canada Revenue Agency. For more information regarding the Leisure Access Assistance Program, please contact 604-946-3298.

JumpStart
Canadian Tire generously provides a fund that allows Delta children 4-18 years of age to access active-based programs and services. If you are a parent or guardian, you can apply for funding on behalf of your child/children directly through JumpStart. Visit jumpstart.canadiantire.ca for further information. Please note, you will be asked for proof of family income. The Big Play is a JumpStart and Hockey Canada Foundation initiative to support 30,000 kids to play hockey. Visit The Big Play on the JumpStart website to learn more about this program and how to apply.

KidSport Delta
The KidSport Delta Fund is the charitable arm of Sport BC that provides grants of up to $500 to individual children 6-18 years of age whose families cannot afford sport registration fees and would otherwise not be able to participate in a season of sport. Applications must be received prior to or during the requested season of sport. Preference is given to athletes who are being introduced to organized sport. For more information on KidSport Delta grant applications, call 604-943-0460, email KidSportDelta@gmail.com or go to kidsportcanada.ca.

Grades 5, 6, 7 and 8 Annual Drop-in Admission Pass for just $5!
All Delta residents born in 2005-2008, or who are in grade 5, 6, 7 or 8 as of September 1, 2018, are eligible for a pass to access drop-in activities at all Delta Parks, Recreation & Culture facilities for only a $5 processing fee each year. Also, one adult, young adult, or youth accompanying a child with one of these passes will be admitted for the family admission price. In order to activate your Grade 5, 6, 7 and 8 Admission Pass, students simply need to visit the Customer Service Office at any facility and present proof of birth date and Delta residency, along with the $5 processing fee. These passes are valid until the end of August 2019.

Eric Ripplinger Memorial Fund for Swim Lessons
Complete or partial funding is available for children 6 months-12 years of age to learn how to swim in Delta Parks, Recreation & Culture lesson sets at any Delta pool. Please call 604-946-3305 or email access@delta.ca for more information. Eric Ripplinger was born March 1988, but sadly drowned at age 2. A trust fund was set up by his parents and friends to fund swim lessons for Delta children who might not otherwise be able to take them. Delta thanks the Ripplinger family for their generous support.

Delta Accessibility Support Program
Assistance is available for individuals who want to participate in Delta Parks, Recreation & Culture programs and require 1-on-1 support. We match suitable volunteers with the participants in registered or drop-in programs.

To get started:
1) Please contact the Programmer for People with Disabilities who will meet with you and review your needs.
2) Sign up for the program or set a schedule for drop-in options.

It takes time to match an appropriate volunteer. Two weeks notice is required when requesting a Support Volunteer.
How to Register

Registration
Winter and Spring program registration commences November 29, 2018. Aquatic program registration is ongoing. Delta residents have registration priority for seasonal programs. Registrations from people who do not live in Delta will be accepted three days after registration begins. **Note: This does not apply to continuously registered programs such as aquatics and skating.**

Cancellation
If there isn’t sufficient registration one week prior to the start date, it’s likely the course will be cancelled.

Refund Policy
**Full Refunds** will be issued if the refund request is received by phone or in person at any Delta Parks, Recreation & Culture Customer Service Office prior to the start of the program, or if the program is cancelled by the City of Delta.

**Pro-rated Refunds** will be issued from the time of notification for classes that have already begun.

**No Refunds** will be issued for advanced aquatic programs unless 7 days notice is provided, nor for 1 day programs/workshops unless 24 hours notice is given.

Sales Tax
Applicable taxes are not reflected in registered program fees and charges printed in the Guide; they will be added at the time of registration.
<table>
<thead>
<tr>
<th>Program Facility</th>
<th>Abbreviation</th>
<th>Address</th>
<th>Area Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annieville Lions Park</td>
<td>Annieville Pk</td>
<td>9150 112 St</td>
<td>North Delta</td>
</tr>
<tr>
<td>Beach Grove Elementary</td>
<td>Beach Gr El</td>
<td>5955 17A Ave</td>
<td>Tsawwassen</td>
</tr>
<tr>
<td>Beach Grove Golf Club</td>
<td>Beach Gr Golf</td>
<td>5946 12 Ave</td>
<td>Tsawwassen</td>
</tr>
<tr>
<td>Bandrith Park</td>
<td>Bradrith Pk</td>
<td>5091 12 Ave</td>
<td>Tsawwassen</td>
</tr>
<tr>
<td>Centennial Beach</td>
<td>Centennial</td>
<td>541 Centennial Pkwy</td>
<td>Tsawwassen</td>
</tr>
<tr>
<td>Delta Museum Annex</td>
<td>DM Annex</td>
<td>4918 Delta St</td>
<td>Ladner</td>
</tr>
<tr>
<td>Delta Secondary School</td>
<td>Delta Sec</td>
<td>4615 51 St</td>
<td>Ladner</td>
</tr>
<tr>
<td>Diefenbaker Park</td>
<td>Diefenbaker Pk</td>
<td>6579 1 Ave</td>
<td>Tsawwassen</td>
</tr>
<tr>
<td>English Bluff Elementary</td>
<td>English Bluff El</td>
<td>402 English Bluff Rd</td>
<td>Tsawwassen</td>
</tr>
<tr>
<td>Harris Barn</td>
<td>Harris Barn</td>
<td>4140 Arthur Drive</td>
<td>Ladner</td>
</tr>
<tr>
<td>Jarvis Elementary</td>
<td>Jarvis El</td>
<td>7670 118 St</td>
<td>North Delta</td>
</tr>
<tr>
<td>Kennedy Seniors Recreation Centre</td>
<td>Kennedy</td>
<td>11760 88 Ave</td>
<td>North Delta</td>
</tr>
<tr>
<td>Ladner Community Centre</td>
<td>LD Com</td>
<td>4734 51 St</td>
<td>Ladner</td>
</tr>
<tr>
<td>Ladner Leisure Centre</td>
<td>LD Leisure</td>
<td>4600 Clarence Taylor Cres</td>
<td>Ladner</td>
</tr>
<tr>
<td>Ladner Outdoor Pool</td>
<td>LOP</td>
<td>5105 47 Ave</td>
<td>Ladner</td>
</tr>
<tr>
<td>McCloskey Elementary</td>
<td>McCloskey El</td>
<td>11531 - 80 Ave</td>
<td>North Delta</td>
</tr>
<tr>
<td>McKee Seniors Recreation Centre</td>
<td>McKee</td>
<td>5155 47 Ave</td>
<td>Ladner</td>
</tr>
<tr>
<td>Memorial Park</td>
<td>Memorial Pk</td>
<td>5010 47 Ave</td>
<td>Ladner</td>
</tr>
<tr>
<td>North Delta Outdoor Pool</td>
<td>NDOP</td>
<td>11415 84 Ave</td>
<td>North Delta</td>
</tr>
<tr>
<td>North Delta Recreation Centre</td>
<td>ND Rec</td>
<td>11415 84 Ave</td>
<td>North Delta</td>
</tr>
<tr>
<td>Pinewood Elementary</td>
<td>Pinewood El</td>
<td>11777 Pinewood Dr</td>
<td>North Delta</td>
</tr>
<tr>
<td>Pinewood Leisure Centre</td>
<td>Pinewood</td>
<td>11777 Pinewood Dr</td>
<td>North Delta</td>
</tr>
<tr>
<td>Pony Pals Riding Stables</td>
<td>Pony Pals</td>
<td>38858 96 St</td>
<td>North Delta</td>
</tr>
<tr>
<td>South Delta Recreation Centre</td>
<td>SD Rec</td>
<td>1720 56 St</td>
<td>Tsawwassen</td>
</tr>
<tr>
<td>Sungod Recreation Centre</td>
<td>Sungod</td>
<td>7815 112 St</td>
<td>North Delta</td>
</tr>
<tr>
<td>Sunshine Hills Park</td>
<td>Sunshine Hills Pk</td>
<td>11195 Bond Blvd</td>
<td>North Delta</td>
</tr>
<tr>
<td>Tilbury Ice Centre</td>
<td>Tilbury</td>
<td>7187 Vantage Way</td>
<td>Ladner</td>
</tr>
<tr>
<td>Tsawwassen Arts Centre</td>
<td>Tsaw Arts</td>
<td>1172 56 St</td>
<td>Tsawwassen</td>
</tr>
<tr>
<td>Wade Road Park</td>
<td>Wade Road Pk</td>
<td>6500 Wade Rd</td>
<td>North Delta</td>
</tr>
<tr>
<td>Watershed Park</td>
<td>Watershed Pk</td>
<td>11600 Kittson Pkwy</td>
<td>North Delta</td>
</tr>
<tr>
<td>Winskill Aquatic &amp; Fitness Centre</td>
<td>Winskill</td>
<td>5575 9 Ave</td>
<td>Tsawwassen</td>
</tr>
</tbody>
</table>
## Facility Admission Cards

All patrons of Parks, Recreation & Culture facilities who are 7 years of age and older are required by Delta to have a Facility Admission Card. Please visit Delta.ca or call 604-952-3000 for detailed information.

### 2019 Admission Rates

<table>
<thead>
<tr>
<th>Facility Admission Cards</th>
<th>Infant 0-1yrs</th>
<th>Child 2-12yrs</th>
<th>Youth 13-18yrs</th>
<th>Young Adult 19-24yrs</th>
<th>Adult 25-59yrs</th>
<th>Senior 60-84yrs</th>
<th>Super Senior 85+yrs</th>
<th>Family 1 or 2 Adults with Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>SWIM (INDOOR), SKATE, ARTS, FITNESS AND GYMNASIUM</td>
<td>Free</td>
<td>$4.50</td>
<td>$5.25</td>
<td>$5.75</td>
<td>$7.25</td>
<td>$5.25</td>
<td>Free</td>
<td>$4.50/person</td>
</tr>
<tr>
<td>Single Admission</td>
<td>Free</td>
<td>$41</td>
<td>$47</td>
<td>$52</td>
<td>$65</td>
<td>$47</td>
<td>Free</td>
<td>$41/family</td>
</tr>
<tr>
<td>Drop-in Pass - 10 Admissions</td>
<td>Free</td>
<td>$96</td>
<td>$112</td>
<td>$122</td>
<td>$154</td>
<td>$112</td>
<td>Free</td>
<td>$96/family</td>
</tr>
<tr>
<td>Drop-in Pass - 50 Admissions</td>
<td>Free</td>
<td>$180</td>
<td>$210</td>
<td>$230</td>
<td>$290</td>
<td>$210</td>
<td>Free</td>
<td>$180/family</td>
</tr>
<tr>
<td>Drop-in Pass - 100 Admissions</td>
<td>Free</td>
<td>$338</td>
<td>$394</td>
<td>$431</td>
<td>$544</td>
<td>$394</td>
<td>Free</td>
<td>$338/family</td>
</tr>
<tr>
<td>Drop-in Pass - 1 Month</td>
<td>Free</td>
<td>$41</td>
<td>$47</td>
<td>$52</td>
<td>$65</td>
<td>$47</td>
<td>Free</td>
<td>$160/family</td>
</tr>
<tr>
<td>Drop-in Pass - 3 Months</td>
<td>Free</td>
<td>$115</td>
<td>$134</td>
<td>$147</td>
<td>$185</td>
<td>$134</td>
<td>Free</td>
<td>$453/family</td>
</tr>
<tr>
<td>Drop-in Pass - 6 Months</td>
<td>Free</td>
<td>$216</td>
<td>$252</td>
<td>$276</td>
<td>$348</td>
<td>$252</td>
<td>Free</td>
<td>$852/family</td>
</tr>
<tr>
<td>Drop-in Pass - 12 Months</td>
<td>Free</td>
<td>$405</td>
<td>$473</td>
<td>$518</td>
<td>$653</td>
<td>$473</td>
<td>Free</td>
<td>$1,598/family</td>
</tr>
</tbody>
</table>

### OTHER

- **Locker Rentals**: $1 (return)
- **Helmet Rentals (infants, children)**: Free
- **Shower Only**: $3.75
- **Gymnasium Drop-in Sport Fee**: Applies M-F, 6am-3pm, excluding Roaming Rascals and fitness classes: $3.50
- **Skate Rentals**: $3
- **Skate Sharpening**: $5
- **Skate Rental Pass (10 Pass)**: $27
- **Outdoor Swim Admission (2-84yrs)**: $3

## Delta Drop-in Passes

### My Pass!

Delta offers a wide selection of drop-in pass options for all ages, as well as special drop-in promotions. You can purchase monthly passes (1, 3, 6 or 12 month options) or drop-in passes (10, 25, 50 or 100 options), or activate your Grade 5, 6, 7 and 8 Drop-in Pass. Please note that passes are non-refundable.

### What Can I Do with My Pass?

Enjoy drop-in activities, try new things, stay active and PLAY ALL DAY! Use your drop-in pass to participate in sports, skates, swims, fitness classes, dance classes, art classes, and more. My Pass is the ticket to unlimited fun these seasons.
BIRTHDAY Parties

Planning a party? Create a memory that will last a lifetime by celebrating your child’s birthday with us! You choose the location and theme that suit you best, and we will provide a playleader to help lead games and activities related to the theme choice. Parties are based on a 1:12 leader-to-child ratio to ensure fun and safety for all. Please see pricing information below.

**North Delta Recreation Centre**
Celebrate your birthday with us! We offer Crafts (3–10yrs), Dance (5–12yrs) and Sports (1–12yrs).

**Pinewood Leisure Centre**
There is fun to be had with us to make your party a hit! Choose from Baking (5–10yrs), Crafts (3–10yrs), Dance (5–10yrs), Fun and Games (1–5yrs) and Sports (3–10yrs).

**Tsawwassen Arts Centre**
Get creative with arts and dance! Choose Dance Party (5–12yrs), Crafts (3–10yrs), or Multi Media Art* (6–12yrs). *Different rates apply

**Ladner Community Centre**
Get active with Sports (3–12yrs) or be created with Crafts (3–10yrs) to celebrate your birthday.

**South Delta Recreation Centre**
Get active at our Sports parties (3–12yrs).

**Roaming Rascals Birthday Parties**
Toys, gymnastic mats and sports equipment for the youngest rascals! (1–5yrs). Roaming Rascals birthday parties are offered at South Delta Recreation Centre.

### Birthday Parties

**• Cancellation policy:** one week’s notice is required.
**• One week’s notice is mandatory if you require an additional playleader.**
**• Due to supervision and space requirements, we limit party room access to party participants only.**
**• Please bring your own food, drink, napkins, decorations, plates, cups, cutlery, and goody bags.**
**• Parents have 15 minutes before and after the party for set-up and take-down.**
**• No outside entertainers or rental equipment.**
**• Party packages are unavailable on statutory holidays.**
**• Please read your registration receipt for important birthday party information.**

- **up to 12 participants** $166
- **up to 24 participants** $262
- **up to 36 participants** $358

To book a birthday party, call your local recreation centre or register online. If you would like more information about our parties, please call 604-952-3000. For more details about parties at Tsawwassen Arts Centre, call 604-943-9437.

#### PARTY AT THE ARENAS

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>SD Rec</td>
<td>Su, 2-4pm</td>
</tr>
<tr>
<td>LD Leisure</td>
<td>Sa, 5:30-7:30pm</td>
</tr>
<tr>
<td>ND Rec</td>
<td>Su, 3-5pm</td>
</tr>
<tr>
<td>Sungod</td>
<td>Th, 5:45-7:45pm</td>
</tr>
</tbody>
</table>

**Up to 10 children** $168 • **11-18 children** $272

Celebrate on ice! For children 5-10 years of age. There are two party size options: up to 10 children or 11-18 children. Party includes skates, equipment rentals, public skate admissions, a room for use and a playleader for 2 hours. Parents may bring their own food and drink to use in the party room. The party room will be minimally decorated. CSA approved multi-impact helmets are mandatory for all participants on ice from registered party. Please note the ice component of this party is on shared ice during a public skate.

**PARTY AT THE POOLS!**

**LD Leisure, Sungod, Winskill**
You can choose your party package and most importantly, you can choose your party theme.

**Pool Party Playleader**
Join our energetic staff for an hour as they take the kids through games and activities both in and out of the water. Price includes a playleader and cost of admissions.

- **up to 12 participants** $96
- **up to 24 participants** $181
- **up to 36 participants** $266

**Pool Party Playleader and Party Room**
This package consists of 1 hour with an energetic playleader in the pool and the party room for 2.5 hours. You spend the first hour in the party room setting up while the kids are in the water. When the kids are done in the pool, they will join you for the remainder of your celebration in the party room. Price includes a playleader, party room, insurance, and cost of admissions.

- **up to 12 participants** $169
- **up to 24 participants** $254

**After Hours Pool Party**
Rent the entire pool for a private party. We provide lifeguards and playleaders. For an additional fee, add a room rental to host the remainder of the party. Call the aquatic centre of your choice for details, times, and prices.

Parties can be designed for ages 4-15 years with a maximum of 12 children/1 playleader. We will contact you by email to confirm details of pool party playleaders and to discuss a theme if interested.
ARTS, CULTURE & HERITAGE

TRY IT

Drop-in Programs
Regular drop-in admission rates apply.

**Parent and Tot Art Drop-In**
Enjoy creating crafts and art projects while socializing with other families. Our leader will have tables set up with different art supplies so that you can create freely or make something specific!

**TSAWWASSEN**
<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Age Group</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tsaw Arts</td>
<td>Th, Jan 10-Mar 14 9:30-11:30am</td>
<td>2-6yrs</td>
<td></td>
</tr>
<tr>
<td>Tsaw Arts</td>
<td>Th, Apr 4-Jun 20 9:30-11:30am</td>
<td>2-6yrs</td>
<td></td>
</tr>
</tbody>
</table>

**Arts and Crafts Drop in**
Create a few arts and craft projects! Our leader will have tables set up with different art supplies so that you can create freely or make something specific!

**NORTH DELTA**
<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Age Group</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>ND Rec</td>
<td>W, Jan 9-Mar 13 3:15-4:45pm</td>
<td>7-12yrs</td>
<td></td>
</tr>
<tr>
<td>ND Rec</td>
<td>W, Apr 10-Jun 12 3:15-4:45pm</td>
<td>7-12yrs</td>
<td></td>
</tr>
</tbody>
</table>

**TSAWWASSEN**
<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Age Group</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tsaw Arts</td>
<td>Th, Jan 10-Mar 14 3:15-4:45pm</td>
<td>7-12yrs</td>
<td></td>
</tr>
<tr>
<td>Tsaw Arts</td>
<td>Th, Apr 4-Jun 20 3:15-4:45pm</td>
<td>7-12yrs</td>
<td></td>
</tr>
</tbody>
</table>

**Family Art Day**
Come in and make some family friendly art. Explore different mediums of art through different stations set up for your family to create and enjoy. Each month will feature a different project. Please register one family member.

**NORTH DELTA**
<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Age Group</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>420338</td>
<td>Su, Jan 27 1-3pm</td>
<td>All Ages</td>
<td>$20</td>
</tr>
<tr>
<td>420339</td>
<td>Su, Feb 17 1-3pm</td>
<td>All Ages</td>
<td>$20</td>
</tr>
<tr>
<td>420340</td>
<td>Su, Mar 17 1-3pm</td>
<td>All Ages</td>
<td>$20</td>
</tr>
<tr>
<td>422836</td>
<td>Su, Apr 21 1-3pm</td>
<td>All Ages</td>
<td>$20</td>
</tr>
<tr>
<td>422837</td>
<td>Su, May 12 11am-1pm</td>
<td>All Ages</td>
<td>$20</td>
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**TSAWWASSEN**
<table>
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<tr>
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<th>Dates</th>
<th>Age Group</th>
<th>Cost</th>
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<tr>
<td>421248</td>
<td>Su, Mar 3 11am-1pm</td>
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<td>422081</td>
<td>Su, Apr 28 11am-1pm</td>
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<td>422082</td>
<td>Su, May 26 11am-1pm</td>
<td>All Ages</td>
<td>$20</td>
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</table>

Registered Programs

**FAMILY**

**ARTS**

**Make Your Own Sock Pony**
Kids will love to saddle up their pony. Make a pony or unicorn from socks and a broomstick – it’s a no-sew fun project. All materials supplied.

**NORTH DELTA**
<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Age Group</th>
<th>Cost</th>
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<tbody>
<tr>
<td>422278</td>
<td>Su, May 5 1-3pm</td>
<td>6-10yrs</td>
<td>$25</td>
</tr>
</tbody>
</table>

**Miniature World Creations**
Learn techniques to create your own miniature world. This is a course designed for families to work on their project together. Make tool sheds, forests, a soccer field or maybe a fairy garden – it’s your world to create! All materials supplied. Be prepared to make memories together.

**NORTH DELTA**
<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Age Group</th>
<th>Cost</th>
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<tbody>
<tr>
<td>422305</td>
<td>F, Jan 18-Feb 8 7-8:15pm</td>
<td>4-10yrs</td>
<td>$66</td>
</tr>
</tbody>
</table>
LEARN IT
Registered Programs

PRESCHOOL

ARTS

Active Art
Explore a variety of art techniques by being active. Maybe you’ll squish some paint between your toes, roll some marbles or stomp out a design. Dress in old clothes as we could get messy.

NORTH DELTA  Sessions: 7
420346 M, Jan 21-Mar 11 3-5yrs
ND Rec 6-7pm $61

TSAWWASSEN  Sessions: 8
423034 Tu, Jan 22-Mar 12 3-5yrs
Tsaw Arts 10:45-11:45am $69
423035 Tu, Apr 23-Jun 11 3-5yrs
Tsaw Arts 10:45-11:45am $69

Baby & Me Art
Create unique pieces of art with your baby or toddler’s hands and feet! Parent participation required.

LADNER  Sessions: 8
422069 Su, Jan 13-Mar 10 6mo-3yrs
LD Com 9:15-10:15am $85
422072 Su, Apr 28-Jun 23 6mo-3yrs
LD Com 9:15-10:15am $85

TSAWWASSEN  Sessions: 8
422070 Tu, Jan 22-Mar 12 6mo-3yrs
Tsaw Arts 9:30-10:30am $85
422073 Tu, Apr 23-Jun 11 6mo-3yrs
Tsaw Arts 9:30-10:30am $85

Fun with Famous Artists
Featuring a new artist weekly, create your very own masterpiece inspired by the great artists of our time: Van Gogh, Seurat, Picasso, and many more. Learn their techniques, styles, media, and works. Instructor: Krista

TSAWWASSEN  Sessions: 7
421773 Sa, Apr 27-Jun 15 4-6yrs
Tsaw Arts 9-10am $93

Outer Space-Explore Through Art
Blast off in this art class with your own rocket. Visit planets and make a comet. Projects will be out of this world.

NORTH DELTA  Sessions: 6
422283 Fr Apr 26-Jun 7 4-5yrs
ND Rec 5:45-6:45pm $53

Pottery Fun with Baby
Time to play with clay! Baby will enjoy socializing while you parallel play with other parents; making baby’s first cup, maybe even a casserole dish! Spend toddler/preschooler together time making little tea sets; dragons are always fun! Non-toxic, kiln fired, dinnerware safe glazes. New project ideas each season. Instructor: Venetia

LADNER  Sessions: 5
422722 W, Feb 6-Mar 6 1mo-5yrs
ND Rec 9:45-10:45am $60/$30
422723 W, Apr 24-May 22 1mo-5yrs
ND Rec 9:45-10:45am $60/$30

NORTH DELTA  Sessions: 5
421848 M, Jan 21-Feb 25 1mo-5yrs
ND Rec 9:30-10:30am $60/$30
421852 M, Apr 29-Jun 3 1mo-5yrs
ND Rec 9:30-10:30am $60/$30

Under The Sea – Explore Through Art
Use your imagination to create colourful jellyfish, octopus, sharks and more through a variety of materials. This is a parent participation class. Make art with your child all while meeting new families.

NORTH DELTA  Sessions: 5
421467 F, Jan 18-Mar 1 3-5yrs
ND Rec 5:45-6:45pm $53

PERFORMING ARTS DANCE

Our 2 year old dance classes are parent participation, please come prepared to dance with your child!

Our 3-5 year old dance classes are designed to encourage young dancers to participate independently. Parents are invited to stay in the room for the first day of lessons, and then encouraged to stay in the vicinity, but outside of the classroom itself for the remainder of the set. The classes will have a mid-session viewing day and a small performance day at the end.
If you would like to dance with your 3-5 year old, please look for our *new* Parent and Tot Dance course.

Creative Dance for Twos
Float like a butterfly, leap like a lizard. Little ones will learn the ABCs of movement, rhythm and dance steps in this creative class. Parents are required to participate until their children are ready to take part independently.

LADNER  Sessions: 8
421599 Su, Jan 13-Mar 10 2yrs
LD Com 10:30-11am $39
421601 Su, Apr 28-Jun 23 2yrs
LD Com 10:30-11am $39

NORTH DELTA  Sessions: 8
420309 W, Jan 16-Mar 6 2yrs
ND Rec 9:30-10am $39
420310 Su, Jan 13-Mar 10 2yrs
Pinewood 9-9:30am $39
422840 Wed Apr 24-Ju 11 2yrs
ND Rec 9-10am $39

Dance & Craft
A mix of dance and crafting! Decorate masks, ribbons or other dance props, and learn some basic creative dance moves!

LADNER  Sessions: 8
422096 Tu, Jan 15-Mar 5 3-5yrs
Harris Barn 11:15am-12pm $55
422097 Tu, Apr 16-Jun 6 3-5yrs
Harris Barn 11:15am-12pm $55

Dance Sampler
Experience ballet, jazz, hip hop, and more in one fun and lively dance class!

LADNER  Sessions: 8
421795 Su, Jan 13-Mar 10 3-5yrs
LD Com 11:05-11:50am $55
422100 Su, Apr 28-Jun 23 3-5yrs
LD Com 11:05-11:50am $55

NORTH DELTA  Sessions: 8
420308 Sa, Jan 12-Mar 9 3-5yrs
ND Rec 11-11:45am $55
420307 Tu, Jan 15-Mar 5 3-5yrs
ND Rec 6-6:45pm $55
422842 Tu, Apr 23-Jun 11 3-5yrs
ND Rec 6-6:45pm $55
422844 W, Apr 24-Jun 12 3-5yrs
ND Rec 10:05-10:35am $39
422843 Sa, Apr 27-Jun 15 3-5yrs
ND Rec 11-11:45am $55

Bhangra Minis
Introductory Bhangra dance for preschoolers.

NORTH DELTA  Sessions: 8
422144 Su, Jan 13-Mar 10 4-5yrs
Pinewood 9:35-10:05am $39

Harris Barn 11:15am-12pm $55
Tot Ballet for Twos
Is your tiny dancer ready to move? We'll learn basic feet positions, pliés and floor movement. Parents are required to participate until their children are ready to take part independently.

LADNER
421587 Tu, Jan 15-Mar 5 2yrs
Harris Barn 9:15-9:45am $39
421589 Tu, Apr 16-Jun 4 2yrs
Harris Barn 9:15-9:45am $39

NORTH DELTA
420302 Sa, Jan 12-Mar 9 2yrs
ND Rec 9-9:30am $39
420301 Tu, Jan 15-Mar 5 2yrs
ND Rec 4-4:30pm $39
422856 Tu, Apr 23-Jun 11 2yrs
ND Rec 4-4:30pm $39
422857 Sa, Apr 27-Jun 15 2yrs
ND Rec 9-9:30am $39

TSAWWASSEN
421588 Sa, Jan 12-Mar 9 2yrs
Tsaw Arts 9:15-9:45am $39
421590 Sa, Apr 27-Jun 22 2yrs
Tsaw Arts 9:15-9:45am $39

Tot Ballet
Put on your ballet slippers, plié on the spot, or chassé across the room. Simple ballet steps and routines will be introduced and practiced.

LADNER
421591 Tu, Jan 15-Mar 5 3-4yrs
Harris Barn 9:50-10:20am $39
421593 Tu, Apr 16-Jun 4 3-4yrs
Harris Barn 9:50-10:20am $39

NORTH DELTA
420296 Sa, Jan 12-Mar 9 3-4yrs
ND Rec 9:30-10:05am $39
420295 Tu, Jan 15-Mar 5 3-4yrs
ND Rec 3:30-4:15pm $39
420297 W, Jan 16-Mar 6 3-4yrs
ND Rec 10:40-11:10am $39
422850 Tu, Apr 23-Jun 11 3-4yrs
ND Rec 4:35-5:05pm $39
422851 We Apr 24-Jun 12 3-4yrs
ND Rec 10:40-11:10am $39
422852 Sa, Apr 27-Jun 15 3-4yrs
ND Rec 9:35-10:05am $39

TSAWWASSEN
421592 Sa, Jan 12-Mar 9 3-4yrs
Tsaw Arts 9:50-10:20am $39
421594 Sa, Apr 27-Jun 22 3-4yrs
Tsaw Arts 9:50-10:20am $39

PERFORMING ARTS DRAMA
Budding Performers
Calling all young performers! Pretend play using drama games, learn some songs and experience being on stage!

NORTH DELTA
420318 Sat Jan 12-Mar 9 3-4yrs
ND Rec 9:30-10:15am $55

PERFORMING ARTS MUSIC
Baby Music Time
Little ones gain musical awareness and an increased sense of beat through rhymes, dance, singing, echoing and small percussion instruments. Parents will be provided with ideas to encourage music in their children's lives.

LADNER
421790 Th, Jan 17-Mar 7 6-18 mo
Harris Barn 11:15-11:45am $35
421791 Th, Apr 18-Jun 13 6-18 mo
Harris Barn 11:15-11:45am $35

NORTH DELTA
422858 F, Jan 18-Mar 8 6-18 mo
ND Rec 11:15-11:45am $35
422835 F, Apr 26-Jun 14 6-18 mo
ND Rec 11:15-11:45am $35

TSAWWASSEN
421789 W, Jan 16-Mar 6 6-18 mo
ND Rec 11:30am-12pm $35

“I do not try to dance better than anyone else. I only try to dance better than myself.”
– Mikhail Baryshnikov

INFORMATION: 604-952-3000 or Delta.ca
Mini Movers & Shakers
A fun introduction to the wonderful world of music for little ones who love to dance, clap, sing, and explore percussion instruments. Parent participation required.

