HARRISON HOT SPRINGS RECREATION COMMISSION

For More Information Contact 604-796-3664

HARRISON HIKERS

3 different levels of groups
Meets every Wednesday, 9:00 am, outside the Fitness / Activity Centre
For more information contact 604-491-5540

HARRISON SOCIAL CLUB

Meets every Thursday at the Harrison Memorial Hall
10:00 am - 12:00 pm - Cards, Games & Activities
11:00 am - 1:00 pm - Book Club
2:00 pm - 3:00 pm - Line Dancing
For more information contact 604-796-2084

MULTI-CULTURAL CHOIR

Meets every Monday, 7:00 pm at the Kent Elementary School Gym
For more information contact 604-796-2084

SEABIRD ISLAND

For More Information Contact 604-796-2177

ELDERS DROP IN FITNESS

Monday / Wednesday, 10:00 am -11:00 am, held at the Seabird Fitness Centre
FREE For Seabird Community Members

BOXING

Mondays starting in February, 5:30 pm - 6:30 pm, held in the Seabird Gym

MEN'S DROP IN FLOOR HOCKEY

Mondays, 6:30 pm - 8:00 pm, held in the Seabird Gym
$1 drop in fee for Seabird residents, $2 drop in fee for non-residents

VIDEO STEP CLASS

Tuesdays, 5:30 pm - 6:15 pm, held at the Seabird Fitness Centre

BEGINNERS BOOT CAMP

Wednesdays, 7:00 pm - 8:00 pm, held in the Seabird Gym

VIDEO PILATES

Thursdays, 5:30 pm - 6:30 pm, held at the Seabird Fitness Centre

CO-ED DROP IN FLOOR HOCKEY

Thursday, 6:30 pm - 8:00 pm, held in the Seabird Gym
$1 drop in fee for Seabird residents, $2 drop in fee for non-residents

WALKING CLUB

Monday / Wednesday / Friday, 12:00 pm -1:00 pm and 5:00 pm - 6:00 pm
Meet at the Seabird Gym / Fitness Centre Foyer
FREE for seabird community members

FRASER VALLEY REGIONAL LIBRARY

For more information contact 604-796-9510

FVRL FRASER VALLEY REGIONAL LIBRARY
Read. Learn. Play. | www.fvrl.bc.ca

WORLD CULTURES MONTH: THE BEAT OF OUR WORLD

Through their drumming, dancing and music, Mpho Holele and her partner will engage the audience as we feel the beat of another culture in our corner of the world. The whole family is welcome to attend. Friday, March 26, 7:00 pm

INTERNATIONAL WOMEN'S DAY

Celebrate at your library with writing, readings and music by local women. Open for women and girls of all ages. Wednesday, March 10 (workshop) 12:30 pm - 3:00 pm, Wednesday, March 10 (readings) 7:00 pm

AUTHOR READING: ROBERT WIERSEMA COMES HOME - AGAIN!

Robert has published another book and is coming to Agassiz to read and visit friends old and new. Saturday, March 6, 1:00 pm.

ADVENTURE IN NAMIBIA: A PHOTO JOURNEY

Thursday, February 18, 7:00 pm.

AGASSIZ LIBRARY QUIZ NIGHT:

You loved it last year and it is now the most fun you can ever have fundraising. Keep May 7, 2010 open.

DISTRICT OF KENT

For More Information Contact 604-796-8891

FITNESS SCHEDULE

District of Kent Fitness Class Schedule Winter 2010

Mon	Tues	Wed	Thurs	Fri
7:30 am - 8:45 am *Heart Health Kristen	7:30 am -8:45 am Step 'n Strength Wilma	7:30 am - 8:45 am *Heart Health Kristen	7:30 am - 8:45 am Step 'n Strength Wilma	7:30 am - 8:45 am *Heart Health Kristen
	8:00 am - 9:00 am Power Walking Kristen (Agricultural Hall)		8:00 am - 9:00 am Power Walking Kristen (Agricultural Hall)	
8:45 am - 10:00 am Fit for Life Kristen		8:45 am - 10:00 am Fit for Life Kristen		8:45 am - 10:00 am Fit for Life Kristen
8:50 am - 9:50 am Circuit Wilma		8:50 am - 9:50 am Circuit Wilma		
10:00 am - 11:00 am Senior's Strength Dawson	9:05 am - 10:00 am Joint Works® Kristen	10:00 am - 11:00 am Senior's Strength Dawson	9:05 am - 10:00 am Joint Works® Kristen	10:00 am - 11:00 am Senior's Strength Dawson
11:00 am - 12:00 pm *Gentle Yoga Alice		11:00 am - 12:00 pm *Gentle Yoga Alice		
	12:00 pm - 12:45 pm Drop in Yoga Mike			
	5:30 pm - 6:30 pm Latin Dance Cardio Raquel		5:00 pm - 6:00 pm Drop In Yoga Mike	5:30 pm - 6:30 pm Latin Dance Cardio Raquel
5:45 pm - 6:45 pm 'Back' to Fitness Blazenka		5:45 pm - 6:45 pm 'Back' to Fitness Blazenka		
6:00 pm - 6:45 pm Teen Fitness Jaimee			6:00 pm - 7:30 pm *Belly Dancing Sue	
6:45 pm - 7:30 pm Abs/Butt/Thighs Jaimee				
	7:00 - 8:00 pm Weight RoomAssistance Dawson	7:00 pm - 8:30 pm *Active Yoga Mike	7:00 - 8:00 pm Weight RoomAssistance Dawson	
7:30 pm - 8:15 pm Yoga Stretch Jaimee			7:30 pm - 8:30pm NIA Alyson	
Class held in the Weight Room (non participants for Ciricuit Class have access to cardio equipment only)		*Pre - registered program		

No Step 'n Strength Jan 26 - Feb 4 No C.cuit Jan 25 - Feb 3 All other Fitness Classes will be cancelled Spring Break Week March 8 -12.

The District of Kent reserves the right to cancel any fitness class during the season based on low attendance and instructor availability. Changes due to illness, emergencies and inclement weather will be posted on the fitness room door and every effort will be made to notify all participants.

604-796-8891

DROP IN PROGRAMS:

ADULT DROP IN FLOOR HOCKEY

Mondays, January 11 - April 26, 6:00 pm - 7:30 pm
Held at the Pavilion, $5 Drop in fee

DROP IN FLOOR HOCKEY FOR MEN OVER 40

Mondays, January 11 - April 26, 7:45 pm - 9:15 pm
Held at the Pavilion, $5 Drop in fee

DROP IN VOLLEYBALL

Tuesday, January 26 - March 2, 7:30 pm - 10:00 pm
Held at the Agassiz Christian School Gym, $5 Drop in fee

RECREATION PROGRAMS:

For a complete listing of activities and programs please refer to the Winter 2010 Leisure or go online at www.district.kent.bc.ca

ACTIVE IS EASY
ACTIVE IS HEALTHY

If you are a group or organization that offers programming to the community that is low-cost and/or free and you would like to be added to the Agassiz All Inclusive Resource Guide, please contact 604-796-8891