



Northeast Burnaby

Programs in Your Neighbourhood

Spring 2019

Cameron Recreation Centre & Library

9523 Cameron Street, Burnaby

About Cameron Recreation Centre

Our facility features a large sports hall, cardio & weight room, indoor tennis, squash and racquetball courts, and a cycling studio. We offer programs for everyone from babies to seniors. There are multi-purpose rooms available for rental, with rooms that can hold up to 200 people. For adults 55+, our Senior Centre offers a lounge, activity area and snooker room.

Hours of Operation

April 1-May 31

Monday-Friday.....6am-11pm
 Saturday.....7am-6pm
 Sunday.....7am-9pm

June 1-30

Monday-Friday.....6am-10pm
 Saturday.....7am-4pm
 Sunday.....9am-1pm

Holiday Hours

April 19.....9am-7pm
 April 20.....7am-6pm
 April 21.....7am-9pm
 April 22.....9am-7pm
 May 20.....Closed

Community Office604-297-4456

Monday-Friday.....8:30am-4pm
 Saturday, Sunday & Statutory Holidays.....Closed

Seniors' Centre Lounge.....604-415-3555

Monday-Friday9:30am-3:30pm
 Saturday & SundayClosed

Sports Desk604-297-4452

Court reservations and sport drop-ins are taken 30 minutes after the complex opens and will end 30 minutes before the complex closes for the day.

Cameron Library604-421-5454

Monday-Thursday10am-9pm
 Friday & Saturday10am-6pm
 Sunday.....12noon-5pm
 Statutory Holidays.....Closed
 Sunday before statutory Holidays.....Closed

Recreation for All

We are committed to providing opportunities for people of various abilities to get involved in the recreation activities of their choice. We aim to...

Advocate on behalf of people with disabilities.

Assist individuals with accessing their choices.

Educate the public and staff about disability issues.

Participants with Allergies

If your child has a life-threatening allergy requiring emergency medication (an EpiPen), they may be able to participate independently. Please register at least two weeks before the program start date and immediately contact the program supervisor to discuss the required forms (including doctor authorization) and to create a safety plan for your child.



Cameron has a new community mural!

Artists Blake Wydeman and Emily Gray worked with 150 community members on the creation of the new dragon mural. Participants from the Cameron's summer preschool and summer camp as well as members of the Seniors Artist Studio helped with the development of the design and painting of the 108 foot mural. The idea of dragons came from the existing theme throughout Cameron Park which sparked conversations of having the design be a playful family of fire and ice dragons.

Pro-D Day Camp 6-9 years

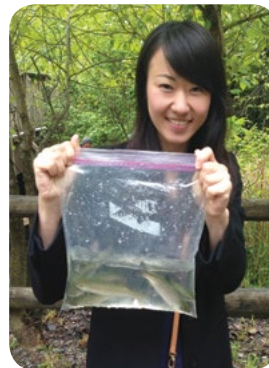
Looking for something fun for your kids on their Pro-D Day? Join us in a variety of arts, crafts and games.

Monday, April 29, 9am-3pm
 \$32.70 503654

Tough Mother Obstacle Challenge

Join us at Cameron Recreation Complex for this free fun-filled obstacle challenge, finishing with a Zumba cool down. An activity the whole family will enjoy! Register today by calling 604-297-4452.

Saturday, May 11, 11am-12noon 504223



The Great Salmon Send-off!

The Stoney Creek Great Salmon Send-off is a fish-release celebration. This annual event creates awareness about Stoney Creek's fragile urban ecosystem and serves to protect it through eco-friendly practices and green alternatives. The event features environmental displays and family friendly activities. Visit www.scec.ca for more information.

Stoney Creek Community School
 2740 Beaverbrook Crescent
 Saturday, May 11, 10am-2pm

Summer Volunteer Opportunities

Looking to have an awesome summer while also making a difference in the community? Come join our energetic volunteer team and develop leadership skills in a positive and fun environment! Volunteers will be working side by side with experienced summer camp and park leaders at our Burnaby playgrounds and day camps.

Join us and register for a volunteer orientation session to find out more information on requirements and expectations. Please register at burnaby.ca/summervolunteers

Cameron Recreation Centre
 W, May 22 6:30-8pm
 Free admission 502022



City of Burnaby
 Parks, Recreation & Cultural Services

burnaby.ca/cameron

[cityofburnaby](https://www.facebook.com/cityofburnaby)

[@burnabyparksrec](https://twitter.com/burnabyparksrec)

[burnabyrecreation](https://www.instagram.com/burnabyrecreation)



Cameron Programs for Preschool & Children

Prices do not include tax. For the most up to date information, visit burnaby.ca/cameron

For more information about programs, contact Justine Henderson at 604-415-3553 or Justine.Henderson@burnaby.ca

