



ways to participate & register



Drop-in for Swimming, Skating and Fitness Classes

Discover the many ways you can use our facilities and get active. We have weight rooms, gyms and pools to keep you fit year-round. Visit one of our 4 gyms and take part in badminton, basketball, soccer or volleyball during specific gym times. Join a game of men's floor hockey, check out one of 5 skateboard parks, or book a court for squash, racquetball or table tennis. Pay a low-priced single drop-in rate at any of our facilities and try us out. For drop-in schedules visit northvanrec.com/schedules.

Fitness Membership

northvanrec offers you more for your fitness dollar. If you plan to exercise regularly, you can enjoy substantial savings by purchasing a fitness membership, see page 12.

Registered Programs

Whether you're interested in sports, arts, fitness, health and wellness, or personal development, we've got something for you. See page 20 for a small sample of some of the exciting programs we offer. You can also check out our Leisure Guides and website for new and updated programs.

"Choose a registration method that's easiest for you:

- register online with eReg
- use our automated phoneReg system
- speak with a representative in our Call Centre
- or drop in to your local community recreation centre

We've got you covered. See page 24 for more details."

Steve
Group Fitness Instructor
Ron Andrews
& other facilities



getting started & doing more with northvanrec

Just getting started? Looking for challenging ways to get fit?

Find what feels right for you!

Keep these things in mind when choosing a program:

- **Assess your fitness level** – Where are you now? Where do you want to be?
- **Determine your fitness goals** – To lose weight? To increase muscle tone?
- **Align your interests** - Consider your likes and dislikes.
- **Vary your activities** – Think cross-training.
- **Make a budget** – Both for your time and what you can afford.
- **Get into it!** - Remember to start slow and build up gradually.
- **Ask a friend to join you** and try something new together!

Benefits of regular physical activity:

- Exercise can... Improve your mood
- Exercise can... Combat chronic diseases
- Exercise can... Help you manage your weight
- Exercise can... Boost your energy level
- Exercise can... Promote better sleep
- Exercise can... Be fun!"

"Whether you are just starting out, getting back into shape, training for an event or ready to go to the next level, we have something for all interests and abilities."

Paula
Weight Room Supervisor
Ron Andrews





getting started



Fitness Consultations

Need a plan? Get started with our introductory fitness consultation designed to help you set goals and learn techniques for cardio conditioning, strength training, nutrition and weight loss. Enjoy a supervised workout and get introduced to the weight room equipment.

Call one of our experts on our Health and Lifestyle Team!

Harry Jerome Community Recreation Centre

Jennifer Beever
604-983-6406
beeverj@northvanrec.com

John Braithwaite Community Centre

Rob Wynen
604-982-8316
rwynen@jbcc.ca

Karen Magnussen Community Recreation Centre

Darrin Jones
604-983-6559
jonesd@northvanrec.com

Parkgate Community Centre

Sally Stevens
604-983-6355
stevenss@northvanrec.com

Ron Andrews Community Recreation Centre

Paula Coburn
604-983-6522
coburnp@northvanrec.com

William Griffin Community Recreation Centre

Shawn Toth
604-983-6537
toths@northvanrec.com



"For individuals with health-specific needs, or if you are unsure, please contact the Weight Room Supervisor at your preferred facility prior to booking your consultation."

Tony
Fitness Advisor
Karen Magnussen &
other facilities

ways to register



Online

To get started go to northvanrec.com/registration and use our eReg system to register online anytime. Browse through our programs in eReg to select programs you're interested in. When you're ready to register, have your Play-card number, PIN and a credit card handy.



Call Centre

Get help registering for our programs from one of our customer service representatives. If you have any questions, contact our Call Centre at 604-983-6388 Mondays to Fridays from 8:30 am to 6:30pm.



In Person

Register at your community recreation centre during normal operating hours. Simply walk in during front desk office hours and our staff will register you.



Indoor Tennis Lottery

Sign up for a spot in the indoor tennis program of your choice. That's right... our tennis programs are so popular, you need to get a spot in the Tennis Lottery to participate. Fill out our registration form and deliver it to Grant Connell Tennis Centre by the lottery deadline. Check out our website for more information.



Next Registration

Plan ahead to register for next season's programs. Many of our programs are very popular; however, not all fill up on the first day of registration. Find out exactly when registration opens for the type of programs you're interested in and what methods you can use to register. Our registrations take place once a season in March for the spring, May for the summer, August for the fall and October for the winter.

Go to northvanrec.com/registration to get started.