

WHITE RECREATION  
ROCK AND  
CULTURE

September-December  
Fall 2016

# Kids GUIDE

[www.whiterockcity.ca/register](http://www.whiterockcity.ca/register)

Preschool, page 2 • Birthday Parties, page 3 • Skating Lessons, page 4

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

\$2

**TOONIE  
Try-it CLASSES**

Now is your chance to try a great White Rock Recreation and Culture activity for only a toonie. Pre-registration is required.

**Sportball Multi-Sport**

**2-3 years:**

Parent participation required  
31907 M 5:15-6PM  
Sep 12

**3-5 years:**

Drop-off program.  
31908 M 6-7PM  
Sep 12

**Music Together  
0-5 years**

31909 Sa 10-10:45AM  
Sep 10

**Learn to Skate  
3-6 years**

Centennial Arena  
Helmets and rentals included.  
31910 F 3:15-3:45PM  
Sep 09

31911 Sa 10:15-10:45AM  
Sep 10

**Preschool Violin  
3-5 years**

31912 Th 10-10:45AM  
Sep 15

**Dance with Me Ballet  
18-30 months**

31913 Sa 9:15-10AM  
Sep 17

**Preschool Yoga  
3-5 years**

31915 Th 3:30-4:15PM  
Sep 15

**Preschool Ballet  
3-5 years**

32127 Sa 10:15-11AM  
Sep 17

**→ Arts, Music and Dance**

**Paint, Draw, and Sculpt 4-6 years**

Young artists will have lots of messy fun learning about all about painting, drawing and sculpture as well as artists famous for creating them. Charcoal, pastels, watercolours, tempera, wood, papier mache and much more will be combined to make our exciting and unique art projects. Students will be led to develop skills in art making while expressing their own individual art styles in this fun and exciting class.

*Instructor: Noelle Horrocks*  
White Rock Community Centre-Art Room 8 Sessions  
31943 Tu 1:30-3PM Sep 27 \$108/Ⓜ\$100

**Dance with Me Ballet 18-30 months**

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

*Instructor: Kayla Attridge*  
White Rock Community Centre-Studio 10 sessions  
31677 Sa 9:15-10AM Sep 24 \$60/Ⓜ\$54

**Preschool Ballet 3-5 years**

Your little one will develop skills and confidence in this fun and imaginative class. Dance in bare feet or ballet slippers.

*Instructor: Kayla Attridge*  
**Level 1**  
White Rock Community Centre-Studio 10 sessions  
31679 Sa 10:15-11AM Sep 24 \$60/Ⓜ\$54

**Level 2**

White Rock Community Centre-Studio 10 sessions  
31680 Sa 11:15AM-12PM Sep 24 \$60/Ⓜ\$54

**Music Together up to 5 years**

Music Together® is an early childhood music and movement program for babies, toddlers, preschoolers, kindergarten, and the adults who love them. Curriculum is researched-based, and classes include singing, movement, chanting, and instrumental play in a mixed-aged environment. CD and songbook included. Parent participation required. Sibling rate \$100.

*Instructor: Heidi McCurdy*  
White Rock Community Centre-Art Room 10 sessions  
31574 Sa 9:30-10:15AM Sep 17 \$160/Ⓜ\$152  
31575 Sa 10:30-11:15AM Sep 17 \$160/Ⓜ\$152

**Preschool Violin 3-5 years**

Every child can learn to play the violin. This 10 week Suzuki prep class prepares children for success through developing rhythm, singing, and learning to hold their instruments. Parents attend the classes along with their children as parental participation is a core concept of the Suzuki method. No instruments are needed for this class.

*Instructor: Erin Dorfer*  
C.P.L.C.-Hall 9 sessions  
31916 Th 10-10:45AM Sep 22 \$90/Ⓜ\$85

**→ Yoga**

**Preschool Yoga 3-5 years**

Children are introduced to yoga as they learn to move and stretch their bodies improving balance, concentration and flexibility using developmental concepts such as stories, animals, yoga games in a fun, kid-friendly environment.

*Instructor: Lisa Storoshenko*  
Centre for Active Living-Fitness Studio #1 8 sessions  
31712 Th 3:30-4:15PM Sep 22 \$64/Ⓜ\$59

**→ Sports**

**Parent and Tot Hockey Drop-in**

Looking for a chance to play a little shinny hockey with your child or grand-child? Child must wear CSA approved helmet with face-shield. Parent must wear helmet. Only plastic pucks allowed on the ice.