Program	Age	Time	Location	Session Fee	Start	Barcode
Monday (no classes on statutory holidays)						
Play to Learn Preschool	3-5 yrs	9:15-11:15am	Spruce	8	\$100.00	Apr 1 477347
Buck A Roo	10 mos-5 yrs	5:45-6:45pm	Sports Hall	6	\$1 per person	Apr 1 Drop in
Toddlers First Dance	15 mos-3 yrs	9:30-10:15am	Hemlock	8	\$46.20 / Drop-in	Apr 1 477354
Baby's First Dance	2-18 mos	10:30-11:15am	Hemlock	8	\$46.20 / Drop-in	Apr 1 477342
Tuesday						
Pre Kindergarten	4-5 yrs	9:30-11:30am	Spruce	10	\$154.20	Apr 2 477348
Tot Gymnastics	10-47 mos	12:15-1:15pm	Sports Hall	10	\$53.30 / Drop-in	Apr 2 477355
Kindergym	40 mos-5 yrs	1:30-2:30pm	Sports Hall	10	\$61.90	Apr 2 477344
Recreational Gymnastics	5-7 yrs	3:30-5pm	Sports Hall	10	\$110.25	Apr 2 477351
Recreational Gymnastics	8-10 yrs	3:30-5pm	Sports Hall	10	\$110.25	Apr 2 477350
Thursday						
Shadbolt in your Community						
Young Tunes Parent & Child	2-3 yrs	9:45-10:30am	Cedar	8	\$49.20	Apr 18 478683
Young Tunes	4-5 yrs	10:45-11:45am	Cedar	8	\$65.60	Apr 18 478682
First Steps-Creative Dance	2-3 yrs	11:10-11:40am	Spruce	10	\$38.50	Apr 11 478681
Creative Ballet	3 yrs	9:45-10:15am	Spruce	10	\$38.50	Apr 11 478665
Creative Ballet	4-5 yrs	11:45am-12:30pm	Spruce	10	\$57.75	Apr 11 478671
Creative Ballet	4-5 yrs	10:20-11:05am	Spruce	10	\$57.75	Apr 11 478666
Kinderkids Can Move	40 mos-5 yrs	1:30-2:30pm	Sports Hall	10	\$61.90	Apr 4 477346
Kids Can Move	5-7 yrs	3:30-5pm	Sports Hall	10	\$110.25	Apr 4 477357
Kids Can Move	8-10 yrs	3:30-5pm	Sports Hall	10	\$110.25	Apr 4 477358
Friday						
Play to Learn Preschool	3-5 yrs	9:15-11:15am	Spruce	9	\$112.50	Apr 5 477842
Saturday						
Tot Gymnastics	10-47 mos	9-10am	Sports Hall	8	\$42.65 / Drop-in	Apr 6 477356
Kindergym	40 mos-5 yrs	10:10-11:10am	Sports Hall	8	\$49.50	Apr 6 477345
Recreational Gymnastics	5-9 yrs	11:15am-12:15pm	Sports Hall	8	\$58.80	Apr 6 477349

Preschool in the Northeast

Schedules subject to change. Prices do not include tax. For the most up to date information, burnaby.ca/cameron

Play is your child's most important first learning experience. In an encouraging atmosphere, our creative instructors use art, music, science and activity centres for positive play adventures. For programs at Forest Grove & Charles Rummel, contact Amanda Robertson at 604-420-2675.

Program	Age	Day	Time	Session Fee	Start	Barcode
Charles Rummel School - 3630 Lozells Avenue						
Play to Learn Preschool	3-5 yrs	W	9:30-11:30am	11	\$137.50	Apr 10 478521
Preschool Sports & More	3-5 yrs	F	9:30-11:30am	10	\$125.00	Apr 12 478524
Busy Bees*	10 mos-3 yrs w/ Adult	F	9:45-11:15am	10	\$79.95	Apr 12 478527
Stoney Creek Community School						
Play to Learn Preschool	3-5 yrs	Tu	9:30-11:30am	10	\$125.00	Apr 9 478454
Pre-Kindergarten	4-5 yrs	Th	9:30-11:30am	10	\$154.20	Apr 11 478455
Forest Grove Elementary School - 8525 Forest Grove Drive						
Play to Learn Preschool	3-5 yrs	M	12:30-2:30pm	9	\$112.50	Apr 8 505251
Programs at University Highlands Elementary School - 9388 Tower Road						
Play to Learn Preschool	3-5 yrs	M	9:30-11:30am	8	\$100.00	Apr 8 478546
Play to Learn Preschool	3-5 yrs	W	9:30-11:30am	10	\$125.00	Apr 10 478545
Pre-Kindergarten	4-5 yrs	W	12:45-2:45pm	10	\$154.20	Apr 10 478856
ABC Active Adventures	3-5 yrs	F	9:30-11:30am	8	\$100.00	Apr 12 478850
Busy Bees*	10 mos-5 yrs	Tu	9:30-11am	10	\$79.95	Apr 9 478560
Busy Bees*	10 mos-5 yrs	Th	9:30-11am	10	\$79.95	Apr 11 478559
Little Green Thumbs	3-5 yrs	M	12:45-2:45pm	6	\$92.50	May 6 478855
Shadbolt in your School						
Young Tunes	3-5 yrs	Th	1:30-2:30pm	8	\$65.60	Apr 18 478684
Young Tunes	6-9 yrs	Th	3-4pm	8	\$65.60	Apr 18 499925
Creative Dance - Preschool	3-5 yrs	W	5:05-5:50pm	10	\$57.75	Apr 10 478496
First Steps - Creative Dance	12 mos-2 yrs	W	4:30-5pm	10	\$38.50	Apr 10 478680

*Half price for second child in the family.

