

RECREATION AND LEISURE SERVICES

Winter 2025 Newsletter



REGISTRATION FOR WINTER
PROGRAMS OPENS ON:

Tuesday, december 3rd at 9:30am

Winter semester runs from January 6th - March 21st

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About Rec & Leisure Services

RECREATION AND LEISURE SERVICES OFFER A WIDE RANGE OF RECREATIONAL PROGRAMS ADAPTED TO THE UNIQUE NEEDS AND ABILITIES OF YOUTH AND ADULTS WITH DISABILITIES THAT ALLOWS THEM TO PARTICIPATE IN THE SAME ACTIVITIES AS OTHER MEMBERS OF THE COMMUNITY. THESE ACTIVITIES INCLUDE MUSIC, THEATRE, DANCE, FITNESS, SPORTS, CAMPS AND TRAVEL. AS THEY PURSUE NEW INTERESTS, TRY NEW ACTIVITIES AND HAVE FUN IN THE PROCESS, PEOPLE REPORT FEELING MORE KNOWLEDGEABLE, CONFIDENT, ENGAGED AND INCLUDED.



If you are new to Rec and Leisure or have any additional questions or concerns please contact Program Coordinator Mat Cruickshank.

M.Cruickshank@uniti4all.com or at 604-536-1242 ext. 255

Payments

All payments are required at the time of registration and must be paid in full using a credit card via the online Active Works registration system. If you require assistance to register please contact the Program Coordinator. We may assist you over the phone or you may schedule an in-person appointment with the Program Coordinator to learn how to use the Active Works registration system.

We no longer accept payment plans or payments in-person, in-house, or at reception of Semiahmoo House Society. If you are unable to pay in full, online, using a credit card you may submit an application to “pay in person” or “pay using a payment plan” prior to registration day. This application will be reviewed by the Executive Director (or representative). If your application is approved you will be provided further information on how to set this up and how to register. To apply please contact the Program Coordinator for the required form and submit it prior to registration day.

It is important that this process is started prior to registration day. We recommend at least 30 days before. If you do not submit it prior to registration day there is a chance we may not have all the required paperwork in place to allow you to register. You may then not get the spot in the class or program or trip you are hoping for as registration fills up fast.

Refunds & Credits

Full refunds are permitted up to seven (7) days prior to the start of the program, class or trip you have registered for if we receive a request in writing via an email to the Program Coordinator that you wish to withdraw your registration. After the 7 days prior to the start date full refunds will not be permitted (except for extenuating circumstances). Refunds will be applied to the credit card that was used on Active Works up to the 7 days prior to the start of the program.

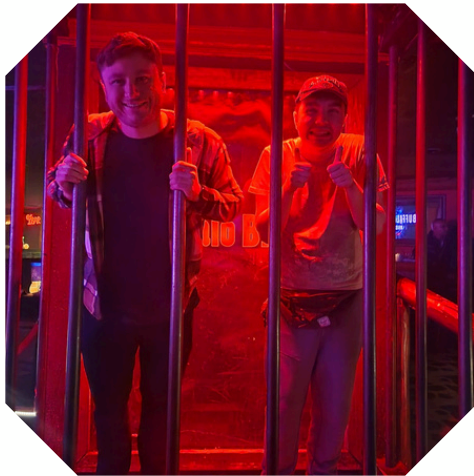
If after attending the 1st class or program day and up to the 3rd class or program day you decide this program is not a good fit for you a partial credit may be considered upon a request in writing via an email to the Program Coordinator (this does not include trips). After the 3rd class or program day there will be zero credits permitted (except for extenuating circumstances). Credits will be applied to future registrations and are accessible to you when you log in to register. If you are needing refund via a cheque because you are moving or you have to withdraw for a medical reason and will not be returning please contact the Program Coordinator.



Programs At-A-Glance & Fees

Winter programs run from January 6th to March 21st
 GST tax included in all prices.

Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon Adventure Club (Ages 12+) 3:30pm to 5:30pm \$210.00	Mind, Body and Movement (Ages 12+) 3:30 pm to 5:30 pm \$230.00 Sugar and Spice Society (Ages 12+) 3:30 pm to 5:30 pm \$250.00	Dancefit (Ages 12+) 3:00pm to 4:00 pm \$150.00 Yoga (Ages 12+) 4:10 pm to 5:10 pm \$150.00	Healthy Cuisines (Ages 12+) 3:30pm to 5:30pm Ages 12+ \$260.00	Creative Expressions (Ages 12+) 3:30 pm to 5:30 pm \$230.00
Semi Perk (Ages 12+) 6:00 pm - 8:00 pm \$210.00	The Social (Ages 19+) 6:00pm to 9:00pm \$20.00/Session	Musical Theatre (CLOSED) 6:00 pm - 8:00 pm Ages 12 + \$630.00 34 session through May 2025	The Social (Ages 19+) 6:00pm to 9:00pm \$20.00/Session	Friday Flix (Ages 12+) 6:00pm to 8:00pm \$10.00/Session



Program Descriptions

Afternoon Adventure Club (ages 12+) \$210.00 for 10 sessions

Mondays, 3:30pm - 5:30pm

Did you know Surrey has more than 800 parks and over 40 museums and galleries? Get outside with the Afternoon Adventure club while we explore the more than 650 kilometers of trails, paths, and open spaces. Chat with friends get close with nature and feel more comfortable in the spaces right in our backyard.

