

## AYC Youth Centres

12-18 yrs

Come in and check out our **FREE** drop-in youth centres. Both centres are equipped with a pool table, Wii, Xbox 360, PS3, ping pong, foosball, and more. Come hang out with friends or meet new ones. AYC Youth Centres are safe places for youth to hang out and are fully supervised at all times.

### Youth Centre at Abbotsford Rec Centre (ARC)

Monday - Thursday 2:15pm - 5:00pm

Fridays 2:30pm - 10:00pm

Saturday beginning Sept.26 6:30pm - 10:30pm

### Youth Centre at Matsqui Rec Centre (MRC)

Monday - Thursday 2:30pm - 5:00pm

Fridays 2:30pm - 10:00pm

## FREE Open Gym

12-18 yrs

You'll have the opportunity to play all your favourite sports and try out a few new ones as well.

### Youth Centre at Abbotsford Rec Centre

September 26 - June 25 7:30pm - 10:30pm Saturdays

## FREE Drop-in Basketball

12-18 yrs

Drop in each week to shoot some hoops and have some fun, no matter what your skill level is. All youth are welcome to come out and play.

### Abbotsford Middle School

October 7 - May 25 8:00pm - 10:00pm Wednesdays

## FREE Drop-in Floor Hockey

12-18 yrs

Join us each week for an exciting game of floor hockey. All skill levels welcome.

### Ag-Rec Building Gate 2

September 24 - June 9 3:30-5:00pm Thursdays

## Winter Break

Our youth centre at ARC will be open during Winter Break! Check out our website for times & activities: [www.abbyyouth.com](http://www.abbyyouth.com)

## Youth Focus

12-18 yrs

Would you like to learn leadership skills and have a say about what activities happen in our youth centres? Meet once a week from September-June to have your voice heard.

### AYC Youth Centre (at ARC)

Thursdays 5:00 - 6:00pm

### AYC Youth Centre (at MRC)

Thursdays 5:00 - 6:00pm

## Special Events

All events will take place at both ARC and MRC youth centres.

Sept 25: Root Beer Floats

Oct 23: Murder Mystery

Nov 27: Guys vs. Girls Challenge

## Volunteer Database

Would you like to volunteer within Abbotsford? Contact us today and get your name placed in our NEW volunteer database and become involved in your community. All ages are welcome.

## Free Dinner Nights

Thanks to funding from the Abbotsford Community Foundation, we will be hosting a nutritious dinner each month at our youth centres. Dinners are a sit down family style meal with youth helping in prep and cooking! Check our website calendar for more info. Starts Sept 25 at 6pm @ ARC. Come early to help out!

# Registered Programs

## Babysitter Training Course - Red Cross

11-15 yrs

This fun and interesting course provides the necessary tools to become a responsible babysitter. Keep the children in your care safe and happy; learn the skills to care for infants, toddlers, pre-schoolers and school age children. Includes handbook and certificate.

Locations: AYC Office/ARC Youth Centre

**Friday September 25 (Pro-D Day)** 9:00am-4:30pm

**Friday October 23 (Pro-D Day)** 9:00am-4:30pm

**Friday November 27(Pro-D Day)** 9:00am-4:30pm

**Saturday December 12** 9:00am-4:30pm

1/\$50

## Employment Readiness

13-17 yrs

Need some extra cash? Looking for a job, but not sure where to start? This motivational course will help prepare you for your job search. Learn how to write a winning resume, find out where to look for employment and go through a mock interview to prepare for the real thing. This course will give you the competitive edge to land a job!

Location: AYC Office

**Saturday October 3** 9:00am - 4:00pm 1/\$45

## Food Safe

14-18 yrs

Become a qualified FoodSafe Server and be better prepared for employment! This Level 1 course is for food service front-line workers such as bus persons, servers, dishwashers, and cooks. Foodsafe certificate provided upon successful completion.

Location: AYC Youth Centre at Abbotsford Rec Centre

**Saturday October 10** 9:00am-5:00pm 1/\$73

**Saturday November 28** 9:00am-5:00pm 1/\$73

## Money Skills- FREE

12-19 yrs

Gain knowledge, skills and confidence to effectively manage your money! Learn about saving, spending, banking and credit. Certificate provided upon completion. To register: [alison@vibrantabbotsford.ca](mailto:alison@vibrantabbotsford.ca) or 778-880-8516.

**Friday October 23** 10:00am-4:00pm

## Girls Nite Out

12-16 yrs

Corn Maze, Judo, Laser Tag, and more... sound fun? Girls Nite Out encourages girls to try new activities as a fun way to practice healthier living. Activities are at various locations. Financial assistance may be available.

**Wednesdays October 14 - December 9 OR**

\*No program on November 11th\*

**Mondays October 19 - December 7**

7:00pm - 8:30pm

8/\$45

## Guys Nite

12-16 yrs

Come out and play Laser Tag, Corn Maze, Judo and more! Guys Nite is a recreational program that introduces guys to a variety of activities in the community. Activities are at various locations. Financial assistance may be available.

**Tuesdays October 20 - December 8**

7:00pm - 8:30pm

8/\$45

## Leadership Training

12-16 yrs

Are you interested and passionate about developing your leadership potential? This course is full of fun teambuilding activities to enhance your communication skills, conflict management and more. Leadership Certificate provided upon completion.

Location: Ag-Rec Building

**Thursday November 26 (Pro-D Day)** 9:30am - 4:00pm

1/\$45

## Santa's Workshop

12-16 yrs

This new program has a little bit of everything for you to start the holiday season off right. We will be making DIY gifts, baking some tasty treats, playing games, and eating pizza while doing all of this. Join today while space is available to ensure your spot in this great holiday activity.

Location: TBA

**Friday December 4 & 11** 4:00pm-8:00pm 2/\$45

**\*We accept cash or cheque ONLY for payment\***



*We acknowledge the financial assistance of the City of Abbotsford and the Province of British Columbia*