Schedules & Admission Fees

For Cameron Complex's gym programs, call Tim MacVinnie 604-415-3552.
Prices do not include tax. For the most up to date info, visit burnaby.ca/cameron

Drop-in Gym Schedule							Effective date: April 1-May 31, 2019 Phone 604-297-4452 Schedules are subject to change.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
Pickleball 18 yrs & up 7-9:30am \$2.62		Pickleball 18 yrs & up 6:45-8:45am \$2.62		Pickleball 18 yrs & up 7-9:30am \$2.62	Badminton/ Basketball 16 yrs & up 1-3:30pm \$5.71	Family Badminton 12noon-2pm Teen \$2.90 / Adult \$5.71/ Grade 5 Free		
Badminton/ Basketball 13-18 yrs 3:15-4:45pm Teen \$2.90		Badminton/ Basketball 13-18 yrs 3:15-4:45pm Teen \$2.90		Basketball 13-18 yrs 3:30-6pm Teen \$2.90	Badminton/ Basketball 13 yrs & up 3:30-5:30pm Teen \$2.90 / Adult \$5.71	Family Gym 6 yrs & under w/ Adult 12:15-1:45pm Free		
Buck A Roo 10 mos-5 yrs 5:45-6:45pm \$1 per person		Soccer 18 yrs & up 7:10-8:40pm \$5.71		Badminton/ Basketball 16 yrs & up 6:10-8:30pm \$5.71		Basketball 13-18 years 2:30-4pm Teen \$2.90		
Badminton 18 yrs & up 7:15-9:15pm \$5.71	Badminton/ Basketball 18 yrs & up 9:30-10:45pm \$5.71	Badminton/ Basketball 18 yrs & up 8:50-10:50pm \$5.71	Acrogym 18 yrs & up 9-11pm \$15.20	Badminton/ Basketball 18 yrs & up 8:40-10:40pm \$5.71		Basketball 16 yrs & up 4:15-6:15pm \$5.71		
Soccer 18 yrs & up 9:20-10:50pm \$5.71						Soccer 16 yrs & up 6:30-8:30pm \$5.71		
How to Reserve				Checking in				
<ul style="list-style-type: none"> Same calendar day reservations over the phone or in-person are accepted 60 minutes after the centre opens. Please refer to Hours of Operations on the front cover. A Gym Punchcard (10 visits for \$51.40 not including taxes), per person, is required to reserve over the phone. Acrogym does not require a Gym Punchcard. Payments are due in full for in-person reservations; it is non-refundable and non-transferrable. 				<ul style="list-style-type: none"> You must check-in at the Sports Desk before you can participate in the program. Any reserved spots will be held for 10 minutes from the start of each drop-in program. Your spot will be passed to the next participant on the waitlist. This rule is strictly enforced with no exceptions. Please arrive on time. 				
				Fee				
				<ul style="list-style-type: none"> In-person Drop-in fees are listed below. Non-Scheduled gym times are subjected to availability and you can drop-in to play for FREE. 				

Summer Programs

Schedules subject to change. Prices do not include tax.
For the most up to date information, visit burnaby.ca/cameron

Parent & Tot Gym Playtime	12 mos-5 yrs	Sa	9:15-10:15am	Sportshall	4	\$21.32	Jul 6	504590
WeeVentures (Preschool Camp)								
Teddy Bear Picnic	3-5 yrs	M,Tu,Th,F	9:30am-11:30am	Spruce Room	4	\$61.70	Jul 8	504531
Little Chefs & Scientists	3-5 yrs	M,Tu,Th,F	9:30am-11:30am	Spruce Room	4	\$61.70	Jul 15	504533
Under the Sea	3-5 yrs	M,Tu,Th,F	9:30am-11:30am	Spruce Room	4	\$61.70	Jul 22	504539
Storybook Adventures	3-5 yrs	M,Tu,Th,F	9:30am-11:30am	Spruce Room	4	\$61.70	Jul 29	504540
Full on Fun - Half-Day Camp								
Imaginarium	5-7 yrs	Tu-F	9am-1pm	Spruce Room	4	\$84.80	Aug 6	504543
Young Chefs	5-7 yrs	M-F	9am-1pm	Spruce Room	5	\$106.00	Aug 12	504552
Icky, Sticky!	5-7 yrs	M-F	9am-1pm	Spruce Room	5	\$106.00	Aug 19	504553
All Out Adventure Camp								
Artful Antics	7-11 yrs	Tu-F	9am-3pm	Cedar Room	4	\$130.80	Jul 2	503710
Sports Extravaganza	7-11 yrs	M-F	9am-3pm	Cedar Room	5	\$163.50	Jul 8	503712
Pirates	7-11 yrs	M-F	9am-3pm	Cedar Room	5	\$163.50	Jul 15	503713
Animal Planet	7-11 yrs	M-F	9am-3pm	Cedar Room	5	\$163.50	Jul 22	503714
Nature Unleashed	7-11 yrs	M-F	9am-3pm	Cedar Room	5	\$163.50	Jul 29	503715
Girl Power	7-11 yrs	Tu-F	9am-3pm	Cedar Room	4	\$130.80	Aug 6	503716
Sailors & Mermaids	7-11 yrs	M-F	9am-3pm	Cedar Room	5	\$163.50	Aug 12	503717
Mad Science	7-11 yrs	M-F	9am-3pm	Cedar Room	5	\$163.50	Aug 19	503718

Squash and Tennis Schedules & Court Reservations

For more info, contact Cameron Complex at 604-297-4452. Prices do not include tax.

