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**your northvanrec
fitness staff**

northvanrec.com

Our website is here for you offering a world of information about **northvanrec** and healthy active living. In this guide we've provided you with shortcuts to our site to access information quickly and easily. On our site you can:

- Access information about programs, schedules and facilities
- Register for programs you want to take
- Research a range of wellness topics
- Sends us questions, comments and participate in surveys on how we're doing
- and so much more!



northvanrec.com

recNews

RecNews is our monthly recreation eNewsletter. Each month you'll receive information about new programs, upcoming activities, special promotions, upcoming registrations and health and wellness ideas.

Sign up on our homepage!



Recreation for people with financial barriers

Do you have a limited budget? 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: just call 604 987-Play (7529) and ask for an Access appointment at your local Community Recreation Centre.

Recreation for people with disabilities

If you are living with a disability and require support to access recreation programs and services, we can help. For more information or if you have questions regarding programs and services, please call the Recreation Access Programmer, 604-982-8331.

Check out northvanrec.com/access for up-to-date program and service information.

"Our website www.northvanrec.com and our current Leisure Guide contains detailed information on all free and low cost northvanrec programs for youth, adults, seniors and families."



Chris
Group Fitness Instructor
Harry Jerome & other facilities



Welcoming Newcomers

If English is not your first language, we now have an Easy Guide to Recreation available in 8 different languages. Printed copies of the Easy Guides are available for you to pick-up at your local Community Recreation Centres. You can also download this Guide in French, Japanese, Korean, Persian, Russian, Spanish, Simple Chinese or Traditional Chinese.

Volunteer Opportunities

Volunteering with **northvanrec** is a great way to connect with your community, meet new people and to make a difference locally. We have wonderful volunteer opportunities including special events, working with our stroke and rehab program or providing 1:1 support for children or adults with disabilities.

Call Meh at 604-983-6417 to find out how you can get involved.

There are also other volunteer opportunities at:
John Braithwaite Community Centre
Kelly Hardman 604-982-8314

Parkgate Community Centre
Bronwyn James 604-983-6385