

## **AYC Youth Centres**

12-18 yrs

Drop in to the youth centres and hang out with us. Our youth centres are a safe place for youth to be and are fully staffed and supervised at all times. We have a Wii, Xbox 360, PS3, pool table, sports, ping pong, crafts, activities, games, and so much more.

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

Mondays - Thursdays      2:30pm - 5:00pm  
Fridays                              2:30pm - 10:00pm  
Saturdays                            7:00pm - 10:00pm

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

Mondays - Thursdays      2:30pm - 5:00pm  
Fridays                              2:30pm - 10:00pm

## **FREE Open Gym**

12-18 yrs

Come to the AYC youth centre @ ARC and hang out until we open the gym. You'll have the opportunity to play all your favourite sports and try out a few new ones.

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

Fridays                                7:00pm - 8:00pm  
Saturdays                            8:00pm - 10:00pm

## **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 5 - June 7                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**

October 6 - June 8                3:30-5:00pm                Thursdays

## **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, at both ARC and MRC, from September-June to have your voice heard. Contact for dates and times.

## **Special Events**

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

Sept 9: Welcome Back Bash (ARC)

Oct 31: Halloween Party

Nov 25: Movember Stache Bash

## **(IN)volved**

Would you like to volunteer within Abbotsford? Contact us today and get your name placed in our volunteer database and we will email you with opportunities.

## **Free Dinner Nights**

Thanks to funding from the Abbotsford Community Foundation, we will continue to host a nutritious family style sit down dinner each month at our youth centres.

Sept: MRC- 16th, ARC- 30th

Oct: MRC- 14th, ARC- 28th

Nov: MRC 4th, ARC- 18th

Dec: MRC: 2nd, ARC- 16th

## **Winter Break**

Our youth centre at ARC will be open during Winter Break! Check out our website for more details.

# 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: Various

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

**Friday October 21 (Pro-D Day)** 9:00am-4:30pm

**Saturday November 19** 9:00am-4:30pm

**Monday December 5 (Pro-D Day)** 9:00am-4:30pm

1/\$55

## 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: Various

**Saturday October 8** 9:00am-5:00pm 1/\$75

**Thursday November 24** 9:00am-5:00pm 1/\$75

## 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 24** 9:30am - 4:00pm 1/\$50

## Employment Readiness- FREE Course

13-18 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

**Friday November 25** 9:00am - 4:00pm FREE

## Guys Night

12-16 yrs

Come out and try martial arts, ice skating, sports, rock climbing, and more! Guys Nite is a recreational program that introduces boys to a variety of activities in the community. Activities are at various locations. Financial assistance may be available.

**Tuesdays**

**October 11 - November 29**

7:00pm - 8:30pm

8/\$45

## Girls Night

12-16 yrs

Girls will participate in yoga, a spa night, gymnastics, dancing, and more. 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 12- November 30**

7:00pm - 8:30pm

8/\$45

## Youth Night

12-16yrs

Guys and girls will join together to participate in fun activities such as laser tag, bowling, and rock climbing. Activities will be held at various locations. Financial assistance may be available.

**Thursdays**

**October 13 - December 1**

7:00pm - 8:30pm

8/\$45

## Santa's Workshop

12-16 yrs

This crafty program has a little bit of everything for you to start the holiday season off right. We're making DIY gifts, baking some tasty treats, playing games, and eating pizza while doing all of this.

Location: AYC Youth Centre at ARC

**Saturday December 3 & 10** 4:00pm-7:00pm 2/\$50

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

Instagram: @abbyyouth

Twitter: @abbyyouth

Facebook: Abbotsford Youth Commission



*We acknowledge the financial assistance of the Province of British Columbia*