

FREE
Drop-in
for Youth
Ages
12-18

Youth Centre at ARC

2499 McMillan Road

Mon - Thur 2:30 - 5pm
Friday 2:30 - 10pm
Saturday 7 - 10pm

Youth Centre at MRC

3106 Clearbrook Road

Mon - Thur 2:30 - 5pm
Friday 2:30 - 10pm

Healthy snacks served daily at both Youth Centres!



FREE Youth Dinner Nights!

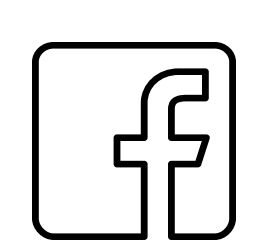
Each month, our Youth Centres host a 'family style' sit down dinner. Youth help prepare and serve the dinners. Check our website for dates & times.

Our Dinner Nights and daily snacks are supported by President's Choice Children's Charity and the Abbotsford Community Foundation

Find us online: www.abbyyouth.com



@AbbyYouth



Abbotsford Youth Commission

We acknowledge the financial assistance of the Province of British Columbia

**F
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OPEN GYM

For Youth
Ages 12 - 18

Sign in at our Youth Centre at ARC, then head into the gym and play for **FREE!**

Fridays
Saturdays

7 - 8pm
8 - 10pm



ABBY NIGHT HOOPS

For Youth Ages 12 - 18
Wednesdays 8pm - 10pm

Check online Calendar for location details and cancellations

January 9 - May 29

Abbotsford Youth Commission and Abbotsford Basketball Association are excited to partner to create Abby Night Hoops - a free drop in basketball program for youth!





For Youth
Ages 11 - 15 yrs

9am - 4:30pm

3 dates to choose from!

January 25 (F)
February 15 (F)
March 18 (M)

\$60



For Youth
Ages 14 - 18 yrs

9am - 5pm

3 dates to choose from!

January 19 (Sat)
February 14 (Th)
March 16 (Sat)

\$78



EMPOWERED

For Youth
Ages 12 - 16 yrs

Activities will focus on fun social
engagement, trust, leadership
and confidence building.

Mondays
Jan 21, 28; Feb 4, 11
6pm - 7:30pm

\$60



Join us for **8 weeks** of fun, recreational
activities at a variety of locations throughout
Abbotsford. Activities may include: rock
climbing, martial arts, bowling and more!

All sessions run from 7pm - 8:30pm

For Youth
Ages 12 - 16 yrs

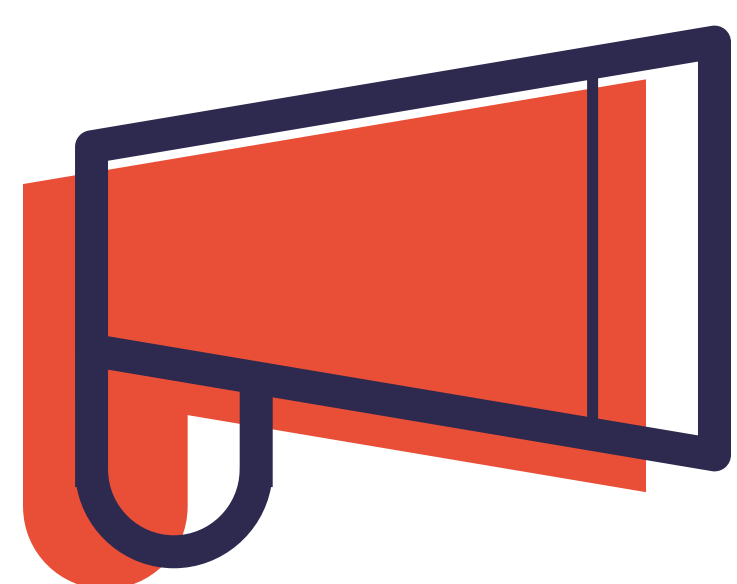
Register online!
abbyyouth.com

\$50

GIRLS, GUYS & YOUTH NIGHTS

Girls Night: Tuesdays New Night!
Guys Night: Wednesdays New Night!
Youth Night: Thursdays

Starts the week of Jan 22!



LEAD

Lead, Explore
and Develop

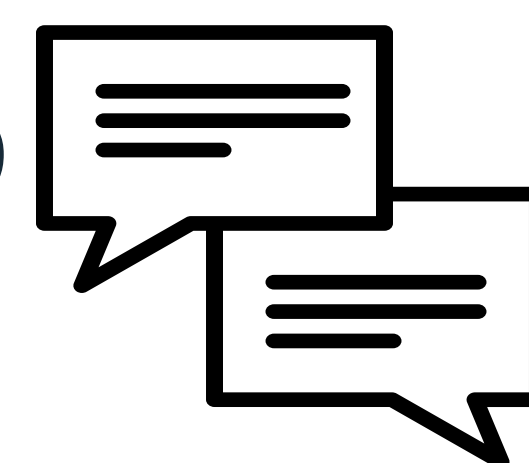
Grades 9 - 11

LEAD is designed for youth who already have
experience with leadership. Youth will help plan
and deliver a BC Youth Week Event in May.

Mondays
3:30pm - 5pm
February 25, March 11,
April 8, April 29 + Event Dates

\$60

YOUTH FOCUS



**Youth Centre
at ARC**

Wednesdays
3pm - 4pm

**Youth Centre
at MRC**

Thursdays
4pm - 5pm

Hey YOUTH! Have a say
about events and activities
in our youth centres!

For Youth
Ages 12 - 18

FREE

REGISTER ONLINE!
www.abbyyouth.com



SPRING BREAK AT AYC!

Our Free Youth Drop-in programs will run
throughout Spring Break 2019! Watch our
online calendar for times and locations.