

Spring 2017

## FREE Programming for Youth 12-18

### Special Events

#### Grilled Cheese Creation

**Challenge.** Come create your best grilled cheese and see if you win. April 7th from 5:30pm-7:30pm at ARC Youth Centre.

**Summer Kick-Off BBQ.** Join us to celebrate the end of the school year for free food and snacks. June 16th from 2:30pm-5:30pm at ARC and MRC Youth Centres.

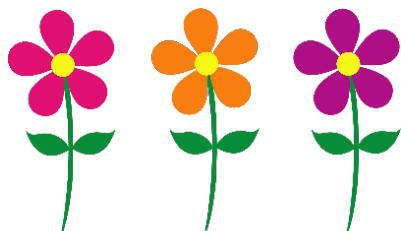
### Free Dinner Nights

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

April: MRC- 7th / ARC- 21st  
May: MRC- 12th / ARC- 26th  
June: MRC-9th / ARC- 23rd

### (IN)volved

Are you a youth looking to volunteer within Abbotsford? Contact us today and get your name placed in our volunteer database and we will email you with opportunities.



### 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

Wednesdays	8:00pm - 10:00pm
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### 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

Thursdays	3:30pm - 5:00pm
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# Registered Programs <sup>+More</sup>

## FOODSAFE

Age: 14-18 yrs

Cost: \$75

Saturday, April 8, ARC YC 9:00am-5:00pm

Thursday, June 29, AYC Office 9:00am-5:00pm

## Babysitter Training- Red Cross

Age: 11-15 yrs

Cost: \$55

Location: TBD

Friday, April 28 9:00am-4:30pm

Friday, May 19 9:00am-4:30pm

Saturday, June 10 9:00am-4:30pm

## Employment Readiness

Age: 14-18 yrs

Cost: \$50

- Resume Writing
- Cover Letter Writing
- Interview Skills

Location: AYC Office

Friday, June 30 9:00am - 4:00pm



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

**Instagram: @abbyouth**

**Twitter: @abbyouth**

**Facebook: Abbotsford Youth Commission**

## Youth Night, Girls Night, & Guys Night

Age: 12-16 yrs

Cost: \$45 (Financial Assistance is Available)

- 7:00pm-8:30pm
- Interact with other youth
- Build relationships
- Location varies each week
- Try New Activities, such as:
  - Blast Archery,
  - Karate,
  - Highland Dancing,
  - Fishing,
  - Golfing,
  - And so much more!!!

Guys Night: Tuesdays April 11 - May 30

Girls Night: Wednesdays April 12 - May 31

Youth Night: Thursdays April 13 - June 1

## BC Youth Week Celebration

Youth Week is a celebration of youth and the diversity they bring within our community. The AYC has been participating for many years and will continue this year with the following activities:

May 1: Cake Boss Wars

May 2: URoc Awards

May 3: 3-on-3 Basketball Tournament

May 4: Floor Hockey with the APD

May 5: Acts of Kindness

May 6: Dodgeball Mania

May 7: \$2 Swim & Skate at ARC & MRC

## Youth Council

Cost: \$100

September-June (includes weekend retreat)

Now accepting applications for Youth Council.

Must be entering grades 10-12 in September. Join this high-level leadership group and focus on community development projects and work alongside City Council and Mayor.

Email [christy@abbyouth.com](mailto:christy@abbyouth.com) for more info.



We acknowledge the financial assistance of the Province of British Columbia