Program	Age	Day	Time	Session	Fee	Start	Barcode
Squash Leagues							
Intermediate	18 yrs & up	M	4:30-9pm	10	\$63.80	Apr 8	503647
Advanced	18 yrs & up	W	4:30-9pm	11	\$70.18	Apr 10	503649
Squash Lessons							
Adult Level I	18 yrs & up	Su	10-11:30am	3	\$97.85	Apr 14	503650
Adult Level I	18 yrs & up	Su	10-11:30am	3	\$97.85	Jun 9	503652
Adult Level II	18 yrs & up	Su	10-11:30am	3	\$97.85	May 12	503651
Adult Indoor Tennis Lessons							
Tennis BC 123 Adult 1.0-1.5	18 yrs & up	M	6-7:30pm	5	\$106.50	Apr 1	503624
Tennis BC 123 Adult 1.0-1.5	18 yrs & up	M	7:30-9pm	5	\$106.50	May 13	503625
Tennis BC 123 Adult 2.0-2.5	18 yrs & up	M	7:30-9pm	5	\$106.50	Apr 1	503637
Tennis BC 123 Adult 2.0-2.5	18 yrs & up	M	6-7:30pm	5	\$106.50	May 13	503638
Spring Tennis Lessons (at S.H. 1 & 2)							
Peewee 1.0-1.5	5-8 yrs	Sa	9-10am	9	\$105.75	Apr 13	503639
Youth 1.0-1.5	9-13 yrs	Sa	10-11am	9	\$105.75	Apr 13	503640
Youth 1.0-1.5	9-13 yrs	Sa	11am-12noon	9	\$105.75	Apr 13	503641
Youth 2.0-2.5	9-13 yrs	Sa	12noon-1pm	9	\$105.75	Apr 13	503645
PeeWee 2.0-2.5	5-8 yrs	Sa	1-2pm	9	\$105.75	Apr 13	503642
Youth 2.0-2.5	9-13 yrs	Sa	2-3pm	9	\$105.75	Apr 13	503644
Youth 3.0-3.5	9-13 yrs	Sa	3-4pm	9	\$105.75	Apr 13	503646

Youth Tennis Lessons

These tennis camps whether at the introductory, intermediate or advanced levels, use progressive instruction and specialized EZ play balls to accelerate technical and tactical development. All instructors are Tennis BC Certified. Please note: tennis programs are very popular and fill up fast, register early to avoid disappointment.

How to Reserve an Indoor Tennis, Racquetball, Squash or Wallyball Court:

You can reserve a time to play Indoor Tennis, Racquetball, Squash or Wallyball at Cameron Centre over the phone up to 7 days in Advance or on the Same Calendar Day:

- » Advance and Same Calendar Day reservations over the phone are taken starting 30 minutes after the centre opens until 30 minutes before the centre closes each day (see hours of operation on the front cover).
- » Indoor Tennis: Your valid Court Reservation card or Seniors Membership card is required to make a phone reservation.
- » Racquetball/Squash/Wallyball: Your valid Court Reservation or **Active Pass** is required to make a phone reservation.
- » Call 604-297-4452 to reserve.

Don't have the required card to reserve a court over the phone?

- » In-person only reservations can be made for the Same Calendar Day and payment is due immediately.
- » All fees are non-refundable and due immediately.
- » Racquetball and Squash Single Player Practice Court time can be reserved as a Same Calendar Day reservation only as space allows at half the rental fee. The player is required to tell the Booking Clerk this is a single player practice at the time of reservation or the full court rental fee will apply, full court rental fee will also apply for multiple players court use.
- » Booking a practice time: Single player practice only. Available during non-Prime time as a Same Calendar Day booking.

Each week a person can reserve up to 2 non-Prime time and 2 Prime time courts per sport.

Prime Time: 4pm to Closing daily; all day on weekends & stat holidays

Non-Prime Time: Open to 4pm, Monday to Friday

Payment and Cancellations:

- » Payment for Advance and Same Calendar Day reservations is due in full prior to play.
- » Payment for in-person Same Calendar Day reservations is due in full immediately and is non-refundable.
- » Cancellations for Advance reservations are accepted without penalty up to 24 hours prior to the time of play.
- » Late cancellations or no-shows will be charged a penalty of a full court rental fee per each court cancelled; a monthly or annual **Active Pass** can not be used to pay penalties, call 604-297-4452 for more details about court rental penalties.

