



## 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 Community Recreation Centre.

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](http://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](http://www.a4k.ca)

#### Step Two

Please bring the following to your appointment:

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 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.

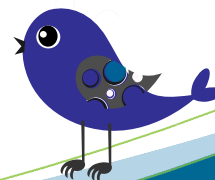
#### Swim and Skate Pass

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.

We look forward to meeting with you!



# free & low cost programs

## free programs

### Lower Capilano

#### youth

Youth Centre Griffin p.138

#### adult 55+

Keep Well Delbrook, p.141  
Silver Harbour

### Lower Lonsdale

#### family

Breast Feeding Support JBCC p.85  
Daddy & Me Drop-in JBCC p.83  
Grandparent Connection JBCC p.83  
Infant & Child Drop-in JBCC p.85  
Lolo Family Drop-in JBCC p.84  
Parent & Child Mother Goose JBCC p.85  
Young Parents Drop-in JBCC p.85

#### early years 0-6yrs

CNV Library Story Time JBCC p.85

#### schoolage

Capoeira Martial Arts JBCC p.111

#### youth

Pre-Teen & Teen Drop-in JBCC p.139  
Capoeira Martial Arts JBCC p.112

#### adult

Health Lecture Series JBCC p.84

#### adult 55+

Persian Women's Group JBCC p.147

### Upper Lonsdale

#### youth

Basketball Drop-in McDougall p.127  
Sunday Night Basketball McDougall p.139  
Youth Lounge Harry Jerome p.139

### Lynn Valley

#### early years 0-6yrs

Baby Social Drop-in KM p.84

#### youth

LV Pre-teen Drop-in LVRC p.139

### Parkgate/Deep Cove

Circle of Care for Nanny & Caregivers  
Parkgate p.83

#### youth

Pre-Teen Drop-in Parkgate p.138  
Youth Centre Parkgate p.138

#### adult

Sing Along Choir Parkgate p.151

### West Seymour/ Inter-River

#### youth

Youth Centres Seymour,  
Seycove p.138

## low cost programs

### Capilano

#### everyone

Public Swimming Griffin \$1 p.C2-3

#### family

Playday (1-4yrs) Delbrook \$3 p.20

#### early years 0-6yrs

Aqua Kids - Beginner & Advanced p.46  
(Must register for whole series, no drop-ins)  
Griffin \$3.14 per class

#### schoolage

Aqua Kids - Beginner & Advanced p.49  
(Must register for whole series, no drop-ins)  
Griffin \$3.14 per class  
Back to Basics Bootcamp Griffin \$1 p.97

#### adult

Noon Hour Basketball Delbrook \$2 p.C7  
Adapted Fitness Griffin \$4 p.93

#### adult 55+

Bridge Duplicate Delbrook \$2 p.109  
Adapted Fitness Griffin \$4 p.141



### Lower Lonsdale

#### everyone

Badminton Drop-In NSNH \$2 p.114

#### family

Parent & Tot Art JBCC \$2 p.20  
Parent & Tot Gym JBCC \$1 p.20  
Spring Music Festival JBCC \$5 p.85  
Family Drop-In JBCC \$1/3 p.70  
Polynesian Dance JBCC \$2 p.61

#### early years 0-6yrs

Red Rover NSNH \$2 p.23

#### adult

Ballet Barre Fitness JBCC \$6/3 p.98  
Drop-In Basketball NSNH \$4 p.127  
Nia Fitness Sampler JBCC \$4/2 p.104  
Noon Hour Badminton

JBCC/NSNH \$3/\$2 p.114

Noon Hour Soccer JBCC \$2 p.127

Pickleball JBCC \$3 p.129

#### adult 55+

Badminton JBCC \$2 p.148  
Bridge Drop-In JBCC \$2 p.148  
Golden Circle JBCC/NSNH \$2 p.145  
Lunch Bunch JBCC \$5 p.145  
Men's Club JBCC/NSNH \$5 p.148  
Nia Fitness Sampler JBCC \$4/2 p.104  
Nordic Pole Walking JBCC \$4 p.148  
Pickleball JBCC \$3 p.148  
Table Tennis JBCC \$2 p.148  
Social Conversation JBCC \$1 p.148

### Upper Lonsdale

#### everyone

Public Swimming HJ \$1 p.C2-3  
Public Skating HJ \$1 p.C4  
(Please call 604-987-Play (7529) for more info.)

