Whatz Up!

@ the Abbotsford Youth Commission

FALL 2011

Grade 7 & 8 Dances

Come check out our fully supervised Grade 7 & 8 Dances. All dances are from 7-10pm & are held at the Air Cadet Building. Proceeds go towards new & existing programs.
Pre-purchased AYC ticket and Student ID required to enter the dance.

Location: Cadet Building
September 30, October 21,
and December2
$7.00 / Ticket
Cash Only pre bought at the AYC office

Pro D Day Out-Trips

Paintball (12yrs – 18yrs)

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

Location: AYC
Friday, September 23
11:00 am - 4:00 pm
$50 / 1 Session
Registration closes: September 16

Birthday Parties

BIRTHDAY PARTIES

You can have a private party at the MRC or ARC Youth Zones. Includes up to 11 of your closest friends and one fun AYC staff member to help host the party, provide games, activities and prizes.

Saturday 1:00pm – 4:00pm
Location: MRC & ARC
COST: $150.00
food, cake and beverages not included

Free Drop in Programs

ARC YOUTH CENTRE
12 yrs – 18 yrs

A free drop-in program with a pool table, Wii, XBox 360, ping pong and more! Come check out our fully equipped youth centre.

Open year round.
Monday - Thursday
2:30 pm - 5:00 pm

Fridays
2:30 pm - 10:00 pm

Saturdays
4:00 pm - 9:00 pm (12 - 18 yrs)
9:00 pm - 11:00 pm (16 - 18 yrs)

MRC YOUTH CENTRE
12 yrs – 18 yrs

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

September 6 - December 16
Monday - Thursday
2:30 pm - 4:30 pm

Fridays
2:30 pm - 10:00 pm

DROP-IN BASKETBALL
12 yrs – 18 yrs

This is a fun & energetic FREE basketball program.

October 5 - May 30
Wednesdays
8:00 pm – 10:00 pm
Location: Abby Middle

DROP-IN FLOOR HOCKEY
12 yrs – 18 yrs

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

October 6 - June 28
Thursdays
3:30 pm – 5:00 pm
Location: Ag-Rec

OPEN GYM
12 yrs – 18 yrs

Join us 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. Youth Centre is also open at this time.

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

YOUTH FOCUS
12 yrs – 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 MRC 4:30 - 5:30 pm
Thursdays ARC 5:00 - 6:00 pm

Important Note:

We accept Cash or Cheque ONLY on all Program Registrations!

www.abbyyouth.com

Fall Programs ~ September - December

Red Cross Babysitter Training Course
11 yrs - 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 bedtime issues, and more. (Also offered Oct 21 & Nov 19)

Friday, September 23 (Pro D Day)
9:00 am - 5:00 pm
Location: TBA
$45 / 1 session

Digital Photography
12 yrs – 18 yrs

Have fun with photography; take home prints and a CD of your photos for your digital portfolio. You must bring your own digital camera to the program.

Thursdays, October 6 - November 10
7:00 pm - 8:00 pm
Location: AYC Office
$40 / 6 sessions

Leadership Training
12 yrs - 18 yrs

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

Saturday, October 8
9:00 am - 5:00 pm
Location: ARC
$45 / 1 session

Sportstastic (Adult Volunteers Welcome)
12 yrs - 18 yrs

Do you want to still play sports when the weather turns bad? Get active with this fun mixed sports program and burn off some energy! Sports may include Floor Hockey, Basketball, Lacrosse and more.

Tuesdays, October 11 - November 15
7:00 pm - 9:00 pm
Location: TBA
$35 / 6 sessions

Girls Nite Out
Girls 12 yrs – 16 yrs

Hip Hop, Yoga, Rock Climbing . . . sound fun? 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 17 - December 5
or
Wednesdays, October 19 –December 7
7:00 pm – 8:30 pm
Location: Various
$42 / 8 sessions

Guys Nite
Boys 12 yrs – 16 yrs

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.

Tuesdays, October 18 – December 6
7:00 pm – 8:30 pm
Location: Various
$42 / 8 sessions

Food Safe
12 yrs – 18 yrs

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, October 21 (Pro D Day)
9:00 am - 5:00 pm
Location: TBA
$68 / 1 session

Red Cross Babysitter Training Course
11 yrs - 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 bedtime issues, and more. (Also offered Sept 23 & Nov 19)

Friday, October 21 (Pro D Day)
9:00 am - 5:00 pm
Location: TBA
$45 / 1 session

Employment Readiness
13 yrs - 17 yrs

This fun and motivating course will get you ready to be hired. Learn how to prepare a cover letter and resume. Find out what employers are looking for and gain skills to get the interview and win the job!

Saturday, November 5
9:00 am - 5:00 pm
Location: AYC Office
$45 / 1 session

Get Cooking
12 yrs - 18 yrs

Get comfy in the kitchen and cook like a pro! Learn to make quick, easy & tasty meals.

Tuesdays, November 8 - November 29
6:30 pm - 8:00 pm
Location: TBA
$45 / 4 sessions

Red Cross Babysitter Training Course
11 yrs - 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 bedtime issues, and more. (Also offered Sep 23 & Oct 21)

Saturday, November 19
9:00 am - 5:00 pm
Location: AYC Office
$45 / 1 session

First Aid Training
12 yrs - 18 yrs

Become certified in First Aid and add to your resume and portfolio! This Level 1 course is something everyone should have. Certificate provided with successful completion.

Saturday, November 26
9:00 am - 5:00 pm
Location: TBA
$90 / 1 session

Holiday Baking
12 yrs - 18 yrs

Get ready for the holiday season and make some goodies for the special people in your life. A sweet gift for a teacher or friend! This will surely get you in a festive mood!

Wednesdays, December 14
6:00 pm - 9:00 pm
Location: TBA
1/$20

Important Note:

We accept Cash or Cheque ONLY on all Program Registrations!

For more information or to register :

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

ABBOTSFORD
PARKS, RECREATION & CULTURE