

We can help you get active.

Do you have a limited budget for recreation?

Are you a resident of North Vancouver?

If you cannot afford the full fee to participate in a recreation program we can help you get active at a reduced rate.

We make it easy. Here's how:

Step One

Just call us at 604-987-Play(7529) and ask for an Access appointment at your local recreation/community centre.

Step Two

Please bring to your appointment the following:

1. Proof of residency in North Vancouver (example - BC Hyrdo, telephone, cable bill)
2. Please bring one of the following:
 - A referral letter from a North Shore social service agency
 - A tax assessment
 - Disability Benefits statement
 - Employment Insurance statement
 - Income Assistance statement



Step Three

Our staff will help you select the opportunities to participate, depending on your goals and interests.

Fitness Pass

Adults and youth, 15 years and older, can drop-in to 9 weight rooms at 6 locations and over 200 fitness classes.

Swim and Skate Pass

Children, youth and adults can participate in public swim and skate sessions. Adults can participate in scheduled lane swimming sessions.

Registered Programs - arts, sports, swim and skate lessons and more

Children, youth, adults and seniors can participate in a registered program.

If your children or grandchildren need financial support to participate in amateur and community sports and recreation, consider these two community-based programs:

KidSport™ North Shore assists families with community sport registration fees to a maximum of \$150 for children and youth 6 to 18 years. To download a KidSport™ North Shore application form, go to www.northvanrec.com

Athletics for Kids (A4K) works to make participation in organized amateur sports and recreation affordable for all for children and youth. For more information and an application form please go to www.a4k.ca

Facility Accessibility

Adult Sized Change Tables
Magnussen

Aquatic Pool Lift
Ron Andrews, Harry Jerome, Griffin

Aquatic Wheelchairs
Griffin, Magnussen, Ron Andrews

Aquatic Wheelchair Pool Lift
Griffin

Adapted Weightroom Equipment
Griffin, Magnussen, Parkgate

Elevator
Harry Jerome, JBCC

Extra Wide Parking Stalls
Griffin, Magnussen, Harry Jerome, Parkgate
(for Ramped Accessible Vehicles)

Fully Accessible Change Room
Magnussen, Griffin

Handicap Washroom Emergency Call Button
JBCC

Hearing Assistance System
JBCC

Personal Transfer Lift
Magnussen

Wheelchair Accessible Showers
Magnussen, Parkgate

did you know...?

- Ron Andrews Recreation Centre has developed an **Adapted Learn To Swim program** for preschoolers, school aged children and youth with disabilities?
- Ron Andrews' Swim Instructors are certified **I Can Adapt Swim Instructors?**
- Karen Magnussen Recreation Centre is piloting an **Adapted Preschool Learn to Swim program** starting Fall 2010 and Winter 2011?
- William Griffin Recreation Centre offers an **Adapted Fitness (Chair &/or Pool) program** for people with physical disabilities?
- Karen Magnussen offers an **Adapted Aquafit program** for adults with developmental disabilities &/or brain injuries?

For more information, please contact Jackie Hamm, Recreation Access Programmer at 604-561-2313 or email at jhamm@jbcc.ca.



adult

Adapted Fitness - Chair & Pool Exercise

Self-paced chair and/or water exercises for people with mobility, coordination, strength and flexibility limitations due to disabilities or injury.

Adapted Land 1-2pm / Adapted Water 2-3pm

Griffin, Edgemont Rm

246096	W,M	Sep 8-29	1:00-3:00pm
246097	M,W	Oct 4-27	1:00-3:00pm
246098	M,W	Nov 1-24	1:00-3:00pm
246095	W,M	Dec 1-27	1:00-3:00pm
246129	W,M	Jan 5-31	1:00-3:00pm
246130	W,M	Feb 2-28	1:00-3:00pm
246131	W,M	Mar 2-30	1:00-3:00pm

\$4 drop in; monthly registration available

Adapted Mild Aquafit

This program is taught in the wave-free Games pool. A class perfect for anyone with a developmental disability or recovering from a brain injury. Participants are encouraged to work at their own pace within a supportive environment. Clients requiring one to one support are asked to bring their own support worker. For your convenience, the facility has a track system patient lift, adult-sized change tables, aquatic wheelchairs and a zero depth (beach like) entry into the main pool.