LADNER Sessions: 8
421781 Th, Jan 17-Mar 7  18-36 mo $49
Harris Barn  9:15-10am
421783 Th, Apr 18-Jun 13  18-36 mo $49
Harris Barn  9:15-10am
NORTH DELTA Sessions: 8
422146 F, Jan 18-Mar 8  2-4 yrs $49
ND Rec 9:30-10:45am
422148 F, Apr 26-Jun 14  2-4 yrs $49
ND Rec 9:30-10:45am
TSAWWASSEN Sessions: 8
422172 W, Jan 16-Mar 6  18-36 mo $49
SD Rec 9:30-10:15am
422174 W, Apr 17-Jun 5  18-36 mo $49
SD Rec 10:30-11:15am

Movers & Shakers
For those who have taken Mini Movers & Shakers or are over 36 months. Continue to explore rhythm, instruments and learn new songs and dancing games. Parent participation required.

LADNER Sessions: 8
421785 Th, Jan 17-Mar 7  2-4yrs $49
Harris Barn  10:15-11am
421787 Th, Apr 18-Jun 13  2-4yrs $49
Harris Barn  10:15-11am
NORTH DELTA Sessions: 8
422186 W, Jan 16-Mar 6  2-4yrs $49
ND Rec 10:30-11:15am
422188 W, Apr 17-Jun 5  2-4yrs $49
ND Rec 10:30-11:15am

Music Together®
Music Together® is an early childhood music and movement program. Classes include singing, movement, chanting, and instrument play. Parent/caregiver participation is required. Tuition includes the CD and songbook (non-refundable).

NORTH DELTA Sessions: 10
422136 Sa, Jan 5-Mar 16  1mo-5yrs $165
ND Rec 10-10:45am
422137 Sa, Jan 5-Mar 16  1mo-5yrs $165
ND Rec 11-11:45am
422138 Th, Jan 10-Mar 14  1mo-5yrs $165
ND Rec 10-10:45am
422139 Th, Jan 10-Mar 14  1mo-5yrs $165
ND Rec 11-11-45am
422140 Sa, Apr 6-Jun 22  1mo-5yrs $165
ND Rec 10-10:45am
422141 Sa, Apr 6-Jun 22  1mo-5yrs $165
ND Rec 11-11:45am
422142 Th, Apr 4-Jun 6  1mo-5yrs $165
ND Rec 10-10:45am
422143 Th, Apr 4-Jun 6  1mo-5yrs $165
ND Rec 11-11:45am
TSAWWASSEN Sessions: 10
422043 F, Jan 11-Mar 15  1mo-5yrs $165
Tsaw Arts 10-10:45am
422044 F, Jan 11-Mar 15  1mo-5yrs $165
Tsaw Arts 11-11:45am
422045 F, Apr 5-Jun 14  1mo-5yrs $165
Tsaw Arts 10-10:45am
422046 F, Apr 5-Jun 14  1mo-5yrs $165
Tsaw Arts 11-11:45am

Art Lessons – Private
For beginner to intermediate art students, these 1 hour private lessons teach drawing and painting techniques and foster creativity. Available upon request at Tsawwassen Arts Centre and North Delta Recreation Centre. Please contact Arts Programmer for available times. Fees are $40 per hour, basic supplies included.

ARTS

ARTS, CULTURE AND HERITAGE

ARTS

ARTS, CULTURE AND HERITAGE

Music

Drama

Music

ARTS

Around the World

Music

DeltaReg.ca

LEARN IT

Registered Programs

CHILDREN

AR

Tastic

Create your own masterpieces inspired by famous artists. Explore paint, chalk, drawing and more using a variety of techniques and tools.

LADNER Sessions: 8
421777 Th, Jan 24-Mar 14  5-7yrs $87
LD Com 3:30-4:30pm
421780 Th, Jan 24-Mar 14  8-12yrs $87
LD Com 4:45-5:45pm
422726 Th, Apr 18-Jun 13  5-7yrs $87
LD Com 3:30-4:30pm
422727 Th, Apr 18-Jun 13  8-12yrs $87
LD Com 4:45-5:45pm

NORTH DELTA Sessions: 8
420347 W, Jan 23-Mar 13  6-8yrs $87
ND Rec 6:30-7:30pm
422149 W, Apr 24-Jun 12  6-8yrs $87
ND Rec 6:30-7:30pm

TSAWWASSEN Sessions: 8
421734 M, Jan 21-Mar 11  5-7yrs $77
Tsaw Arts 3:30-4:30pm
422124 M, Apr 15-Jun 17  5-7yrs $87
Tsaw Arts 3:30-4:30pm

City Building
Have you ever wanted to build your own city? You will first map out what your city will look like and then you will bring it to life by drawing, cutting, and painting it.

NORTH DELTA Sessions: 7
420345 M, Jan 21-Mar 11  7-12yrs $75
ND Rec 3:30-4:30pm

TSAWWASSEN Sessions: 7
421235 M, Jan 21-Mar 11  8-13yrs $77
Tsaw Arts 4:45-5:45pm
422724 M, Apr 15-Jun 17  8-13yrs $87
Tsaw Arts 4:45-5:45pm

Drawing
Fun and creativity are emphasized as students learn basic drawing methods and techniques including shape, shading, and sketching.

NORTH DELTA Sessions: 8
420343 W, Jan 23-Mar 13  8-12yrs $87
ND Rec 5:15-6:15pm
422148 W, Apr 24-Jun 12  8-12yrs $87
ND Rec 5:15-6:15pm

TSAWWASSEN Sessions: 7
421235 M, Jan 21-Mar 11  8-13yrs $77
Tsaw Arts 4:45-5:45pm
422724 M, Apr 15-Jun 17  8-13yrs $87
Tsaw Arts 4:45-5:45pm
Draw and Painting
Combine your drawing and painting skills in this fantastic class. *Instructor: Lennart*
**TSAWWASSEN Sessions: 8**
- 421749 Sa, Jan 12-Mar 9 7-10yrs $93
- 421750 Sa, Jan 12-Mar 9 11-14yrs $93
- 421754 Sa, Apr 27-Jun 22 7-10yrs $93
- 421755 Sa, Apr 27-Jun 22 11-14yrs $93

Fun with Famous Artists
Featuring a new artist weekly, create your very own masterpiece inspired by the great artists of our time: Van Gogh, Seurat, Picasso, and many more. Learn their techniques, styles, media and works. *Instructor: Krista*
**TSAWWASSEN Sessions: 7**
- 423033 Sa Jan 19 – Mar 9 Age: 9-14yrs $93

Homeschool Art
Designed for homeschool learners. Develop artistic skills and creative thinking while building friendships and exchanging ideas in an encouraging and inspiring environment. Cover some of the fundamentals of art, such as line, color, shape, texture, and pattern through media such as drawing, painting, collage, and 3D sculpture.
**NORTH DELTA Sessions: 8**
- 420390 Tu, Jan 15-Mar 5 7-14yrs $125
- 422036 Tu, Apr 9-May 28 7-14yrs $125

Kids Can Sew!
Embark on a sewing journey and fill your closet with your own handmade clothing! Register for a full session, or there are monthly options available. *Instructor: Sarah*
**TSAWWASSEN Sessions: 10**
- 422484 Tu Jan 8-Mar 12 6-12yrs $229
  $269 includes kit
- 422490 Tu Jan 8-Mar 12 6-12yrs $229
  $269 includes kit
- 422496 Tu Apr 2-Jun 25 6-12yrs $280
  $320 includes kit / $221 returning students
- 422500 Tu Apr 2-Jun 25 6-12yrs $280
  $320 includes kit / $221 returning students

Paint, Draw & Collage
Calling all creative tweens. Combine your love of drawing and painting to create your art. Explore a variety of media such as watercolour, acrylics, pastels, charcoal, and collage.
**LADNER Sessions: 8**
- 421779 Th, Jan 24-Mar 14 10-14yrs $105
- 422728 Th, Apr 18-Jun 13 10-14yrs $105

Painting
Learn and explore different acrylic and watercolour painting techniques to make unique projects.
**NORTH DELTA Sessions: 7**
- 421859 M, Jan 21-Mar 11 8-13yrs $77
  ND Rec 4:45-5:45pm $67
- 421746 M, Jan 21-Mar 11 8-13yrs $77
  Tsaw Arts 6-7pm $67
- 421747 M, Apr 15-Jun 17 8-13yrs $87
  Tsaw Arts 6-7pm $67

Polymer Clay
Polymer clay is a type of material that is used to model and make a lot of really cool crafts. Projects may include jewelry, animals, ocean creatures, and canvas projects.
**NORTH DELTA Sessions: 5**
- 420350 F, Jan 18-Mar 1 6-10yrs $56
- 422150 F, Apr 26-Jun 7 6-10yrs $67

Pottery Handbuilding
Projects include a variety of techniques including sculpture, slab building, draping and coils. Clay included. *Instructors from Delta Potters Association.*
**TSAWWASSEN Sessions: 6**
- 417965 Tu, Jan 15-Feb 26 6-13yrs $105
  SD Rec 3:30-5pm $95

Pottery Handbuilding for Kids
Acquire basic techniques of clay construction making slabs, coils, pinching, and joining clay pieces. Make both functional and decorative projects. Project will be decorated and glazed during the last class and ready for pickup after firing. Clay included. *Instructor from North Delta Potters Guild.*
**NORTH DELTA Sessions: 6**
- 421473 W, Jan 30-Mar 6 6-13yrs $120
- 421756 W, Apr 3-May 8 6-13yrs $120

Sculpting with Fimo Clay
Make figurines, scenes on canvas and beads with colourful Fimo Clay. *Instructor: Krista*
**TSAWWASSEN Sessions: 7**
- 421775 Sa, Jan 19-Mar 9 6-10yrs $120
- 421776 Sa, Apr 27-Jun 15 6-10yrs $120

PERFORMING ARTS DANCE

Ballet
A fun introduction to dance and the elements of formal ballet.
**NORTH DELTA Sessions: 8**
- 420294 Tu, Jan 15-Mar 5 5-7yrs $71
- 422839 Tu, Apr 23-Jun 11 5-7yrs $71

Bollywood Dance
Have fun in this high energy, fusion-style dance of jazz and classical Indian dance.
**NORTH DELTA Sessions: 8**
- 422145 Su, Jan 13-Mar 10 6-8yrs $55

Contemporary Dance
Contemporary dance stresses versatility and improvisation, unlike the strict, structured nature of ballet. Contemporary dancers focus on floorwork, using gravity to pull them down to the floor. This dance genre is often done in bare feet. Contemporary dance can be performed to many different styles of music.
**NORTH DELTA Sessions: 8**
- 422146 Su, Jan 13-Mar 10 8-12yrs $71
**Dance & Craft**
A mix of crafting and dancing. Start each class with a trendy craft project, and end with learning and creating a dance routine.

**TSAWWASSEN** Sessions: 8
422102  Th, Jan 17-Mar 7  7-10yrs
Tsaw Arts  4:45-5:45pm $71
422103  Th, Apr 18-Jun 6  7-10yrs
Tsaw Arts  4:45-5:45pm $71

**Funky Hip Hop**
Learn the latest in hip hop and dance to trendy new tunes.

**NORTH DELTA** Sessions: 8
420303  Th, Jan 17-Mar 7  6-9yrs
ND Rec  4:20-5:20pm $71
422845  Th, Apr 25-Jun 13  6-9yrs
ND Rec  4:20-5:20pm $71

**Hip Hop Boys Only**
Learn or improve your basic breakdance and hip hop moves in a boys only environment!

**NORTH DELTA** Sessions: 8
420304  Th, Jan 17-Mar 7  6-8yrs
ND Rec  4:20-5:20pm $71
422846  Th, Apr 25-Jun 13  6-8yrs
ND Rec  4:20-5:20pm $71

**TSAWWASSEN** Sessions: 5
422717  Th, Feb 7-Mar 7  6-8yrs
Tsaw Arts  5:50-6:50pm $46

**Hip Hop Jazz Dance**
Jazz dance techniques are introduced to enhance posture, balance, coordination, and musicality in this hip hop class.

**NORTH DELTA** Sessions: 8
420305  Th, Jan 17-Mar 7  7-12yrs
ND Rec  5:25-6:25pm $71
422847  Th, Apr 25-Jun 13  7-12yrs
ND Rec  5:25-6:25pm $71

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**Guitar Private Lessons**
These 30-minute lessons are suitable for beginner-intermediate youth and adults. Please bring your own guitar.

<table>
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<th>LD Com</th>
<th>Instructor: Nathan</th>
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<tbody>
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<td>DATES</td>
<td>TIMES</td>
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<tr>
<td>8</td>
<td>M</td>
<td>Jan 14-Mar 11</td>
<td>3:30-7:30pm</td>
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<tr>
<td>9</td>
<td>M</td>
<td>Apr 8-Jun 17</td>
<td>3:30-7:30pm</td>
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<tr>
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<th>ND Rec</th>
<th>Instructor: Randi</th>
<th>9+yrs</th>
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<td>10</td>
<td>Tu</td>
<td>Apr 16-Jun 18</td>
<td>4-7:30pm</td>
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<td>10</td>
<td>Th</td>
<td>Apr 18-Jun 20</td>
<td>4-6:30pm</td>
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**Piano Private Lessons**
These 30 minute private lessons are an ideal opportunity for beginners to advanced students to learn note reading, rhythm and the art of piano playing.

<table>
<thead>
<tr>
<th>LADNER</th>
<th>DM Annex</th>
<th>Instructor: Steven</th>
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<td>W</td>
<td>Jan 9-Mar 13</td>
<td>6:15-8:45pm</td>
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<tr>
<td>10</td>
<td>F</td>
<td>Jan 11-Mar 15</td>
<td>3:30-6:30pm</td>
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<td>W</td>
<td>Apr 3-Jun 19</td>
<td>6:15-8:45pm</td>
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<td>F</td>
<td>Apr 5-Jun 21</td>
<td>3:30-6:30pm</td>
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<table>
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<th>ND Rec</th>
<th>Instructor: Anny</th>
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<td>Th</td>
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<td>Sa</td>
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<td>Tu</td>
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<td>3:30-8pm</td>
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PERFORMING ARTS DRAMA

Creative Drama
An exciting inspiring course featuring storytelling, games, improvisation, and movement. Young actors build confidence and develop communication skills as they learn to create characters and other fun acting techniques. Family and friends are invited to the final class for a performance. Instructor: Renee

TSAWWASSEN Sessions: 8
421258 Th, Jan 17-Mar 7 6-8yrs
Tsaw Arts 4:15-5:15pm $89

421706 Th, Apr 11-Jun 6 6-8yrs
Tsaw Arts 4:15-5:15pm $99

Creative Drama II
In a relaxed and supportive environment, children are encouraged to find their own unique voice through the exploration of movement, mime, characterization, and improvisation. Scene work will promote collaboration and build confidence in self and others. Family and friends are invited to the final class for a performance. Instructor: Renee

TSAWWASSEN Sessions: 8
421707 M, Jan 14-Mar 11 9-12yrs
Tsaw Arts 4:5-30pm $128

7 Sessions: 7
421708 M, Apr 8-Jun 3 9-12yrs
Tsaw Arts 4-5:30pm $114

Drama &Acting
Perfect for kids who want to develop their self-expression and love active drama games, improvisation and readers theatre. Family and friends are invited to the final class for a performance.

NORTH DELTA Sessions: 8
420319 Sa, Jan 12-Mar 9 5-7yrs
Nd Rec 11:45am-12:45pm $71

420321 Sa, Jan 12-Mar 9 8-12yrs
Nd Rec 12:45-1:45pm $71

421577 Sa, Apr 27-Jun 22 5-7yrs
Nd Rec 11:45am-12:45pm $71

PERFORMING ARTS GENERAL

Become a Junior Illusionist
Learn simple illusions you can do at home using beginner magic props and items around your house! Requires very little sleight of hand.

TSAWWASSEN Sessions: 6
423219 W, Jan 30-Mar 6 5-8yrs
Tsaw Arts 3:30-5pm $145

Music & Acting
Voice Private Lessons
Vocal/singing lessons for beginner and intermediate children and teens. Learn the basics of singing, including tone, technique and sound with scale warmups in these 30-minute private lessons. A large selection of music to fit all.

LADNER LD Com

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NORTH DELTA ND Rec Instructor: Vanessa

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Musical Theatre
A great opportunity for kids to combine dancing, singing and acting. Vocal exercises, drama games, and choreographed dance.

NORTH DELTA Sessions: 8
420320 Sa, Jan 12-Mar 9 7-12yrs
Nd Rec 10:30-11:30am $71

421579 Sa, Apr 27-Jun 22 7-12yrs
Nd Rec 10:30-11:30am $71

TSAWWASSEN Sessions: 8
421709 Tu, Jan 15-Mar 5 5-6yrs
Tsaw Arts 3:30-4:30pm $71

421711 Tu, Apr 16-Jun 4 5-6yrs
Tsaw Arts 3:30-4:30pm $71

421712 Tu, Apr 16-Jun 4 7-12yrs
Tsaw Arts 4:30-5:30pm $71

Musical Theatre Intensive
For those students who want a bit more of a challenge, this course is for you. A great opportunity to combine more dancing, more singing and more acting than our regular Musical Theatre.

NORTH DELTA Sessions: 8
421470 M, Jan 14-Mar 11 9-13yrs
Nd Rec 6-7:30pm $101

421580 M, Apr 29-Jun 17 9-13yrs
Nd Rec 6-7:30pm $90

Magic & Storytelling
Learn beginner illusions and the basic principles of sleight of hand. Gain confidence in performing as you study misdirection, story writing, public speaking and audience management.

TSAWWASSEN Sessions: 6
422320 W, Jan 30-Mar 6 9-12yrs
Tsaw Arts 3:30-5pm $145

PRO D DAY
DIGIVATIONS LEGO® + Arts Imaginerium Pro D
Design, play and create new worlds through bricks, structures and performance arts. Have fun and innovate using wWbricks, simple machines, and NASA rockets that come to life through story making, drama, and games.

TSAWWASSEN Sessions: 1
422089 F, Jan 25 5-10yrs
Tsaw Arts 9am-3pm $65

422091 F, May 17 5-10yrs
Tsaw Arts 9am-3pm $65

Explore the Arts-Pro D
Create some arts and craft projects, play some drama games, learn a couple new dance moves in this one day camp.

NORTH DELTA Sessions: 1
422286 F, Jan 25 7-12yrs
Nd Rec 9am-1pm $44

422284 F, May 17 7-12yrs
Nd Rec 9am-1pm $44

TSAWWASSEN Sessions: 1
422094 F, Jan 25 7-12yrs
Tsaw Arts 9am-3pm $65

422095 F, Feb 15 7-12yrs
Tsaw Arts 9am-3pm $65

422092 F, May 17 7-12yrs
Tsaw Arts 9am-3pm $65

LEARN IT
Registered Programs

YOUTH
ARTS
Pottery Wheel Throwing
Enjoy the challenges of throwing pots. Glazing techniques are covered as well as general safety. Participants are expected to assist with clean-up. Clay included. Instructor from Delta Potters Association.

TSAWWASSEN Sessions: 6
417966 Tu, Jan 15-Feb 26 11-16yrs
Nd Rec 4-6pm $110

INFORMATION: 604-952-3000 or Delta.ca
Up-Teen Designs-Runway Re-Fashion Project
Learn the basics of fashion design and sewing, and then put those new skills to use when you design, build and then show your own upcycled runway collection. Instructor: Sarah

TSAWWASSEN Sessions: 6
422507 M, Jan 21-Mar 4 12-16yrs $90
Tsaw Arts 4-6pm $100
422511 M, Apr 8-May 27 12-16yrs $100
Tsaw Arts 4-6pm

PERFORMING ARTS DANCE
Urban Dance
Dance to urban beats using techniques from styles like hip hop, popping, and krumping. This is sure to be a fun and creative class.

NORTH DELTA Sessions: 8
423302 Sa, Jan 19-Mar 9 10-14yrs $71
423309 Sa, Apr 27-Jun 15 10-14yrs $71
423308 Sa, Apr 14-May 25 10-14yrs $71

PERFORMING ARTS DRAMA
Musical Theatre Intensive
For those students who want a bit more of a challenge, this course is for you. A great opportunity to combine more dancing, more singing and more acting than our regular Musical Theatre.

NORTH DELTA Sessions: 8
421470 M, Jan 14-Mar 11 9-13yrs $101
ND Rec 6-7:30pm
421580 M, Apr 29-Jun 17 9-13yrs 6-7:30pm $90

PERFORMING ARTS GENERAL
Creative Writing
Explore, fun, creative ways to express yourself through language. Write short stories, poems, monologues, and participate in engaging activities that allow you to experiment with writing as an artistic medium.

NORTH DELTA Sessions: 8
422395 Th Jan 17-Mar 7 9-13yrs 7-15:30pm $90
423323 Th Apr 18-Jun 6 9-13yrs 7:15-8:30pm $90

Chinese Brush Painting Workshop 1
Learn this unique painting medium using a combination of Chinese brush painting and watercolour techniques. You will learn about mixing colours, drawing and composition. This workshop will focus on Spring and Summer subjects such as cheery blossoms, wisteria, pine trees, bamboo, fruits, goldfish and birds. You will also taught the finishing touch of applying background colours, mounting and framing. Have fun producing small watercolour on ricepaper paintings. No previous painting experience is required. Bring water container, mixing plate and a small piece of white acrylic felt (about 18’), Chinese painting colours, brushes and ricepaper. Or for your convenience, supplies are available for purchase in class. In partnership with Watershed Artworks Society. Instructor: Eileen

NORTH DELTA Sessions: 6
422074 M, May 13-Jun 17 9-13yrs ND Rec 7-8:30pm $100

Chinese Brush Painting Workshop 2
This workshop will focus on colours of autumn and winter’s solitude. Discover the brush stroke technique of drawing maple leaves, branches, birch trees, wintry birds, snow on bamboo and pine tree. Background wash and mounting technique for the finishing touch will also be shown. Have fun producing small watercolour on ricepaper paintings. No previous painting experience is required. Bring water container, mixing plate and a small piece of white acrylic felt (about 18’), Chinese painting colours, brushes and ricepaper. Or for your convenience, supplies are available for purchase in class. In partnership with Watershed Artworks Society. Instructor: Eileen

NORTH DELTA Sessions: 6
421771 M, Jan 21-Mar 4 18-21yrs ND Rec 7:30-8:30pm $67

Drawing for Adults
Find out how versatile the pencil truly is. This beginner course will help you develop an understanding of basic pencil work and technical skills such as shape, line and proportion.

NORTH DELTA Sessions: 8
420344 W, Jan 23-Mar 13 18-21yrs ND Rec 8-9pm $87
TSAWWASSEN Sessions: 6
421771 M, Jan 21-Mar 4 18-21yrs Tsaw Arts 7:30-8:30pm $67

Dress Your Shape
According to a study of over 6,000 women, there are 8 different body shapes. Or maybe there’s 12, or maybe you’re you and not like anyone else! Learn about body shapes. Learn to take your own measurements and how to dress to maximize your assets and feel amazing! Instructor from LYFE Design Studio Team.

NORTH DELTA Sessions: 2
422506 Su, Feb 3-10 16-21yrs ND Rec 1-4pm $102

Jewelry: Spinner Ring Class
Make your very own personalized sterling silver spinner ring – also known as a meditation ring. Students will make a wide banded silver ring with fluted edges that capture other narrow bands that float or spin around it. Learn ring sizing, forming and texturing metal, soldering, filing, sanding and polishing. In partnership with Watershed Artworks Society. Instructor: Ken

NORTH DELTA Sessions: 1
422087 Su, Feb 10 16-21yrs ND Rec 9:30am-4pm $119
**Jewelry: Stacker Ring Class**
Make 4 to 5 of your own personalized sterling silver stacker rings. Forming these thin rings encourages room for creativity to make more random features/designs while learning ring sizing, forming and texturing metal, soldering, filing, sanding and polishing. In partnership with Watershed Artworks Society. **Instructor:** Ken

**NORTH DELTA**  
**Sessions:** 1  
**422038**  
**Sa, Jun 1**  
**16+yrs**  
**ND Rec 9:30am-4pm $119**

**Painting Basics**
Develop the ability to paint simple subjects such as still life and learn how to analyze and observe different subjects such as glass, wood or fabrics. Learn to paint with acrylics or watercolours, based on your interest. **Instructor:** Farhad

**TSAWWASSEN**  
**Sessions:** 6  
**423235**  
**Tu, Jan 22-Feb 12**  
**19+yrs**  
**TsaW Arts 6:30-9pm $106**

**Pottery Handbuilding Open Studio (Advanced)**
For adults who have taken two or more classes in handbuilding. Choose your own projects and work somewhat independently. Access, supervision and consult provided by members of North Delta Potters Guild. Clay is available for purchase ($20/bag). Nominal fees for glazing/firing projects.

**NORTH DELTA**  
**Sessions:** 6  
**421762**  
**Tu, Feb 5-Mar 12**  
**18+yrs**  
**ND Rec 7-9pm $108**

**Pottery Wheel Throwing for Adults**
This is a beginner's class in the fundamentals of wheel throwing clay. Learn clay preparation, centering, the basics of raising walls of a cylinder and glazing. Clay is included. First class is a 1-hour orientation.

**NORTH DELTA**  
**Sessions:** 9  
**421471**  
**Th, Jan 17-Mar 14**  
**16+yrs**  
**ND Rec 7-9pm $195**

**Sewing for Beginners**
A comprehensive and intensive program designed to teach you all the basic skills you will need to be independent on any basic project! Develop confidence in measuring yourself, putting in elastic, hemming, basic darts and so much more! Fill your closet with clothes designed by you, for you, and that fit. **Instructor:** Susana

**TSAWWASSEN**  
**Sessions:** 6  
**422509**  
**Su, Jan 27-Mar 10**  
**16+yrs**  
**TsaW Arts 9:30am-12:30pm $275/$315**

**Watercolour**
An introduction to watercolour painting for new artists and a good refresher for those who haven't had time to paint. The focus is on art basics, including colour mixing and theory, drawing basics and painting skills with an emphasis on creativity.

**TSAWWASSEN**  
**Sessions:** 6  
**423331**  
**F, Jan 25-Mar 1**  
**19+yrs**  
**TsaW Arts 1:30-3pm $97**

**Mindful Self Compassion**
Life can be stressful. Instead of judging or criticizing yourself, learn how to treat yourself as you would a good friend who is suffering. This program will teach you practical skills demonstrated to increase coping and improve emotional well-being. Early bird pricing available until January 9, 2019, $375.

**TSAWWASSEN**  
**Sessions:** 8  
**422646**  
**Tu, Jan 8**  
**19+yrs**  
**TsaW Arts 7-8:30pm FREE Info session**

**Introduction to Therapeutic Mindfulness**
This mini-course is ideal for those interested in an introduction to or review of therapeutic mindfulness concepts and practices. Participants will learn practical skills including how to be fully present, less reactive, and better able to cope with stress.

**TSAWWASSEN**  
**Sessions:** 3  
**423333**  
**Tu, May 14-28**  
**19+yrs**  
**TsaW Arts 4-6pm $95**
Delta Art Events – Winter/Spring 2019

Delta Idol
Become a Delta Parks, Recreation & Culture Idol! Submit an audition tape, be chosen as a finalist & perform in an ’Idol’ format at the Tsawwassen Arts Centre. Judges, prizes and an audience! Auditions due by January 20, 2019. See Delta.ca for contest entry rules. Come out and listen to Delta’s talented youth! You’ll be sure to be entertained.
Tsaw Arts
Sa, Feb 23, Doors at 6:30pm, Show at 7pm, $11/person
Tickets available by calling 604-943-9437.

Ben Lockwood Quartet
The Ben Lockwood Quartet features some of Vancouver’s finest jazz musicians. Expect an evening of hard driving, melodic bebop, and joyous swing. Classics as well as originals. The result is an infectious sound of modern, foot tapping contemporary swing.
Tsaw Arts
F, Feb 8, Doors at 7:30pm, Concert at 8pm, $20/person
Tickets available by calling 604-943-9437, or DeltaReg.ca, 422083
F, May 10, Doors at 7:30pm, Concert at 8pm, $20/person
Tickets available by calling 604-943-9437, or DeltaReg.ca, 422084

Linda Szentes and Jazz Links
Linda Szentes and Jazzlinks return to the Tsawwassen Arts Centre to perform a generous sampling of vocal and instrumental jazz hits from the 30’s through to the 70’s. Hear hits ranging from Ella Fitzgerald to Duke Ellington, to Nat King Cole and into the 60’s Bossa Novas. Her stellar rhythm section features her steadies: Roy Sluyter, piano, Johan Worst, bass, and Zoltan Kollar, drums. New to the group, Michael Toth adds rhythm guitar and tasty solos to the mix.
Tsaw Arts
Sa, Mar 9, Doors at 7:30pm, Concert at 8pm, $20/person
Tickets available by calling 604-943-9437, or DeltaReg.ca, 423213

Magic Cabaret
Multi-award winning entertainers Jordan “the Card Wizard” Vo and Care “The storyteller” Elise bring an adult-friendly evening of magic, mystery, and mentalism to the Tsawwassen Arts Centre.
Tsaw Arts
F, Mar 15, Doors at 7pm, Show at 7:30pm. $20/person.
Tickets available by calling 604-943-9437, or DeltaReg.ca, 423041

Open Mic
Join us for Open Mic. Singers, poets, actors, writers, musicians and composers welcome. Entertain & be entertained. $5 at the door for both performers and audience members. Doors at 7pm. Performances start at 7:30pm.
Kennedy
F, Jan 25, Feb 22, Mar 29, April 26, May 31

Open Stage
Join us for an Open Mic style evening. Singers, poets, actors, writers, musicians & composers welcome. Entertain & be entertained. $5 at the door for both performers and audience members. Doors at 7pm, performances start at 7:30pm.
Tsaw Arts
W, Jan 30, Feb 27, Mar 27, May 29, Jun 26

Piano Painting Party
The outdoor piano season is starting! Help us create a community art project by adding your mark on our Outdoor Piano. We’ll have other crafts and art stations to enjoy as well.
Tsaw Arts
Sa, Jun 22, 11am-1pm. FREE!