Centennial Arena  
F 10-11AM Starts Oct 07 \$3.50 per person

**Sportball Multi-Sport 2-5 years**

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

**2-3 years:** Parent participation required.  
White Rock Elementary-Gym 6 sessions  
31691 M 5:15-6PM Sep 12 \$90/Ⓜ\$82  
White Rock Elementary-Gym 5 sessions  
31693 M 5:15-6PM Nov 07 \$75/Ⓜ\$68

**3-5 years:** Drop-off program.  
White Rock Elementary-Gym 6 sessions  
31692 M 6-7PM Sep 12 \$90/Ⓜ\$82  
White Rock Elementary-Gym 5 sessions  
31694 M 6-7PM Nov 07 \$75/Ⓜ\$68

**Sportball Outdoor Soccer 2-5 years**

Sportball coaches develop competence and confidence on the field in Sportball soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. For safety reasons, parents are required to remain at the field during classes.

Centennial Park-Picnic Area 6 sessions  
**2-3 years:** Parent participation required.  
32124 Su 9:30-10:15AM Sept 09 \$90/Ⓜ\$82

**3-5 years**  
32125 Su 10:15-11:15AM Sept 09 \$90/Ⓜ\$82

**Skating lessons...** see page 4

## ➔ Arts, Dance & Music

**Music Together Big Kids** 5-7 years  
Music Together Big Kids is a fun music and movement class developed by the research-based Music Together® program. It is especially developed for the abilities and needs of 5-7 year-olds. Classes include fun songs and games from around the world, drumming, solfege, movement and instrument play.  
*Instructor: Heidi McCurdy*  
White Rock Community Centre-Art Room 10 sessions  
31576 Sa 11:30AM-12:30PM Sep 17 \$160/Ⓜ\$152

**Violin Beginner** 6-8 years  
Every child can learn to play the violin. This 10 week Suzuki prep class prepares children for success through developing rhythm, singing, and learning to hold their instruments. Parents attend the classes along with their children as parental participation is a core concept of the Suzuki method. No instruments are needed for this class.  
*Instructor: Erin Dorfer*  
C.P.L.C.-Hall 9 sessions  
31922 Tu 3:45-4:30PM Sep 20 \$90/Ⓜ\$85

**Paint, Draw, and Sculpt** 6-10 years  
Students will explore the fundamentals of painting, drawing and sculpture through exciting and unique art projects. The cornerstone of art-making will be taught through 2 and 3 dimensional creations using pastel, charcoal, paint, wood, and so much more.  
*Instructor: Noelle Horrocks*  
White Rock Community Centre-Art Room 8 sessions  
31772 Tu 3:30-5PM Sep 27 \$108/Ⓜ\$100

**Just Drama Games** 7-11 years  
**NEW** Lead by a professional actor, this drama class is perfect for children to express themselves, and let their imaginations run wild! A variety of fun, and energetic drama games will be played each week. Children will work on their own, as well as in groups. Movement, voice, characterization, and improvisation will be explored. No scripts to memorize, Just Drama Games!  
*Instructor: Maria Ramsay*  
White Rock Community Centre - Gallery 13 sessions  
32059 Tu 4:30-5:30PM Sep 13 \$195/M\$185

## ➔ General Interest

**Babysitter Training** 11-16 years  
What every babysitter should know! This St. John Ambulance course is designed to teach young people how to babysit children. Topics will cover safety, responsible babysitting and coping with common emergencies. A certificate is issued upon successful completion. A course manual is provided.  
C.P.L.C.-Lounge 1 session  
31702 Sa 9:15AM-4PM Sep 17 \$60/Ⓜ\$55  
31703 Sa 9:15AM-4PM Nov 05 \$60/Ⓜ\$55  
31704 Sa 9:15AM-4PM Dec 10 \$60/Ⓜ\$55

**Bricks 4 Kidz** 5-12 years  
Learn, build, and play. These one hour classes explore architecture, engineering and technology concepts using LEGO® bricks. Sessions are focused on exciting themes including Space, Inventions, Famous Buildings, and Natural Disasters. New theme offered each term.  
*Instructor: Harmandeep Sidhu*  
C.P.L.C.-Hall 8 sessions  
31770 Th 4:15-5:15PM Sep 29 \$120/Ⓜ\$111