#### family

Toddler & Me Drop-In McDougall \$2 p.21  
Family Yoga HJ \$1 p.103  
Volleyball Drop-In McDougall \$2 p.129

#### schoolage

Friday Night Fun HJ \$9 p.107  
Drawing Animals Art Class  
Memorial \$2/class p.75

#### adult

Aerobic Mild for Women  
Circuit Training Memorial \$1 p.C6-7  
Harry Jerome \$1 p.C6-7



## West Seymour/Inter-River

- everyone**  
 Public Swimming Ron Andrews \$1 p.C2-3  
 Public Skating Ice Sports \$1 p.C4
- family**  
 Family Art, Play & Swim  
 Ron Andrews \$2 p.20
- early years 0-6yrs**  
 Parent & Tot Drop-in Gym  
 Ron Andrews \$1 p.20
- schoolage**  
 Kids' Night Out Ron Andrews \$9.50  
 p.107
- adult**  
 Women's Only Fitness Ron Andrews \$5 p.C6-7  
 Fitness Ron Andrews \$1 p.C6-7

## Lynn Valley

- everyone**  
 Public Swimming Magnussen \$1 p.C2-3  
 Public Skating Magnussen \$1 p.C4
- family**  
 Lynn Valley Drop-In LVRC p.20  
 Swim Lessons Magnussen \$5 p.54
- schoolage**  
 Kids' Night Out LVRC \$9.50  
 p.107
- youth**  
 Youth Event Nights Magnussen \$7  
 For more info call 604-987-Play (7529)
- adult 55+**  
 Arts & Crafts Mollie Nye \$2/\$1 p.149  
 Book Club Mollie Nye \$2/\$1 p.149  
 Hearty Lunches Mollie Nye \$5 p.150  
 Music Drop-In Mollie Nye \$2/\$1 p.149  
 Sewing Mollie Nye \$4/\$2 p.149  
 Stamp Club Mollie Nye \$2 p.149  
 Table Games Mollie Nye \$2/\$1 p.149  
 Walking Groups Mollie Nye \$2/\$1 p.150

## Parkgate/Deep Cove

- family**  
 Open Gym Playgroup Parkgate \$5/family  
 p.22  
 Duck Duck Goose Parkgate \$2.50/child  
 p.34
- adult 55+**  
 Badminton Parkgate \$3 p.150  
 Bridge Parkgate \$2 p.151  
 Chess Parkgate \$2 p.151  
 Craft Circle Parkgate \$2 p.151  
 Cribbage Parkgate \$2 p.151  
 Friday Afternoon Movies  
 Parkgate \$2 p.151  
 Heart & Stroke Club Parkgate \$10 p.150  
 Keep Well Parkgate \$2 p.150  
 Mah Jong Parkgate \$2 p.151  
 Quilting Parkgate \$2 p.78  
 Scrabble Parkgate \$2 p.151



looking for the perfect gift?



northvanrec Gift Cards now available for purchase!

The perfect gift for family, friends or employees.

Enjoy huge savings!

**Fitness Memberships = Fitness Value!**

northvanrec offers you more for your fitness dollar

For more info see p.89

# access for people with disabilities

## 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

## daycamp support

Does your child require extra support while attending a full day northvanrec Daycamp this summer? We can help, at no additional cost to you.

We offer up to one week of one to one support for children with developmental or physical disabilities.\*

Reservations for this service are on a first come, first serve basis and will begin May 1st until all 8 weeks are booked.