Rock the Arts Puppet Show
Superhero Showdown teaches children about compassion, kindness, and the power of perseverance. This high energy 40-minute interactive puppet show is followed by a 20-minute hands-on workshop which teaches children about the art of puppetry. This unique show and workshop combination allows for all ages to be involved and engaged.
ND Rec
Sa, Mar 2, Show at 1pm. All Ages.
$10/person for first ticket, additional tickets $8/person.
Tickets available by calling 604-952-3000 or DeltaReg.ca, 422619

Wednesday of Wonder
Delta’s own series of magic and variety entertainment shows. Come and enjoy quality local entertainment, hosted by multi-award winning magicians Jordan and Care.
Show at 7pm, All ages. $10 for 6+yrs, $5 for 3-5yrs.
Tsaw Arts
W, Feb 13, 423039
LD Com
W, Apr 10, 423037
ND Rec
W, Jun 12, 423036
Tickets available online at DeltaReg.ca, or call 604-952-3000.
TRY IT

Drop-in Programs

Regular drop-in admission rates apply.

Roaming Rascals
Join us for a fun morning of indoor play with toys, gymnastics mats and sport equipment. Adult participation required for this drop in program.

LADNER
LD Com  Tu/Th-F, Jan 8-Mar 29  1-5yrs  9:15-11:45 am
Tu/Th-F, Apr 2-Jun 28  9:15-11:45 am

NORTH DELTA
Sungod  M-Sa, Jan 7-Mar 30  1-5yrs  9-11:30 am
Tu, Jan 8-Mar 26  12:30-2:30 pm
M-Sa, Apr 1-Jun 29  9-11:30 am
Tu, Apr 2 – Jun 28  12:30-2:30 pm

TSAWWASSEN
SD Rec  M/W/F-Sa, Jan 7-Mar 30  1-5yrs  9:15-11:45 am
M/W/F-Sa, Apr 1-Jun 29  9:15-11:45 am

LEARN IT

Registered Programs

PRESCHOOL

OUTDOOR RECREATION

Horseback Riding – Preschool Fun Pony Riding
A great introduction to the joy of ponies! In these half-hour lessons, your little one will learn all about basic riding and grooming skills with our super cute ponies. This program is offered in partnership with Pony Pals.

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SOCIAL ACTIVITIES

ABC’s and 123’s
Learn the alphabet and numbers through art, crafts, games and stories. Adult participation is not required for this registered program.

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<td>421799</td>
<td>Tu, Apr 23-Jun 11</td>
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Chefs on the Run
What do you get when you mix a group of preschoolers with simple recipes, an appetite and a lot of energy? A whole lot of fun in the kitchen! Adult participation not required for this registered program.

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INFORMATION  604-952-3000 or Delta.ca
Delta Parks, Recreation & Culture

Playtime Program


Our program emphasis is on creative play in a positive and encouraging learning environment.

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Do you enjoy nature walks with your child? Get outside where you and your child can explore the forest! This program will include crafts, stories, and games all based on the outdoors. Parent participation is required for this program.

**TSAWWASSEN**

<table>
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<th>Sessions</th>
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**NORTH DELTA**

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**Little Nature Lovers**

Explore nature through outdoor exploration, arts, crafts and stories! Program themes will have a seasonal focus. Adult participation is not required for this registered program.

**LADNER**

<table>
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<th>Sessions</th>
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<th>M/W 9:15-11:15am 3yrs 422628</th>
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<td></td>
<td></td>
<td>Tu/Th 9:15-11:15am 3yrs 422630</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M/W/F 9:15-11:15am 4yrs 422629</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tu/Th 9:15-11:15am 4yrs 422624</td>
</tr>
<tr>
<td></td>
<td></td>
<td>F* 9:15-11:15am 4yrs 422631</td>
</tr>
</tbody>
</table>

**Pinewood**

- **M/W 9:15-11:15am 4yrs 422625**
- **Tu/Th 9:15-11:15am 3yrs 422623**
- **F* 9:15-11:15am 4yrs 422627**

**ND Rec – 11415 84 Ave**

<table>
<thead>
<tr>
<th>Sessions</th>
<th>M/W 9:15-11:15am 3yrs 422628</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tu/Th 9:15-11:15am 3yrs 422630</td>
</tr>
<tr>
<td></td>
<td>Tu/Th 12:30-2:30pm 3/4yrs 422629</td>
</tr>
<tr>
<td></td>
<td>M/W/F 9:15-11:15am 4yrs 422629</td>
</tr>
<tr>
<td></td>
<td>Tu/Th 9:15-11:15am 4yrs 422624</td>
</tr>
<tr>
<td></td>
<td>F* 9:15-11:15am 4yrs 422631</td>
</tr>
</tbody>
</table>

**Pinewood – 11777 Pinewood Dr**

- **M/W 9:15-11:15am 4yrs 422625**
- **Tu/Th 9:15-11:15am 3yrs 422623**
- **F* 9:15-11:15am 4yrs 422627**

**LD Com – 4734 51 St**

- **M/W 9:15-11:15am 3/4yrs 422621**
- **F* 9:15-11:15am 3/4yrs 422622**

*To register for Friday options your child must be registered in M/W or Tu/Th.

For program details and registration information call 604-952-3000.

**Morning Monkeys**

Shake your sillies out with a morning run around. Play, construct, listen to stories and music. Adult participation is required for this registered program.

**LADNER**

<table>
<thead>
<tr>
<th>Sessions</th>
<th>M, Jan 14-Mar 11 3-5yrs</th>
<th>M/W 9:30-11:30am 3yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Tu/Th 9:30-11:30am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M/W 9:30-11:30am 4yrs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tu/Th 9:30-11:30am 4yrs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>F* 9:15-11:15am 4yrs</td>
</tr>
</tbody>
</table>

**Pinewood**

- **M, Apr 11-May 9 1-3yrs**
- **Pinewood 2:30-4pm 3yrs 422624**
- **Pinewood 2:30-4pm 4yrs 422627**
- **Pinewood 2:30-4pm 4yrs 422631**

**Little Gardeners**

The perfect way for kids to get outside and get their hands dirty! Each themed day will focus on games, gardening, and stories. Parent participation is not required.

**LADNER**

<table>
<thead>
<tr>
<th>Sessions</th>
<th>M, Jan 7-Mar 11 3/4yrs</th>
<th>M/W 9:15-11:15am 3yrs</th>
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<tr>
<td></td>
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<td>Tu/Th 9:15-11:15am</td>
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<tr>
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<td></td>
<td>M/W/F 9:15-11:15am 4yrs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tu/Th 9:15-11:15am 4yrs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>F* 9:15-11:15am 4yrs</td>
</tr>
</tbody>
</table>

**Pinewood**

- **M, Apr 29-Jun 17 3yrs**
- **Pinewood 12:30-2:30pm 3yrs 422624**
- **Pinewood 12:30-2:30pm 4yrs 422627**
- **Pinewood 12:30-2:30pm 4yrs 422631**

**ND Rec**

- **M/W 9:30-11:30am 3yrs 422628**
- **Tu/Th 9:30-11:30am 4yrs 422629**
- **Tu/Th 12:30-2:30pm 3/4yrs 422620**
- **M/W 9:30-11:30am 4yrs 422629**
- **Tu/Th 9:30-11:30am 4yrs 422624**
- **F* 9:30-11:15am 4yrs 422631**

*To register for Friday options your child must be registered in M/W or Tu/Th.

For program details and registration information call 604-952-3000.
One Day Wonders

Come and enjoy this one-day program based on fun seasonal themes! Stories, games, and crafts will vary with each theme. Parent Participation is not required.

<table>
<thead>
<tr>
<th>THEME</th>
<th>BARCODE</th>
<th>SESSIONS</th>
<th>DAY</th>
<th>DATES</th>
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</thead>
<tbody>
<tr>
<td>Snow Fun</td>
<td>420957</td>
<td>1</td>
<td>Sa</td>
<td>Jan 19</td>
</tr>
<tr>
<td>Family and Love</td>
<td>420956</td>
<td>1</td>
<td>Sa</td>
<td>Feb 16</td>
</tr>
<tr>
<td>Spring Showers</td>
<td>420951</td>
<td>1</td>
<td>Sa</td>
<td>Mar 16</td>
</tr>
<tr>
<td>Easter Madness</td>
<td>421811</td>
<td>1</td>
<td>Sa</td>
<td>Apr 13</td>
</tr>
<tr>
<td>Mother’s Day Surprise</td>
<td>421812</td>
<td>1</td>
<td>Sa</td>
<td>May 11</td>
</tr>
<tr>
<td>Father’s Day Fun</td>
<td>421813</td>
<td>1</td>
<td>Sa</td>
<td>Jun 8</td>
</tr>
</tbody>
</table>

NORTH DELTA – ND Rec

Parent & Tot Cooking

Introduce your child to simple baking and cooking in the kitchen. Learn, create and explore using quick, easy recipes. Parent participation is required.

<table>
<thead>
<tr>
<th>THEME</th>
<th>BARCODE</th>
<th>SESSIONS</th>
<th>DAY</th>
<th>DATES</th>
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<tbody>
<tr>
<td>Snow Fun</td>
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<tr>
<td>Family and Love</td>
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</tr>
<tr>
<td>Spring Showers</td>
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<td>1</td>
<td>Sa</td>
<td>Mar 16</td>
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<td>Easter Madness</td>
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<td>Apr 13</td>
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<td>Father’s Day Fun</td>
<td>421810</td>
<td>1</td>
<td>Sa</td>
<td>Jun 8</td>
</tr>
</tbody>
</table>

Superhero Training

Come train with us to become the ultimate superhero! Enhance your skills through games, crafts, and stories. Adult participation not required for this registered program.

<table>
<thead>
<tr>
<th>THEME</th>
<th>BARCODE</th>
<th>SESSIONS</th>
<th>DAY</th>
<th>DATES</th>
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<td>420918</td>
<td>M</td>
<td>3-4yrs</td>
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<td>LD Com</td>
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<td></td>
<td></td>
<td>$77</td>
</tr>
<tr>
<td>420925</td>
<td>F</td>
<td>1</td>
<td>3-4yrs</td>
<td>Feb 15-Mar 15</td>
</tr>
<tr>
<td>Harris Barn</td>
<td>9:30-11:30am</td>
<td></td>
<td></td>
<td>$90</td>
</tr>
<tr>
<td>421822</td>
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<tr>
<td>LD Com</td>
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<td>$77</td>
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<tr>
<td>TSAAWWASSEN</td>
<td>4220916</td>
<td>Th</td>
<td>3-4yrs</td>
<td>Jul 10-Feb 7</td>
</tr>
<tr>
<td>SD Rec</td>
<td>9:30-11:30am</td>
<td></td>
<td></td>
<td>$77</td>
</tr>
</tbody>
</table>
CEFA® South Delta Opening Early 2019
Now accepting applications for children ages 1 - 5.

southdelta@cefa.ca
4890 Canoe Pass Way
Delta BC V4M 0B1

Give Your Child the Gift of a Second language
2.5 & 4 hour classes
Nature & Outdoor afternoon classes
Non-French speaking children welcome
leslutinsdubois.weebly.com
lutins_du_bois@csf.bc.ca
785, 49th St, Tsawwassen
Call Mirka Pennors at 604-948-1222

ÉCOLE PUBLIQUE FRANCOPHONE FRENCH-LANGUAGE PUBLIC SCHOOL
DELTA École du Bois-joli | M-7
604-948-7007 | 785, 49th Street
boisjoli.csf.bc.ca

Pour plus de renseignements, communiquez directement avec la direction de l’école.

CSF Conseil scolaire francophone de la Colombie-Britannique

20
**LEARN IT IT**

Registered Programs

**CHILDREN**

**GENERAL INTEREST**

**Babysitters Training Course**

Learn about the rights and responsibilities of a babysitter, how to handle behavioral problems, safety and basic First Aid and what to do in an emergency. Participants must turn 12-years old by December 31, 2019 and pass exam for certificate. The fee includes the Babysitters Training Course manual by The Canadian Safety Council.

**LADNER**

- **422377**
  - Sa-Su, Feb 23-24
  - 11-yrs
  - Harris Barn
  - 3:45-5:30pm
  - $72

- **422384**
  - Sa-Su, May 25-26
  - 11-yrs
  - Harris Barn
  - 9am-2pm
  - $72

**NORTH DELTA**

- **422373**
  - Sa-Su, Jan 26-27
  - 11-yrs
  - ND Rec
  - 9am-2pm
  - $72

- **422374**
  - Sa-Su, Mar 9-10
  - 11-yrs
  - ND Rec
  - 9am-2pm
  - $72

- **422386**
  - Sa-Su, Apr 27-28
  - 11-yrs
  - ND Rec
  - 9am-2pm
  - $72

- **422377**
  - Sa-Su, May 4-5
  - 11-yrs
  - ND Rec
  - 9am-2pm
  - $72

- **422389**
  - Sa-Su, Jun 1-2
  - 11-yrs
  - ND Rec
  - 9am-2pm
  - $72

**TSAWWASSEN**

- **422378**
  - Sa-Su, Feb 2-3
  - 11-yrs
  - SD Rec
  - 12:30-5:30pm
  - $72

- **422379**
  - Sa-Su, Mar 16-17
  - 11-yrs
  - SD Rec
  - 12:30-5:30pm
  - $72

- **422385**
  - Sa-Su, Apr 13-14
  - 11-yrs
  - SD Rec
  - 12:30-5:30pm
  - $72

- **422388**
  - Sa-Su, Jun 8-9
  - 11-yrs
  - SD Rec
  - 12:30-5:30pm
  - $72

---

**Cooking Club**

Share your culinary interests while learning creative and healthy ways to eat and snack. Recipes will all be centred on what the kids can do at home. We also spend time discussing safety around the kitchen. Bring a container to class; the kids may bring some samples home.

**LADNER**

- **422281**
  - M, Jan 21-Mar 11
  - 9-12yrs
  - Harris Barn
  - 5:30-7pm
  - $105

- **422288**
  - M, Apr 15-Jun 17
  - 9-12yrs
  - Harris Barn
  - 5:30-7pm
  - $119

**NORTH DELTA**

- **422280**
  - F, Jan 25-Mar 15
  - 9-12yrs
  - ND Rec
  - 5:30-7pm
  - $119

- **422287**
  - F, Apr 26-Jun 21
  - 9-12yrs
  - ND Rec
  - 5:30-7pm
  - $119

**Game Design – Masters Program**

Learn the skills that will last a lifetime. UME Academy students will gain the soft skills and technical know-how of 21st Century digital thinkers and creators. Big ideas start with creative problem solving and computational thinking through the game design process while employing Unity3d, the software that powers today's top games. Each class is rooted in a STEAM topic (Science, Technology, Engineering, Art, and Math) and also includes time to create, play and evaluate games. Returning students will refine their skills for entry into the new Masters Program. Students will have a chance to show off their creations in our online arcade, ume.academy/arcade.

**LADNER**

- **422294**
  - F, Jan 25-Mar 15
  - 7-9yrs
  - ND Rec
  - 4:15-5:15pm
  - $150

- **422301**
  - F, Apr 26-Jun 14
  - 8-13yrs
  - ND Rec
  - 4:15-5:15pm
  - $150

**NORTH DELTA**

- **422295**
  - Sa, Jan 19-Mar 9
  - 7-9yrs
  - LD Com
  - 9am-10am
  - $150

- **422302**
  - Sa, Apr 27-Jun 15
  - 7-9yrs
  - LD Com
  - 9am-10am
  - $150

- **422303**
  - Sa, Apr 27-Jun 15
  - 9-13yrs
  - LD Com
  - 9am-10am
  - $150

**Game Thinkers**

Play happens everywhere and so does learning! In this class, young learners analyze the games they play outdoors and indoors and then create their own board games and physical games. Along the way, they’ll learn math concepts, art, science and storytelling!

**LADNER**

- **422297**
  - Sa, Jan 19-Mar 9
  - 9-13yrs
  - LD Com
  - 11:30am-12:30pm
  - $150

- **422300**
  - Sa, Apr 27-Jun 15
  - 9-13yrs
  - LD Com
  - 11:30am-12:30pm
  - $150

- **422293**
  - F, Jan 25-Mar 15
  - 5-7yrs
  - ND Rec
  - 3:30-4pm
  - $76

- **422304**
  - F, Apr 26-Jun 14
  - 5-7yrs
  - ND Rec
  - 3:30-4pm
  - $76

---

**Baking Sweets & Treats**

From gooey brownies to homemade cookies learn all there is to about baking! Bring a container to take some goodies home. Fees include all supplies.

**LADNER**

- **422277**
  - M, Jan 21-Mar 11
  - 6-8yrs
  - Harris Barn
  - 3:45-5pm
  - $66

- **422292**
  - M, Apr 15-Jun 17
  - 6-8yrs
  - Harris Barn
  - 3:45-5pm
  - $69

**NORTH DELTA**

- **422276**
  - F, Jan 25-Mar 15
  - 6-8yrs
  - ND Rec
  - 3:45-5pm
  - $69

- **422290**
  - F, Apr 26-Jun 21
  - 6-8yrs
  - ND Rec
  - 3:45-5pm
  - $69

**TSAWWASSEN**

- **422279**
  - Th, Jan 24-Mar 14
  - 6-8yrs
  - SD Rec
  - 3:15-4:30pm
  - $69

- **422291**
  - Th, Apr 25-Jun 13
  - 6-8yrs
  - SD Rec
  - 3:15-4:30pm
  - $69
**Home Alone Program**

This program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Manual included.

**LADNER**
- 422350  Sa, Feb 9  10-13yrs  $36
- 422361  Sa, Apr 13  10-13yrs  $36
- 422372  F, May 17  10-13yrs  $36

**NORTH DELTA**
- 422344  F, Jan 25  10-13yrs  $36
- 422358  Sa, Mar 9  10-13yrs  $36
- 422359  Sa, May 4  10-13yrs  $36
- 422360  Sa, Jun 1  10-13yrs  $36

**TSAWWASSEN**
- 422347  F, Jan 25  10-13yrs  $36
- 422363  F, Feb 15  10-13yrs  $36
- 422348  Sa, Mar 2  10-13yrs  $36
- 422359  Sa, May 4  10-13yrs  $36
- 422360  Sa, Jun 1  10-13yrs  $36

**Mad Science – System 7**

The System 7 program offers eight weeks of exciting hands-on science based activities. Watch fascinating demonstrations, join in enquiry-based discussions, participate in individual and group experiments, and make amazing take-homes. Mad Science will spark the curiosity and imagination of children with fun science activities that will help them understand the world around them. Topics may include cells, dinosaurs, ecosystems, energy, human body, photosynthesis, senses, and water works.

**NORTH DELTA**
- 422308  Sa, Jan 19-Mar 9  5-7yrs  8-11yrs  $126
- 422311  Sa, Apr 27-Jun 15  5-7yrs  $126
- 422313  Sa, Apr 27-Jun 15  8-11yrs  $126

**TSAWWASSEN**
- 422306  F, Jan 25-Mar 15  5-7yrs  $126
- 422307  F, Jan 25-Mar 15  8-11yrs  $126
- 422310  F, Apr 26-Jun 14  5-7yrs  $126
- 422312  F, Apr 26-Jun 14  8-11yrs  $126

**Nature Explorers**

Nature Explorers is the perfect way to refresh after a long indoor school day. Learn about the natural world through direct experience, inquiry, observation, and play. All children should have the opportunity to play and learn in forests, parks, meadows, and mud puddles. This program runs rain or shine, so please dress accordingly.

**NORTH DELTA**
- 422328  Tu, Feb 12-Mar 19  6-9yrs  Sessions: 6
- 422330  Tu, Apr 23-Jun 11  6-9yrs  Sessions: 8

**TSAWWASSEN**
- 422329  W, Feb 13-Mar 20  6-9yrs  Sessions: 6
- 422331  W, Apr 24-Jun 12  6-9yrs  Sessions: 8

**Horseback Riding – Beginner**

Have your child learn how to groom, saddle up and ride at a walk and trot in a safe supportive environment at Pony Pals’ indoor facility on the shores of Boundary Bay! An excellent introduction for the new rider; safety on and around the horses, grooming, saddling, walking, and trotting will all be covered! This program is offered in partnership with Pony Pals.

**NORTH DELTA**
- 422407  F, Jan 25-Mar 1  6-12yrs  Sessions: 6
- 422410  Sa, Jan 26-Mar 2  6-12yrs
- 422411  F, Apr 5-May 10  6-12yrs
- 422414  Sa, Apr 6-May 11  6-12yrs
- 422412  F, May 17-Jun 21  6-12yrs
- 422413  Sa, May 18-Jun 22  6-12yrs

**Horseback Riding – Intermediate**

For riders who have completed previous Pony Pals programs and want to progress their trotting, trail riding and equitation skills. Must be comfortable with grooming and saddling up! This program is offered in partnership with Pony Pals.

**NORTH DELTA**
- 422419  Sa, Jan 26-Mar 2  6-16yrs  Sessions: 6
- 422421  Sa, Apr 6-May 11  6-16yrs

**You can register for any of these programs online at DeltaReg.ca!**
### PRO D DAYS

#### Horseback Riding Pro D Day at the Farm

Spend a day off school with the friendly ponies, mini donkeys, and animals at Pony Pals. Included is a riding lesson, learning how to groom and saddle up, feeding the animals, horsemanship, a craft and more! Please bring a lunch, snacks are provided.

**NORTH DELTA**

<table>
<thead>
<tr>
<th>Session Code</th>
<th>Date</th>
<th>Age Range</th>
<th>Cost</th>
</tr>
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<tbody>
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<td>Jan 25</td>
<td>6-15yrs</td>
<td>$90</td>
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<tr>
<td>422473</td>
<td>Feb 15</td>
<td>6-15yrs</td>
<td>$90</td>
</tr>
<tr>
<td>422477</td>
<td>May 17</td>
<td>6-15yrs</td>
<td>$90</td>
</tr>
</tbody>
</table>

#### Pro D Day Camp

School’s out for the day so come to your local Recreation Centre to meet new friends and have fun. Activities may include arts and crafts, sports and time in the kitchen to create snacks! Those who are enrolled in kindergarten and are at least 5 years of age may register.

**NORTH DELTA**

<table>
<thead>
<tr>
<th>Session Code</th>
<th>Date</th>
<th>Age Range</th>
<th>Cost</th>
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<td>422391</td>
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<tr>
<td>422398</td>
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<td>5-10yrs</td>
<td>$42</td>
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**TSAWWASSEN**

<table>
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<th>Session Code</th>
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<th>Age Range</th>
<th>Cost</th>
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<td>422400</td>
<td>May 17</td>
<td>5-10yrs</td>
<td>$42</td>
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</tbody>
</table>

### Awesome Afterschool

Make afterschool awesome with our licenced before and after school care program Awesome Afterschool, available to students from kindergarten to grade six and offered at South Delta Recreation Centre and Pinewood Leisure Centre. Children will be active and participate in fun activities in the gymnasium/hall and will contribute to a variety of community projects throughout the year, focusing on a pay-it-forward initiative and teamwork.

Awesome Afterschool is screens-free!

#### Availability

September–June | Monday–Friday, 7-9 am and 3-6 pm (including Pro D days) Not available on statutory holidays, spring break or winter break. Part-time and full-time options available.

#### Pricing

**BEFORE-SCHOOL CARE**

- Monthly rate: $190/student & $160/sibling
- Daily rate: $12/student

**AFTER-SCHOOL CARE**

- Monthly rate: $320/student & $275/sibling
- Daily Rate: $20/student & $15/sibling

Equal payment plan option available.

**REGISTER TODAY!**

Call 604-952-3054 or email afterschool@delta.ca to register.

Looking to keep the kids active this spring break? Check out our the Spring Break section on pages 49-53.
Delta Child and Youth Committee & Deltakids.ca are pleased to present LIVE 5210. We look forward to working with community members to support children’s healthy living. LIVE 5210 encourages children to eat 5 fruits & vegetables a day, to have no more than 2 hours of screen time per day, to play actively at least one hour each day & to choose healthy zero sugar sweetened drinks. Watch for the LIVE 5210 logo in locations across Delta.

For more information and to see what you can do to LIVE 5210 please visit www.Deltakids.ca
» let’s grow Delta’s urban forest

Visit delta.ca/trees to learn more.
#OursToPreserve

See what’s in season at local farms.
delta.ca/agriculture

Delta Choral Society invites you to SING YOUR WAY INTO SPRING

FOUR FABULOUS CHOIRS TO CHOOSE FROM
Delta Children’s Choir, Delta Youth Choir, Delta Chamber Choir or Delta Community Choir

REGISTRATION JANUARY 7-8, 2019.
Visit www.deltachoral.ca

The Home Quest program offers the opportunity for your child to be both a home learner and involved in a school community.

- Certified B.C. teachers offer families guidance and support on navigating the BC Curriculum.
- Optional classes for Grades K-9 once or twice a week and access to online educational programs.
- Frequent field trips and workshops that connect families to the curriculum, community and one another.
- As a public education program, Home Quest is free to all BC residents and offers funding to families throughout the year.

Contact Home Quest:
Jenny Slinn
Coordinator
604.597.8353
homequest@deltasd.bc.ca
http://homequest.deltasd.bc.ca
Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

**HOLIDAY DECORATING**
- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer’s instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.

**HOLIDAY ENTERTAINING**
- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.

**Before Heading Out or to Bed**
- **Blow out** lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

**FACTS**
- **More than a third** of home decoration fires are started by candles.
- **Forty-two percent** of decoration fires happen because decorations are placed too close to a heat source.
**LEARN IT**
Registered Programs

**YOUTH**

**GENERAL INTEREST**

**Leaders of Tomorrow Level 1**
This program offers the basic knowledge and principles for volunteers interested in assisting with community recreation in Delta. Learn what it takes to be a leader, how to problem-solve and communicate in a fun and safe environment. The completion of this program is a requirement for youth ages 13-14 who wish to sign up for volunteer opportunities within Delta Parks, Recreation & Culture and is a prerequisite for Leaders of Tomorrow Level 2.

**Leaders of Tomorrow Level 2**
This course is the more advanced version of our Leaders of Tomorrow program. Topics include: age characteristics, physical literacy, safety and supervision, accessibility support, inclusion and adaptations. Participants must have completed Leaders of Tomorrow Level 1 to register. This is a valuable program for youth looking to make a difference in their community, build their resume, advance their skills and seek potential future employment.

**LADNER**

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<thead>
<tr>
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<th>Age</th>
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<th>Price</th>
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**NORTH DELTA**

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**OUTDOOR RECREATION**

**Horseback Riding – Beginner Youth**
Teen time at the stables! Learn how to groom, saddle up and ride at the walk and trot in a safe supportive environment at Pony Pals’ indoor facility on the shores of Boundary Bay! An excellent introduction for the new rider; safety on and off the horse, grooming, saddling, walking, and trotting will all be covered! This program is offered in partnership with Pony Pals.

**NORTH DELTA**

<table>
<thead>
<tr>
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**Horseback Riding – Youth Western Beginner**
Learn the Western style of grooming, saddling, walking, steering and trotting in a safe supportive environment. This program is offered in partnership with Pony Pals.

**NORTH DELTA**

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**Yoga Classes**

**FOR KIDS AND TEENS**

**New classes start January 2019**
To see our class schedule and to register, please visit us online, in-studio, or give us a call.

We also offer a full range of drop-in Yoga and Pilates classes for adults!

4880 Delta Street, Ladner Village | www.openspaceyoga.com | 778.858.YOGA (9642)
Plan a safe ride home

MARIJUANA IS LEGAL.
DRIVING IMPAIRED IS NOT.

We want everyone to get home safely.
Make a plan before you go out.

metrovancouver.org/foodscraps
LEARN IT
Registered Programs

GENERAL INTEREST

Boating 1 – Boating Basics (PCOC or ‘Operator’s Card’)

Boating 1 (Boating Basics) covers the minimum requirements for the Pleasure Craft Operator’s Card (PCOC). The Manual and the Transport Canada examination are provided as part of this course. This course includes; equipping your boat, safety awareness, marine rules of the road, aids to navigation, docking, trailering, and anchoring.

LADNER Sessions: 4
422481 Th, Jan 10-31 16+yrs
LD Com 7-9pm $125

Boating Essentials

The PCOC (Boating 1 Course) makes sure you have immediate navigation and safety skills but it’s just the beginning of what you should know when you get on a boat. This course combines the material in the Boating 2 and Boating 3 Canadian Power and Sail (CPS-ECP) courses to provide more in-depth knowledge of boating on local waters. This course includes global positioning and charts, the magnetic compass, conning, electronic navigation, handling a boat under power, ropes, lines and knots, anchors and anchoring, tides and currents, weather, etc. This course further explores navigation as you learn how to plot and label on paper charts as well as what the skipper should be doing before setting out and when under way, handling a boat under sail as well as your environmental responsibilities and electrical hazards, etc. Recommended pre-requisites: Boating 1 - Boating Basics (PCOC or Operator’s Card).

LADNER Sessions: 12
422483 Th, Feb 7-May 2 19+yrs $345
LD Com 7-9pm

Mindful Self Compassion

Life can be stressful. Instead of judging or criticizing yourself, learn how to treat yourself as you would a good friend who is suffering. This program will teach you practical skills demonstrated to increase coping and improve emotional well-being.

TSAWWASSEN Sessions: 1
422646 Tu, Jan 8 18+yrs Free
Tsaw Arts 7-8:30pm

Tai Chi – Beginners

Explore Tai Chi principles to improve basic body structure, balance, movement and breathing.

