



Whatz Up!

@ the Abbotsford Youth Commission

FALL 2009



BACK TO SCHOOL BLUES?...
CHECK OUT OUR FUN FALL PROGRAMS

SPA PARTIES WITH THE AYC

Do you want to get together with your friends and pamper yourself? Apply a face mask, give yourself a pedicure, give your friend a manicure, all while watching chick flicks! Pamper Spa Days include up to 12 of your closest friends and one fun staff member to help host the party. We provide pamper products, activities and prizes.

Any Saturday, 1:00 pm - 4:00 pm
Location: MRC & ARC
Cost: \$12.00/person

minimum 8 youth
*snacks and beverages not included.

IS YOUR SCHOOL BEING REPRESENTED ON THE ABBOTSFORD YOUTH COUNCIL?

The Youth Council of the Abbotsford Youth Commission is gearing up for another amazing year! Being a member of Youth Council is a great way to meet other youth in your community, and an opportunity to get involved and make a difference in Abbotsford! Youth Council members are involved with leadership training, programs, volunteer opportunities, and planning special events. If you are interested in finding out if your school is represented, email Krista Bryde at: krista@abbyyouth.com

BIRTHDAY PARTIES WITH THE AYC

You can have a private party at the MRC or ARC Youth Zones. Includes up to 12 of your closest friends and one fun AYC staff member to help host the party, provide games, activities and prizes.

Any Saturday 1:00pm - 4:00pm
Location: MRC & ARC
COST: \$150.00

*food, cake and beverages not included

DO YOU WANT TO BE AN AYC JUNIOR LEADER?

The Abbotsford Youth Commission's Jr. Leadership Program is a chance for you to develop your leadership skills and have fun! Jr. Leadership members are responsible to share information about programs and events in the community with their fellow classmates. You receive a Free Dance pass to all dances for coming to all of the meetings and promoting events. As a Jr. Leader you will also receive leadership training and a chance to share your input about programs and special events. If you are interested, email Krista Bryde at: krista@abbyyouth.com



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Grade 7 & 8 Dances

OCTOBER 16, NOVEMBER 13
AND DECEMBER 4, 2009
7:00 - 10:00 PM

TICKETS: \$7.00
PURCHASE @ THE AYC

NOTE NEW PRICE

LOCATION: CADET BUILDING
32470 HAIDA DRIVE

Come check out our fully supervised Grade 7 & 8 Dances. Pre-purchased AYC ticket and Student ID are required to get in.

For more information or to register:

Abbotsford Youth Commission
32315 South Fraser Way
604-854-8785 www.abbyyouth.com



FALL PROGRAMS 2009

EMPLOYMENT READINESS

12 – 18 yrs

8 hours of fun and motivating course work will get you ready to be hired this fall! Learn how to prepare a cover letter and resume. Find out what employers are looking for and gain skill to get the interview and win the job!

Saturday, October 3rd

9:00am-5:00pm

Location: AYC

\$38/1 session

ROLLER HOCKEY

12 – 18 yrs

Come out and learn some basic skills, play in a scrimmage and have fun with your friends! See if you can stick handle on wheels! Equipment is required.

Tuesdays , October 6th -November 10th

3:00-4:00pm

Location: Ag Rec Main Floor

\$32.00 / 6 sessions

HIP HOP DANCE

12 – 16 yrs

Learn to dance and look good doing it! Come on out and have a blast while learning the latest moves!
October 6th-November 10th

Tuesdays, October 6th - November 10th

7:00-8:00pm

Location: Abby Collegiate

\$32.00 / 6 sessions

BOOT CAMP 101

12 – 18 yrs

Get ready to workout hard using a variety of exercises in a high energy atmosphere. Participants are encouraged to work at their own comfort level and to have a great workout with friends!

Thursdays, October 8th - November 12th

6:00pm - 7:00pm

Location: Rotary Stadium

\$38.00 / 6 sessions



EXPERIMENTS IN ART

12 – 18 yrs

Discover your own creativity by exploring the basics of art through drawing and painting. Projects may include stencil making, cd cover design, portraits, group art and more.