Rental Fees:

Racquetball & Squash: \$12.76 per 45 minutes; your **Active Pass** pays for your half of the court rental

Wallyball: \$20.30 per 45 minutes (includes equipment)

Tennis: Prime Time \$23.82 per court per hour

Non-Prime Time \$21.97 per court per hour adults

Non-Prime Time \$18.02 per court per hour students/seniors

10-one hour rentals punch card is \$214.40

Check-in to Play:

- » Please arrive early to check-in at the Cameron Sports Desk, payment in full is due prior to play.
- » The customer who reserved the court must be present to claim the reservation; court reservations are non-transferrable.

Healthy Lifestyles for All Ages

For Cameron Complex's Lifestyles Services, call Marisa or Kelly 604-297-4454. Prices do not include tax. For the most up to date info, visit burnaby.ca/cameron

	Program	Age	Time	Session	Fee	Start	Barcode
Monday	Weight Room Circuit Training	14 yrs & up	10-11:15am	4	\$42.75	Apr 8	504408
	Weight Room Circuit Training	14 yrs & up	10-11:15am	4	\$42.75	May 27	504409
	Osteofit	19 yrs & up	1-2pm	6	\$32.40	Apr 1	504225
	Osteofit	19 yrs & up	1-2pm	5	\$27.00	May 27	504226
Tuesday	55+ Cycle & Strength	55 yrs & up	9:30-10:30am	5	\$33.50	Apr 2	504229
	55+ Cycle & Strength	55 yrs & up	9:30-10:30am	4	\$26.80	May 7	504230
	55+ Cycle & Strength	55 yrs & up	9:30-10:30am	4	\$26.80	Jun 4	504231
	Weight Training for Youth	13-18 yrs	4-5pm	4	\$23.80	Apr 16	504403
	Hatha Yoga - Define	14 yrs & up	6-7:30pm	6	\$70.20	Apr 2	504382
	Hatha Yoga - Define	14 yrs & up	6-7:30pm	6	\$70.20	May 14	504384
	Hatha Yoga - Define	14 yrs & up	7:35-9:05pm	6	\$70.20	Apr 2	504383
	Hatha Yoga - Define	14 yrs & up	7:35-9:05pm	6	\$70.20	May 14	504385
Wednesday	Yoga - Restorative	14 yrs & up	6-7:15pm	7	\$68.25	Apr 3	504386
	Yoga - Restorative	14 yrs & up	6-7:15pm	6	\$58.50	May 22	504387
	Yoga - Power	14 yrs & up	7:20-8:35pm	7	\$68.25	Apr 3	504388
	Yoga - Power	14 yrs & up	7:20-8:35pm	6	\$58.50	May 22	504389
	TRX & More	14 yrs & up	6:10-6:55pm	4	\$22.95	Apr 3	504390
	TRX & More	14 yrs & up	6:10-6:55pm	5	\$28.69	May 1	504391
	TRX & More	14 yrs & up	6:10-6:55pm	4	\$22.95	Jun 5	504392
	Thursday	55+ Cycle & Strength	55 yrs & up	9:30-10:30am	5	\$33.50	Apr 4
55+ Cycle & Strength		55 yrs & up	9:30-10:30am	4	\$26.80	May 9	504233
55+ Cycle & Strength		55 yrs & up	9:30-10:30am	4	\$26.80	Jun 6	504234
TRX & More		14 yrs & up	10:45-11:30am	6	\$34.43	Apr 4	504393
TRX & More		14 yrs & up	10:45-11:30am	6	\$34.43	May 23	504394
Pilates & Yoga		14 yrs & up	5:45-7pm	7	\$84.44	Apr 4	504395
Pilates & Yoga		14 yrs & up	5:45-7pm	6	\$72.38	May 23	504396
Saturday	Osteofit for Life	19 yrs & up	10-11am	4	\$21.60 / Drop-in	Apr 6	504399
	Osteofit for Life	19 yrs & up	10-11am	4	\$21.60 / Drop-in	May 4	504397
	Osteofit for Life	19 yrs & up	10-11am	5	\$27.00 / Drop-in	Jun 1	504398
	*Cycle & Strength for Youth	13-18 yrs	1-2pm	4	\$23.80	Apr 6	504400
	*Cycle & Strength for Youth	13-18 yrs	1-2pm	4	\$23.80	May 4	504401
	*Cycle & Strength for Youth	13-18 yrs	1-2pm	5	\$29.75	Jun 1	504402
Sunday	Weight Training for Youth	13-18 yrs	11am-12noon	4	\$23.80	May 12	504404
	Intro to Indoor Cycle	14 yrs & up	10:45-11:45am	1	\$6.70	Apr 14	504405
	Intro to Indoor Cycle	14 yrs & up	10:45-11:45am	1	\$6.70	May 26	504406

* Parents/Guardians welcome with youth.

Active Pass Fees		Prices do not include tax.				
	Annual	4 Month	1 Month	10 Visit	Drop-in	
Adult	\$410.40	\$171.00	\$57.00	\$57.00	\$6.38	
Teen (13-18 yrs) / Student (19-25 yrs with valid student ID) / Senior (65 yrs & up)	\$308.15	\$128.40	\$42.80	\$42.80	\$4.75	

Do You Have a Child in Grade 5 this School Year?