## ➔ Yoga

**Yoga for Children** 6-12 years  
Yoga just for kids! Participants learn to improve balance, concentration and flexibility in this fun, imaginative, playful yoga classes using reading, music, creative arts, group activities, and games using yoga movement to educate the 'whole' child.  
*Instructor: Lisa Storoshenko*  
Centre for Active Living-Fitness Studio #1 8 sessions  
31711 Th 4:20-5:20PM Sep 22 \$80/Ⓜ\$74

## ➔ Sports

**Basketball** 7-13 years  
Children will be coached on offence, defense, teamwork and hustle. Please bring your own basketball.  
*Instructor: Jordan Wiebe*  
White Rock Elementary-Gym 10 sessions  
**7-9 years**  
31700 Th 5:30-6:30PM Sep 22 \$59/Ⓜ\$55  
**10-13 years**  
31701 Th 6:30-7:30PM Sep 22 \$59/Ⓜ\$55

**Curling - Junior Program** 10-18 years  
Certified coaches will teach the fundamentals of curling including delivery, sweeping and etiquette. Lessons are followed by mini-games. All skill levels are welcome. Curlers also have the opportunity to play full games on weekends in the Optimist Junior Interclub League.  
*Instructor: Susan Loken*  
Peace Arch Curling Rink  
31747 Tu 3:30-5PM Oct 4-Mar 7 \$106/Ⓜ\$100

**Fencing** 8-14 years  
Often described as physical chess, fencing challenges the mind and the body, and builds confidence, coordination and physical fitness. Equipment is provided.  
*White Rock Elementary-Gym* 10 sessions  
**Beginner** - No experience necessary.  
31705 Tu 6:30-7:30PM Sep 20 \$125/Ⓜ\$116  
**Intermediate** - Minimum of one season of fencing.  
31706 Tu 7:30-8:30PM Sep 20 \$125/Ⓜ\$116

**Skating lessons...** see page 4

## Birthday Parties



### Skating Party 5-14 years

Centennial Arena  
Party includes public skate ice time and two hours in the party room. Helmets and skates included.  
**\$149** up to 20 children

### Crafts or Classic Games 4-8 years

White Rock Community Centre Art Room  
**Crafts:**  
Make an animal themed craft and play old fashioned party games. Two party leaders included.

**Classic Games:**  
Play old favorites such as musical chairs, freeze tag, bean bag toss, and more! Two party leaders included.  
**\$129** up to 10 children  
**\$149** up to 15 children

### Bricks 4 Kidz 5-12 years

Centennial Park Leisure Centre Hall  
One hour Lego activity with Party Host and one hour party time. Lego games and challenges included.  
**\$225** up to 10 children  
Additional child \$8

**Call 604.541.2199 for times and to book your party!**

# Skate!

3-15 YEARS

14600 North Bluff Road • Public Skating infoline 604-541-2171

# CENTENNIAL ARENA



## SCHEDULE:

### Public Skate

STARTS OCT 7

Fri: 7:15-8:45pm

### Family Skate

STARTS OCT 5

Wed: 6:30-7:45pm

Sun: 2:45-4pm

### Drop-in Tot Hockey

STARTS OCT 7

Fri: 10-11am \$3.75

## ADMISSION:

Child/Student (0-18) .. \$3.75

Adult ..... \$5.50

Senior (55+) ..... \$4.00

Family Skate (per member) ..... \$3.75

Family Rate ..... \$22.50 (rentals and up to 5 family members)

## RENTALS:

Skates \$3.75

Helmets \$1.50

Sharpening \$7.00

## HOST YOUR SKATING PARTY DURING PUBLIC SKATE!

Fridays 7:15-8:45pm

Sundays 2:30-3:45pm

Wednesday 6:30-7:45pm

Price includes admission, skate rentals, 2 hr party room  
Cost: \$149 up to 20 children

**Call 604.541.2199 to book your party!**

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Fundamental skills will be taught in a fun format. Children will work towards achieving their Premier's Sport Awards badges for skating. Skate rentals included. CSA approved helmets are mandatory. Please bring your own helmet if you have one. Please register in the correct level. Contact White Rock Recreation and Culture if unsure: 604-541-2199.