Magnussen, Games Pool

253822	T	Sep 21-Nov 23	1:30-2:30pm	\$64.96
253832	T	Jan 11-Mar 1	1:30-2:30pm	\$51.97

fall program registration	starts wednesday aug. 18
winter program registration	starts wednesday oct. 20

preschool



Adapted Learn To Swim Lessons 3-6yrs

Magnussen, Games Pool
249017 W Sep 15-Oct 27 6:00-6:30pm
249019 W Nov 3-Dec 15 6:00-6:30pm \$44.10
249018 W Jan 12-Mar 9 6:00-6:30pm \$56.70

schoolage

Adapted Learn To Swim Lessons 5-12yrs

Andrews, Tank

Beginner

253200 M Oct 4-Dec 13 6:45-7:15pm \$46.50
253203 W Oct 6-Dec 15 6:45-7:15pm
253201 Sa Oct 9-Dec 18 12:15-12:45pm \$51.15
253206 M Jan 10-Mar 14 6:45-7:15pm
253209 W Jan 12-Mar 23 6:45-7:15pm
253207 Sa Jan 15-Mar 19 12:15-12:45pm \$46.50

Advanced

253202 Sa Oct 9-Dec 18 12:15-1:00pm \$77
253208 Sa Jan 15-Mar 26 12:15-1:00pm \$70

youth

Adapted Learn To Swim Lessons 12 yrs&up

Andrews, Tank

253205 W Oct 6-Dec 15 6:45-7:30pm \$86.24
253216 W Jan 12-Mar 16 6:45-7:30pm \$78.40



got questions?
call 604-987-Play
for answers



free programs

Lower Capilano

family

Strong Start Norgate School

seniors

Tea and Social Lion's Manor

Capilano

youth

Youth Centre Griffin p.147

adult

Weight Room Orientations (Fitness members only) Griffin

adult 55+

Keep Well Delbrook, Silver Harbour p.149,151

youth

Basketball Drop-in McDougall p.136

Sunday Night Basketball McDougall p.C8

Youth Centre Harry Jerome p.147

adult

Weight Room Orientation (Fitness members only) Harry Jerome, JBCC/NSNH

everyone

Internet Café JBCC

family

Breastfeeding Support JBCC p.68

Daddy & Me Drop-in JBCC p.66

Grandparent Connection JBCC p.66

LoLo Drop In JBCC p.67

LoLo Family Halloween Party JBCC p.157

Parent-Child Mother Goose JBCC p.67

Parent and Infant Drop-In JBCC p.68

Young Moms Drop-in JBCC p.67

preschool

Circle of Care JBCC p.67

CNV Library Story Time JBCC p.67

schoolage

Capoeira Martial Arts JBCC p.97

Yoga Drops Zen-tastic JBCC p.79

youth

Capoeira Martial Arts JBCC p.99

Hapkido Martial Arts JBCC p.97

Pre-Teen & Youth Drop-In JBCC p.147

Yoga Drops Zen-tastic JBCC p.79

adult

Weight Room Orientation (Fitness members only) JBCC

Hapkido Martial Arts JBCC

Health Lecture Series JBCC p.66

Nia JBCC p.88

Pilates Intro JBCC p.84

Preschool Parent Education JBCC p.67

adult 55+

Farsi Womens Group 55+ JBCC p.156

Keep Well NSNH p.153

Nia JBCC p.88

Lynn Valley

family

Cookies & Carols LVRC p.15

Lantern Making & Parade KM & Mollie Nye p.15

Bright Christmas Mollie Nye House p.15

preschool

Baby Social Drop-In KM p.114

youth

LV Youth Drop-In LVRC p.147

adult

Weight Room Orientation (Fitness members only) KM

Hair Loss Support Group Mollie Nye House

Chronic Pain Support Group Mollie Nye House

Community Gardening Mollie Nye House

adult 55+

Guest Speakers Mollie Nye House

RCMP "SafeTea" Mollie Nye House

Parkgate/Deep Cove

everyone

Internet Access Parkgate

Fall Festival Parkgate

family