Burnaby's Grade 5 **Active Program** is offered again this year. Grade 5 students can receive a free **Active Pass** which grants them access to public swims, public skates, some gymnasium activities and golf driving ranges. For more information ask your local school, recreation facility or go online at burnaby.ca/grade5beactive

Weight Room Admissions

You'll find the weight room admissions for students, adults and seniors are the same as the **Active Pass** price (see chart). Pumped with great value, this pass allows you to be more flexible with your activities—a chance to mix it up! So you can run on the treadmill, lift weights and take a fitness class at Cameron or swim or public skate at other Burnaby facilities.

Not Sure Where to Start in the Weight Room?

We have a weight room supervisor scheduled at various times throughout the week to answer questions and demonstrate how to use the equipment safely. Call 604-297-4452 for days and times. Weight room orientations are available by appointment only.

Healthy Lifestyles for All Ages

For Cameron Complex's Lifestyles Services, call Marisa or Kelly 604-297-4454. Prices do not include tax. For the most up to date info, visit burnaby.ca/cameron

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Boot Camp 6:15-7:15am ▲		Boot Camp 6:15-7:15am ▲		Zumba® 8-9am ●/■	
Zumba® 2:15-3:15pm ●	Athletic Intervals 9:30-10:45am ▲	Core & More Xpress 10:45-11:15am ■	Athletic Intervals 9:30-10:30am ▲			Power Workout 9:15-10:15am ▲	
Zumba® 6-7pm ●/■		Zumba® 6-7pm ●/■			For the safety and consideration of all participants, please arrive on time for all fitness classes. A 5 minute grace period is strictly enforced.		
NEW! Stretch & Core 7:15-8pm ■					Intensity levels: ● Mild / All levels ■ Moderate ▲ Moderate-Intense ◆ Intense		

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rise & Ride 6:15-7am ■		Rise & Ride 6:15-7am ■			Rise & Ride 6:15-7am ■	Weekend Warrior Ride 8:45-9:45am ▲	Weekend Warrior Ride 9:30-10:30am ▲
Manic Monday 9:30-10:30am ▲		Rev'd Up 9:30-10:30am ▲			Fired up Friday 9:30-10:30am ▲	Rev'd Up 10-10:45am ▲	
	Noon Express 12:05-12:55pm ■		Noon Express 12:05-12:55pm ■		With a b Active Pass, call 604-297-4452 to reserve a bike over the phone. Phone after 2pm the day before for classes starting at 10am or earlier. Phone 1 hour after facility opens on the same day for classes starting after 10am.		
NEW! Cycle + Circuit 5:45-7pm ▲	Tune'd Up 6-7pm ▲		Tune'd Up 6-7pm ▲				
Rev'd Up+ 6:30-7:30pm ▲	Painless Pedal 7:15-8pm ●	Rhythm Ride 6:30-7:15pm ▲	Painless Pedal 7:15-8pm ●		Intensity levels: ● Mild / All levels ■ Moderate ▲ Moderate-Intense ◆ Intense		

To Register

WebReg: burnaby.ca/webreg

Or visit any Parks, Recreation & Cultural Services facility.

Fees must be paid when you register. We accept cash, cheque, VISA, MasterCard, AMEX or your bank debit card.

Financial Assistance Burnaby Recreation Credit Program

Individuals and families in financial need may be eligible for a credit that can be applied to Burnaby Parks, Recreation and Cultural Services program fees and admissions. There are some exceptions. For details, pick up a copy of the Burnaby Recreation Credit Program brochure at any Burnaby recreation centre.

Program Cancellations & Schedule Changes

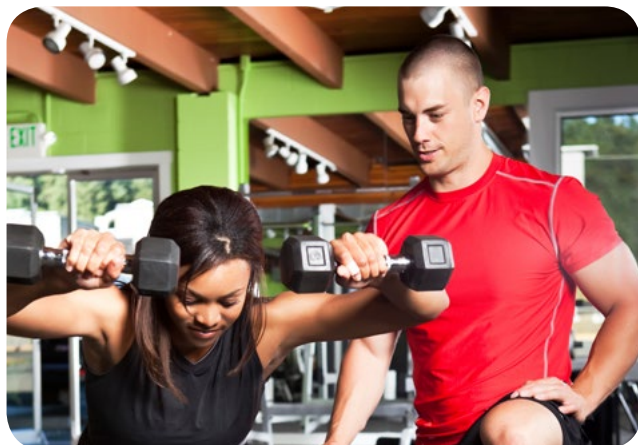
All scheduled drop-in and registered programs are subject to change, postponement or cancellation due to statutory holidays, special events and low registration levels. Call 604-421-5225 for details and for holiday schedule confirmation.

If You're Not Feeling Well

If you're feeling unwell while you're at the centre, please let someone know; you can talk with your instructor or any of the staff in the office. We have a quiet space where you can rest until you feel better and we can help find you a safe way home.