Wednesdays, October 14th – November 25th

7:00pm - 8:00pm

Location: ARC

\$43.00 / 6 sessions

TEEN THEATRE

12 – 18 yrs

This dynamic class will introduce you to the many aspects of drama through group activities and drama games. Gain self confidence and learn performance skills as you explore your own creativity.

Thursday, October 13th-November 17th

7:00pm - 8:00pm

Location: MRC

\$38.00 / 6 sessions

SOCCER SKILLS

12 – 18 yrs

Come out and learn some basic skills, drills, and kick the ball around in a scrimmage. Great exercise and fun!

Thursdays, October 15th -November 19th

6:00pm - 8:00pm

Location: TBA

\$42.00 / 6 sessions

EXPERIMENTS IN ART-ADAPTED 12 – 18 yrs (Adapted for self identified special needs youth)

Discover your own creativity by exploring the basics of art through drawing and painting. Projects may include stencil making, cd cover design, portraits, group art and more.

Mondays, October 19th-November 23rd

7:00pm - 8:00pm

Location: AYC

\$43.00/ 6 sessions



For more information or to register, call the Abbotsford Youth Commission at 604-854-8785 or drop in at 32315 South Fraser Way or check out our Website www.abbyyouth.com

LEADERSHIP TRAINING 12 – 18 yrs

This one day intensive course is for youth interested and passionate in developing their leadership potential, community involvement, and teambuilding skills. Leadership certificate provided at completion.

Saturday, October 17th
9:00am-5:00pm
Location: MRC
\$38/ 1 session

RED CROSS BABYSITTER TRAINING 11 – 16 yrs

Learn how to interview for a babysitting job, choose safe age appropriate games and toys, perform basic first aid, learn diapering and feeding techniques, handle bed time issues, learn tips for having a safe and fun babysitting experience!

Saturday, October 23rd
9:00am - 5:00pm
Location: AYC
\$45.00 / 1 full day

SPORTS MANIA 12 – 18 yrs

Join us as we play your favorite sports. Learn new skills, meet great new friends. Sports may include soccer, dodgeball, lacrosse, floor hockey, basketball and more.22

Mondays, October 26th–November 30th
7:00-8:00pm
Location: TBA
\$32/ 6 sessions

GIRLS NITE OUT 12 – 16 yrs Girls

Hip Hop, Yoga, Archery, Rock Climbing . . . sound fun? Then come join us for eight weeks this fall! Girls Nite Out encourages girls to try new activities as a fun way to practice healthier living. Activities are at various community locations.

Mondays, October 19th – December 7th
Wednesdays, October 21st– December 9th
7:00pm – 9:00pm
\$32.00 / 8 weeks

CHRISTMAS CRAFTS & MORE 12 – 15 yrs

Get into the spirit of the season as we bake and create holiday crafts.

Saturday, December 12th
1:00pm - 5:00pm
Location: ARC
\$20.00 / 1 session

HALLOWEEN MAKE & BAKE 12 – 18 yrs

How would you like to create fun Halloween treats for the special people in your life? Make your friends delicious goodies for a Spooktacular Halloween!

Wednesday, October 28th
6:00-9:00pm
Location: Abby Collegiate Kitchen
Cost is \$15.00

GET COOKING 12 – 18 yrs

Get comfy in the kitchen and cook like a pro! Learn to make easy, quick & tasty meals. Healthy and delicious recipes you will love to make!

Tuesdays, November 3rd-December 8th
7:00-8:00pm
Location: Howe Middle
\$42.00 / 6 sessions

DODGEBALL 12 – 18 yrs

Come out and get the ultimate adrenaline rush of dodging balls! This fun recreational sport is a great way to burn off energy, blow off steam and have some fun with your friends.

Tuesdays, November 3rd-December 8th
7:00-8:00pm
Location: TBA
\$32.00/ 6 sessions

OUT-TRIP TO BC LIONS FOOTBALL GAME 12 – 18 yrs

Are you ready to ROAR? Join the AYC as we head out to a BC Lions Game to catch some CFL action! You will receive a FREE BC LIONS SOUVENIR and have a blast with your friends. Transportation to and from BC Place and supervision included.