LADNER Sessions: 8
422317 W, Jan 16-Mar 13 18+yrs
LD Com 7:31-8:30pm $58

TSAWWASSEN Sessions: 8
422318 W, Jan 16-Mar 6 18+yrs
SD Rec 11am-12pm $58

Tai Chi – Intermediate

A continuation of Tai Chi principles for existing and returning students using a short Yang style form. Need to have taken Tai Chi within last 5 years.

LADNER Sessions: 8
422319 W, Jan 16-Mar 13 18+yrs
LD Com 8:30-9:30pm $58

TSAWWASSEN Sessions: 8
422320 W, Jan 16-Mar 6 18+yrs
SD Rec 12-1pm $58

Tai Chi – Intermediate

A continuation of Tai Chi principles for existing and returning students using a short Yang style form. Need to have taken Tai Chi within last 5 years.

LADNER Sessions: 8
422321 W, Apr 24-Jun 12 18+yrs
LD Com 7:30-8:30pm $58

TSAWWASSEN Sessions: 8
422322 W, Apr 24-Jun 6 18+yrs
SD Rec 12-1pm $58

OUTDOOR RECREATION

Horseback Riding – Adult Learn To Ride

An introduction to basic riding skills taught by experienced mature coaches who understand the needs of novice adult riders. Learn how to safely groom, saddle up and ride in the arena and on the trail! This program is offered in partnership with Pony Pals.

NORTH DELTA Sessions: 6
422403 W, Jan 23-Feb 27 18+yrs
Pony Pals 6-7pm $300

422404 W, Apr 3-May 8 18+yrs
Pony Pals 6-7pm $300

422406 W, May 15-Jun 19 18+yrs
Pony Pals 6-7pm $300

Stay Water Safe!

Take a look at some of the first-aid and water safety courses and programs being offered in our Aquatics section on pages 65-74.
If you are, the City of Delta’s Emergency Social Services program is the right place for you! Emergency Social Services is dependent on the willingness of individuals living in Delta to help plan for the well-being of their community in the event of a disaster. Volunteers of Emergency Social Services learn about sheltering evacuees, reuniting families, and caring for individuals impacted by disasters or emergencies.

Are you interested in Emergency Preparedness or helping people after a disaster?

Please contact 604-946-3298 or ess@delta.ca for additional information.

GET READY, DELTA!
Register for FREE Personal Preparedness Workshops in 2018 & 2019

The Personal Preparedness Workshops will teach you the risks, how to make an emergency plan and what to put in your kit in the event of an emergency or disaster. There are two ways to register:

1 Online DeltaReg.ca

2 By phone at 604-952-3000 (call centre open from Monday to Friday, 8:30 am – 5:30 pm)

Please check Delta.ca for course dates and details!

Know the Risks  Make a Plan  Get a Kit

During the winter season, Delta’s Engineering Department is prepared and ready to respond 24 hours a day, seven days a week, and staff are continuously monitoring roads for hazardous conditions. During snow and icy conditions, roads are cleared based on the priorities established in Delta’s Snow and Ice Control Policy.

KEEPS UPDATED ABOUT WINTER CONDITIONS
Call Delta’s winter road conditions hotline at 604-952-3820 to stay updated about road conditions. The message on this phone line is updated every four hours during a snow/ice event. Follow us on Twitter or Facebook for updates on social media.

YOUR ROLE AS A BUSINESS OR RESIDENT
As a resident or business in Delta, you have a role in keeping the community safe during snow and icy conditions, including sidewalk snow removal and participating as a snow angel. To learn more about snow and ice preparedness in Delta, visit Delta.ca.
INFORMATION: 604-952-3000 or Delta.ca
### Soccer for Tots

Introduction to soccer and the concept of teamwork. Learn soccer skills with the emphasis on fun and cooperation. Parent participation is strongly encouraged.

<table>
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<th>Age Range</th>
<th>Fee</th>
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### Soccer Parent & Tot

Introduction to the basic skills of soccer and team play. Games and drills will create a fun learning environment for parent and child. Parent participation is required.

<table>
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<th>Dates</th>
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### Sporty Twos - Parent & Tot

Get active with your child while introducing sports and games. Learn the basic skills of soccer, basketball, floor hockey and T-ball. Parent participation is required.

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### T-Ball For Tykes

Indoor introduction to the game of baseball/softball. Basic skills such as throwing, catching and hitting are introduced along with mini games.

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<th>Dates</th>
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### Tiny Tykes Sport Sampler

Join the excitement in this action-packed sports program which may include basketball, soccer, floor hockey and T-ball. A great way to learn skills needed for all sports.

<table>
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<td>LD Com</td>
<td>11:30-12:15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TSAWWASSEN</strong></td>
<td>Su, Apr 21-Jun 16</td>
<td>3-5yrs</td>
<td>$57</td>
</tr>
<tr>
<td>LD Com</td>
<td>10:10-10:55am</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TSAWWASSEN</strong></td>
<td>Su, Jan 27-Mar 17</td>
<td>3-5yrs</td>
<td>$51</td>
</tr>
<tr>
<td>SD Rec</td>
<td>12:30-1:15pm</td>
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<td></td>
</tr>
<tr>
<td><strong>TSAWWASSEN</strong></td>
<td>Su, Apr 21-Jun 16</td>
<td>3-5yrs</td>
<td>$51</td>
</tr>
<tr>
<td>SD Rec</td>
<td>12:30-1:15pm</td>
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</table>

### Learn It Registered Programs

#### Tenant Indoor

Introduce tennis to youngsters in a fun, relaxed atmosphere. Hand-eye coordination will be emphasized and developed through various ball sense drills. Junior racquets will be available.

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Age Range</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NORTH DELTA</strong></td>
<td>Su, Jan 27-Mar 17</td>
<td>4-6yrs</td>
<td>$59</td>
</tr>
<tr>
<td>ND Rec</td>
<td>11:15-12:45pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>NORTH DELTA</strong></td>
<td>Su, Apr 21-Jun 16</td>
<td>4-6yrs</td>
<td>$59</td>
</tr>
<tr>
<td>ND Rec</td>
<td>11:15-12:45pm</td>
<td></td>
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</tr>
<tr>
<td><strong>TSAWWASSEN</strong></td>
<td>Su, Jan 27-Mar 17</td>
<td>4-6yrs</td>
<td>$59</td>
</tr>
<tr>
<td>SD Rec</td>
<td>11:15-12:45pm</td>
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</tbody>
</table>

#### Children

**AthElite Basketball Youth League**

A fun, yet competitive youth basketball league for beginner to intermediate level players. One practice and one age appropriate modified game a week. All coaches are NCCP trained. Three divisions exist: White (6-8yrs or Grade 1, 2, 3), Orange (9-10yrs or Grade 4, 5) and Black (11-13yrs or Grade 6, 7). The Black division is two hours on the Sunday as they play a 1 hour game from either 4-5pm or 5-6pm. There is a one-time fee of $25 for the purchase of a jersey.

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Age Range</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LADNER</strong></td>
<td>Tu/Su, Jan 22-Mar 17</td>
<td>6-8yrs</td>
<td>$160/$185</td>
</tr>
<tr>
<td>ND Rec</td>
<td>3:30-4:15pm/2-3pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LADNER</strong></td>
<td>Tu/Su, Jan 22-Mar 17</td>
<td>9-10yrs</td>
<td>$160/$185</td>
</tr>
<tr>
<td>ND Rec</td>
<td>4:15-5:30pm/3-4pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LADNER</strong></td>
<td>Tu/Su, Jan 22-Mar 17</td>
<td>11-13yrs</td>
<td>$160/$185</td>
</tr>
<tr>
<td>ND Rec</td>
<td>5:30-6:45pm/4-6pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Online registration DeltaReg.ca

In lieu of listing businesses in our guide, you can now find information on organizations, including not-for-profits, at Delta Chamber of Commerce at web.deltachamber.ca/search, Delta Kids at DeltaKids.ca/Map and Deltassist at Deltassist.com.
Badminton for Kids
Come and meet some new friends and exercise at the same time. Join our instructor to learn the basics of badminton, including skill development and rules of the game.

NORTH DELTA  Sessions: 8
422183  F, Jan 25-Mar 15  10-12yrs  $66
Sungod  5-6pm  $66
422184  F, Jan 25-Mar 15  6-8yrs  $66
Sungod  5-6pm  $66
422185  F, Jan 25-Mar 15  8-10yrs  $66
Sungod  4-5pm  $66
422186  F, Jan 25-Mar 15  8-10yrs  $66
Sungod  6-7pm  $66
422187  F, Jan 25-Mar 15  6-8yrs  $66
Sungod  4-5pm  $66
422190  M, Jan 21-Mar 11  8-10yrs  $58
Sungod  5:45-6:45pm  $58
422191  M, Jan 21-Mar 11  10-12yrs  $58
Sungod  6:45-7:45pm  $58

Basketball JR NBA
NBA fever continues! Develop skills with an opportunity for fun game play.

NORTH DELTA  Sessions: 8
422183  F, Jan 25-Mar 15  10-12yrs  $66
Sungod  5-6pm  $66
422184  F, Jan 25-Mar 15  6-8yrs  $66
Sungod  5-6pm  $66
422185  F, Jan 25-Mar 15  8-10yrs  $66
Sungod  4-5pm  $66
422186  F, Jan 25-Mar 15  8-10yrs  $66
Sungod  6-7pm  $66
422187  F, Jan 25-Mar 15  6-8yrs  $66
Sungod  4-5pm  $66
422210  M, Apr 15-Jun 10  8-10yrs  $58
Sungod  5:45-6:45pm  $58
422211  M, Apr 15-Jun 10  10-12yrs  $58
Sungod  6:45-7:45pm  $58

Circuit Sports
Soccer, basketball and floor hockey are all part of this action-packed hour! An instructor will rotate participants through stations designed to develop new skills in each sport. All levels are welcome!

NORTH DELTA  Sessions: 8
422247  Sa, Jan 26-Mar 16  5-Byrs  $66
ND Rec  10:30-11:30am  $66
422266  Sa, Apr 20-Jun 15  5-Byrs  $74
ND Rec  10:30-11:30am  $74
TSAWWASSEN  Sessions: 9
422463  Su, Jan 27-Mar 17  5-Byrs  $49
SD Rec  1:15-2pm  $49

Golf Junior Clinic
Each child will receive 4 hours of group instruction over the course of 4 days in a safe and fun environment! Instruction will include golf etiquette, course and practice facility safety, basic rules of golf, swing fundamentals, chipping, pitching, putting and sand play. This is an ideal program for kids of all skill levels.

Instructor: Jordan

TSAWWASSEN  Sessions: 4
422167  Sa-Su, Apr 6-14  11-15yrs  $188
Beach Gr Golf 11am-12pm  $188

Mountain Bike Camp Level 1
Develop skills for off-road biking with an emphasis on FUN! Trail riding, obstacles, basic bike maintenance and lots more. In partnership with the Shed Bike Club. Must bring your own bike equipped with front and rear hand brakes and gears. Bike must have had a recent tune up or safety check prior to the start of the program.

NORTH DELTA  Sessions: 2
421971  Sa-Su, May 11-12  7-10yrs  $70
Pinewood  9am-12pm  $70
421975  Sa-Su, Jun 15-16  7-10yrs  $70
Pinewood  9am-12pm  $70

Karate Mighty Mites
An introduction to the sport of karate in a positive learning environment. Children must turn 5 years prior to the start of the program. Instructor from West Coast Academy of Martial Arts.

NORTH DELTA  Sessions: 7
421964  W, Jan 23-Mar 6  5-Byrs  $44
ND Rec  3:45-4:30pm  $44
421965  W, Apr 17-May 29  5-Byrs  $44
ND Rec  3:45-4:30pm  $44

Karate Mixed Martial Arts Kids
For beginner to advanced students. Incorporates a variety of techniques from the basics (blocking, punching, kicking and break falls) to more advanced techniques, including action-packed class. Instructor: Victor

LADNER  Sessions: 17
421960  M/W, Jan 14-Mar 13  7-14yrs  $116
LD Com  6-7pm  $116
421961  M/W, Apr 1-Jun 12  7-14yrs  $134

Rookie Rugby
Rookie Rugby is a non-contact form of rugby using flag belts for kids of all ages. The rules are simple and minimal equipment is required! Learn the basics through coaching with trained staff of the Delta Brit Lions Rugby organization.

NORTH DELTA  Sessions: 8
422242  W, Jan 23-Mar 13  3-5yrs  $58
ND Rec  5:45-6:30pm  $58
422241  W, Jan 23-Mar 13  6-9yrs  $58
ND Rec  6:30-7:15pm  $58

Soccer
Ball handling, coordination, skills and games. Lots of fun for boys and girls.

NORTH DELTA  Sessions: 7
422180  M, Jan 21-Mar 11  4:30-5:30pm  $61
Sungod  4:30-5:30pm  $61
422246  Sa, Jan 26-Mar 16  6-9yrs  $70
ND Rec  9-10am  $70
422218  Su, Jan 27-Mar 17  6-9yrs  $70
Sungod  12-1pm  $70

Soccer - Outdoor
Introduction to the basic skills of soccer and team play. Games and drills will create a fun learning environment for children.

NORTH DELTA  Sessions: 9
422161  Th, Apr 18-Jun 13  6-9yrs  $82
McCloskey El  6:15-7:15pm  $82

INFORMATION: 604-952-3000 or Delta.ca
LEARN IT
Registered Programs

ADULT

Aikido for Adults
Practice partnered cooperative training, safe falls and tumbles. Take turns to perform and receive techniques as you learn to redirect the lines of aggression using circular motions. No competitive tournaments. Instructor: Kim

NORTH DELTA

Sessions: 7
421950 W/M, Jan 9-30 18+yrs ND Rec 6:30pm $56
421949 M/W, Feb 4-Mar 13 18+yrs ND Rec 6:30pm $80
421953 M/W, Apr 1-May 8 18+yrs ND Rec 6:30pm $88
421954 M/W, May 13-Jun 19 18+yrs ND Rec 6:30pm $88

F.I.R.E Women’s Self Defense Workshop
This women’s only self-defense workshop focuses on self-empowerment and personal safety. F.I.R.E. (Females Fighting with Intensity, Reaction, and Energy) uses techniques stemming from Krav Maga, an Israeli hand to hand combat survival system. Tune in to your natural instincts and learn how to strike and fight back if necessary. Session has an exercise component to mimic real life situations—all fitness levels welcome. Bring your mother, daughter, sister, or friend, and learn life changing protective skills.

NORTH DELTA

Sessions: 1
423031 Sa, Feb 2 14+yrs ND Rec 1:30-3:30pm $25
423032 Sa, Apr 27 14+yrs ND Rec 1:30-3:30pm $25

Floor Hockey Women
Join your friends or meet new ones in an evening of floor hockey. Participants must supply their own plastic stick.

LADNER

Sessions: 9
421966 W, Jan 9-Mar 13 16+yrs Delta Sec 7:30-9pm $63
421967 W, Apr 3-Jun 5 16+yrs Delta Sec 7:30-9pm $70
Preschool  Children  Youth  Family and Adult  SPORTS

Karate Mixed Martial Arts-Green Belts +
Classes include physical conditioning and all aspects of self defence from a variety of martial arts styles including Karate, Kickboxing, Muay Thai and Jiu-Jitsu in a fun, attitude-free environment. Children must be Green Belt or above, but adults of all levels welcome.
Instructor: Victor

<table>
<thead>
<tr>
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<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>LD Com</td>
<td>M/W, Jan 14-Mar 13</td>
<td>7-8pm</td>
<td>$116</td>
</tr>
<tr>
<td>LD Com</td>
<td>M/W, Apr 1-Jun 12</td>
<td>7-8pm</td>
<td>$134</td>
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</table>

Pickleball Introductory
Learn to play the sport of Pickleball! A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Made up of many elements of tennis, badminton and ping-pong, this program will provide new challenges and fun!

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>ND Rec</td>
<td>Sa, Jan 26-Mar 16</td>
<td>11:45am-12:45pm</td>
<td>$58</td>
</tr>
<tr>
<td>ND Rec</td>
<td>Sa, Apr 20-Jun 15</td>
<td>11:45am-12:45pm</td>
<td>$65</td>
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</table>

Pickleball Experienced
Enjoy this advanced pickleball program designed for skill level 3.5 players and above. Skill levels are self assessed. Guidelines for each skill level can be found at usapa.org/skill-assessment-sheets. Games only, no instruction.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>LD Com</td>
<td>Su, Jan 27-Mar 17</td>
<td>6:30-8:30pm</td>
<td>$48</td>
</tr>
<tr>
<td>LD Com</td>
<td>Su, Apr 21-Jun 16</td>
<td>6:30-8:30pm</td>
<td>$54</td>
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</tbody>
</table>

Volleyball Competitive League
Enjoy competition in a social atmosphere (co-ed teams 3 men, 3 women). Team Registration only - please contact dmohr@delta.ca if wanting individual registration. Referees are the responsibility of the participating teams.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>ND Rec</td>
<td>Th, Jan 10-Mar 14</td>
<td>7:30-10pm</td>
<td>$208</td>
</tr>
<tr>
<td>ND Rec</td>
<td>Th, Apr 4-May 30</td>
<td>7:30-10pm</td>
<td>$208</td>
</tr>
</tbody>
</table>

Volleyball Recreational League
Co-ed teams (3 men, 3 women) engage in recreational play. Team Registration only - please contact dmohr@delta.ca if wanting individual registration. Referees are the responsibility of the participating teams.

<table>
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<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>ND Rec</td>
<td>Tu, Jan 8-Mar 12</td>
<td>7:30-10pm</td>
<td>$208</td>
</tr>
<tr>
<td>ND Rec</td>
<td>Tu, Apr 2-May 28</td>
<td>7:30-10pm</td>
<td>$208</td>
</tr>
</tbody>
</table>

Special Olympics Delta
If you are a fan of courage and determination, then you are already a fan of Special Olympics. Why not make it official?

We are currently offering the following programs: Basketball, Bowling, Curling, Floor Hockey, Rhythmic Gymnastics, Swimming, Soccer, Softball, Track and Field, Bocce and Golf.

For more information on participating as an ATHLETE, a COACH or a VOLUNTEER, please visit our website at www.sobcdelta.org

BE A FAN
VOLUNTEER | DONATE | PARTICIPATE

INFORMATION: 604-952-3000 or Delta.ca
The North Delta Baseball Association has been providing baseball to the youth of North Delta since 1962. We provide a fun and encouraging environment for boys and girls to develop their baseball skills. Check out our website for registering for winter training and our Spring 2019 season!
North Delta Football
www.northdeltafootball.com

**SPRING**
From March to June
In House Flag - Age 5-7
Flag - Age 8-18

**FALL**
From July to November
Flag - Age 5-7  Cheer - Age 6+
Tackle - Age 8-18

All age groups open to Boys & Girls
Uniforms & Gear provided by NDFA. All you need are cleats & mouth guard

HOME OF THE LONGHORNS
secretaryndfa@gmail.com
Dog Parks
Off-Leash Areas

Dogs on a Leash
Dogs on a leash are welcome in all Delta parks and off-leash areas.
For the safety and consideration of park users, dog owners must follow these basic rules:

- **Stoop & scoop.** Clean up after your dog and properly dispose of dog waste.
- **Respect** other users - you are responsible for your dog's behaviour.
- **Aggressive dogs** must be muzzled at all times.
- **Dogs are not allowed** in playgrounds, water parks, athletic park/fields or school grounds. Dogs must remain at least 10 metres away from these areas.
- **No dogs allowed** on synthetic turf fields.
- **No dogs allowed** on grass fields when in use by sports teams.
- **Dog owners/handlers** are restricted to 2 dogs at any time in Delta parks.
- **Dogs must wear** a collar or harness and display their licence at all times.

Dogs Off-Leash
Well-trained dogs who respond to voice commands can enjoy off-leash privileges in designated areas only. The following additional rules apply to off-leash areas in Delta:

- **Dogs are not allowed** to be off-leash in areas surrounding designated off-leash areas.
- **Carry a leash** at all times. If your dog becomes unruly or exhibits aggressive behaviour, leash your dog immediately and leave the off-leash area.
- **Be cautious** about bringing your dogs’ toy to an off-leash area. Other dogs may try to take it, causing an unwelcome confrontation.

**Commercial dog walking** is available, by permit, at the North 40 Park Reserve. More than 2 dogs (to a maximum of 4 dogs) are allowed off-leash at a time. To learn more about Delta’s Commercial Dog Walking program go to delta.ca.

You must ensure your dog is:
- **Under control** and in your view at all times;
- **Not harassing**; chasing or attacking any person or animal; and
- **Returns** to you immediately when called.

Licence your Dog Every dog older than 6 months is required to have a dog licence. Animal Control Officers and parks staff monitor outdoor spaces to ensure regulations are followed and have the authority to fine dog owners for disobeying regulations.

For more information and to download the Dog Off-Leash Areas Map go to Delta.ca

Designated
Off-Leash Areas in Delta
Users must obey posted rules and regulations at all times. Off-leash areas are clearly marked with signs.

**SOUTH DELTA**

- **Paterson Park**
  5800 Clarence Taylor Crescent
- **North 40 Park Reserve**
  Boundary Bay Airport (North of Churchill Street)
- **Beach Grove Park**
  6051 17A Avenue
- **Boundary Beach Park Reserve**
  0 Block 66 Street
- **Dennison Park**
  755 53 Street
- **Pebble Hill Park**
  411 Milsom Wynd (Hydro Corridor)

**NORTH DELTA**

- **Cougar Canyon Environmental Reserve**
  11300 Block 72 Avenue
- **Delview Park**
  11670 92 Avenue (Off 92 Avenue)
- **Devon Gardens Park**
  11011 McAdam Road
- **Huff Hydro Corridor Reserve**
  11050 Huff Boulevard
- **North Delta Recreation Centre**
  11415 84 Avenue (Behind Facility)
- **Scott 72 Park Reserve**
  11814 74 Avenue
Enjoy Delta Parks Today!

EVEN WITH 140 PARKS IN DELTA, IT’S EASY TO CHOOSE WHERE TO GO!

Use the Park & Amenity Search tool at delta.ca to help you decide.

**STEP 1**
Go to delta.ca

**STEP 2**
Choose the Parks & Recreation tab

**STEP 3**
Click on the Parks & Amenity Search tool

**STEP 4**
Choose your desired amenities according to your needs

**STEP 5**
Click on your desired location for more information

---

Planning a family picnic? Check the box for your desired amenity to find the perfect park!
Your library has it all.

borrow an experience*
eBooks
music
movies

PROGRAMS
Check the Events page at www.fvrl.ca for local programs and events for kids, teens and adults at your Delta libraries.

PLAY ONLINE
Stream movies, children’s books, read-alongs, classical music and jazz.

LEARN
New software, design, coding skills and foreign languages online.

ONLINE RESOURCES
Arts, auto, business, genealogy, health, jobs, science, travel. Current resources to answer your questions.

DOWNLOAD BOOKS AND MAGAZINES
eBook, audiobooks and digital editions of popular magazines.

*Ask staff about our FVRL Playground – a combination of in-library experiences and lending opportunities!

virtual reality • telescopes • Sphero SPRK+

green screens • ukuleles

Do you know someone who has difficulty reading conventional print? Ask staff about our accessible library products: CELA and NNELS.

With your FVRL library card, you can explore our newest online resources: Consumer Reports offers buying advice to help you choose the products that are right for you; and Naxos Jazz, one of the most comprehensive collections of Jazz music available online.
Mark your calendar and join us at free, fun, family-friendly Delta events!

Delta.ca/events
DISCOVER which CAREER is right for you!

Delta Trades & Technical Career Fair
FREE to attend

Delta.ca/careerfair • #DeltaCareerFair

ladner pioneer may days

May 24 – Friday, 4 – 10 PM
May 25 – Saturday, 10 am – 10 pm
May 26 – Sunday, 10 am – 5 on

MEMORIAL PARK
5010 47 Avenue, Ladner
ladnermaydays.com

4TH ANNUAL SOAP BOX DERBY

SATURDAY
JUNE 22, 2019
10 am – 3 pm

6th Avenue, Tsawwassen
soapbox@rotarytsawwassen.org Delta.ca/events

SENIORS WEEK
JUNE 3RD TO 8TH 2019

“It’s not the years in your life that count, it’s the life in your years!”

Learn more at Delta.ca/Events.

ONLINE REGISTRATION DeltaReg.ca
SATURDAY, FEB 23, 2019 7PM
TSAWWASSEN ARTS CENTRE
TICKETS $11/PERSON
Are you the next Delta Idol?
If you’re a Delta resident 12-18 years of age,
submit your audition by Sunday January 20, 2019.

Visit Delta.ca/events for event and contest details.

Breakfast with the
EASTER BUNNY
A favourite for the entire family!
Enjoy a breakfast, pictures with
Easter Bunny and egg hunt/crafts
Tickets must be purchased in advance at any
Customer Service Office

LADNER
Harris Barn
Saturday April 13, 9:30-11am
$9.50/person
Children under 1 are admitted free.

17th Annual Watershed Creek Fish Release
25,000 chum salmon fry to be released into Watershed Creek
Environmental displays, habitat planting, crafts, hot chocolate
11660 Kittson Parkway
Sunday, April 14, 2019
12-2pm

FEBRUARY 18, 2019

Enjoy time with your loved ones at Delta recreation centres this Family Day. Check throughout the leisure guide for Family Day events near you—skates, swims and art activities!

INFORMATION: 604-952-3000 or Delta.ca
Earth Day Photo Contest

Delta Residents are invited to take part in the 11th Annual Earth Day Photo Contest!

How the contest works:
1. Take a photograph of a natural space, landscape, wildlife, or something green in Delta. Be creative!
2. Submit your photograph by Thursday, March 28, 2019 to cae@delta.ca, with the email subject: EARTH DAY PHOTO CONTEST
3. Indicate submission category: Adult (18+), Teen (12-17), Youth (5-11), Delta Staff

Only one original, unaltered photograph per person can be submitted. Top Prize – A waterproof digital camera! All contest photos will be posted on the City of Delta’s Facebook page, and will be on display at City Hall throughout the month of April.

FREE 2019 SUSTAINABLE WORKSHOPS

Each year, Delta offers free workshops to help create a more sustainable community. New this year, we are offering workshops on preventing food waste, including food storage tips and seasonal food recipes. Workshops are held in North and South Delta, Spring–Fall

REGISTRATION DATE: MARCH 8, 2019.

Workshops are free, but registration is required.

Visit Delta.ca/SustainableWorkshops or phone 604-946-3260 for more information.
FEBRUARY 18-24, 2019
Celebrate our community’s heritage and cultural traditions
ART – MUSIC – DANCE
CRAFTS – FOOD – STORIES

Saturday, February 23, 2019
North Delta Recreation Centre
Celebrate our community’s heritage and cultural traditions

ART – MUSIC – DANCE
CRAFTS – FOOD – STORIES

FEBRUARY 18-24

HERITAGE WEEK

FEBRUARY 18-24, 2019
Celebrate our community’s heritage and cultural traditions
FESTIVALS, MUSIC, CONTESTS, AWARDS

Want to share a cultural tradition with the community? We’re looking for performers and workshop presenters for our festival event.

Contact Parks, Recreation & Culture at 604-952-3838.

MAY 11, 2019 • 11 AM–2 PM
HARRIS BARN
4140 ARTHUR DRIVE, LADNER

Celebrate Canada’s history and students! See history projects created by Delta and Surrey students, participate in family-friendly heritage activities, and enjoy food from local food trucks. Heritage Fair awards are at 1 pm.
We are bringing water safety to YOU! Check out our interactive booths and learn water safety skills you can practice with your family and friends. Games and activities for all ages.

SATURDAY, JUNE 1 | 12–3PM
SCOTTSDALE CENTRE, NORTH DELTA

DELTA COMMUNITY WATER SAFETY EVENT

39th Annual POLAR BEAR SWIM

Tuesday January 1, 2019 Boundary Bay Regional Park
Registration 12pm | Swim 1pm
Start your new year off with a polar bear plunge into the chilly waters of Boundary Bay! Plus, enjoy children’s activities and entertainment for the entire family.
TOUR de DELTA

**North Delta Criterium**  
**Friday, July 5**  
Pro Races, Kids Cycling Races and Community Festival  
This exciting race features a 1.2km loop around North Delta's Social Heart, with riders hitting speeds of more than 70km/hr.

**Ladner Criterium**  
**Saturday, July 6**  
Pro Races, Kids and Youth Cycling Races  
This fast and furious criterium takes place in the historic fishing village of Ladner, on a course featuring high speed cornering and straight away sprints.

**White Spot Road Race**  
**Sunday, July 7**  
Pro Races, Kids Cycling Races and Community Festival  
UCI International Sanctioned men's and women's races. Riders incorporate strength, strategy and endurance as they wind through the streets of Tsawwassen.

TOUR DE DELTA VOLUNTEERS

Tour de Delta July 5, 6 and 7  
tourdedelta.com
Celebrate BC Youth Week with Delta!
MAY 1–7, 2019

**Boundary Bay AIRSHOW**

Saturday, July 20
- Free Admission
- Exciting Aerobatic Performances and Static Displays
- Family Zone, Community Booths and Food Vendors

Please bring your own chairs • Sorry, no pets

**YOUTH NIGHT**

**SOUTH DELTA RECREATION CENTRE**
FRIDAY, MAY 3
7:30–10PM
The gymnasium is open to youth between the ages of 12 and 15 years. Along with the usual gym activities, join us for a few extra activities, prizes and pizza. Regular drop-in admission rates apply.

**SUNGod RECREATION CENTRE**
SATURDAY, MAY 4
9–10PM
The gymnasium, weight room and pool are open to youth between ages 13 and 18 years. Join us for a few extra activities, prizes, and pizza. Regular drop-in admission rates apply.