Your Personal Information

The personal information you provide during the registration process is collected and used under the authority of the Freedom of Information and Protection of Privacy Act. The information is used only for the purpose of administering recreation and cultural programs, informing you of our services and benefits, and for statistical purposes. If you have questions about the collection, use or disclosure of your personal information, please contact the Administration Office at 604-294-7450.



For Adults 55+

55+ Membership prices. Prices do not include tax.
For the most up to date information, visit burnaby.ca/cameron

For more info, contact Sue McIntyre, Coordinator of Cameron Recreation Centre Senior Services at 604-297-4453.

Program	Day	Time	Session	Member Fee	Start	Barcode
Bus Trips						
Richmond Adventure	Tu	9am-3:45pm	1	\$14.09	Apr 16	500347
Lunch by the Fireside - Sasamat Lake	Th	10:30am-2:30pm	1	\$33.45	Apr 25	500600
Fraser Valley Trout Hatchery & Tanglebank Garden	Th	10am-2:15pm	1	\$42.55	May 2	501979
SFU - Physics is fun!	Th	9am-1:15pm	1	\$9.70	May 23	501975
BC Highland Games (Coquitlam)	Sa	12:15-6:30pm	1	\$23.58	Jun 15	499679
Scandinavian Midsummer Festival	Sa	10:30am-2:45pm	1	\$22.00	Jun 22	499675
Photography - Ready Aim Shoot!	Th	6:30-9:30pm	7	\$89.25	May 9	495997
Watercolour Painting	Th	1-4pm	10	\$127.50	Apr 4	500262
Spanish - Beginner I	M	10am-12noon	6	\$46.20	Apr 8	500266
Spanish - Beginner II	W	1:30-3:30pm	8	\$61.60	Apr 10	500267
Spanish - Intermediate	W	9-11am	8	\$61.60	Apr 10	500268
Spanish - Advanced	W	11am-1pm	8	\$61.60	Apr 10	500269
T'ai Chi - Beginners	M	10:15-11:30am	7	\$35.45	Apr 15	500263
T'ai Chi - Intermediate I	Tu	10:15-11:30am	9	\$45.55	Apr 16	500264
Tai Chi - Intermediate II	M	11:30am-12:30pm	7	\$28.35	Apr 15	500265
Chair Yoga	M	9:15-10:15am	8	\$41.60	Apr 8	500270
Chair Yoga	M	10:30-11:30am	8	\$41.60	Apr 8	500271
Yoga - Gentler	Tu	12:15-1pm	10	\$39.00	Apr 16	500325
Yoga - Gentle	Tu	1:15-2:15pm	10	\$52.00	Apr 16	500326
Yoga - Gentle	F	9-10am	11	\$57.20	Apr 5	500327
Yoga - Seniors	F	10:15-11:15am	11	\$57.20	Apr 5	500328
Yoga - Seniors	Tu	2:30-3:30pm	10	\$52.00	Apr 16	500329
55+ Cycle & Strength	Tu	9:30-10:30am	5	65+\$26.80, 64-\$33.50	Apr 2	504229
55+ Cycle & Strength	Tu	9:30-10:30am	4	65+\$21.44, 64-\$26.80	May 7	504230
55+ Cycle & Strength	Tu	9:30-10:30am	4	65+\$21.44, 64-\$26.80	Jun 4	504231
55+ Cycle & Strength	Th	9:30-10:30am	5	65+\$26.80, 64-\$33.50	Apr 4	504232
55+ Cycle & Strength	Th	9:30-10:30am	4	65+\$21.44, 64-\$26.80	May 9	504233
55+ Cycle & Strength	Th	9:30-10:30am	4	65+\$21.44, 64-\$26.80	Jun 6	504234
Uke Can Do It - Learn to Play Ukulele	Tu	10:15-11:30am	8	65+\$62.40, 64-\$78.00	Apr 16	500337
Osteofit	M	1-2pm	6	65+\$25.92, 64-\$32.40	Apr 1	504225
Osteofit	M	1-2pm	5	65+\$21.60, 64-\$27.00	May 27	504226
Osteo For Life	Sa	10-11am	4	65+\$17.28, 64-\$21.60	Apr 6	504399
Osteo For Life	Sa	10-11am	4	65+\$17.28, 64-\$21.60	May 4	504397
Osteo For Life	Sa	10-11am	5	65+\$21.60, 64-\$27.00	Jun 1	504398
New Members Tea	Tu	10:30am-12noon	1	No Fee	Apr 30	500330
New Members Tea	Tu	10:30am-12noon	1	No fee	May 28	500331
New Members Tea	Tu	10:30am-12noon	1	No fee	Jun 25	500332
Martial Gym	F	11:30am-12:30pm	6	\$24.30	Apr 26	500334
Lifesizing - Real Estate for Srs	Th	6:30-9pm	2	No fee	May 2	500339
Volunteer Lunch	Tu	11:30am-2:30pm		No Fee	Apr 9	500333

Seniors Health Focus Drop-in

2nd Wednesday each month, 8:45-11:30am
\$1.00 suggested donation

Health Focus promotes healthy living and wellness for seniors. Seniors can have their blood pressure checked and for a small fee, have their feet attended to by a team of foot care specialists. They can also attend a presentation about wellness topics that can be used in their daily lives. Health Focus is drop-in, but appointments are needed for foot care specialist. Call 778-228-6021.