### Learn to Skate

Lead Instructor: Juli Christy  
Centennial Arena

### 3-6 years

7 sessions

**Magenta badge level:** No previous experience.

31615	F	10-10:30AM	Sep 16	\$56/(\$50)
31616	F	3-3:30PM	Sep 16	\$56/(\$50)
31613	Sa	10-10:30AM	Sep 17	\$56/(\$50)
31614	Sa	10:45-11:15AM	Sep 17	\$56/(\$50)
31619	F	10-10:30AM	Nov 04	\$56/(\$50)
31617	F	3-3:30PM	Nov 04	\$56/(\$50)
31618	Sa	10:45-11:15AM	Nov 05	\$56/(\$50)
31620	Sa	10-10:30AM	Nov 05	\$56/(\$50)

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

31624	F	3-3:30PM	Sep 16	\$56/(\$50)
31621	Sa	10:45-11:15AM	Sep 17	\$56/(\$50)
31623	Sa	10-10:30AM	Sep 17	\$56/(\$50)
31625	F	3-3:30PM	Nov 04	\$56/(\$50)
31627	Sa	10-10:30AM	Nov 05	\$56/(\$50)
31628	Sa	10:45-11:15AM	Nov 05	\$56/(\$50)

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

31629	F	3-3:30PM	Sep 16	\$56/(\$50)
31631	Sa	10:45-11:15AM	Sep 17	\$56/(\$50)
31633	Sa	10-10:30AM	Sep 17	\$56/(\$50)
31635	F	3-3:30PM	Nov 04	\$56/(\$50)
31634	Sa	10-10:30AM	Nov 05	\$56/(\$50)
31636	Sa	10:45-11:15AM	Nov 05	\$56/(\$50)

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

31640	F	3-3:30PM	Sep 16	\$56/(\$50)
31639	Sa	10-10:30AM	Sep 17	\$56/(\$50)
31641	Sa	10:45-11:15AM	Sep 17	\$56/(\$50)
31644	F	3-3:30PM	Nov 04	\$56/(\$50)
31643	Sa	10:45-11:15AM	Nov 05	\$56/(\$50)
31645	Sa	10-10:30AM	Nov 05	\$56/(\$50)

### Skating Lessons

Lead Instructor: Juli Christy  
Centennial Arena

### 6-15 years

7 sessions

**1 Red Badge Level:** No previous experience.

31588	F	3:30-4PM	Sep 16	\$56/(\$50)
31589	Sa	11:30AM-12PM	Sep 17	\$56/(\$50)
31590	F	3:30-4PM	Nov 04	\$56/(\$50)
31591	Sa	11:30AM-12PM	Nov 05	\$56/(\$50)

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

31592	F	3:30-4PM	Sep 16	\$56/(\$50)
31593	Sa	11:30AM-12PM	Sep 17	\$56/(\$50)
31594	F	3:30-4PM	Nov 04	\$56/(\$50)
31595	Sa	11:30AM-12PM	Nov 05	\$56/(\$50)

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

31596	F	4-4:30PM	Sep 16	\$56/(\$50)
31597	Sa	11:30AM-12PM	Sep 17	\$56/(\$50)
31598	F	4-4:30PM	Nov 04	\$56/(\$50)
31599	Sa	11:30AM-12PM	Nov 05	\$56/(\$50)

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

31600	F	4-4:30PM	Sep 16	\$56/(\$50)
31601	Sa	11:30AM-12PM	Sep 17	\$56/(\$50)
31602	F	4-4:30PM	Nov 04	\$56/(\$50)
31603	Sa	11:30AM-12PM	Nov 05	\$56/(\$50)

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

31604	F	4-4:30PM	Sep 16	\$56/(\$50)
31605	Sa	11:30AM-12PM	Sep 17	\$56/(\$50)
31606	F	4-4:30PM	Nov 04	\$56/(\$50)
31607	Sa	11:30AM-12PM	Nov 05	\$56/(\$50)

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

31608	F	4-4:30PM	Sep 16	\$56/(\$50)
31609	Sa	11:30AM-12PM	Sep 17	\$56/(\$50)
31610	F	4-4:30PM	Nov 04	\$56/(\$50)
31611	Sa	11:30AM-12PM	Nov 05	\$56/(\$50)



**Skating registration opens October 26 for November lessons.**