**BC YOUTH WEEK**
MAY 1–7, 2019

**YOUTH NIGHT**
SOUTH DELTA RECREATION CENTRE
FRIDAY, MAY 3
7:30–10PM
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**BC YOUTH WEEK**
MAY 1–7, 2019
Drop-in Programs

Regular drop-in admission rates apply.

Roaming Rascals
Join us for a fun morning of indoor play with toys, gymnastics mats and sport equipment. Adult participation required for this drop-in program.

LADNER
LD Com Tu/Th-F, Mar 19-29  1-5yrs 9:15-11:45am

NORTH DELTA
Sungod M-Sa, Mar 18-30  1-5yrs 9-11:30am  Tu, 12:30-2pm

TSAWWASSEN
SD Rec M/W/F-Sa, Mar 18-30  1-5yrs 9:15-11:45am

Parent & Tot Art
Enjoy creating crafts and art projects while socializing with other families. Our leader will have tables set up with different art supplies so that you can create freely or make something specific!

TSAWWASSEN Sessions: 2
Tsaw Arts Th, Mar 21-28  2-6yrs 9:30-11:30am

Social Activities

Cookies & Crafts
Build confidence in the kitchen while baking some delicious cookies. Express your creativity while making some cool crafts. Bring a reusable container to take any leftovers home.

NORTH DELTA Sessions: 5
421395 M-F, Mar 18-22  3-5yrs 9-10:30am  $91

Little Nature Lovers
Explore nature through outdoor exploration, arts, crafts and stories! Program themes will have a seasonal focus. Adult participation not required for this registered program.

TSAWWASSEN Sessions: 5
421340 M-F, Mar 25-29  3-5yrs 1-3pm  $90

Spring Break Friends Camp
Come and join the fun with friends at our Spring Break Friends Camp! Themes may vary and the fun is guaranteed with a variety of stories, games and activities. Adult participation is not required for this registered program.

LADNER Sessions: 5
421332 M-F, Mar 18-22  3-5yrs 9:30-11:30am  $90
421333 M-F, Mar 25-29  3-5yrs 9:30-11:30am  $90

NORTH DELTA Sessions: 5
421330 M-F, Mar 18-22  3-5yrs 9:30-11:30am  $90
421331 M-F, Mar 25-29  3-5yrs 9:30-11:30am  $90

TSAWWASSEN Sessions: 4
421337 M-Th, Mar 18-21  3-5yrs 9:30-11:30am  $77

One Day Wonders

Come and enjoy this one-day program based on fun seasonal themes! Stories, games, and crafts will vary with each theme. Parent Participation is not required.

LADNER
LD Com 9:30-11:30am $23  3-5yrs

NORTH DELTA
ND Rec 9:30-11:30am $23  3-5yrs

TSAWWASSEN
SD Rec 9:30-11:30am $23  3-5yrs

Tennis Indoor

Introduce tennis to youngsters in a fun, relaxed atmosphere. Hand-eye coordination will be emphasized and developed through various ball sense drills. Junior racquets will be available.

NORTH DELTA Sessions: 5
422520 M-F, Mar 18-22  4-6yrs 11-11:45am  $37
422541 M-F, Mar 25-29  4-6yrs 11-11:45am  $37

TSAWWASSEN Sessions: 5
422522 M-F, Mar 18-22  4-6yrs 11-11:45am  $37
422525 M-F, Mar 25-29  4-6yrs 11-11:45am  $37

Tennis

Tennis Indoor

Introduce tennis to youngsters in a fun, relaxed atmosphere. Hand-eye coordination will be emphasized and developed through various ball sense drills. Junior racquets will be available.

NORTH DELTA Sessions: 5
422520 M-F, Mar 18-22  4-6yrs 11-11:45am  $37
422541 M-F, Mar 25-29  4-6yrs 11-11:45am  $37

TSAWWASSEN Sessions: 5
422522 M-F, Mar 18-22  4-6yrs 11-11:45am  $37
422525 M-F, Mar 25-29  4-6yrs 11-11:45am  $37
**SPRING BREAK – Children**

### Drop-in Programs

Regular drop-in admission rates apply.

### Arts & Crafts Drop-In

Create a few arts and craft projects! Our leader will have tables set up with different art supplies so that you can create freely or make something specific!

**NORTH DELTA**
- **ND Rec** W, Mar 20 and 27 7-12yrs 4-6pm
- **TSAWWASSEN**
  - Tsaw Arts Th, Mar 21 and 28  7-12yrs 3:15-5:15pm

### Arts Camp

**Art Camp**

Explore different types of art from painting to pastels to paper mache and mixed media and more!

**LADNER**
- **Sessions: 5**
  - 422523  M-F, Mar 25-29 6-8yrs
  - LD Com 1-3pm $104

**TSAWWASSEN**
- **Sessions: 5**
  - 422524  M-F, Mar 18-22 5-8yrs
  - Tsaw Arts 9:30-11:30am $104

### Explore the Arts

Explore several art activities. Throughout the camp, create several arts and craft projects, play drama games and learn dance moves, and put together a short performance for parents at the end of the camp.

**NORTH DELTA**
- **Sessions: 5**
  - 422381  M-F, Mar 25-29 6-12yrs
  - ND Rec 1-4pm $91

**TSAWWASSEN**
- **Sessions: 5**
  - 422517  M-F, Mar 18-22 6-12yrs
  - Tsaw Arts 9am-12pm $91

### Paint, Draw & Collage

Combine your love of drawing and painting to create your art. Explore a variety of media such as watercolour, acrylics, pastels, charcoal and collage.

**NORTH DELTA**
- **Sessions: 5**
  - 422325  M-F, Mar 18-22 6-8yrs
  - ND Rec 9:30-11:30am $106
  - 422326  M-F, Mar 18-22 9-12yrs
  - ND Rec 12:30-2:30pm $106

**TSAWWASSEN**
- **Sessions: 5**
  - 422533  M-F, Mar 18-22 9-12yrs
  - Tsaw Arts 12:30-2:30pm $106

### General Interest

#### Babysitters Training Course

Learn about the rights and responsibilities of a babysitter, how to handle behavioural problems, safety and basic First Aid, and what to do in an emergency. Participants must turn 12 years old by December 31, 2019 and pass exam for certificate. The fee includes the Babysitters Training Course manual by The Canadian Safety Council.

**NORTH DELTA**
- **Sessions: 5**
  - 421397  M-F, Mar 25-29 11+yrs
  - ND Rec 1:30-3:30pm $72

**TSAWWASSEN**
- **Sessions: 5**
  - 421396  M-F, Mar 18-22 11+yrs
  - SD Rec 9:30-11:30am $72

#### Baking Sweets & Treats

From gooey brownies to homemade cookies, learn all there is to about baking! Bring a container to take some goodies home. Fees include all supplies.

**NORTH DELTA**
- **Sessions: 2**
  - 421399  Sa-Su, Mar 23-24 8-12yrs
  - ND Rec 9:30-11:10am $66
  - 421398  Sa-Su, Mar 30-31 8-12yrs
  - ND Rec 9:30-11:30am $66

#### Boredom Busters Camp

A morning of high energy fun. Sports, games and activities in the hall, and make some healthy snacks in the kitchen.

**LADNER**
- **Sessions: 5**
  - 421401  M-F, Mar 18-22 6-9yrs
  - Harris Barn 9am-12pm $90
  - 421402  M-F, Mar 25-29 6-9yrs
  - Harris Barn 9am-12pm $90

#### Game Design Camp

Learn how to become a game designer. We will take big ideas and create epic games that you can play and share online using the Unity Game Engine. Game designers collaborate and create artwork, We will also discuss concepts indoors and outdoors. You won’t be glued to a screen all day. All hardware, software and supplies are included.

**NORTH DELTA**
- **Sessions: 5**
  - 421432  M-F, Mar 18-22 6-8yrs
  - ND Rec 9am-12pm $150
  - 421433  M-F, Mar 18-22 9-12yrs
  - ND Rec 1-4pm $150

**TSAWWASSEN**
- **Sessions: 5**
  - 421434  M-F, Mar 25-29 6-8yrs
  - SD Rec 9am-12pm $150
  - 421431  M-F, Mar 25-29 9-12yrs
  - SD Rec 1-4pm $150

#### Natural History of Harry Potter

Explore the secrets behind your favourite parts of the wizarding world. Quidditch and the power of physics, potions and the chemistry, spells and the languages, magical creatures and their real-life counterparts, and adventure by deciphering clues to defeat He-Who-Must-Not-Be-Named through theatrical combat blended with the STEM+Arts+Movement curriculum.

**TSAWWASSEN**
- **Sessions: 5**
  - 422086  M-F, Mar 25-29 7-13yrs
  - Tsaw Arts 9am-12pm $190

#### Pottery: Wacky Chess & Checkers!

Create your own game board pieces! Using durable kiln fired clay, children will have the opportunity to hand craft a personalized chess or checkers set and a box to keep the pieces in. Will it be teams of aliens, family pets, hedgehogs or some other imaginative theme? It’s up to you! On the last day, we will have a chess/checkers party (fun, food and learning to use our sets)! An alternative project is available for those who would prefer something different. All supplies included. **Instructor: Venetia**

**NORTH DELTA**
- **Sessions: 5**
  - 421847  M-F, Mar 25-29 6-12yrs
  - ND Rec 10am-12pm $90

#### Cookies & Crafts

Build confidence in the kitchen while baking some delicious cookies. Express your creativity while making some cool crafts. Bring a reusable container to take any leftovers home.

**TSAWWASSEN**
- **Sessions: 5**
  - 421393  M-F, Mar 18-22 6-9yrs
  - Pinewood 11am-12:30pm $91
  - 421394  M-F, Mar 18-22 10-12yrs
  - Pinewood 1-2:30pm $91

#### DIGIVATIONS Arts, Sciences & Natural History of Harry Potter

Explore the secrets behind your favourite parts of the wizarding world. Quidditch and the power of physics, potions and the chemistry, spells and the languages, magical creatures and their real-life counterparts, and adventure by deciphering clues to defeat He-Who-Must-Not-Be-Named through theatrical combat blended with the STEM+Arts+Movement curriculum.

**TSAWWASSEN**
- **Sessions: 5**
  - 422087  M-F, Mar 25-29 6-13yrs
  - Tsaw Arts 12:30-3:30pm $175

### Baked Goods & Treats

- **NORTH DELTA**
  - 421403  M-F, Mar 18-22 6-9yrs
  - M-F, Mar 25-29 6-12yrs
  - Sa-Su, Mar 23-24 8-12yrs
  - SD Rec 9am-12pm $90

- **TSAWWASSEN**
  - 421406  M-F, Mar 18-22 6-12yrs
  - Sa-Su, Mar 23-24 8-12yrs
  - SD Rec 9am-12pm $90
Get Out of Town

Join us as we get out of town and head on some fun adventures in neighbouring cities. Some adventures might include Castle Fun Park, Geo Caching, Vancouver Police Museum and more!

NORTH DELTA
- Sessions: 5
  - SD Rec 9am-3pm $42
  - 421407 M-F, Mar 18-22 10-15yrs ND Rec 10am-4pm $180
  - TSAWWASSEN
    - Sessions: 5
      - 421408 M-F, Mar 25-29 10-15yrs SD Rec 10am-4pm $180

Spring Break Day Camp

Each day will be full of fun and games while making new friends on our daily adventures; we will have energetic indoor and outdoor play, be creative and crafty. Please bring nut free snack and lunch and closed toe shoes. 5 year olds must have completed Kindergarten to be registered.

NORTH DELTA
- Sessions: 1
  - 421449 M, Mar 18 6-12yrs ND Rec 9am-3pm $42
  - 421450 Tu, Mar 19 6-12yrs ND Rec 9am-3pm $42
  - 421441 W, Mar 20 6-12yrs ND Rec 9am-3pm $42
  - 421451 Th, Mar 21 6-12yrs ND Rec 9am-3pm $42
  - 421442 F, Mar 22 6-12yrs ND Rec 9am-3pm $42
  - 421444 M, Mar 25 6-12yrs ND Rec 9am-3pm $42
  - 421445 Tu, Mar 26 6-12yrs ND Rec 9am-3pm $42
  - 421446 W, Mar 27 6-12yrs ND Rec 9am-3pm $42
  - 421443 Th, Mar 28 6-12yrs ND Rec 9am-3pm $42
  - 421454 F, Mar 29 6-12yrs ND Rec 9am-3pm $42
  - TSAWWASSEN
    - Sessions: 1
      - 421448 M, Mar 18 6-12yrs SD Rec 9am-3pm $42
      - 421435 Tu, Mar 19 6-12yrs SD Rec 9am-3pm $42
      - 421436 W, Mar 20 6-12yrs SD Rec 9am-3pm $42
      - 421437 Th, Mar 21 6-12yrs SD Rec 9am-3pm $42
      - 421438 F, Mar 22 6-12yrs SD Rec 9am-3pm $42
      - 421439 M, Mar 25 6-12yrs SD Rec 9am-3pm $42
      - 421452 Tu, Mar 26 6-12yrs SD Rec 9am-3pm $42
      - 421447 W, Mar 27 6-12yrs SD Rec 9am-3pm $42
      - 421440 Th, Mar 28 6-12yrs SD Rec 9am-3pm $42
      - 421453 F, Mar 29 6-12yrs SD Rec 9am-3pm $42

Spring Break Extreme Camp

Enjoy a variety of sports, games, crafts, swimming and healthy snack making all week.

NORTH DELTA
- Sessions: 5
  - 421993 M-F, Mar 18-22 7-11yrs Sungod 9am-3pm $246
  - 421994 M-F, Mar 25-29 7-11yrs Sungod 9am-3pm $246

Golf Little Divots

Each child will receive 3 hours of group instruction over the course of 4 days in a safe and fun environment! Instruction will include basic golf etiquette, course and practice facility safety, basic fundamentals of the golf swing, chipping and putting. This is an ideal program for kids of all skill levels. Instructor: Jordan

NORTH DELTA
- Sessions: 5
  - 422327 M-F, Mar 25-29 5-15yrs ND Rec 1-3:30pm $98
  - TSAWWASSEN
    - Sessions: 5
      - 422534 M-F, Mar 25-29 8-12yrs Tsaw Arts 1-3:30pm $98

Performing Arts

Magician 101

Astonish your friends! Learn awesome magic tricks and illusions you can perform. Have fun and gain performance confidence while learning about sleight of hand, misdirection, and more!

TSAWWASSEN
- Sessions: 5
  - 423029 M-F, Mar 18-22 6-12yrs Tsaw Arts 9:30am-12pm $160

Music Video Star

Choreograph a music video to some Top 40 tunes for you to take home to share with family and friends!

TSAWWASSEN
- Sessions: 5
  - 422253 M-F, Mar 25-29 8-12yrs SD Rec 9:30am-12pm $98

Sports

Basketball Skills Development

Slam dunk into next season! Introduction to basic skills including dribbling, passing, lay-ups, shooting and game play.

TSAWWASSEN
- Sessions: 4
  - 422494 M-F, Mar 18-22 6-8yrs Sungod 4-5:30pm $62
  - 422255 M-F, Mar 25-29 6-8yrs Sungod 4-5:30pm $62

Brad Higgs Soccer School

Both the beginner and the experienced player benefit in developing soccer skills. This program is offered in partnership with Brad Higgs Soccer School.

TSAWWASSEN
- Sessions: 5
  - 422001 M-F, Mar 25-29 5-15yrs Winskill Pk 9-11:30am $100

INFORMATION: 604-952-3000 or Delta.ca
Arts

Up-Teen Designs - Runway Re-Fashion Project
Learn the basics of fashion design and sewing, and then put those new skills to use when you design, build and then show your own upcycled runway collection!
Instructor: Sarah
NORTH DELTA Sessions: 5
422558 M-F, Mar 25-29 14+yrs
ND Rec 1-4pm $150
TSAWWASSEN Sessions: 5
422558 M-F, Mar 18-22 14+yrs
Tsaw Arts 1-4pm $150

Leaders of Tomorrow Level 2
This course is the more advanced version of our Leaders of Tomorrow program. Topics include: age characteristics, physical literacy, safety and supervision, accessibility support, inclusion and adaptations. Participants must have completed Leaders of Tomorrow Level 1 to register. This is a valuable program for youth looking to make a difference in their community, build their resume, advance their skills and seek potential future employment.

LADNER Sessions: 1
422237 W, Mar 27 13-18yrs
LD Leisure 4:30-8:30pm $20
NORTH DELTA Sessions: 1
422236 W, Mar 20 13-18yrs
ND Rec 1-5pm $20

Sports

Basketball Skills Development
Slam Dunk into next season! Introduction to basic skills including dribbling, passing, lay-ups, shooting and game play.

NORTH DELTA Sessions: 5
422489 M-F, Mar 18-22 9-12yrs
Sungod 2:30-4pm $62
422504 M-F, Mar 25-29 9-12yrs
Sungod 2:30-4pm $62
TSAWWASSEN Sessions: 4
422514 M-Th, Mar 25-28 10-14yrs
SD Rec 12:30-2pm $50

Delta Force Basketball - Boys
This program focuses on individual fundamentals to help each player improve their skills. The curriculum is planned around overall development of the athlete, as well as improving core skills in the areas of shooting, ball handling, offensive, and defensive play. Each session incorporates a 30 minute strength training session to become stronger, faster and help reduce the chance of injury. Instructed by Delta Force Athletics.

TSAWWASSEN Sessions: 4
422565 M-Th, Mar 18-21 12-16yrs
SD Rec 2-4pm $113

Delta Force Basketball - Girls
This program focuses on individual fundamentals to help each player improve their skills. The curriculum is planned around overall development of the athlete, as well as improving core skills in the areas of shooting, ball handling, offensive, and defensive play. Each session incorporates a 30 minute strength training session to become stronger, faster and help reduce the chance of injury. Instructed by Delta Force Athletics.

TSAWWASSEN Sessions: 4
422567 M-Th, Mar 18-21 12-16yrs
SD Rec 2-4pm $113

Tennis

Tennis Indoor
An introductory program to tennis strokes and game play.
NORTH DELTA Sessions: 5
422532 M-F, Mar 18-22 10-15yrs
ND Rec 10-11am $49
422546 M-F, Mar 25-29 10-15yrs
ND Rec 10-11am $49
TSAWWASSEN Sessions: 5
422531 M-F, Mar 18-22 10-15yrs
SD Rec 10-11am $49
422536 M-F, Mar 25-29 10-15yrs
SD Rec 10-11am $49
For more information, please go online to Delta.ca or speak to a Customer Service Representative. Private lessons are available during Spring Break.

**WINSKILL**

**TRY IT**

Register for a free class to try it

Teen Basics

418719  M, Mar 18
Winskii  11:45am-12:30pm

**LEARN IT**

Bronze Combo Camp

418720  M-Th, Mar 18-28
Winskii  9-1pm  13+yrs

**LD LEISURE**

**LEARN IT**

Mini Marvel – Mermaid for a Day

415648  Th, Mar 21
LD Leisure  12-2pm
415649  Tu, Mar 26
LD Leisure  12-2pm

Preschool Bubbles and Movement

This program is designed for Sea Turtle level swimmers. The focus is on movement in water, getting wet, blowing bubbles and submersion. This is a great place for new Sea Turtles to get their feet wet as it is a shortened lesson program. This class is appropriate for those Sea Turtles who are still working on comfort in the water.

415609  Tu-F, Mar 19-22  3-5yrs
LD Leisure  1130am-12pm  $33
415610  Tu-F, Mar 26-29  3-5yrs
LD Leisure  4:30-5pm  $33

Preschool Floats and Glides

This program is designed for those swimmers at the Sea Otter and Salamander levels. This shortened lesson set focuses on floats and glides from the Sea Otter and Salamander programs.

415626  Tu-F, Mar 26-29  3-5yrs
LD Leisure  11:30-12pm  $33
415625  Tu-F, Mar 19-22  3-5yrs
LD Leisure  4:30-5pm  $33

**SUNGOD**

**LEARN IT**

Mini Marvel-Mermaid for a Day

420784  M, Mar 18  4-6yrs
Sungod  10-11:30am  $29

Mini Marvel-Mermaid for a Day

420785  M, Mar 25  4-6yrs
Sungod  10-11:30am  $29

Mighty Marvel-Mermaid for a Day

420786  F, Mar 22  7-10yrs
Sungod  12-2pm  $33

**Spring Break at the Arena**

**Public Skating**

Mar 16-23

**Everyone Welcome**

Sa, Mar 16  LD Leisure  12-2pm
LD Rec  12-2pm

Su, Mar 17  SD Rec  12-2pm
Sungod  12-2pm

M, Mar 18  LD Leisure  11am-1pm
LD Rec  12-2pm

Tu, Mar 19  SD Rec  12-2pm
Sungod  12-2pm

W, Mar 20  LD Leisure  11am-1pm
Sungod  12-2pm

Th, Mar 21  SD Rec  12-2pm
LD Rec  12-2pm

Sa, Mar 23  SD Rec  12-2pm
LD Rec  12-2pm
SUN GOD
SPORTS + ORTHOPAEDIC PHYSIOTHERAPY CLINICS

EMPOWERING BODIES. IGNITING PERFORMANCE.
sungodphysio.com

LADNER LEISURE CENTRE
ladner@sungodphysio.com
T 604 946 1999

SUN GOD RECREATION CENTRE
northdelta@sungodphysio.com
T 604 590 3100

TSAWWASSEN SPRINGS
tsprings@sungodphysio.com
T 604 943 5533

Hours: Monday – Friday 7AM-8PM | Saturday by appointment
Notice to Participants:

Effective January 7, 2019, late entry will not be permitted in any registered or drop-in yoga classes. All other drop-in or registered programs, a 5 minute grace period will be permitted.

Active Aging

Active Age

Active Age is the next step after Choose To Move. This fun and social program will get you moving in a relaxed and inviting class environment with likeminded people. Classes include discussions and handouts to help you improve your overall health and physical well-being. ActivAge™ is free of charge but participants need to register. Class sizes are small so register early. Prerequisite is Choose to Move.

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Age</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>LADNER</td>
<td>42354 W, Apr 10-Jun 26</td>
<td>65+ yrs</td>
<td>2-3pm</td>
<td>Free</td>
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<tr>
<td>NORTH DELTA</td>
<td>422355 Th, Apr11-Jun 27</td>
<td>65+yrs</td>
<td>2-3pm</td>
<td>Free</td>
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</tbody>
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Heart Wise

Heart Wise can help you transition from your formal cardiac rehabilitation program to fitness programs available in your community. Designed for people who have suffered a heart attack, have undergone heart surgery or are at risk for other heart complications. Sessions led by a personal trainer who will encourage regular daily exercise, incorporate warm up, cool down and self monitoring, and instruct with varying, progressive levels of exercise so participants can safely and appropriately increase intensity. Physician approval is necessary. Pre-requisite: completion of a hospital Healthy Heart cardiac rehab program. Personal heart rate monitor is required.

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Age</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
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<td>TSAWWASSEN</td>
<td>4208590 M/W, Mar 4-27</td>
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<td>12:45-2:15pm</td>
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<td>420880 Tu/Th, Mar 5-28</td>
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<td>421631 Tu/Th, Apr 2-30</td>
<td>50+yrs</td>
<td>7-8:30am</td>
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<td>421634 W/M, Apr 1-29</td>
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<td>421638 Th/Tu, May 2-30</td>
<td>50+yrs</td>
<td>10:30am-12pm</td>
<td>$86</td>
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<td>50+yrs</td>
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<td>421641 M/W, Jun 3-26</td>
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<td>12:45-2:15pm</td>
<td>$86</td>
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<td>421642 Th/Tu, Jun 4-27</td>
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Drop-in Fitness

DELTA PARKS, RECREATION & CULTURE OFFERS DROP-IN FITNESS CLASSES AT:
LD Leisure, ND Rec, Sungod, SD Rec, Winskill

Active Aging

Joint Moves
This low-impact class is designed to keep joints mobile, muscles strong, and reduce pain and stiffness associated with arthritis.
Level of difficulty = 1

Move to Improve
Range of motion and strength exercises for hips and knees. Also suitable for participants new to exercise. Level of difficulty = 1

Simply Stretch
This class improves flexibility and reduces stress with simple total body stretching. Level of difficulty = 1

Zumba® Gold
Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity, easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Level of difficulty = 1-3

Cardio

Low Impact
A classic group fitness cardio session combined with muscle strength and endurance training. This class offers full body conditioning with gentle low impact moves. Level of Difficulty = 1-2

Step Cardio
This high intensity step class is filled with fun choreographed routines to challenge your coordination and build your cardiovascular fitness. Classic step fitness at its best! Level of difficulty = 2-3

Step Combo
This class includes the step cardio and choreography you love, combined with muscular strength and endurance exercises. Level of difficulty = 2-3

Dance Fitness

Zumba® Fitness
We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often described as exercise in disguise. Level of difficulty = 1-3

Zumba® Toning
Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Level of difficulty = 1-3

Functional Fitness

Barre Plus
This fitness class enhances balance, agility, resistance, (active) recovery and eloquence by combining ballet inspired movement patterns with the added bonus of strength and conditioning segments. A variety of resistance tools will be used. Level of difficulty = 1-3

Boot Camp
This athletic, interval-based training will challenge you. Develop your strength, endurance, power, speed, agility, balance and coordination using body weight movement, combined with functional training, equipment focused exercises. Level of difficulty = 2-3

F.I.T.T. for Life
Develop a base of strength, while also improving cardio, balance, and agility in this 1 hour total-body workout. Suitable for all levels. Level of difficulty = 1-2

Circuit Training
This circuit training class will develop your muscular strength and endurance as well as cardiovascular fitness. Circuit Training is a full body workout, using a station format, dumbbells, tubing and bodyweight movements. Level of difficulty = 1-2

Core Conditioning & Core Express
Train your abdominal and back muscles to support your spine, improve posture, enhance power and performance, and prevent low back pain. Work towards that 6 pack while developing muscle balance and stability. Level of difficulty = 2-3

H.I.I.T.
High Intensity Interval Training challenges your body with intense bouts of activity mixed with structured active rest intervals. Improve cardiovascular fitness, maximize calorie burn and build your strength and endurance in one intense class. (45 minutes) Level of difficulty = 2-3

Muscle Max
Train every major muscle group. This class develops muscular strength and endurance by combining multi-joint and isolation movement using dumbbells, tubing and other equipment. Level of difficulty = 2-3

On The Ball
A total body strength and conditioning class utilizing the stability ball. Level of difficulty = 1-3
**Drop-in Fitness cont’d**

### Indoor Cycling

**Bike & Barre**
Bike and Barre is a fusion style class blending the cardio benefits of indoor cycling with barre inspired strength and conditioning movements. This class is a perfect combination of cardio, lower body and core conditioning and upper body elongation.

*Level of difficulty = 1-3*

**Cycle & Strength**
Take a group ride to challenge your cardiovascular fitness, then dismount and work on your muscular strength and endurance for the second half of the class. *Level of difficulty = 1-3*

**Cycle Fit**
This high energy, indoor cycling, group ride will improve your cardiovascular fitness and cycling efficiency using intervals and drills along with visualizations for motivation. *Level of difficulty = 1-3*

### Mind and Body

**Hatha Yoga**
Explore with an emphasis on alignment, physical awareness, relaxation and breathing techniques in a supportive, non-competitive atmosphere. Modifications and therapeutic approaches will be introduced for individual needs and injuries. *Level of difficulty = 1-3*

**Yoga Flow**
This drop-in Hatha class is a flowing sequence of yoga poses that will help you improve flexibility, strength and posture while connecting your mind and body. *Level of difficulty = 1-2*

Visit Delta.ca for class schedules

### Big Moves Big Gains Parkinson’s Exercise

Parkinson’s Disease (PD) affects physical movement, however, regular exercise can provide significant benefits to those with PD. We will work on improving posture, developing greater strength and balance, along with enhancing the ability to walk while reducing risk of falling.

<table>
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<tr>
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<td>12:05-1:05pm</td>
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**Ossteofit for Life**
A continuation of BC Women’s Ossteofit program, these progressed sessions build on the basics of fall prevention and bone healthy exercises with more advanced strength training principles and complex balance and agility activities while maintaining spinal stability.

<table>
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<th>LADNER</th>
<th>420966</th>
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**Osteofit One**
For people with osteoporosis who are at risk or have had 1 or more fractures. Developed by BC Women’s Hospital and Health Centre in conjunction with the Osteoporosis Society of BC.

<table>
<thead>
<tr>
<th>TSAAWASSEN</th>
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**Choose to Move**
Choose to Move is designed to introduce older adults to the habit of physical activity, help them meet new friends, and make a positive healthy lifestyle change. Choose to Move is free and flexible, and provides participants with the motivation and support to become more physically active. Participants work with a trained activity coach who will support them as together they develop a physical activity plan tailored specifically to each participant. When things get challenging, participants will have the support from their coach and a group of other seniors, who, just like them, are making a choice for health-they are choosing to move!

<table>
<thead>
<tr>
<th>LADNER</th>
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<tr>
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<td>65+yrs</td>
<td>Free</td>
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“Grit is sticking with your future, day in, day out, not just for the week, not just for the month, but for years, and working really hard to make that future a reality. Grit is living life like it’s a marathon, not a sprint.”

- Angela Lee Duckworth

INFORMATION: 604-952-3000 or Delta.ca

57
TIME (Together in Movement and Exercise)

TIME is a community-based program in partnership with Fraser Health, welcoming people with balance and mobility challenges to exercise.

NORTH DELTA  Sessions: 10
422282  Tu/Th, Feb 12-Mar 14  50+yrs
ND Rec  12-1pm  $124
422285  Tu/Th, Apr 2-May 9  50+yrs
ND Rec  12-1pm  $144
422289  Tu/Th, May 14-Jun 27  50+yrs
ND Rec  12-1pm  $164

Athletic Performance

Strength and Conditioning for Athletes

This sport specific strength and conditioning program is geared towards developing athletes ages 13-17. Functional strength, core conditioning and movement development through SAQ (Speed, Agility, Quickness) training, will help you excel in your chosen sport. The small group structure ensures individual attention and coaching are optimized.