To reserve or receive additional information, please contact Jackie Hamm, Recreation Access Programmer at 604-982-8331 or email [jhamm@jbcc.ca](mailto:jhamm@jbcc.ca)

\*some restrictions apply

## Adapted Programs

0-6yrs early years

Adapted Learn To Swim Lessons 3-6yrs

Beginner learn-to-swim program designed for children with disabilities. For more information please call Jackie Hamm at 604-982-8331 prior to registration.

Magnussen, Games Pool				
263618	W	Mar 30-May 4		4:30pm
\$39				
263620	W	May 11-Jun 22		4:30pm
\$45.50				
263619	W	Jul 6-Aug 31		6:30pm
\$58.50				

schoolage

Adapted Karate 6-13yrs

This program is for children 6-13 years old with developmental disabilities. Get your muscles and minds moving with karate disciplines and moves. A great way to learn a new sport and have fun too! (Kikai Karate)

Andrews, Windsor Rm				
255990	W	Apr 6-27		4:00-5:00pm
264242	W	May 4-25		4:00-5:00pm
264243	W	Jun 1-22		4:00-5:00pm
\$100				

## looking for daycamps?



## Adapted Learn To Swim Lessons 5-12yrs

For children with developmental or physical disabilities. For more information please call 604-982-8331.

Andrews, Tank

Beginner				
264012	M	Mar 28-Jun 13		6:30pm
\$46.50				
264015	W	Mar 30-Jun 15		6:30pm
\$55.80				
264017	Sa	Apr 2-Jun 18		12:30pm
\$51.15				
264143	M-F	Jul 4-15		12:15pm
264146	M-F	Jul 18-29		12:15pm
\$46.50				
264147	Tu-F,M	Aug 2-12		12:15pm
\$41.85				
264148	M-F	Aug 15-26		12:15pm
\$46.50				
264149	M-F	Aug 29-Sep 2		12:15pm
\$23.25				



**Adapted Learn to Swim Lessons cont.**

**Advanced**

264150	M	Mar 28-Jun 13	7:00pm
\$46.50			
264151	Sa	Apr 2-Jun 18	12:30pm
\$51.15			
264152	M-F	Jul 4-15	12:15pm
\$46.50			
264153	M-F	Jul 18-29	12:15pm
\$46.50			
264154	Tu-F, M	Aug 2-12	12:15pm
\$41.85			
264155	M-F	Aug 15-26	12:15pm
\$46.50			
264156	M-F	Aug 29-Sep 2	12:15pm
\$23.25			

**Adapted Musical Theatre  
6-12 yrs**

A brand new program for children with disabilities. Caution! This program promotes spontaneous acting, dancing, laughing and singing. An inclusive program. (Kelsey T.)

**JBCC, Harbourview Rm**

264256	W	Apr 13-Jun 1	4:30-5:15pm
\$46			
264340	W	Jul 6-Aug 3	4:45-5:30pm
\$28.75			

**youth**

**Interested in Adapted Swim lessons for youth 13 yrs&up?**

Please contact Jackie Hamm at 604-982-8331 or email at [jhamm@jbcc.ca](mailto:jhamm@jbcc.ca).

**adult**

**Adapted Mild Aquafit  
15yrs&up**

Participants will be introduced to a variety of mild exercises and are encouraged to work at their own pace. For individuals requiring one to one support within the water, we ask that you be accompanied by your own support person.

(Jan L.)

**Magnussen, Pool**

260725	Tu	Apr 12-May 31	1:30-2:30pm
\$49.20			

**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.

**Griffin, Edgemont Rm**

263006	M,W	Apr 4-27	1:00-3:00pm
263008	M,W	May 2-30	1:00-3:00pm
263007	W,M	Jun 1-29	1:00-3:00pm

\$4 drop-in; monthly registration available

spring program registration	starts wednesday <b>mar. 9</b>
summer program registration	starts wednesday <b>apr. 20</b>