Staffing Ratio: 5:1

Semi Perk (ages 12+) \$210.00 for 10 sessions

Mondays, 6:00pm-8:00pm

Rec and Leisure has a brand new class called Semi Perk! The focus of this class will be on socializing within the community. Enjoy coffee, tea and light snacks as a group. Share stories and experiences, attend open mic nights, information sessions and local performances! This social group will host events at the Treehouse as well as attend events out in the community!

Staffing Ratio: 5:1

Mind, Body and Movement (ages 12+) \$230.00 for 11 sessions

Tuesdays 3:30pm - 5:30 pm

In this class you will learn about general, physical and public safety. This class will also spend time in our gym downstairs where you can set and achieve fitness and life skill goals! The class will alternate weeks being in the SHS gym and then out in the community doing fun and fitness related things like drop in fitness at community centers, mini golf, the driving range and much more!

Staffing Ratio: 5:1

Sugar and Spice Society (ages 12+) \$250.00 for 11 sessions

Tuesdays 3:30pm - 5:30 pm

Join us on Tuesday afternoons for our brand new baking class! This class mixes life skills, socializing and a love for baking! Learn how to cook delicious sweet treat recipes as well as kitchen and baking skills. Get your rolling pins and aprons ready!

Staffing Ratio: 5:1

The Social (ages 19+) \$20/Session

Tuesdays and Thursdays, 6:00pm-9:00pm

Are you 19 or over and want to do some fun activities such as pubs, casinos, bingo, dinner with friends, movies, bowling and so much more? Want to meet people with the same interest? If yes, then the Social is the place to be!

**The cost of the program does not include your meals, or activity fees - additional money will be required. Please note that transportation may not be included in activities close to Semiahmoo House Society. We may ask that you meet us at the scheduled location.

Staffing Ratio: 5:1

Musical Theatre (ages 12+) \$640.00 for 34 sessions (CLOSED)

Wednesdays, 6:00pm-8:00pm

Do you want to flex your singing voice or have you been bitten by the acting bug? Do you want to adventure out of your comfort zone and work each week towards accomplishing the goal of a live performance? If so, then Musical Theatre is for you! Rec and Leisure is pleased to continue the partnership with Note by Note Music Therapy and work with Music Therapist Morgan Stedman, Bachelor of Music Therapy, Bachelor of Psychology, in offering the Musical Theatre class! The class will run weekly for 34 sessions until the end of May 2025!

Staffing Ratio: 5:1

Yoga (ages 12+) \$150.00 for 11 sessions

Wednesdays, 4:10 pm - 5:10 pm

Take time to relax and stretch. We will start by warming up the body with active stretching and then slowing down and stretching it out using traditional yoga poses and exercises.

****Must bring own yoga mat****

Staffing ratio 5:1

Dance Fit (ages 12+) \$150.00 for 11 sessions

Wednesdays, 3:00pm - 4:00pm

Do you want the moves like Jagger? Do you love cranking the music and dancing? What better way to get more active than to join the class with an awesome aerobic based workout that incorporates some basic hip-hop moves, a little bit of dance and a lot of fun.

Staffing Ratio: 5:1

Healthy Cuisines (ages 12+) \$260.00 for 11 sessions

Thursdays, 3:30pm - 5:30pm

Enjoy cooking? Want to learn how to cook healthy meals? Well, look no further! We are offering a healthy Cuisines class to help you learn the skills and tools to cook delicious and healthy meals from start to finish. This program will help develop social skills, life skills, health and well being.

Staffing Ratio: 5:1

Creative Expressions (ages 12+) \$230.00 for 11

Fridays, 3:30 pm - 5:30pm

Join us on Friday afternoons for fantastic art projects. Lets get creative and learn various different forms of art while also learning the basic principle of designing, painting and expressing our feelings through art! All costs associated with this program are included in the program fee!

Staffing ratio: 5:1

Friday Flix (ages 12+) \$10.00/Session

Fridays, 6:00pm - 8:00pm

Friday nights with Rec and Leisure are always a favorite! Join us for movies, friends, pizza, bingo and games. We host Karaoke nights twice a semester!

\$10.00 per session bag of chips and a drink are included with the purchase.

**This is a drop in event which means regular staffing ratios do not apply. If you need extra support you may need to bring your own 1:1 support worker.

Upcoming Trips/Events

Surrey Eagles Game (Friday January 10th)

Join Rec and Leisure to cheer on the reigning Fred Page Cup Champions, the Surrey Eagles! Exciting junior hockey is back at South Surrey Arena. Support the local team with your friends and Rec and leisure staff!

Cost for this event is \$85.00 (which includes event ticket, transportation, parking and staff support).

**Please note that we have limited spaces available, spots for this event are first come first serve*



Valentines Dinner Dance (February 14th)

Join us for a charming evening and fine dining on Valentines day and dancing. Your ticket includes dinner with your choice of salad and pasta with either a red or white sauce served by Rec and Leisure staff! After dinner you can dance the night away !

Cost for this event is \$40.00 which includes event ticket, dinner and staff support.

**Please note that we have limited spaces available, spots for this event are first come first serve*

Mexico (March 23 - 29)

Rec and Leisure is going back to Mexico! Join us as we return to the all inclusive Barcelo Maya Beach Resort! This will be the first time back to Mexico since 2019 for Rec and Leisure. Make sure to pack your sun screen! We will be Spending Spring Break in the Mayan Riviera!

The cost of this trip is to be determined. A \$500.00 deposit will be collected to hold your spot on the trip. The remainder will be collected at a later date once the details have been finalized.

Please note that we have limited spaces available, spots for this event are first come first serve



Keep an eye out on Rec and Leisure social media and email for more events and opportunities throughout the semester!