Please watch the board in the Seniors Lounge for upcoming presentation topics.

Seniors' Society Membership

To take part in the 55+ activities, you need to purchase a membership. You can use the **single centre** fee if you usually take part in activities in only one centre or you can use the **multi-centre** fee if you enjoy taking part in activities in more than one centre. If you have any questions, please call 604-297-4453.

Single Centre: \$18.90 per year Multi-centre: \$45.30 per year

Remember to renew expiring memberships.

Regular checks are being conducted at all activities.

Drop into the Cameron Complex Arbutus Lounge between 9:30am-2:30pm, Monday to Friday, and speak to a hostess for more information. Our lounge can be reached at 604-415-3555.

55+ Week at a Glance

Schedules subject to change. Prices do not include tax.
For the most up to date information, visit burnaby.ca/cameron

	Program	Locations	Date	Time
Monday	*Beads and Needles	Willow	Ongoing	10am-12noon
	Low-Impact Fitness	Sports Hall	Ongoing	10:20-11:20am
	*Badminton	Sports Hall 3/4	Ongoing	11:30am-3pm
	*500 Cards	Cedar	Ongoing	12noon-1pm
	Zumba Seniors	Maple	Ongoing	2:15-3:15pm
	*Craft Group	Willow	Ongoing	1-3pm
	*Court Whist	Cedar	Ongoing	1-3pm
	*Sing-a-long	Spruce	Every other Monday	1:30-3:30pm
	*Rummy-O	Hemlock/Spruce	Ongoing	12:30-4pm
	*Computer Users One-to-One Help	Juniper	Ongoing	3-4:30pm
Tuesday	*Table Tennis	Sports Hall 3/4	Ongoing	7:20-9:15am
	Gentle Fit	Maple	Ongoing	9-10am
	*Chinese Calligraphy	Willow	Ongoing	9:15-11:15am
	*ESL	Cedar	Ongoing	9am-12noon
	*Garden Club	Maple 1	Ongoing	10:15-11:45am
	*Dominoes - Mexican Train	Willow	Ongoing	12:30-4pm
	*Artists' Studio	Cedar	Ongoing	12:30-3:30pm
	*Carpet Bowling	Hemlock/Spruce	Ongoing	1-3pm
Wednesday	*Health Focus	Cedar/Juniper	2nd Wednesday	8:45-11:30am
	*Fan Tai Chi	Sports Hall 3/4	Ongoing	9-10:15am
	*Spanish Club Advanced	Juniper	Except 2nd Wed	9:30-11am
	Low-Impact Fitness	Sports Hall 3/4	Ongoing	10:20-11:20am
	*Spanish Club Intermediate	Willow	Ongoing	11am-12noon
	*Badminton	Sports Hall 3/4	Ongoing	12:30-3pm
	*Bingo (19 years & up)	Evergreen	Ongoing	12:30-4pm
	*Mah Jong	Willow	Ongoing	12:30-5pm
	*Bridge Drop-in Intermediate	Maple 1	Ongoing	1-3:30pm
Thursday	*Table Tennis	Sports Hall 3/4	Ongoing	7:20-9:15am
	Gentle Fit	Maple	Ongoing	9-10am
	*Creative Cards	Willow	Except 3rd Thursday	10am-12noon
	*Book Club	Willow	3rd Thursday	10:15-11:45am
	*Seniors Cards	Maple	Ongoing	11:30am-1pm
	*Coffee Talk	Willow	Ongoing	1-2:30pm
	*Cribbage	Maple	Ongoing	1-3pm
Friday	*Chinese Dance Group	Cedar/Hemlock	Ongoing	9-11am
	*Mandarin Conversation	Juniper	1st & 3rd Friday	9:30-11:30am
	*Erhu Workshop	Cedar & Juniper	2nd & 4th Friday	9:30am-12:15pm
	Low-Impact Fitness	Sports Hall	Ongoing	10:20-11:20am
	*Table Tennis	Sports Hall 3/4	Ongoing	11:30am-1:30pm
	What-A-Theatre	Willow	Ongoing	11:30am-12:30pm
	*Mah Jong	Cedar	Ongoing	12:30-5:30pm
	*Floor Curling	Maple	Ongoing	1-3pm
	*Carpet Bowling	Hemlock/Spruce	Ongoing	1-3pm
	*Bridge Drop in Intermediate	Willow	Ongoing	1-3:30pm
	* Badminton	Sports Hall 3/4	Ongoing	1:30-3:30pm
	*Happy Hour Sing Together	Maple	Ongoing	3:30-5pm
	*Poker	Arbutus	Ongoing	6-10pm (Hours vary June-August)
Saturday	Osteo for Life (Drop-in available)	Maple	Starts Apr 6, May 4, Jun 1	10-11am
	*Whist	Arbutus	Ongoing	11:30am-3pm
	*Iranian-Canadian Association	Maple	Ongoing	2:30-5:30pm (Hours vary Jun-Aug)
Sunday	*Erhu Practice Group	Willow	Ongoing	1-4pm

* indicates ongoing seniors-led activities.