Friday, November 6, 6:00-11:00pm
Location: MRC, \$60.00 / 1 session
*Registration Closes Nov. 2nd

GUYS NITE 12 – 16 yrs Boys

If you want to check out the Driving Range, Judo Club, Rock Climbing Gym and more this program is for you! Guys Nite is a recreational program that introduces guys to a variety of activities in the community. Activities are at various community locations.

² Tuesdays, October 20th– December 8th
7:00pm – 9:00pm
\$32.00 / 8 weeks

For more information or to register, call the Abbotsford Youth Commission at 604-854-8785 or drop in at 32315 South Fraser Way or check out our Website www.abbyyouth.com



PRO-D

DAY

FUN

PRO-D DAY OUT-TRIP TO PAINTBALL 12 – 18 yrs

Looking for something to do on your day off? The AYC knows how to keep you busy. Join us as we head to Ambush Paintball. This program includes transportation, equipment and 200 paint balls. Get Ready!

Friday, October 23rd, 12:00pm - 4:00pm
Location: MRC, 45.00 / 1 session
Registration closes: October 20

PRO-D DAY OUT-TRIP TO METROTOWN MALL 12 – 18 yrs

Are you ready to go shopping? Join us as we head out to Metrotown Mall for the day. You'll have the opportunity to catch a movie, do some shopping and hang out with your friends. Transportation to and from Metrotown and supervision included.

Friday, November 27th, 1:00pm - 7:00pm,
Location: MRC, \$20.00 / 1 session

RED CROSS BABYSITTER TRAINING 11 – 16 yrs

Learn how to interview for a babysitting job, chose safe age appropriate games and toys, perform basic first aid, learn diapering and feeding techniques, handle bed time issues, learn tips for having a safe and fun babysitting experience!

Saturday, November 21st
9:00am - 5:00pm
Location: AYC
\$45.00 / 1 full day

PRO D DAY FOOD SAFE 12 – 18yrs

Become a qualified Food Safe Server and be better prepared for employment! The Level 1 course is for food service front-line workers such as bus persons, servers, dishwashers, and cooks. With completion, you will receive a FOODSAFE certificate.

Friday, November 27th, 9:00am - 5:00pm
Location: AYC, \$68.00 / 1 session

FREE

PROGRAMS

MRC YOUTH ZONE

12 – 18 yrs

Come out and see our NEW youth drop in center! Try our pool table, air hockey, PS3, X-Box, Wii or just kick back and relax with your friends.

Monday-Thursday, 2:30pm-4:30pm
Friday, 2:30-10:00pm
September 14th – December 18th

YOUTH FOCUS

12 – 18 yrs

Would you like to learn leadership skills and have a say about what activities happen at MRC and ARC youth programs? Sign up with the staff and have your voice heard!

Thursdays ARC 5:00 -6:00pm
Fridays MRC 5:00-6:00pm

DROP-IN BASKETBALL

12 – 18 yrs

This is a fun & energetic basketball program.

Wednesdays, October 7th– December 16th
8:00pm – 10:00pm, Location: Abby Middle

ARC YOUTH ZONE

12 – 18 yrs

Youth Zone is a free drop-in program with a pool table, Wii, X Box 360, ping pong and more! Come check out our fully equipped youth centre. W See www.abbyyouth.com for a complete schedule.

Open year round.
Monday - Friday After School
Thursday, Friday, Saturday Evenings

OPEN GYM

12 – 18 yrs

Join the AYC as we open up the gym at the ARC. You'll have the opportunity to play all your favourite sports and try out a few new ones as well.

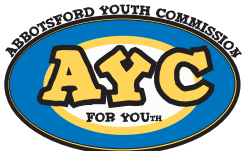
Saturdays, 6:00pm - 9:00pm
Location: ARC

DROP-IN FLOOR HOCKEY

12 – 18 yrs

Bring your own equipment and join us at the Ag-Rec.

Thursdays, October 8th – December 17th
3:30pm – 5:00pm, Location: Ag-Rec



For more information or to register, call the Abbotsford Youth Commission at 604-854-8785 or drop in at 32315 South Fraser Way or check out our Website www.abbyyouth.com