NORTH DELTA  Sessions: 6
421239  Th, Jan 3-Feb 7  13-17yrs
Sungod  3:30-4:30pm  $59
420820  W, Jan 9-Feb 6  13-17yrs
ND Rec  4:30-5:30pm  $50
421240  Th, Feb 14-Mar 14  13-17yrs
Sungod  3:30-4:30pm  $50
420821  W, Feb 13-Mar 13  13-17yrs
ND Rec  4:30-5:30pm  $50
421973  Th, Apr 4-25  13-17yrs
Sungod  3:30-4:30pm  $42
421686  W, Apr 3-May 8  13-17yrs
ND Rec  4:30-5:30pm  $59
421974  Th, May 2-23  13-17yrs
Sungod  3:30-4:30pm  $42
421687  W, May 15-Jun 26  13-17yrs
ND Rec  4:30-5:30pm  $68
421976  Th, May 30-Jun 20  13-17yrs
Sungod  3:30-4:30pm  $42

Grip it and Rip it

Get fit for golf. Improve your physical conditioning and learn sports specific exercises and stretches to enhance your golf performance and lower your risk of injury. Taught by a registered Personal Trainer.

NORTH DELTA  Sessions: 5
422206  Th, Jan 10-Feb 7  16+yrs
Sungod  6-7pm  $64
422207  Th, Feb 14-Mar 14  16+yrs
Sungod  6-7pm  $64

Sun Run Training Clinic

Looking for someone to walk or jog with at your pace? All fitness levels are invited to join us as we venture out in the neighbourhood. Each week you will be given information about running, walking, goal-setting, nutrition, avoiding injuries and much more. Includes Sun Run registration fee. This program is in partnership with SportsMed BC and the Sun Run Clinics.

NORTH DELTA  Sessions: 13
417777  Tu, Jan 15-Apr 9  16+yrs
ND Rec  6-7:30pm  $150

Dance Fitness

Zumba® Kids

Zumba® Kids (7-12yrs) features kid-friendly routines based on original Zumba® choreography. Explore the moves, while developing confidence, self-expression, coordination, and cultural awareness in a fun musical environment.

NORTH DELTA  Sessions: 5
420979  M, Jan 7-Feb 4  7-12yrs
LD Leisure  4:15-5pm  $41
420978  M, Feb 11-Mar 4  7-12yrs
LD Leisure  4:15-5pm  $33
421765  M, Apr 8-May 13  7-12yrs
LD Leisure  4:15-5pm  $41
421766  M, May 27-Jun 24  7-12yrs
LD Leisure  4:15-5pm  $41

Zumba® STRONG

STRONG by Zumba® is a high intensity interval training workout driven by the science of Synced Music Motivation.

NORTH DELTA  Sessions: 6
422530  Su, Jun 6-Feb 10  16+yrs
ND Rec  10:30-11:30am  $59
422537  Su, Feb 17-Mar 17  16+yrs
ND Rec  10:30-11:30am  $50
422539  Su, Apr 7-May 12  16+yrs
ND Rec  10:30-11:30am  $59
422540  Su, May 19-Jun 30  16+yrs
ND Rec  10:30-11:30am  $68
Functional Fitness

F.I.T. (Functional Integrated Training)

Functional movements combined with athletic drills, HIIT, strength, and cardio training will help you achieve your goals. This progressive program will give you individual attention in a group format.

NORTH DELTA

Sessions: 18
421236 M/W/F, Jan 7-Feb 15 16+yrs
LD Leisure 5:15-6:15pm $8
Sungod 6:05-7am $147
Sessions: 17
422152 W/F/M, Feb 20-Mar 29 16+yrs
Sungod 6:05-7am $140
Sessions: 19
421972 M/W/F, Apr 1-May 17 16+yrs
Sungod 6:05-7am $153
Sessions: 17
422153 W/F/M, May 22-Jun 28 16+yrs
Sungod 6:05-7am $140

LADNER Sessions: 7

LD Leisure 5:15-6:15pm $8
420987 Th, Jan 9 16+yrs
LD Leisure 5:15-6:15pm $8
420986 W, Jan 9 16+yrs
LD Leisure 5:15-6:15pm $8
420987 Th, Jan 9 16+yrs

Sticks & Stones

Train with the TRX Rip Trainer and Kettle Bells in this unique, functional training program. This is interval training with two great training tools, that will help you achieve the goals you are striving for in life or sport.

LADNER

Sessions: 1
420986 W, Jan 9 16+yrs
LD Leisure 5:15-6:15pm $8
420987 Th, Jan 10 16+yrs
LD Leisure 5:15-6:15pm $8
420987 Th, Jan 9 16+yrs

TRX Boot Camp

This boot camp style workout will run you through a variety of TRX strength exercises fused with cardio and strength based intervals to leave you feeling accomplished, sweaty and strong.

NORTH DELTA

Sessions: 6
421252 F, Jan 4-Feb 8 16+yrs
Sungod 5:30-6:30pm $59
Sessions: 5
421251 F, Feb 15-Mar 15 16+yrs
Sungod 5:30-6:30pm $50
Sessions: 6
422010 F, Apr 5-May 17 16+yrs
Sungod 5:30-6:30pm $59
422011 F, May 24-Jun 28 16+yrs
Sungod 5:30-6:30pm $59

Functional H.I.I.T.

Join this fun and innovative group training class including cardiovascular and strength exercises for a full-body workout. This new multi-rig system will keep your workouts fresh and fun!

NORTH DELTA

Sessions: 11
422256 M/W, Apr 1-May 8 16+yrs
Sungod 9-9:45am $102
422259 M/W, May 13-Jun 19 16+yrs
Sungod 9-9:45am $102
Sessions: 12
422601 Tu/Th, Apr 2-May 9 16+yrs
Sungod 6-6:45pm $110
422602 Tu/Th, May 14-Jun 20 16+yrs
Sungod 6-6:45pm $110
Sessions: 5
422603 Sa, Apr 6-May 11 16+yrs
Sungod 10:45-11:30am $49
Sessions: 6
422604 Sa, May 25-Jun 29 16+yrs
Sungod 10:45-11:30am $58
Sessions: 11
423931 Tu/F, Apr 2-May 10 16+yrs
Sungod 6:05-6:50am $102
Sessions: 12
423932 Tu/F, May 14-Jun 21 16+yrs
Sungod 6:05-6:50am $110

Sticks & Stones Intro session

Try an intro session to our new Sticks and Stones program. Train with the TRX Rip Trainer and Kettle Bells in this unique, functional training program. This is interval training with two great training tools, that will help you achieve the goals you are striving for in life or sport.

LADNER

Sessions: 1
420986 W, Jan 9 16+yrs
LD Leisure 5:15-6:15pm $8
420987 Th, Jan 10 16+yrs
LD Leisure 5:15-6:15pm $8
420987 Th, Jan 9 16+yrs

In this introductory session, use the TRX RIP trainer to revolutionize your sport performance. Get more explosive in your movement. Strengthening your core muscles unlocks so much more.

LADNER

Sessions: 1
420982 Su, Jan 6 16+yrs
LD Leisure 11:45am-12:45pm $8

TRX Boot Camp Express

This boot camp style workout will run you through a variety of TRX strength exercises fused with cardio and strength based intervals to leave you feeling accomplished, sweaty and strong.

NORTH DELTA

Sessions: 5
421985 Tu, Jan 8-Feb 5 16+yrs
Sungod 6:05-6:50am $41
421986 Tu, Feb 12-Mar 12 16+yrs
Sungod 6:05-6:50am $41
Sessions: 6
421987 Tu, Apr 2-May 7 16+yrs
Sungod 6:05-6:50am $45
421988 Tu, May 14-Jun 18 16+yrs
Sungod 6:05-6:50am $45

TRX Rip Training Intro Session

In this introductory session, use the TRX RIP trainer to revolutionize your sport performance. Get more explosive in your movement. Strengthening your core muscles unlocks so much more.

LADNER

Sessions: 1
420982 Su, Jan 6 16+yrs
LD Leisure 11:45am-12:45pm $8

INFORMATION: 604-952-3000 or Delta.ca
TRX Rip Training
TRX Rip Training combines a resistance cord and weighted bar, creating an asymmetric load for explosive core and cardio training. Get more explosive in your movement. Strengthening your core muscles unlocks so much more: agility, balance, conditioning, and rotational force.

**LADNER**
- **420984** Su, Jan 13-Feb 10 16-yrs $60
- **420985** Su, Feb 24-Mar 24 16-yrs $60
- **421744** Su, Apr 14-May 26 16-yrs $60
- **421745** Su, Jun 2-30 16-yrs $60

**NORTH DELTA**
- **420810** Sa, Jan 5-Feb 9 16-yrs $60
- **420809** W, Jan 9-Feb 6 16-yrs $60
- **420811** W, Feb 13-Mar 13 16-yrs $60
- **420812** Sa, Feb 16-Mar 16 16-yrs $60
- **421833** W, May 15-Jun 26 16-yrs $60
- **421835** Sa, May 18-Jun 29 16-yrs $60

**TRX Suspension Training**
Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability, simultaneously. You're in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance.

**NORTH DELTA**
- **421246** F, Jan 4-Feb 8 16-yrs $60
- **421242** Sa, Jan 5-Feb 2 16-yrs $60
- **421951** M, Jan 7-Feb 4 16-yrs $60
- **421245** Sa, Feb 9-Mar 16 16-yrs $60
- **421952** M, Feb 11-Mar 11 16-yrs $60
- **421244** F, Feb 15-Mar 15 16-yrs $60
- **421983** M, Apr 1-May 13 16-yrs $60
- **421978** Sa, Apr 5-May 17 16-yrs $60
- **421979** Sa, Apr 6-May 11 16-yrs $60
- **421981** F, May 24-Jun 28 16-yrs $60
- **421982** Sa, May 25-Jun 29 16-yrs $60
- **421984** M, May 27-Jun 24 16-yrs $60

**INDOOR CYCLING**
Ready, set, SWEAT! This class will put you through your paces! 30 min interval spin and 30 min of TRX strength for those buns and guns.

**NORTH DELTA**
- **421231** W, Jan 9-Feb 6 16-yrs $60
- **421232** W, Feb 13-Mar 13 16-yrs $60
- **421234** M, Feb 11-Mar 11 16-yrs $60
- **421983** M, Apr 1-May 13 16-yrs $60
- **421982** Sa, May 25-Jun 29 16-yrs $60
- **421984** M, May 27-Jun 24 16-yrs $60

**TRX Suspension Fusion**
A high intensity, fast paced class that gives you a total body workout! Your instructor will provide a new workout every class that utilizes a variety of equipment including TRX Suspension trainers, kettle bells, ropes, slam balls etc. (45 min class)

**NORTH DELTA**
- **421968** W, Jan 9-Feb 6 16-yrs $60
- **421969** W, Feb 13-Mar 13 16-yrs $60
- **421989** W, Apr 3-May 8 16-yrs $60
- **421990** W, May 15-Jun 19 16-yrs $60

**Cycle and Straps**
- **422739** W, Apr 3-May 8 16-yrs $60
- **421730** M, Apr 8-May 13 16-yrs $60
- **421731** Th, Apr 11-May 16 16-yrs $60
- **422740** W, May 15-Jun 19 16-yrs $60
- **421733** M, May 27-Jun 24 16-yrs $60
- **421732** Th, May 23-Jun 27 16-yrs $60
- **421734** W, May 15-Jun 26 16-yrs $60
- **421735** Th, May 23-Jun 27 16-yrs $60
- **421736** W, May 15-Jun 26 16-yrs $60
- **421737** Th, May 23-Jun 27 16-yrs $60

**Pilates Mat - Foundations**
Ground yourself in the foundations of Pilates and perfect technique. This program helps participants develop true core strength and stability while heightening mind-body awareness. Props are added for variety and intensity.

**LADNER**
- **420937** Th, Jan 3-Feb 7 16-yrs $60
- **420938** M, Jan 7-Feb 11 16-yrs $60
- **420939** W, Feb 15-Mar 25 16-yrs $60
- **420940** Th, Feb 19-Mar 29 16-yrs $60

**NORTH DELTA**
- **420941** F, Jan 4-Feb 8 16-yrs $60
- **420942** Sa, Jan 5-Feb 2 16-yrs $60
- **420943** M, Jan 7-Feb 4 16-yrs $60
- **420944** Sa, Feb 9-Mar 16 16-yrs $60
- **420945** M, Feb 11-Mar 11 16-yrs $60
- **420946** F, Feb 15-Mar 15 16-yrs $60
- **420947** Sa, Apr 6-May 11 16-yrs $60
- **420948** F, May 24-Jun 28 16-yrs $60
- **420949** Sa, May 25-Jun 29 16-yrs $60
- **420950** M, May 27-Jun 24 16-yrs $60

**Mind and Body**

“There will be obstacles. There will be doubters.
There will be mistakes. But with hard work, there are no limits.”

- Michael Phelps
Pilates Mat – Progressions
For those with intermediate knowledge and experience in Pilates Mat. Improve core stability, posture, strength, balance, coordination, and flexibility. Special equipment/props will be incorporated into classes.

LADNER
420940 M, Jan 7-Feb 11 16+yrs
McKee 7:30-8:30pm $52
Sessions: 5
420941 M, Feb 25-Mar 25 16+yrs
McKee 7:30-8:30pm $44
Sessions: 5

Yoga for Runners
Yoga class designed specifically for runners. Postures will target tightness, address injuries and will help to renew healthy muscle balance, and create flexibility to enhance the runner’s body.

LADNER
420972 Su, Jan 6-Feb 10 16+yrs
LD Leisure 5-6pm $52
420971 Su, Feb 24-Mar 31 16+yrs
LD Leisure 5-6pm $52
Sessions: 5
421752 Su, Apr 14-May 12 16+yrs
LD Leisure 5-6pm $44
Sessions: 6
421753 Su, May 26-Jun 30 16+yrs
LD Leisure 5-6pm $52

Yoga Restorative
In Restorative Yoga, props such as bolsters and blocks are used to fully support the body, allowing it to open slowly and naturally with no effort. Concentration is on breath, allowing for a deep introspective class which restores energy to the body and calmsness to the mind.

LADNER
420967 F, Jan 4-Feb 8
LD Leisure 1:30-2:45pm $63
Sessions: 6
13+yrs
420968 F, Feb 15-Mar 15
LD Leisure 1:30-2:45pm $53
Sessions: 6
13+yrs
421757 F, Apr 12-May 17
LD Leisure 1:30-2:45pm $63
Sessions: 6
13+yrs
421758 F, May 24-Jun 28
LD Leisure 1:30-2:45pm $63
Sessions: 6
13+yrs

Yoga Yin
This slow paced Yoga practice is the perfect way to balance your more active physical activities. Yin Yoga poses provide gentle but consistent stimulation to the connective tissues, long-term health and flexibility of the joints, recharges the energetic system of the body, and naturally draws the mind inward to a relaxed, meditative state.

TSAWWASSEN
421581 Sa, Jan 5-Feb 9 16+yrs
Winskill 10:30-11:30am $52
421617 Th, Jan 3-Feb 7 16+yrs
Winskill 11:45am-12:45pm $52
Sessions: 5
421582 Sa, Feb 16-Mar 16 16+yrs
Winskill 10:30-11:30am $44
421618 Th, Feb 14-Mar 14 16+yrs
Winskill 11:45am-12:45pm $44
Sessions: 6
421583 Sa, Apr 6-May 11 16+yrs
Winskill 10:30-11:30am $53
421621 Th, Apr 4-May 9 16+yrs
Winskill 12:15-1:15pm $52
Sessions: 7
421584 Sa, May 18-Jun 29 16+yrs
Winskill 10:30-11:30am $60
421622 Th, May 16-Jun 27 16+yrs
Winskill 12:15-1:15pm $60

Yoga Warrior Poses & Beyond with Sun Salutations Workshop
Learn how to do Warrior poses safely and effectively using proper alignment and one’s own body type. Sun Salutation (A and B) routines have many sequencing movements. Rather than being caught up with its flow, learn how to move safely and properly with care for shoulders, wrists, lower back, knees, and hips.

NORTH DELTA
421264 Su, Jan 27 16+yrs
Sungod 1-3pm $25
Sessions: 1

Yoga Mindful Balance Workshop
Do you find it difficult to balance? If so, explore step-by-step approaches to improving balance through mindful yoga practice. Various techniques and ideas will be presented including body alignment, core awareness, and the tensegrity concept.

NORTH DELTA
421266 Su, Feb 10 16+yrs
Sungod 1-3pm $25
**Personal Training**

For information and to schedule a training session call:
- Sungod: 604-952-3074
- LD Rec: 604-946-3376
- Winskill: 604-952-3013
- ND Rec: 604-952-3074

---

**Personal Training – Small Group Packages for Youth**

Train with your friends and teammates in a private session. Sport specific strength and conditioning will be customized for your groups’ needs. This is for youth ages 13-16 in groups of 3-6. Fees are per person.

- 5 sessions: $137
- 10 sessions: $257

---

**Personal Training Package – Youth**

Personal trainers work with you to identify goals and customize a specific program to maximize the benefits of your training routine. Focus on sports specific goals, such as balance, agility, speed, and core conditioning.

- Ages 13+
  - 1 session: $155
  - 3 sessions: $247
  - 5 sessions: $488
  - 10 sessions: $956

---

**Personal Training – Semi Private Youth**

Train with a friend or teammate. A personal trainer will work with you to develop a specific program, that will maximize the potential benefits of your training routine. Focus on sports specific goals, such as balance, agility, speed, and core conditioning. Fees are per person.

- 13-16yrs
  - 1 session: $113
  - 3 sessions: $160
  - 5 sessions: $310
  - 10 sessions: $602

---

**Personal-Fitness Assessment**

Take a comprehensive fitness assessment including testing of body composition, muscular strength and endurance, flexibility and aerobic fitness. Regular fitness assessments help design and refine accurate fitness programs, which will ensure you achieve your goals faster and with less risk of injury.

- 16+yrs: $97

---

**Personal-Posture Assessment**

Have your posture analyzed and learn how to correct common muscular imbalances. Registered personal training staff will assess and recommend corrective exercises.

- 13+yrs: $68

---

**Personal-Program Re-Design**

Have a certified personal trainer revise and revive your fitness program. A trainer will provide you with the program and guidelines you need to break plateaus, set a new personal record, refocus and find motivation and achieve new goals.

- 16+yrs: $61

---

**Personal Training-Small Group Packages**

Train with your family, friends, teammates or colleagues in a private session. The training will be customized to your groups’ needs and goals.

- Enjoy the energy of training in a group and achieve new goals.
- Enjoy the benefits of training in a group and focus and motivation of having a personal trainer helping you all succeed. (3-6 people).

- Fees are per person.

---

**Personal Training – Private Packages**

Reach and exceed your goals faster with less risk of injury, while eliminating any confusion and guess work. Research has proven that instruction and coaching help participants achieve their results more effectively than working alone. Train with one of our certified trainers to achieve your personal best!

- 16+yrs
  - 1 session: $155
  - 3 sessions: $247
  - 5 sessions: $488
  - 10 sessions: $956

---

**Personal Training Semi Private Packages**

Train with your friend, co-worker, teammate or family member in these customized tandem training sessions. Each person receives a program designed to suit their individual needs and goals. Fees are per person.

- 1 session: $113
- 3 sessions: $310
- 5 sessions: $602
- 10 sessions: $602

---

**Pre & Post Natal**

**Buggy Boot Camp**

This unique high energy boot camp gets you back in shape with baby! This is an indoor class, but weather permitting, class could take place outdoors. A stroller is required. Babies must be pre-mobile.

---

**“Don’t expect to be motivated every day to get out there and make things happen. You won’t be. Don’t count on motivation. Count on discipline.”**

- Jocko Willink

---

For more information and to schedule a training session call:
- Sungod: 604-952-3074
- LD Rec: 604-946-3376
- Winskill: 604-952-3013
- ND Rec: 604-952-3074

Online registration DeltaReg.ca
Pre-Natal Yoga
Learn safe and specific yoga postures tailored to strengthen and relax your rapidly changing pregnant body, reduce stress and pregnancy related discomforts, while balancing your hormones and preparing yourself physically, mentally and emotionally. Each class will incorporate breathing techniques, movement, stretching, meditation and relaxation. Previous yoga experience NOT required.

NORTH DELTA  Sessions: 5
420824  W, Jan 9-Feb 6  16+yrs  $63
420825  W, Feb 9-Mar 6  16+yrs  $65
421219  Sa, Feb 9-Mar 16  50+yrs  $65
421217  W, Feb 13-Mar 13  50+yrs  $65
421652  W, Apr 3-May 1  50+yrs  $65
421653  W, May 15-Jun 12  50+yrs  $65
421654  Sa, Apr 6- Ma7 4  50+yrs  $65
421651  Sa, May 25-Jun 22  50+yrs  $65

TSAWWASSEN  Sessions: 5
420848  W, Jan 9-Feb 6  50+yrs  $65
420849  W, Feb 9-Mar 6  50+yrs  $65
421615  W, Apr 3-May 8  50+yrs  $65
421616  W, May 15-Jun 26  50+yrs  $65

Small Group Training
50+ Strength & Conditioning
This is a small group fitness class designed to build muscular strength and endurance in the older adult.

NORTH DELTA  Sessions: 5
421218  Sa, Jan 5-Feb 2  50+yrs  $65
421216  W, Jan 9-Feb 6  50+yrs  $65
421219  Sa, Feb 9-Mar 16  50+yrs  $65
421217  W, Feb 13-Mar 13  50+yrs  $65
421652  W, Apr3-May 1  50+ yrs  $65
421653  W, May 15-Jun 12  50+ yrs  $65
421654  Sa, Apr 6- Ma7 4  50+ yrs  $65
421651  Sa, May 25-Jun 22  50+ yrs  $65

421615  W, Apr 3-May 8  50+ yrs  $76
421616  W, May 15-Jun 26  50+ yrs  $88

Women on Weights
Ladies! Learn the basics of resistance training using a combination of machines and free weight equipment in a social group setting.

LADNER  Sessions: 5
420975  W, Jan 16-Feb 6  16+yrs  $65
421748  W, Apr 10-May 8  16+yrs  $65
421749  W, May 22-Jun 19  16+yrs  $65

NORTH DELTA  Sessions: 6
421688  Tu, Jan 8-Feb 5  16+yrs  $65
421690  Tu, Apr 2-May 7  16+yrs  $76
421691  Tu, May 14-Jun 25  16+yrs  $88

Women on Weights 2
Progressive group weight training for women. Pre-requisite: Previous participation in Women on Weights.

LADNER  Sessions: 5
420977  W, Feb 20-Mar 20  16+yrs  $65
421751  W, May 22-Jun 19  16+yrs  $65

Weight Room Introduction – Youth
If you are new to fitness training or new to our weight room, take this introductory session with one of our personal trainers or weight training instructors. You will learn fitness knowledge, safe use of our equipment and receive a basic program. Call 604-952-3070.

13-15yrs  $26

Weight Room Introduction
If you are new to fitness training or new to our weight room, take this introductory session with one of our personal trainers or weight training instructors. You will learn fitness knowledge, safe use of our equipment and receive a basic program. Call 604-952-3070.

16+yrs  $26
Delta Fitness
Academy

BCRPA Aquatic Fitness Leader Module
Learn skills necessary to become a registered aquafit instructor. Prerequisite: Completion of BCRPA Fitness Theory course or current BCRPA Fitness leader registration. Must have participated in at least 3 Aquafit classes. Course fee includes manual. 
_Instructor: Monica Thomson_

**NORTH DELTA**

Sessions: 3

422360 Apr 6, 7, 13 16 +yrs
Sungod 9am-6pm $370

BCRPA Fitness Theory Course
Learn the theory and science behind safe and efficient fitness training. This course is a prerequisite that will prepare you for the BCRPA Group Fitness, Weight Training, Third Age, Aquafit and or Yoga and Pilates Instructor Modules. Course fee includes manual. 
_Instructor: Monica Thomson_

**NORTH DELTA**

Sessions: 3

422364 F-Su, Jan 19, 20, 26 16+yrs
Sungod 8am-5pm $370

BCRPA Personal Training Module
Become a BCRPA registered Personal Trainer by successfully completing this course and the Personal Trainer Exam. This course covers marketing, business, fitness assessment, health screening, risk management, program design and ethics. Pre-requisite: BCRPA Weight Training certification. Course fee includes manual. 
_Instructor: Monica Thomson_

**NORTH DELTA**

Sessions: 6

422366 Mar 22, 29, 6-10pm 16+yrs
Sungod Mar 23, 24, 30, 8am-5pm
Mar 31, 8-11am $615

BCRPA Weight Training ICE
Competency evaluation required to become a Registered BCRPA Weight Training Instructor. By appointment only. Please call 604-946-3376 for LD Leisure, 604-952-3074 for ND Rec, and 604-952-3089 for Sungod.

**NORTH DELTA**

Sessions: 1

421220 Su, Mar 31 16+yrs
Sungod 12-1pm $161
420850 Su, Mar 31 16+yrs
ND Rec 12-1pm $161

Older Adult Fitness Leader Module
This BCRPA recognized course follows the International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults. You will learn about factors affecting physical activity in older adults, including those with stable medical conditions. Course fee includes manual. 
_Instructor: Monica Thomson_

**NORTH DELTA**

Sessions: 2

423338 Mar 16, 17 16+yrs
Sungod 8:30am-5:30pm $305

Osteofit Instructor Course
Based on research developed in consultation with clinical specialists from BC Women’s Osteoporosis Program, this 15-hour course will cover an overview of osteoporosis, therapies and challenges facing the person with this serious condition. Learn how to adapt classes/weight training sessions and gain theoretical and practical knowledge to deliver BC Women’s unique Osteofit Program. Presented by Osteofit Master Trainer and Provincial Coordinator Debbie Cheong. Pre-requisite: BCRPA Group Fitness/Weight Training or Personal Training and Third Age designation. Course fee includes manual. 
_Instructor: Debbie Cheong_

**NORTH DELTA**

Sessions: 2

422371 Jun 15, 16 19+yrs
Sungod 8am-5pm $250

BCRPA Weight Training Leader Module
You will develop the practical skills required to design basic weight training programs. Complete all course requirements and become a BCRPA Registered Weight Trainer. This course is the pre-requisite to becoming a registered Personal Trainer. Pre-requisite: BCRPA Fitness Theory Course and current CPR and First Aid. Course fee includes manual. 
_Instructor: Monica Thomson_

**NORTH DELTA**

Sessions: 3

422365 Feb 16, 17, 23 16+yrs
Sungod 8am-5pm $370
Aquatics at a Glance

Special Events ........................................ 66
Registration Information .......................... 67
Aquafit and Drop-in Descriptions .... 68
Swim Lessons .......................................... 69
  Preschool ........................................... 69
  Children ............................................. 70
  Leadership Training .............................. 73
  Youth ............................................... 74
  Adult ............................................... 74
Swim Lessons .......................................... 75

Pool Etiquette and Guidelines

- Children under the age of 7 must be within arm’s reach of an adult age 16 years or older at all times: 1 adult to a maximum of 3 children under the age of 7.
- Outside shoes are not allowed on the pool deck; they can track in dirt and germs, which contaminate the pool. Please go barefoot or bring in non-slip footwear when on the pool deck.
- Always remember to walk on the deck.
- Health regulations require that everyone take a cleansing shower using soap before entering the pool or swirl pool areas.
- Our family changerooms are very busy spaces. These rooms are for people with children of the opposite gender and their caregiver, and for people with disabilities. Please ensure that you remove your belongings from these spaces when not in use.
- Diving is permitted only in the deep end of the main/sunshine pools.
- Should an injury occur when at the pool, report it to the Lifeguard staff right away.
- In an emergency, follow the directions of the Lifeguard staff.
- For health and safety, please do not go into the pool if you have an illness, head cold, open sores, bandages, or an infection from the ears and eyes.
- Our sauna rooms, steam rooms and swirl pools are all designated quiet zones. Please talk quietly.

With a little courtesy, lap swimming can work for everyone. Please:

- Always swim to the right of the lane and pass on the left.
- Be aware of what is going on in your lane.
- Move graciously to a different lane if asked by a Lifeguard to do so.
- Allow a faster swimmer to pass you.
- Move to another lane that is more appropriate for your swimming speed if you are constantly being passed by other swimmers.

Swirl Pool Age Guidelines

All children under 13 years of age may use the swirl pools when accompanied by an adult age 16 years or older.

Swim Features

Diving boards, rope drop, mat walk, inflatables, climbing wall (dependent on facility) are open during peak times, programs and other activities permitting.

Please visit Delta.ca for up-to-date facility schedules. Please note that on Statutory Holidays aquatic facilities maintain regular hours of operation and regular admission rates apply.