Parent-Child Mother Goose Parkgate p.67

Nanny-Caregiver Mother Goose Parkgate p.67

Circle of Circle for Nanny & Caregivers Parkgate p.66

youth

Pre-Teen Drop-In Parkgate p.147

Youth Centre Parkgate p.147

adult

Weight Room Orientation (Fitness members only) Parkgate

West Seymour/Inter-River

family

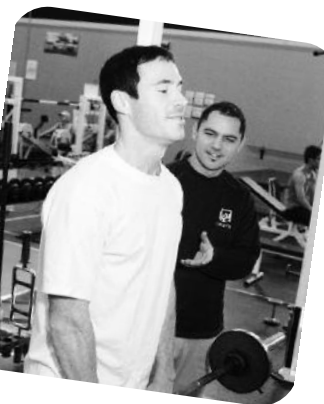
Special Holiday Event Parties Lynnmour Jaycee House

youth

Youth Centres Seymour/Seycove p.147

adult

Weight Room Orientation (Fitness members only) Ron Andrews



fall program registration	starts wednesday aug. 18
winter program registration	starts wednesday oct. 20

Capilano everyone

Dinner and Drop-in	Norgate School & Woodcroft Towers		
(For more info please email Stacy Yeats at yeatss@northvanrec.com)			
Public Swimming	Griffin	\$1	p.C2

family

Playday Parent & Tot	Delbrook	\$3/family	p.66
Parent & Tot Gym	Delbrook	\$2	

preschool

Aqua Kids - Beg	Griffin	\$3.14/lesson	p.22
(Must register for whole series, no drop-ins)			
Aqua Kids - Adv	Griffin	\$3.14/lesson	p.22
(Must register for whole series, no drop-ins)			

schoolage

Aqua Kids - Beg	Griffin	\$3.14/lesson	p.25
Aqua Kids - Adv	Griffin	\$3.14/lesson	p.25
Back to Basic Boot Camp	Griffin	\$1/lesson	p.79

adult

Noon Basketball	Delbrook	\$2	p.137
Adapted Fitness	Griffin	\$4 drop-in	p.74

adult 55+

Bridge Duplicate	Delbrook	\$2	p.149
Adapted Fitness	Griffin	\$4drop-in	p.150

Harry Jerome everyone

Public Swimming	HJ	\$1	p.C2
Public Skating	HJ	\$1	p.C6
Public Skating	HJ	\$2	p.C6
(Please call 604-987-Play (7529) for more info)			

family

Parent & Tot Drop-in	McDougall	\$2	p.115
Early Season Skate Special (Sep 12-Oct 11)	HJ	\$2	p.125
Family Yoga	HJ	\$1	p.87
Family Volleyball Drop-in	McDougall	\$2	p.139

Family Open Gym	Memorial	\$2	p.139
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schoolage

Friday Night Fun	HJ	\$9	p.93
Crafts Workshop	Memorial	\$2	p.55
Drawing Animals Art Class	Memorial	\$2/class	p.54

adult

Aerobics Mild for Women	Memorial	\$1	p.C5
Circuit Training	Harry Jerome	\$1	

John Braithwaite/NSNH everyone

Badminton Drop-in	NSNH	\$2	p.120
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John Braithwaite/NSNH cont. family

Parent & Child Drop-in	JBCC	\$5	p.111
Parent & Tot Gym Drop-in	JBCC	\$1	p.115
Sunday Family Drop-in	JBCC	\$3/\$1	p.67
Parent & Child Arty Pants	JBCC	\$2	p.108

preschool

Red Rover	NSNH	\$2	p.115
Fine Arts for Kids	JBCC	\$2	p.109
Arty the Smarty	JBCC	\$2	p.109

schoolage

After School Sports	JBCC	\$1	p.135
Crafts Fun-tastic Drop-In	JBCC	\$2	p.55
Beginner Badminton	JBCC	\$2	p.120
Science Adventures	JBCC	\$2	p.95
Polynesian Dance	JBCC	\$2	p.38

youth

After School Sports	JBCC	\$1	p.136
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adult

Bellyfit Sampler	JBCC	\$2	p.39
Emotional Intelligence Parent Ed	JBCC	\$5/3	
Men's Drop-In Basketball	NSNH	\$3	p.136
Moderate Fitness Class	JBCC	\$1	p.C4
Noon Hour Badminton	JBCC/NSNH	\$3/\$2	p.121