Buckles’ Water Safety Tip:

Snowmobiling on Ice

- Wear a helmet, personal flotation device and warm clothing to prevent frostbite and hypothermia
- Carry rescue equipment such as ice picks, rope, cell phone and first aid kit.
Special Events & Pro D Days At the Pools

JANUARY

New Years Day Pool Party
Come celebrate the New Year with a variety of pool challenges! Family Rate applies, all ages welcome.
T, Jan 1, 2-4pm
LD Leisure, Winskill, Sungod

Go for the Gold
On your mark, get set…GO! This is a great way to use Grade 5, 6, 7, 8 Passes. Get ready for a day of outrageous competitions where the fun never stops! Bring your A-game for our speedy relay races and your crazy dance party moves! Get ready to make a splash that’ll blow the judges away!
F, Jan 11, 8-9pm
LD Leisure, Winskill, Sungod

Pro D Day – Pool Party
Come join the pool party and play some fun games with a play leader! Regular admission applies, all ages welcome
F, Jan 25, 1-3pm
LD Leisure, Winskill, Sungod

FEBRUARY

Pro D Day – Pool Party
Come join the pool party and play some fun games with a play leader! Regular admission applies, all ages welcome. Use your Grade 5, 6, 7, 8, pass to get in.
F, Feb 15, 1-3pm
LD Leisure, Winskill, Sungod

Family Day
Come celebrate the day with your family at Delta Aquatic Centres, including playing on the inflatables. Family rate applies, all ages welcome.
M, Feb 18, All day
LD Leisure, Winskill, Sungod

Anti-Bullying Day
Join our lifeguards in wearing pink shirts to help support anti-bullying day. Regular admission applies, all ages welcome.
W, Feb 27, All day
LD Leisure, Winskill, Sungod

MARCH

Spring Break Spring into Action!
Spring into Action at the pool! Come join us on our inflatables at the pool and for lots of fun games! Regular admission applies, all ages welcome.
Mar 18, 20, 22 and 25, 27, 29
M/W/F only, 1-3pm
LD Leisure, Winskill, Sungod

Earth Hour Swim
Earth hour is a worldwide event that unites people to protect our planet. Come and join us for a relaxing hour where we do our part for the world and dim the lights to create a calm atmosphere in the pool. Regular admission applies, all ages welcome.
Sa, Mar 30, 8-9pm
LD Leisure, Sungod

MAY

Red Cross National Lifejacket Day
Watch for lifeguards at your pool wearing PFDs and promoting safety as we approach the warm summer weather. Regular admission applies, all ages welcome.
Th, May 16, All day
LD Leisure, Winskill, Sungod

Pro D Day Pool Party
Come join in on the pool party and play some fun games with a play leader! Regular admission applies, all ages welcome.
F, May 17, 1-3pm
LD Leisure, Winskill, Sungod

JUNE

Delta Community Water Safety Event
Come out and learn how to make our community water safe, while having fun by participating in a variety of booths and activities with a carnival theme.
Sa, Jun 1, 12-3pm
ND – Scottsdale Mall

Red Cross Water Safety Week
Watch for lifeguards at your pool wearing PFDs and promoting safety as we approach the warm summer weather. Learn about how you and your family can be water safety competent this summer. All Ages welcome

Party at the Pools!

LD Leisure, Sungod, Winskill
You can choose your party package and most importantly, you can choose your party theme. See page 6 for birthday party information.
Register Early for Lessons
We cancelled it because we did not know you wanted it.

We recommend registering early to avoid class cancellations. We finalize lessons the week before your class starts.

<table>
<thead>
<tr>
<th>Registration Start Dates:</th>
<th>LD LEISURE</th>
<th>WINSKILL</th>
<th>SUNGOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 5, 2018</td>
<td>Jan 7-Feb 10</td>
<td>Jan 7-Feb 10</td>
<td>Jan 7-Feb 10</td>
</tr>
<tr>
<td></td>
<td>Feb 11-Mar 17</td>
<td>Feb 11-Mar 17</td>
<td>Feb 11-Mar 17</td>
</tr>
<tr>
<td></td>
<td>Mar 18-31</td>
<td>Mar 18-31</td>
<td>Mar 18-31</td>
</tr>
<tr>
<td></td>
<td>Apr 1-May 5</td>
<td>Apr 1-May 5</td>
<td>Apr 1-May 5</td>
</tr>
<tr>
<td></td>
<td>May 6-Jun 9</td>
<td>May 6-Jun 2</td>
<td>May 6-Jun 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jun 3-30</td>
<td>Jun 3-30</td>
</tr>
</tbody>
</table>

How Do I Register?
Register for aquatic programs online at DeltaReg.ca, by phone at 604-952-3000, or in person at any recreation facility.

1. Ensure that your child meets the age and level prerequisite.
2. Waitlists are established for all classes. If the class is full, please put your name on the waitlist. We may be able to add a class if there is sufficient interest and if we have the pool space.
3. If you are unsure of your child’s skill level, we will gladly arrange a free evaluation. Please note that if your child is under the age of 7 you must have a parent/caregiver, 16yrs or older, enter the water for the assessment. Contact your local aquatic centre for convenient times.
4. If your child has taken lessons in a different city, please bring their report card into one of our recreation centers so we can verify the prerequisites and ensure you are registered in the correct level.
5. If a student has repeated the same level three times within Delta, we will provide up to two free private lessons. You must have receipts or report cards to verify registration. Please note: this is only applicable to 30-minute private lessons and is not applicable to parented classes.
6. If you or your child requires the use of a volunteer, please contact our programmer for People with Disabilities at 604-946-3288 two weeks before the class starts.

Steps to Swimming Lesson Success

**Step One**
Get prepared for lessons
Bring your child to the facility and show them around. If your child has taken lessons, bring their report card in.

**Step Two**
Practice what has been learned
Talk to your child about the skills they have learned and those that they need to work on. Come into the pool and practice with your child. We offer affordable family rates.

**Step Three**
Jump in during Parent Education Day
Hop in and get first-hand knowledge of what and how your child is doing in lessons. Learn what they need to work on and how you can help them. Don’t forget to check on your child’s progress by talking to our friendly and knowledgeable instructors.

Registration for Winter/Spring Aquatic Programs is currently open. Register now.

Fit swim lessons into your busy schedule!
We continue to offer 45-minute preschool classes along with our regular 30-minute lessons, and 1-hour lessons for children for 5 weeks at a time. Please check our website or facility for times and dates.

We want to hear from you!
Do you have a lesson suggestion? Speak to a Lesson Supervisor or go to Delta.ca/talkdelta.

Personal Skill Development (PSD) Classes
Register for a series of one on one lessons that will focus on your specific swimming needs. Perfect for people wanting extra time to develop their skills. This program is for all ages. LD Leisure and Winskill locations only.
Aquafit Descriptions

Please check the updated facility schedules on our website for hours between Dec 24, 2018 and Jan 6, 2019.

<table>
<thead>
<tr>
<th>SHALLOW WATER CLASSES</th>
<th>1 = Low</th>
<th>2 = Moderate</th>
<th>3 = High</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aqua Joints</td>
<td>1</td>
<td></td>
<td></td>
<td>Maintain range of motion in this pain-free class (previously called Aqua Therapy).</td>
</tr>
<tr>
<td>Aqua Conditioning</td>
<td>2-3</td>
<td></td>
<td></td>
<td>A 45 minute jumpstart to your day. Designed for all fitness types.</td>
</tr>
<tr>
<td>Forever Fit/Rusty Hinges</td>
<td>2</td>
<td></td>
<td></td>
<td>All the power of a Tidal Toner class with a reduced cardio section.</td>
</tr>
<tr>
<td>Gentle Fit</td>
<td>1</td>
<td></td>
<td></td>
<td>A modified class for light conditioning or special health considerations such as pre/post natal, back pain or injury recovery.</td>
</tr>
<tr>
<td>Liquid Cardio</td>
<td>3</td>
<td></td>
<td></td>
<td>An energetic, advanced class with 45 minutes of non-stop cardio! Non stop cardio followed by 15 minutes of strength and stretch.</td>
</tr>
<tr>
<td>Mommy and Me Aquafit</td>
<td>2</td>
<td></td>
<td></td>
<td>A low impact class that utilizes the weight of your baby for resistance.</td>
</tr>
<tr>
<td>Move To Improve</td>
<td>1</td>
<td></td>
<td></td>
<td>Range of motion and strength exercise for hips and knees, also suitable for participants new to exercise.</td>
</tr>
<tr>
<td>Tidal Toner</td>
<td>2</td>
<td></td>
<td></td>
<td>Variety, challenge and power! Designed for all fitness types.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DEEP WATER CLASSES</th>
<th>DESCRIPTION (Participants should be comfortable in deep water)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deep Strength</td>
<td>A 45 minute strength building class.</td>
</tr>
<tr>
<td>Deep Water Boot Camp</td>
<td>An athletic approach with sport specific drills and intense cardiovascular training. Participants must be comfortable in deep water.</td>
</tr>
<tr>
<td>Power Deep</td>
<td>Improve stamina and endurance with deep water running and aqua-spinning.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DROP-IN SWIM OPPORTUNITIES</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length Swim</td>
<td>Continuous length swimming. At least one lane is set aside for length swimming, and more depending on pool activity.</td>
</tr>
<tr>
<td>Public Swim</td>
<td>Everyone welcome swim. Space may be limited at certain times due to various programs and user groups. Children under the age of 7 must be within arm’s reach of an adult 16+ years old at all times (1 adult to a maximum of 3 children). The sauna, steam room (Sungod only) and swirl pool are available at all times. Specialty features at each site are available during peak times; programs and other activities permitting.</td>
</tr>
<tr>
<td>Moonlight Swim</td>
<td>The lights are dimmed, music is off, and a quiet space is encouraged. All ages are welcome to come and enjoy the ambience during this evening swim.</td>
</tr>
<tr>
<td>Parent and Tot Playtime</td>
<td>Join us for instructor led games, songs, swimming skills and water safety. Socialize and meet other children the same age. 6mo-3yrs.</td>
</tr>
<tr>
<td>Playleader/Inflatable</td>
<td>Have fun on our inflatables. Delta staff will run organized games and activities in the water.</td>
</tr>
<tr>
<td>TGIF Family Fun Night</td>
<td>For families of all ages. Enjoy planned games and activities, play features, and snacks.</td>
</tr>
<tr>
<td>Water Volleyball</td>
<td>Join a team for Water Volleyball.</td>
</tr>
<tr>
<td>Water Walking Lane</td>
<td>Water exercises allow you to work your muscles and stretch your body with less risk of injury than on land. Rapid water walking makes an effective aerobic workout. Water walking is a simple and efficient exercise for the pool.</td>
</tr>
</tbody>
</table>

| GROUP/PRIVATE RENTALS | We have varying times that the pool chambers are available for private rentals. Call for available times at your preferred facility. |

Swim Meets

**Sungod:** Sunshine Pool closed March 16 &17 and Sunday May 26 1-6pm

Please check online for schedules. Check the website at www.Delta.ca for current information.
Swim Programs

We have lesson opportunities for everyone! Delta offers the complete continuum from parented preschool levels to adult lessons. Placement depends on many variables including age, skill proficiency, previous experience, and readiness.

**TRY IT**

Register for a free class to try it!

**Mommy & Me AquaFit for Infants**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>420793</td>
<td>Sungod</td>
<td>M, Apr 1</td>
</tr>
<tr>
<td>420793</td>
<td>Sungod</td>
<td>11:30am-12pm</td>
</tr>
</tbody>
</table>

**Create Waves**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>418776</td>
<td>W, Apr 3</td>
<td>9:15-10:15am</td>
</tr>
<tr>
<td>415412</td>
<td>W, Jan 7</td>
<td>9:15-10:15am</td>
</tr>
<tr>
<td>415807</td>
<td>Fri, Jan 11</td>
<td>11am-12pm</td>
</tr>
<tr>
<td>420059</td>
<td>Su, Apr 7</td>
<td>9:15-10:15am</td>
</tr>
<tr>
<td>416414</td>
<td>Sa, Jan 12</td>
<td>10:45-11:45am</td>
</tr>
<tr>
<td>419369</td>
<td>Sa, Apr 6</td>
<td>10:45-11:45am</td>
</tr>
<tr>
<td>413649</td>
<td>LD Leisure</td>
<td>10:45-11:45am</td>
</tr>
</tbody>
</table>

**Preschool Diving**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>420725</td>
<td>W, Apr 1</td>
<td>11:15-11:45am</td>
</tr>
<tr>
<td>420064</td>
<td>W, Apr 7</td>
<td>10-10:30am</td>
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**Parent & Tot Playtime**

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**LEARN IT**

Registered Programs

**PRESCHOOL**

**Level 1 - Starfish**

4-12 mo

Water Safety - Facility orientation and active supervision, when and how to get help, choking prevention and how to stay warm. Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical positions in the water, and shallow water entries and exits.

**Level 2 - Duck**

12-24 mo

Water Safety - Facility orientation and active supervision, Stop! Look! Ask! and PFD/lifejacket, how to stay warm, choking prevention and response. Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.

**Level 3 - Sea Turtle (Parented)**

24-36 mo

Water Safety - Facility orientation and active supervision, Stop! Look! Ask! (find the adult) and PFD/lifejacket. Toddlers and their caregivers work on submersion, front and back float and glide, kicking into chest-deep water with assistance, kicking on front and front swim assisted.

**Level 3 - Sea Turtle**

3-5 yrs

Water Safety - Facility orientation and active supervision, Stop! Look! Ask! (find the adult) and PFD/lifejacket. A small class without mom or dad. An orientation level to build skills towards floats, glides and swims. Basic water safety, active supervision, and water entries and exits.

**Level 4 - Sea Otter**

3-5 yrs

Water Safety - Facility orientation and active supervision, Stop! Look! Ask! (find the adult), safe entries and exits, and PFD/lifejackets. Work on front and back floats and glides, kicking on front with a buoyant object, and swimming 1m assisted.

**Level 5 - Salamander**

3-5 yrs

Water Safety - Facility orientation and active supervision, Stop! Look! Ask! (find the adult), PFD/lifejacket and buoyant objects. Work on improving front and back float, and jumping into chest-deep water unassisted. Kicking is added to the front and back glide, and swim 2m.

**Level 6 - Sunfish**

3-5 yrs

Water Safety - Facility orientation and active supervision, Stop! Look! Ask! and PFD/lifejacket. Work on kicking and glides (front and back), enter deep water safely, float in deep water, swim with a PFD and swim 5m continuously.

**Level 7 - Crocodile**

3-5 yrs

Water Safety - Facility orientation and active supervision, Stop! Look! Ask! and PFD/lifejacket. Develop the front and back glide with kick, front and back swim, jump into deep water, and swim 10m continuously.

**Level 8 - Whale**

3-5 yrs

Water Safety - Facility orientation and active supervision, when and where to swim, and Stop! Look! Ask! Increase distance on front and back glide with kick, increase distance on front and back swim, learn a sitting dive, and swim 15m continuously.

**Create Waves**

3-5 yrs

An hour of activity for preschoolers: half-hour of arts and crafts then into the pool for another half-hour of splash.

**Preschool Diving**

4-7 yrs

30 minutes of diving fun! This learn-to-dive program focuses on safety, positions, fundamentals, and acrobatic skills designed especially for preschoolers! Prerequisite:
AQUATICS Swim Programs AquaFit Drop-In Swims Red Cross Leadership & Training

TRY IT
Register for a free class!

Junior Lifeguard Club

Red Cross Swim Kids
Red Cross Swim Kids teaches more than swimming skills—it allows kids to strive for and reach their personal best. Our well-trained instructors offer a balanced program of swimming and water safety skills where children learn alongside their peers in a fun and encouraging environment. Children are rewarded along the way with badges, stickers, and life-long skills. Placement depends on many variables including age, skill proficiency, previous experience, and readiness.

Red Cross Swim Kids 01
Water Safety – facility orientation, adult supervision in, on and around the water, and ways to get help-EMS. Develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5m.

Red Cross Swim Kids 01 Youth (10-12yrs)
Water Safety – facility orientation, adult supervision in, on and around the water, and ways to get help-EMS. Develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5m.

Red Cross Swim Kids 02
Water Safety – facility rules and introduction to PFD/lifejacket. Learn front and back glide with flutter kick, develop front swim, complete deep water activities (assisted), and swim 10m continuously.

Red Cross Swim Kids 02 – Youth (10-12yrs)
Water Safety – facility rules and introduction to PFD/lifejacket. Learn front and back glide with flutter kick, develop front swim, complete deep water activities (assisted), and swim 10m continuously.

Red Cross Swim Kids 03
Water Safety - when and where to swim. Increase distance on front and back glides with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15m continuously.

Red Cross Swim Kids 04
Water Safety - how to contact EMS, self-safety, and safe diving. Learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling, and swim 25m continuously.

Red Cross Swim Kids 05
Water Safety - how to be a safe boater and how to stay warm. Develop front crawl (15m), learn back crawl (15m), and whip kick on back. Learn stride dive and treading water, perform head-first sculling, and swim 50m continuously.

Red Cross Swim Kids 06
Water Safety - causes of boating incidents, and when and where to go on ice. Increase distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75m continuously.

Red Cross Swim Kids 07
Water Safety - partial airway obstruction and rescue. Increase distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front, and dolphin kick, learn stride entry, and swim 150m continuously.

Rookie Swim Patrol
First level of the Canadian Swim Patrol program. Features stroke development, fitness (endurance swims), self rescue, assessment of a conscious injured patient requiring EMS, treatment of bleeding and throwing assist rescues. Prerequisite: ability to swim 25m and tread water for 1 minute.

Red Cross Swim Kids 08
Water Safety - Hypothermia. Increase distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), eggbeater/tread water, and perform feet-first surface dive, standing shallow dive, and swim 300m continuously.

Ranger Swim Patrol
Second level of Canadian Swim Patrol program. Features stroke development and personal fitness, assessment of an unconscious breathing patient requiring EMS, treatment of choking and an introduction to in-water rescue techniques. Prerequisites: Rookie Patrol

Red Cross Swim Kids 09
Water Safety - wise choices and peer influence and self rescue from falling through ice. Increase distance on front and back crawl (100m), elementary back stroke (50m), and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400m continuously.
Swim Programs AquaFit Drop-In Swims Red Cross Leadership & Training

**AQUATICS**

- **INFORMATION:** 604-952-3000 or Delta.ca

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**Star Swim Patrol**
Final level of Canadian Swim Patrol. Features continued stroke development and personal fitness, rescue of an unconscious breathing patient in the water, treatment of respiratory distress (such as asthma and allergic reactions), and treatment of fractures. Prerequisite: Ranger Patrol

**Red Cross Swim Kids 10**
Water Safety - Sun smart and ice rescue from safe zone. Increase distance on front and back crawl (100m), elementary back stroke (50m), and breast stroke (50m). Learn to sidestroke (25m), underwater swim, dolphin kick (vertical), surface dive, and swim 500m continuously.

**Junior Lifeguard Club (8-12yrs)**
An exciting change from regular swim lessons focusing on fun while developing swimming endurance, fitness, lifesaving skills and knowledge. Fees vary from site to site based upon number of hours scheduled. Prerequisite: RCSK 6 and 8yrs of age.

**Spring Board Diving**
Level 1, 2 and 3
45 minutes of diving fun! Learn diving safety body positions, diving fundamentals and acrobatic skills.

**Red Cross Adapted Aquatics (4-15yrs)**
Specialized swim lessons for those needing special attention. Please register first and then call the Programmer for People with Disabilities at 604-952-3288 to discuss your child's specific needs.

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**Private & Semi-Private Lessons**
30-45 minute lessons are programmed into our regular schedule. Please contact one of our aquatic centres for more information.

**Please note:**
1. 24-hour notice of cancellation is required to avoid being charged for unused time.
2. It is your responsibility to bring your child's report card to the private lesson and to communicate with your instructor about your private lesson needs.
3. Let the instructor know if you have booked multiple lessons.
4. We do our best to schedule a consistent instructor for your class, however we cannot guarantee a specific instructor at any given time.
5. Students must be within one level of each other for semi-private lessons.

**Personal Skill Development (PSD)**
Register for a series of one-on-one lessons that will focus on your specific swimming needs. Perfect for people wanting extra time to develop their skills. This program is for all ages.

**Small Group Lessons**
Do you have a daycare or other small group that needs swim lessons? Give us a call and we'll do our best to set up lessons for your group of 3-6 students at a time that works for both you and the facility of your choice. Contact one of our aquatic centres for more information.

**Be Water Safe**
Being safe around water is a lifelong skill you can learn at any age. Learning to swim is great exercise. It builds endurance and muscles at the same time. Swim lessons are run year-round.

**People with Disabilities**
If your child would like to participate in classes and requires a volunteer in the water, please contact our Programmer for People with Disabilities at 604-946-3288 two weeks prior to the start of classes.

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**Scouts & Guides Badge Program**
This program will cover First Aid, boat safety and swimming skills required to achieve badges for Cub Scouts, Scouts, Girl Guides and Pathfinders. Please book in advance by contacting a facility of your choice for specific dates and times.

**Homeschool Lessons**
Red Cross Swim Kids levels 1-10 plus a variety of Delta specialty programs are offered at both LD Leisure and Sungod. For more information about our lessons, please contact the pool of your choice.

**Mermaid/Merman School (7-10yrs)**
Delta’s instructor-led Merman/Mermaid School is a fun and exciting alternative to regular swim lessons. This four level program starts with swimming skills in shallow and deep water without a tail and progresses to fun skills with a Monofin. (Tails provided). Pre-requisite for level 1 Pearl is completed Swim Kids 2.
Approved High School Credits for Bronze Cross, LSI, NL and WSI

PROCESS:
1. Inform your school that you hold these certifications.
2. Provide proof of your certification(s) by presenting your wallet card to your school counselor (the awards do not need to be current).

Leadership Development Plan - A Second Chance

Advanced aquatic leadership courses are demanding and many do not complete the first time. We encourage students who have had challenges to speak to our Aquatic Programmers to determine how they can meet requirements. Delta is committed to the development of excellence in our aquatic leaders and a second chance may be just the thing to produce a first-class leader. Candidate fees only apply. (NL, LSI and WSI)

For All Advanced Aquatics Courses

Prerequisite courses must be completely finished before you begin the next course. Please bring the following to all courses on the first day:
- proof of age
- all manuals used in previous courses
- all original copies of prerequisite certificates
- bathing suit, pocket mask, whistle, towel, pen, paper and snack/meal as required

Volunteer Opportunities

Volunteering is a great way to gain valuable experience and skills to become a lifeguard and swimming instructor. To volunteer in Delta Aquatics, you must be 13 years of age, have completed the Leaders of Tomorrow (LoFT) program and Bronze Cross, or hold an Advanced Leadership certificate. Potential volunteers will be contacted by the Volunteer Coordinator to book an interview, review your qualifications, and answer any questions.

For more information, please contact the programmer for volunteers at 604-946-3288 or volunteers@delta.ca.

Are You Ready?

Advanced Aquatic Courses can be physically demanding. Here are some tips to help you physically prepare for your course.

➤ Come to the pool. You must practice your swimming to see your fitness level increase.
➤ Did you know about the timed swims?
  - Bronze Star - 400m in 12 minutes
  - Bronze Medallion - 500m in 15 minutes
  - Bronze Cross - 600m in 18 minutes
➤ WSI candidates need to have a SK 10 swim stroke and skill equivalency.
➤ National Lifeguard candidates need to swim 400m in 10 minutes.
➤ Stay fueled. Eat healthy foods and drink lots of water on the days of your classes.
➤ Get lots of sleep. It takes a lot of energy to train hard.
➤ Be open to feedback, do your best and have fun!

8-12 years
• Bronze Star (recommended)
• Swim Kids Level 10 (recommended)
• Junior Lifeguard Club (8-12 years)
• Canadian Swim Patrol

13+ years
• Bronze Medallion (BM)
• Bronze Cross (BC)
• Bronze Combination Camp (BM and BC)
• Lifesaving Sport Club (13-18 years)
• Leaders of Tomorrow (for volunteering)

14+ years
• Standard First Aid (SFA)

15+ years
• Water Safety Instructor (WSI)

16+ years
• National Lifeguard (NL)
• Lifesaving Instructor (LSI)
• Fitness Theory Course (optional)
• Aquafit Module (optional)
LEADERSHIP TRAINING

Cancellation requests must be received 7 days prior to the start of the course for a full refund. Prices are subject to change without notice.

🌟 Bronze Star
The Bronze Star program helps to prepare swimmers for success in Bronze Medallion. Candidates are taught about how to make WaterSmart® choices, learn basic lifesaving and resuscitation skills needed to be their own personal lifeguard. Prerequisite 12+ years of age or completed Star Patrol.

🌟 Bronze Medallion
The Bronze Medallion program is a building block toward further lifesaving and lifeguard training. Candidates learn lifesaving techniques for challenging open-water rescues; develop stroke efficiency and endurance (500m timed swim). Certification includes CPR-A/AED. Prerequisites: Bronze Star or 13 years old by the last day of class.

🌟 Bronze Cross
Candidates learn advanced lifesaving training to include management of aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies. Bronze Cross is a prerequisite for National Lifeguard (NL). Certification includes CPR-C/AED. Prerequisites: Bronze Medallion.

🌟 Bronze Combination Camp
A combination of Bronze Medallion and Bronze Cross.

Taxes apply to all levels above Bronze Cross and Combination Camp.

Standard First Aid (SFA)
Standard First Aid is the most comprehensive first aid program for the general public and a prerequisite for National Lifeguard. Learn how to assess and treat airway, breathing and circulatory emergencies; and management of medical, musculoskeletal and environmental emergencies. Certification includes CPR-C/AED. Prerequisite: 14 years of age.

National Lifeguard (NL)
The NL award is recognized as the standard measure of lifeguard performance in Canada. NL training prepares lifeguards to prevent incidents and in the effective resolution of emergencies if needed. Prerequisites: Bronze Cross, Standard First Aid, 16 years of age by the last day of class.

Buy your pocket mask and fanny pack from us for Advanced Lifesaving courses.

National Lifeguard (NL) Precert/Recert
A NL certification is valid for two years from the date of certification and must be current for employment. This clinic is for individuals needing to recertify their NL award. A current CPR-C or Standard First Aid award is recommended. Prerequisites: National Lifeguard certification.

Lifesaving Instructor (LSI)
Learn how to teach and evaluate the Lifesaving Society Bronze Medal awards. Candidates will be taught teaching methodology, course planning, class management, safety supervision, and the principles of evaluation. Prerequisites: 16 years of age by the last day of the course and Bronze Cross.

Water Safety Instructor (WSI)
Prepares candidates to instruct the Red Cross swim programs. Candidates focus on strategies to introduce and develop swimming and water safety skills in the Red Cross Preschool, Swim Kids, Adults and Teens, and Adapted Programs. WSI consists of 4 components:

- Skills evaluation
- Online
- Teaching experience
- Classroom and Pool

Prerequisites:
- 15 years or older by the last day of the course
- Bronze Cross
- Stroke and skills equivalent to Swim Kids 10

Please note: a $140 candidate and materials fee is applied at registration.

Pool Operator Course Level 1
Designed for those individuals who maintain swimming pool water chemistry and mechanical operations.

Pool Operator Course Level 2
Covers all advanced features of running a public swimming pool. Prerequisite: Pool Operator Course Level 1.
**AQUATICS**  Swim Programs AquaFit Drop-In Swims Red Cross Leadership & Training

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**TRY IT**

Register for a free class and come out to try it!  Moderate classes for all fitness types.

---

**LEARN IT**

Registered Programs

**YOUTH**

**Lifesaving Sport Club (13-18yrs)**

This club is designed for teens who have a passion for swimming, water safety and want to work on their aquatic fitness. Lifesaving Sport Club is a fun way to keep your skills up in between advanced leadership courses and can be great preparation for being trained as a lifeguard.

**Teen Red Cross Swim Basics 1**

Learn front and back float, front and back glide with kick, front swim for 10m, shallow water entries and exits, and deep-water activities (assisted).

**Teen Red Cross Swim Basics 2**

Learn back swim with shoulder roll, front and back crawl (15m), sitting dive, kneeling dive, stride dive and front dive, treading water, and swim a minimum distance of 25m.

**Teen Red Cross Swim Strokes**

Choose the stroke(s) you wish to focus on. Participation-based program with individual goals. Ideal for Triathlon training or to improve skills before taking any of the advanced aquatics courses

---

**ADULTS**

**Adult Red Cross Swim Basics 1**

Learn front and back float, front and back glide with kick, front swim for 10m, shallow water entries and exits, and deep-water activities (assisted)

**Adult Red Cross Swim Basics 2**

Learn back swim with shoulder roll, front and back crawl (15m), sitting dive, kneeling dive, stride dive, front dive, treading water and swim a minimum distance of 25m.

**Adult Red Cross Swim Strokes**

Choose the stroke(s) you wish to focus on. Participation-based program with individual goals. Ideal for Triathlon training.

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**Water Safety Skills**

One in three people who drown were not expecting to be in the water, so we have included the optional safety skill of wearing clothes during water safety skills in lessons. For one session, students will be encouraged to bring clothes to wear over top of their bathing suits so they can practice water safety skills while wearing clothing. Parents/students will be notified of the date in advance. If you have any questions about these optional water safety skills, please ask our Lesson Supervisors.

**Lesson Supervisors**

During lessons, Lesson Supervisors (wearing red shirts) will be on duty assisting with classes. Please approach them if you have any questions/concerns or wish to relay a message to your child’s instructor.

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**Aquatic Personal Training**

Want to learn how to use equipment in the water before coming to a fitness class? Bored with length swimming and want to set up a length swimming workout or add water walking, running or aquafit to your training? Personal training is not just for the weight room. We can set you up with one of our specialized instructors.

**Water Walking**

Join in on the fun and work out at the same time. You don’t need to be able to swim to enjoy the benefits of the water. Water Walking is a great aerobic and calorie-burning workout. Check for days and times at the pool of your choice.

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**TRY IT**

Register for a free class and take this opportunity to try a new activity.

**Try it Adult Swim Strokes**

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**Try It Adult Swim Basics 1**

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Public Skate Descriptions

**Adult Skate**
All sessions are the traditional full ice circle style. Games of hockey are not permitted. 19+yrs

**Adult Drop-in Hockey**
Sessions are great for fun exercise and practicing your skills. Check facility for sign-up procedures and maximum players. Full equipment requirements are mandatory. 19+yrs

**Adult Stick & Puck**
Sessions are great for fun exercise and practicing your skills. Check facility for sign-up procedures and maximum players. Equipment required is CSA multi-impact helmet with half or full cage. Wooden stick permitted, plastic puck only. 19+yrs

**Everyone Welcome**
Pump up the volume and speed. Program leaders will be on ice to provide assistance where needed and promote an atmosphere of fun and responsible skating.

**Family Skate**
Family-friendly skates for parents and children. All children must be accompanied by adults providing active supervision. Program leaders will be on ice to assist where needed. The ratio of adults to children is 1:4. Groups are welcome during this session with the appropriate supervision.