Polynesian Dance Sampler	JBCC	\$2	p.42
Tribal Fusion Sampler	JBCC	\$2	p.42
Noon Hour Soccer	JBCC	\$2	p.138
Open Art Studio	JBCC	\$5	
PickleBall	JBCC	\$3	p.121
Womens Floor Hockey	JBCC	\$2	p.137

adult 55+

Badminton	JBCC	\$2	p.156
Golden Circle	JBCC/NSNH	\$2	p.154
Ladies Only Aerobics	JBCC	\$1	p.C4
Lunch Bunch	JBCC	\$5	p.157
Men's Club	JBCC/NSNH	\$5	p.154& 156

Music Jam	JBCC	\$1	p.156
Social Bridge/Table Games	JBCC	\$2	p.156
Table Tennis	JBCC	\$2	p.156
Social Conversation	JBCC	\$1	p.156
Pickleball	JBCC	\$3	p.156
Nordic Walking Group	JBCC	\$4	p.156

Lynn Valley everyone

Public Swimming	Magnussen	\$1	p.C2
Public Skating	Magnussen	\$1	p.C6

family

Parent & Tot Drop-In	Magnussen	\$2.50	p.115
Swim Lessons	Magnussen	\$5	p.30

schoolage

Kids Nite Out	LVRC	\$9.50	p.93
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youth

Youth Event Nights	Magnussen	\$7	p.148
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adult 55+

Acoustic Music Drop in	Mollie Nye House	\$2/\$1	p.157
Arts & Crafts	Mollie Nye House	\$2/\$1	p.157
Book Club	Mollie Nye House	\$2/\$1	p.157
Hearty Lunches	Mollie Nye House	\$5	p.158
Movie Afternoons	Mollie Nye House	\$4/\$2	p.158
Music Drop-In	Mollie Nye House	\$2/\$1	p.158
Mostly Harmonicas	Mollie Nye House	\$2/\$1	p.158
Painting Group	Mollie Nye House	\$2/\$1	
Sewing	Mollie Nye House	\$4/\$2	p.158
Stamp Club	Mollie Nye House	\$2	p.158
Table Games	Mollie Nye House	\$2/\$1	p.158
Walking Groups	Mollie Nye House	\$2/\$1	p.159

Parkgate/Deep Cove family

Drop-In Playgroup	Parkgate	\$5/family	p.67
Open Gym Playgroup	Parkgate	\$5/family	p.115

adult 55+

Badminton	Parkgate	\$3	p.159
Book Club	Parkgate	\$1	p.160
Bridge	Parkgate	\$1	p.160
Chess	Parkgate	\$1	p.160
Craft Circle	Parkgate	\$1	p.160
Cribbage	Parkgate	\$1	p.160
Friday Afternoon Movies	Parkgate	\$1	p.160
Heart & Stroke Club	Parkgate	\$10/yr	p.159
Keep Well	Parkgate	\$2	p.159
MahJong	Parkgate	\$1	p.160
Pickle Ball	Parkgate	\$3	p.121
Quilting	Parkgate	\$1	p.60
Sing-A-Long Choir	Parkgate	\$1	p.160
Scrabble	Parkgate	\$1	p.160
Whist	Parkgate	\$1	p.160

West Seymour/Inter-River everyone

Public Swimming	Ron Andrews	\$1	p.C2
Public Skating	Ice Sports	\$1	p.C6

family

Family Art&Swim	Ron Andrews	\$2/child	
Family Art & Play	Ron Andrews	\$2/child	
Lynnmour Drop-In	Lynnmour Jaycee House	\$1/family	p.67

preschool

Parent & Tot	Ron Andrews	\$1	p.115
Open Gym	Ron Andrews	\$2	p.119
Sports All Sorts	Ron Andrews	\$2	

schoolage

Evening Care	Ron Andrews	\$10	p.93
Kid's Nite Out	Ron Andrews	\$9.50	p.93

adult

Women's Only Fitness	Ron Andrews	\$5	
Fitness	Ron Andrews	\$1	p.C4

Prices may not reflect applicable taxes.