**Family Stick & Puck**
Family sessions for parent and children up to 18 years of age. Children must attend with an adult on-site actively supervising. A leader is on ice to assist with games of hockey. ALL participants must wear multi-impact helmet, cage and gloves. Plastic pucks permitted only. There is a maximum of 30 participants who can safely participate in this program. Call your centre for sign-up details.

Remember Your Helmet!
All public skate participants 13 years of age or under, at Delta arenas must wear a multi-impact CSA approved helmet. Don’t have a helmet? No problem. Check in with staff to see if we can fit one for you at no charge (supplies limited).

Public Skate Schedule

Jan 7-March 15, 2019
These sessions are subject to change. Please visit Delta.ca to view current facility schedules.

**LD Leisure**
- **Adult Skate**
  - Tu, 12-1pm
- **Everyone Welcome**
  - F, 10:45–11:45am
- **Adult Skate**
  - F, 12-1pm
- **Family Skate**
  - Sa, 6:15-7:30pm
- **Family Drop-in Stick and Puck**
  - Sa, 7:45-8:15pm
- **Everyone Welcome**
  - Sa, 8:30-9:45pm

**SD Rec**
- **Adult Drop-In Hockey**
  - M, 9:45-11:45am
- **Adult Skate**
  - M, 12-1pm
- **Everyone Welcome**
  - M, 1:15-2:45pm
- **Family Drop-in Stick and Puck**
  - M, 3:30 - 4:15pm
- **Adult Stick and Puck**
  - W, 11:30am-1pm
- **Family Skate**
  - W, 6:30 -7:30pm
- **Everyone Welcome**
  - W, 7:45–9pm
- **Adult Skate**
  - F, 12-1pm
- **Everyone Welcome**
  - F, 7:45-9:45pm
- **Family Skate**
  - Su, 2-3:30pm

**Sungod**
- **Everyone Welcome**
  - Th, 1:30-3pm
- **Family Skate**
  - Th, 6:45-7:45pm
- **Everyone Welcome**
  - Th, 8-9:15pm

**ND Rec**
- **Adult Skate**
  - Tu, 12-1pm
- **Everyone Welcome**
  - Tu, 7:45-9pm
- **Adult Skate**
  - Th, 1-2pm
- **Adult Drop-in Hockey**
  - F,11:45a-1pm
- **Everyone Welcome**
  - Su,3-4:30pm

Check out skating birthday parties on page 6 to celebrate on ice!
Learn to Skate Programs

Learn to Skate programs provide levels for preschool, children, youth, and adults. They are designed to introduce the participant to skating skills in a fun and relaxed manner. Enthusiastic instructors use toys and games to encourage participants to practice their skills and gain confidence. Skate rentals and helmets are included in the cost of skate lessons.

Helmets must be CSA approved multiple impact. A limited selection of helmets is available at our facility free of charge. Gloves or mittens are also mandatory for lessons. We recommend skaters come for an assessment if they have skated with school, public skates or in-line skated as these individuals are often ready for the next level.

**PRESCHOOL**  
3-5yrs * 40-minute lessons

**Snowflake 3yrs or 4 and 5yrs**  
Skaters learn to become comfortable wearing skates and helmets and to be on the ice in a group. We will crawl, stand up, fall down, gain balance and stability on ice. Introduction to glide position and gliding on a circle. Be sure to register for the correct age group. Prerequisite: New to skating

**Snowball**  
Skaters will participate on their own in class learning to march and glide with balance, scrape the ice, and try a skills course. Introduction to backwards skating and stopping. Prerequisite: Snowflake or skating assessment.

**Snowman**  
Skaters will learn to glide on a circle, do push-offs, do side steps, and move backwards. Introduction to walking crossovers and backwards stops. Prerequisite: Snowball or skating assessment

**Snowbear**  
Skaters will learn to slalom around cones, snowplow stop on either foot, scull from a glide, and hold a backwards glide. Introduction to pumping on a circle, and skating backwards using alternating feet. Prerequisite: Snowman or skating assessment.

**Polar Bear**  
Skaters will learn to scull from a standstill, skate backwards using pushoffs, pump on a circle, and backwards scull. Introduction to forwards crososvers on a circle and backwards c-cuts. Prerequisite: Snowbear or skate assessment.

**CHILDREN**  
6-10yrs * 40-minute lessons

**Flurry**  
Skaters will learn to stabilize on ice, scrape the ice, skate forward, and glide. Introduction to backwards skating and sculling on the spot. Prerequisite: New to skating.

**Blizzard**  
Skaters will learn to do V push-offs, slalom around cones, scull, do sidesteps and snowplow stop on one side. Introduction to walking crossovers on a line and forwards pumping on a circle. Prerequisite: Flurry or a skating assessment.

**Icicle**  
Skaters will learn to pump on a circle, backwards skate with alternating feet, snowplow stop on both feet, and pump then crossover on a circle. Introduction to two-foot turns on a circle. Prerequisite: Blizzard or a skating assessment.

**Iceberg**  
Skaters will learn to backwards skate with speed and strength, do two-foot turns on a circle, and backwards scull. Introduction to backwards pumping on a circle and two-foot parallel stops. Prerequisite: Icicle or a skating assessment.

**North Pole**  
Skaters will learn to do backwards c-cuts, parallel stops, and Mohawk turns as well as backwards pump with one foot glides on a circle. Prerequisite: Iceberg or a skating assessment

**YOUTH**  
11-18yrs * 40-minute lessons

**Youth Lessons – Level 1**  
Skaters will learn to stabilize on ice, skate forwards, move backwards 10m, snowplow stop on one foot, scull, and glide on a circle. Introduction to pumping on a circle. Prerequisite: New to skating or a skating assessment

**Youth Lessons – Level 2**  
Skaters will learn to scull from a standstill, do walking crossovers, backwards scull from a glide, do forwards crossovers on a circle. Introduction to parallel stops. Prerequisite: Youth Level 1 or a skating assessment.

**Youth Lessons – Level 3**  
Skaters will learn to backwards pump on a circle, scull from a standstill, parallel stop on both sides. Introduction to Mohawk turns and backwards crossovers. Prerequisite: Youth Level 2 or a skating assessment.

**ADULT**  
19+yrs * 40-minute lessons

**Shaky to Sharp Skaters**  
Polish up your skating skills, come for a workout, or to learn something new. Learn in a fun environment along with other adults.

**Specialty Skate 4-12yrs**  
Skate lessons specialized for people with disabilities who would prefer more support in a quieter setting. Please register through our registration line and then contact the Programmer for Volunteers and People with Disabilities at 604-946-3288.
**Family Learn to Skate**

Spend time learning together as a family. Set is 3 sessions working with a skate instructor to learn the fundamentals of skating. Maximum family size is 5. Price includes skate and helmet rentals. CSA multi-impact helmets and gloves are mandatory for all participants. Limited times offered. 5-1yrs

**Snow Pups Drop-in Skate**

Drop-in skate lessons for you and your little one. Toys and story lines to keep your child intrigued. A Learn to Skate instructor will provide help for parents to make learning to skate fun! Parent participation is required. CSA multi-impact helmet and gloves are mandatory for both and are included in the cost for both of you. Drop-in fee $5. 2-5yrs

**Private Skate Lessons**

Work one-on-one with a Learn to Skate instructor who can tailor the lesson to your specific needs. Skate rental and helmets are included in the cost. CSA multi-impact helmets and gloves are mandatory. Limited times offered. 5+yrs

**School Lessons**

Lessons designed to teach your class skating skills in a fun and safe environment. Balance, gliding, stopping and backwards skating are all introduced but can be modified for the specific age and abilities of your group. This program includes equipment and practice time. To inquire, please call 604-952-3034 to discuss your group options.

**Learn to Skate Camps**

Learn to Skate Camp teaches skating skills to all abilities. Gloves/mitts, skates and CSA multi-impact helmet are all mandatory. Equipment not available at Tilbury Arena, Apr 6-May 4. 3-12yrs

**Learn to Skate Camps - Pro D Day**

Learn to Skate Camp, ages 5-11yrs teach skating skills to all abilities. Gloves/mitts, skates and CSA multi-impact helmet are all mandatory. These are available onsite and are provided at no additional charge.

**Skate Birthday Parties**

Celebrate on ice! For children 5-10 years of age. There are two party size options: up to 10 children or 11-18 children. Party includes skates, equipment rentals, public skate admissions, a room for use, and playleader for two hours. Parents may bring their own food and drink to use in the party room. Party room will be minimally decorated. CSA approved multi-impact helmets are mandatory for all participants on ice from registered party. Please note the ice component of this party is on shared ice during a public skate.

**Pro D Day Skates**

Everyone Welcome F, Jan 25, 1:30-3pm
LD Leisure F, Feb 15, 1:30-3pm
ND Rec F, Jan 25, 9-9:45am
ND Rec F, Feb 15, 9-9:45am
ND Rec Everyone Welcome F, Jan 25, 1:30-3pm
ND Rec Everyone Welcome F, Feb 15, 1:30-3pm
Sungod Drop-in Stick & Puck F, Jan 25, 9:30-10:30am
Sungod Drop-in Stick & Puck F, Feb 15, 9:30-10:30am

**Winter Wonderland**

ND Rec and SD Rec The arena is transformed into a skating winter wonderland. Join us for a skate while enjoying our seasonal decorations.

**New Years Day Skates**

Start the New Year off right! Be Active and bring the family to the arena for a family skate.

**Family Day Skates – Feb 18**

Spend the day together with a family skate. Drop-in or register to enjoy these fun activities.

**Public Skates**

School Lessons Public Skates Hockey ARENAS Delta.ca

INFORMATION: 604-952-3000 or Delta.ca 77
Delta’s Learn to Skate Continuum

**PRESCHOOL LEVELS** 3-5yrs

- **Snowflake** 3yrs
- **Snowball** 4 and 5yrs
- **Snowman**
- **Snowbear**
- **Polar Bear**

**CHILDREN’S LEVELS** 6-10yrs

- **Flurry**
- **Blizzard**
- **Icicle**
- **Iceberg**
- **North Pole**

**YOUTH LEVELS** 11yrs+

- **Youth Level 1**
- **Youth Level 2**
- **Youth Level 3**

**ADULT LEVELS** 19yrs+

- **Shaky to Sharp Skaters**

Online registration DeltaReg.ca
Learn to Play Hockey

These programs are designed to teach hockey skills to the beginner. Participants will review skate skills, stick and puck handling, and work towards learning how to put plays into the game. Participants should be able to skate and stop to fully benefit from this program. These programs are non-contact and full equipment is mandatory.

Just Play Hockey

Just play hockey in this non-competitive, non-contact co-ed hockey program that emphasizes sportsmanship and fun! Participants must know how to skate and stop. Full equipment is mandatory, including CSA approved multi-impact helmet with full cage, neck guard, shoulder pads, elbow pads, hockey pants, protective cup, shin guards, hockey socks, hockey gloves, and hockey stick.

LADNER Sessions: 5
421856 Sa, Apr 6-May 4 5-11yrs $64.50
Tilbury 9-10am

Adult Learn to Play Hockey

Work on skate skills, stick and puck handling, and learn plays of the game. Full equipment is required, including CSA multi-impact helmet with face shield, neck guard, elbow pads, hockey pants, protective cup, shin guards, stick, hockey gloves, and shoulder pads. This program is designed for beginner hockey players.

TSAWWASSEN Sessions: 10
406941 F, Jan 11- Mar 10 19+ yrs $156.25
SD Rec 10-11:15pm

Mandatory Full Equipment Information:

- Multi-impact CSA approved helmet and FULL FACE shield
- Neck guard (not pictured)
- Shoulder pads
- Elbow pads: Make sure the elbow pads are not too big so that they slide down on the arm and expose the elbow.
- Hockey pants: The pants must have padding in the back, especially around the tailbone area.
- Protective cup (not pictured)
- Shin guards: The shin pads must cover the entire shin and knee area.
- Hockey socks (not pictured)
- Skates: Please make sure the skates have good ankle support and are not too big. Fitted skates are essential for beginner hockey players. Please remember that new skates typically need to be sharpened prior to use.
- Stick: The stick should be no longer than the bottom of the chin when the child is standing on skates.
- Hockey gloves

Adult Co-ed Spring Hockey League

Join our Adult Co-ed Spring Hockey League. One game per week for 9 weeks. Full equipment mandatory. Schedule for teams will be released one week prior to start of league. Register as an individual on one of six teams. Full equipment list will be emailed after registration. Game times will rotate Mondays 8:45-10pm, Monday 10:15-11:30 or Tuesdays 9:15-10:30pm

LADNER Sessions: 9
421676 Apr1- May 28 19+yrs Team One $85
421671 Tilbury Team Two $85
421672 Tilbury Team Three $85
421673 Tilbury Team Four $85
421675 Tilbury Team Five $85
421674 Tilbury Team Six $85
421675 Tilbury Team Six $85
Register for Delta Skating lessons online at DeltaReg.ca!

Register Now!

Learn to Skate

Fall/Winter Lessons are happening now at Sungod Arena.

Tuesday 5:15-6:00pm + 6:00-6:45pm
Sunday 9:15-10:00am + 10:00-10:45am

Spring CanSkate registration opens Feb. 15, 2019!

Don’t miss our Christmas recital & family skate December 21, 2018!

Register online today at:
www.sungodskatingclub.com
or email info@sungodskatingclub.com

Follow us on social media!

www.facebook.com/sungodskatingclub
www.twitter.com/SungodSkating
www.instagram.com/sungodsk8
School’s out for Spring Break
Check out pages 49-53 for swims, skates, camps, arts and more.

Start planning your spring break fun now!
March 18-31!
Whether you want to submit a service request, report a problem, or ask a question, you can Talk to Delta any time, anywhere!

Have a suggestion, service request, question, issue, or problem?

Just give us the details, location, and photos of your request on our TalkDelta app.

We’ll ensure the right department receives your comments and provides a timely response.

Do not use this app to report an emergency. If you are concerned for your safety, please dial 9-1-1 immediately.

Get the TalkDelta app today!
Delta Seniors Bus Program

WHAT IS THE DELTA SENIORS BUS?
The Delta Seniors Bus program is a free transportation service for seniors 65+ living in Delta. The bus makes curbside stops to pick up and drop off seniors who have booked the service. It offers easy access to local medical services, recreation centres, shopping locations and other community amenities within Delta.

WHO CAN USE THE DELTA SENIORS BUS PROGRAM?
Seniors who are able to independently embark and disembark the bus. Priority will be given to those who live in isolation, who rely on others for transportation, or who may have mobility issues. The buses have several seats and room for walkers, wheelchairs and scooters, and are equipped with an automatic lift.

WHEN DOES THE SENIORS BUS OPERATE?
North Delta: Monday–Friday, 9:30am-4pm
South Delta: Monday–Friday, 9:30am-4pm

HOW DO I REGISTER OR BOOK THE BUS?
North Delta: Thursday, 9am-4pm, call 604-353-6305
South Delta: Tuesday, 9am-4pm, call 604-358-8765

Rec 50+

In the Know
Delta partners with two seniors societies to provide quality recreation programming for residents and guests 50 years and better. Delta provides staff and facilities while programs and services are volunteer-driven by members.

The Kennedy Seniors Recreation Centre is located in North Delta and McKee Seniors Recreation Centre is in Ladner.

Delta is closely connected to KinVillage, an independently operated facility in Tsawwassen.
Welcome to Kennedy!
There’s a place for you at Kennedy! Step in the door and you’ll feel the energy and enthusiasm throughout the Centre. Whether it’s catching a fitness class, learning new skills, or visiting over a cup of hot coffee and fresh baked muffins, you’ll be struck by the welcoming atmosphere amongst our members. Isn’t it time you stopped in to say hello? We’d love to meet you!

11760 88 Avenue
North Delta, BC V4C 3C5
604-594-2717
Delta.ca/Kennedy
kennedy@dccnet.com

Seniors Centre Coordinator:
Jan Talaber..............kennedy@delta.ca

Centre Hours of Operation:
Stop by our Customer Service Desk Monday through Friday, between 9am – 4pm, to purchase a membership, pick up a pass, or check out the latest newsletter.

Annual Membership: $20
New members are always welcome!

Kennedy Café Eighty-Ate is all about home-style cooking, right from scratch. Chefs David and Lucy offer hot lunches, soups and sandwiches, and scrumptious baking every day, Monday through Friday. Stop by for a bite and treat yourself to some delicious eats.

Active Living. It’s for Life!

SPECIAL EVENTS
Get ready for FUN! We have fantastic special events planned each month to beat the winter blues and take us happily into spring! Enjoy scrumptious dinners and live entertainment. Each event has a different theme, and tickets can be purchased at the Kennedy Customer Service Desk. For information regarding dates and times, please call 604-594-2717.

INSTRUCTIONAL PROGRAMS
Kennedy offers a variety of fitness, dance, art and music programs. With so much we offer, you are bound to find something! As the saying goes, ‘we’re never too old to learn something new’. Check out Kennedy’s on-line Program Guide for a full description of our courses and programs.

CLUBS, DROP-IN PROGRAMS & WORKSHOPS
Searching for something that interests you? Kennedy may have what you’re looking for! From relaxing to brain challenging, our clubs and drop-in programs provide something for everyone. The hardest part is deciding what you want to do! A complete listing of our clubs and drop-in programs can be found in our monthly newsletter. Kennedy also offers workshops on a variety of wellness topics, advertised in our monthly newsletter.

➤ Drop by for a tour  ➤ Call us at 604-594-2717  ➤ Go online to Delta.ca/Kennedy

VOLUNTEERS
Are you looking for a productive way to spend your time while contributing to your community? Volunteer at Kennedy! All programs, activities and special events are run by our wonderful member volunteers. Whether it’s volunteering at Café 88, at our Customer Service Desk, at the Gift Shop or elsewhere, you are welcome here! Volunteer application forms can be picked up at our Customer Service Desk.

Active Living. It’s for Life!

84 Online registration DeltaReg.ca
Welcome to McKee!

McKee boasts a beautiful one-level fully accessible building close to transit and busling downtown Ladner. Plenty of free parking!

McKee is the perfect place to meet a friend, attend an activity together, and stay for a meal! Delicious food is prepared fresh onsite daily by Chef James in the Kee Café.

McKee is proud to have a culturally diverse membership that is both welcoming and inclusive of all seniors.

5155 47 Avenue
Delta, BC  V4K 0A2
604-946-1411
Delta.ca/McKee
mckeecentre@dccnet.com

Recreation Program Coordinator:
Michelle Hebein ............ McKee@delta.ca

Customer Service Hours:
Monday-Friday ............... 9am-4pm

Annual membership: $30
New members are always welcome!

See what’s happening each month at McKee in our monthly KeeNotes newsletter! Available at the recreation centre or online at Delta.ca/McKee

Active Living. It’s for Life!
SPECIAL EVENTS

Giant Book Sale ................... Jan. 24-26
High Tea ............................. Fri. Feb. 15
St. Pat’s Luncheon .................. Fri. Mar. 15
Eagles Tribute with Eagle Eyes Band ........ Sat. Mar. 30
Quiz Night ............................... Sat. April 6
Delta Concert Band ................ Sat. Apr. 27
Donnie McDougall from the Guess Who ........ Sat. May 18
Fashion Show Luncheon .......... Fri. May 24

ABOUT KinVillage

In addition to the Community Centre serving those 50 plus, KinVillage provides a range of housing, health services and wellness programs.

VOLUNTEERS

KinVillage is operated by KinVillage Association through dedicated staff and volunteers. Volunteering is an important part of healthy aging and KinVillage offers many volunteer opportunities for you to give back to your community. You can pick up a volunteer application form at reception.

ALSO AT KinVillage

Unique Boutique sells gently-used ladies’ apparel and accessories.

Buenos Dias Café serves baked goods, soups, and sandwiches, and a daily hot lunch special.

KinVillage FITNESS PUNCH PASS!

Save money with the 10 or 21 punch pass cards! Enquire at reception.
Volunteers

We are currently recruiting for the winter/spring season. If you are 13 years or older and in high school, you may benefit from opportunities we have available for volunteers.

What are some winter/spring volunteer opportunities?

- Assist with exciting community events.
- Be a community recreation volunteer in skating lessons, sports, arts and more. You can play, have fun and enjoy the program, but more importantly you provide an extra set of hands to the program leader and help make the program a success.
- Support a person with a disability as they stay active in Delta programs and facilities with the Delta Accessibility Support Program.
- Be a swim lesson volunteer. Continue to develop your skills if you are interested in becoming a swim instructor or lifeguard.

How do I get started?

- Visit Delta.ca/volunteers and choose your volunteer area of interest to view current opportunities. Choose the sign up online option to apply.
- Register for Leaders of Tomorrow Level 1* or 2 programs. (page 24)
- All potential volunteers will be required to attend an interview.

*Youth 13–14 years of age must complete the Leaders of Tomorrow Level 1 program before they can volunteer.

For more information on becoming a volunteer with Delta, please visit Delta.ca/volunteers or contact the programmer for volunteers at 604-946-3288 or volunteers@delta.ca

VOLUNTEERS Snow Angel

What is the Snow Angels Program?

The Snow Angels program is a volunteer-based program that matches people who need their walkway and/or sidewalk shoveled with people who enjoy helping others. It is a non-emergency service.

How can I become a Snow Angel?

To become a Snow Angel, complete an online application at Delta.ca/Volunteers. Snow Angels ages 13-17 are welcome, if supervised by an adult. Snow Angels ages 16+, will be asked to complete a police information check (at no cost). Community groups and teams are encouraged to volunteer. If you require further information, please contact volunteers@delta.ca or call 604-946-3288.

How can I request a Snow Angel?

The service is available to Delta residents 65 years of age and older who have physical limitations and do not have others in their household or nearby who are able to assist. Older residents 70+ who have physical limitations will receive first priority. Application period is Nov 5-26. Residents who apply after the application period closes are automatically put on the waitlist. The Snow Angel Coordinator will only contact them if a Snow Angel becomes available. To apply for a Snow Angel: North Delta, 604-594-2717 or South Delta, 604-946-1411.

**Recipients must apply every year for the Snow Angels Program**

For more information on becoming a volunteer with Delta, please visit Delta.ca/volunteers or contact the programmer for volunteers at 604-946-3288 or volunteers@delta.ca
Looking for Space?

Parks, Recreation & Culture offers a wide variety of facilities available for public rental. In addition to the meeting rooms and banquet halls, have you considered booking our aquatic facilities for private parties or sleepovers? For more information, visit the Looking for Space? page at Delta.ca.

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<th>POOLS</th>
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| **Sungod Recreation Centre**  
7815 112 Street  
Delta, BC  V4C 4V9  
604-952-3075 |
| **Winskill Aquatic and Fitness Centre**  
5575 9 Avenue  
Delta, BC  V4M 1W1  
604-952-3005 |
| **Ladner Leisure Centre**  
4600 Clarence Taylor Crescent  
Delta, BC  V4K 3X3  
604-946-3310 |

Aquatic rentals available after program hours.

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<th>ARENAS</th>
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| **North Delta Recreation Centre**  
11415 84 Avenue  
Delta, BC  V4C 2L9  
604-952-3045 |
| **Tilbury Ice**  
7187 Vantage Way  
Delta, BC  V4G 1K7  
North Delta Residents 604-952-3061  
South Delta Residents 604-952-3024 |
| **South Delta Recreation Centre**  
1720 56 Street  
Delta, BC  V4L 2B1  
604-952-3020 |

For ice bookings call: 604-952-3061 (North) or 604-952-3024 (South)

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| **Ladner Community Centre**  
4734 51 Street  
Delta, BC  V4K 3R8  
604-946-3310  
SOCIAL HALL  
Capacity 300 People  
4300 sq ft Wood Floor, Stage Area, Kitchen and Bar Facilities  
MULTI-PURPOSE ROOM  
Capacity 125 People |
| **South Delta Recreation Centre**  
1720 56 Street  
Delta, BC  V4L 2B1  
604-952-3020  
SOCIAL HALL  
Capacity 350 People  
Kitchen Facilities |
| **McKee Seniors Recreation Centre**  
5155 47 Avenue  
Delta, BC  V4C 0A2  
604-946-1411  
SOCIAL HALL  
Capacity 150 People |
| **North Delta Recreation Centre**  
11415 84 Avenue  
Delta, BC  V4C 2L9  
604-952-3045  
SOCIAL HALL  
Capacity 296 People  
Kitchen Facilities  
MULTI-PURPOSE ROOMS  
Capacity 15, 80 or 99 |
| **Kennedy Seniors Recreation Centre**  
11760 88 Avenue  
Delta, BC  V4C 3C5  
604-596-8722  
SOCIAL HALL  
Capacity 150 People  
Kitchen Facilities  
Hardwood Dance Floor & Stage Area  
UPPER HALL  
Capacity 120 People  
CAFETERIA  
Capacity 80 People |
| **Pinewood Leisure Centre**  
11777 Pinewood Drive  
Delta, BC  V4E 3E9  
604-952-3075  
SOCIAL HALL  
Capacity 150 People  
Full Kitchen |
| **Harris Barn**  
4140 Arthur Drive  
Delta, BC  V4K 2W8  
604-952-3062  
HALL  
Capacity 250 people  
Features  8,000 sq ft Catering Servery  
Handicapped lift  
Heated Floor |
| **Kirkland House**  
4140 Arthur Drive  
Delta, BC  V4K 2W8  
604-952-3062  
HERITAGE HOUSE  
Capacity 45 People |
| **Tsawwassen Arts Centre**  
1172 56 Street  
Delta BC  V4L 2A3  
604-943-9437  
STAGE THEATRE  
Capacity 150 People |

We also have meeting rooms of various sizes for public rental.

(From 10 people to 75+ people)

Please call the facility of your choice for more information.
# 2019 Events Calendar

## Delta Community Animal Shelter

### January
- **Muzzles: Security, not Scary!**
  - Hosted by DCAS
  - Jan 6
- **Cat Wellness Volunteer Orientation**
  - Hosted by DCAS
  - Jan 10
- **Ask the Expert: Questions on Dog Behaviour**
  - Presented by Amber Cottle Canine Behavior Training Center
  - Jan 25

### April
- **Introduction to K9 Nosework**
  - Presented by K9 Detection Sports
  - Apr 1
- **Introduction to Trick Training**
  - Hosted by DCAS
  - Apr 13
- **Events & Community Outreach Volunteer Orientation**
  - Hosted by DCAS
  - Apr 25

### July
- **Small Animal Volunteer Orientation**
  - Hosted by DCAS
  - Jul 4
- **Introduction to K9 Nosework**
  - Presented by K9 Detection Sports
  - Jul 15
- **Be a Tree: Dog Safety For Kids! (6-11 yrs)**
  - Hosted by DCAS
  - Jul 20

### October
- **Trick Training: Level 2**
  - Hosted by DCAS
  - Oct 5
- **Puppy Socialising Class**
  - Presented by Amber Cottle Canine Behavior Training Center
  - Oct 18
- **Introduction to K9 Nosework**
  - Presented by K9 Detection Sports
  - Oct 21

### February
- **Canine Companion Volunteer Orientation**
  - Hosted by DCAS
  - Feb 2
- **Introduction to K9 Nosework**
  - Presented by K9 Detection Sports
  - Feb 4
- **Love Your Pet Microchip Clinic**
  - $20 for Delta Residents, $50 for non-residents
  - TBA

### March
- **Dog Body Language & Dog Park Safety**
  - Presented by Amber Cottle Canine Behavior Training Center
  - Mar 8
- **Tales for Tails Story Time and Shelter Tour for Kids!**
  - Hosted by DCAS
  - Mar 25
- **Understanding Your Shy Dog: Seminar**
  - Presented by Ocean Park Dog Training
  - Mar 30

### May
- **Understanding Dog Reactivity: Seminar**
  - Presented by Amber Cottle Canine Behavior Training Center
  - May 10
- **Introduction to K9 Nosework**
  - Presented by K9 Detection Sports
  - May 16
- **From Gremlin to Gorgeous: Grooming Tips for Your Pet**
  - Hosted by DCAS
  - May 23

### June
- **Come When Called: Recall Seminar**
  - Presented by Ocean Park Dog Training
  - Jun 8
- **Introduction to K9 Nosework**
  - Presented by K9 Detection Sports
  - Jun 17
- **Loose Leash Workshop**
  - Hosted by DCAS
  - Jun 23

### August
- **10th Annual Delta Community Animal Expo!**

### September
- **Cat Wellness Volunteer Orientation**
  - Hosted by DCAS
  - Sep 14
- **Introduction to K9 Nosework**
  - Presented by K9 Detection Sports
  - Sep 19
- **Puppy SOSI Surviving the First Year**
  - Hosted by DCAS
  - Sep 28

### November
- **Canine Enrichment & Games**
  - Presented by Ocean Park Dog Training
  - Nov 2
- **From Gremlin to Gorgeous: Grooming Tips for Your Pet**
  - Hosted by DCAS
  - Nov 7
- **Love Your Pet Microchip Clinic**
  - $20 for Delta Residents, $50 for non-residents
  - TBA

### December
- **Holiday Hazards: Cat-Proof Your Home!**
  - Hosted by DCAS
  - Dec 5

*Please note a valid dog licence is required to attend dog focused courses.*

**Priority for class enrollment is given to Delta residents.**

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**Free Classes!**

Class space is limited - Register early! Minimum registration of 5 people per class.

7505 HOPCOTT ROAD, DELTA BC

604.940.7111

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**K9DetectionSports.ca**

Amber Cottle Canine Behavior Training Center

Ocean Park Dog Training

Thank you to our presenters!

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Check out our website throughout the year for additional opportunities and volunteer programs:

[DeltaCommunityAnimalShelter.ca](http://DeltaCommunityAnimalShelter.ca)

[facebook.com/deltaanimalshelter](http://facebook.com/deltaanimalshelter)
Whether it’s in-person, over the phone, or online, Delta makes it easy for you to sign up for the programs and activities that you want.

Learn more at Delta.ca/Registration.