

RECREATION SURREY

Healthy Communities. Active Together.



2017 YEAR IN REVIEW

CHILDREN & YOUTH SERVICES - 0-18 YEARS



THE POWER OF RECREATION & PLAY



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“Sport gives individuals of all ages good opportunities to be actively involved in their communities, which helps them learn positive lessons about responsibility and respect for others, and gives them the chance to give back to their communities.”

– Socio-economic Benefits of Sport Participation in Canada, Conference Board of Canada, 2005

INSPIRED CONNECTED ENGAGED



“In my experience as an educator, there is no question that kids who are physically active are more open to learning.”

– Stephen Breen, President, Western Australian Primary Principals’ Association

INTRODUCTION

DEVELOPING STRONG, HEALTHY CHILDREN AND COMMUNITIES

The value, benefits and outcomes of quality recreation are powerful and far reaching. From physical, social, intellectual and creative pursuits, to skill development and personal growth opportunities, recreation provides multiple pathways to wellbeing—not only for individuals, but our city as a whole.

Providing quality recreation programs and services that give our children and youth a strong sense of belonging and the support they need to reach their full potential is an especially important investment in our future. By focusing on and contributing to their overall healthy development now, we are building a solid foundation that will contribute to individual success, and positively impact our community for years to come.

BENEFITS & OUTCOMES

We believe in the power of recreation and play, and the lasting effects it has on building strong, vibrant communities—an essential element to the emotional, social, and physical wellbeing of everyone who lives here.

“Our growing city is home to 130,000 children and youth—the largest population of young people (aged birth to 18yrs) in the province.”



OUR PROGRAMS

LEARN, EXPLORE, GROW AND DEVELOP - MAKING A VITAL DIFFERENCE EACH AND EVERY DAY

Recreation Surrey is a welcoming, inclusive destination for community and connection. Our innovative programs and services are designed to nurture and support physical, social, emotional, creative and cognitive wellbeing—all the fundamentals needed to create the best outcomes for children as they transition through each developmental stage.

To achieve the greatest impact, we deliver three distinct service areas: Early Years (birth to six), Middle Years (six to 12), and Youth (13 to 18). These include a wide range of quality programs built on the highest industry standards and best-practice guiding principles outlined in the Recreation Surrey Healthy Development Framework for children birth to 18. This evidence-based framework aligns with:

- The Province of British Columbia Early Learning Framework
- Canada's HIGH FIVE Quality Standards of Excellence program
- Search Institute's 40 Developmental Assets for Adolescents

OUR MISSION

Building healthy communities where all people can be active and engaged.



IN 2017...

COMMUNITY AND RECREATION SERVICES *welcomed*

1.2 MILLION VISITS

BY CHILDREN AND YOUTH TO OUR PROGRAMS AND FACILITIES



DID YOU KNOW?

 <p>12,375 CHILDREN REGISTERED IN CITY OF SURREY <i>Camp Programs</i></p>	 <p>4,300 CHILDREN PARTICIPATED IN CITY OF SURREY <i>Preschool Programs</i></p>	 <p>226,000 <i>Children Aged 6-12</i> PARTICIPATED IN AFTER SCHOOL ACTIVITIES</p>	 <p>16,460 CHILDREN & YOUTH <i>learned How to Skate</i></p>
 <p>603 Children & Youth WITH DISABILITIES WERE SUPPORTED IN ADAPTED PROGRAMS AND OPPORTUNITIES</p>	 <p>17,896 CHILDREN & YOUTH LEARNED TO <i>Swim & be Safe Around Water</i></p>		
 <p>NEARLY 1 IN 2 <i>Children/Youth</i> PARTICIPATED IN A RECREATION PROGRAM OR ACTIVITY</p>	<p>400+ <i>Free Socially Inclusive,</i> QUALITY PROGRAMS AND COMMUNITY EVENTS HELD THROUGHOUT THE YEAR</p>		

Surrey has

12 COMMUNITY & RECREATION CENTRES **11** COMMUNITY HALLS **5** ARENAS WITH 8 SHEETS OF ICE
15 GYMNASIUMS **10** WEIGHT ROOMS **6** INDOOR AQUATIC CENTRES **36+** MULTIPURPOSE ROOMS

“Our daughter is **THRILLED** to attend preschool each day thanks to the dedication and leadership of her teachers. A good mix of both play and structured learning has increased her **SELF-CONFIDENCE**. It is a blessing to have found educators who believe in **NURTURING** the creative process in a safe, fun and relaxed atmosphere.”

SCOTT, FATHER OF FOUR-YEAR-OLD SOFIA

THE EARLY YEARS (0-6 YRS)



“Families that recreate together tend to be closer, more cohesive and improve their chances of staying together.”

<http://recreation1.townofmanchester.org/index.cfm/benefits-of-recreation/>

THE EARLY YEARS (0-6 YRS)

Recreation Surrey delivers affordable excellence in licensed, play-based preschools and a wide range of specialized recreation programming for children five and under. City of Surrey's high quality programs are designed to promote healthy growth and development. Through interactive play, positive social experiences and knowledgeable, caring staff, Recreation Surrey Early Years programs prepare children for the next stage of learning and life.

RANGE OF PROGRAMS:

- Parent participation
- [Licensed preschool](#)
- [Licensed Nature Preschool](#)
- [Drop in Stay and Play](#)
- Family Events
- [Surrey International Children's Festival](#)
- [Children Heart of the Matter Conference](#)

“New evidence on the effects of early experiences on brain development, school readiness, and health in later life has sparked a growing consensus about early child development a powerful determinant of health.”

—Public Health Agency of Canada

THE EARLY YEARS (0-6 YRS)

HIGHLIGHTS

There were **7,399 REGISTERED PROGRAMS OFFERED** for preschool children (0-5) across the City of Surrey allowing kids an opportunity to **BE ACTIVE, SOCIALIZE** with other children and **LEARN SOMETHING NEW**.

68 PARTICIPANTS made a connection with nature while taking the first steps toward becoming environmental stewards through our innovative **NATURE PRESCHOOL** at Surrey Nature Centre. A 2nd location opens in fall 2018 at Redwood Park in South Surrey.

KINDER CAFÉ - Kindergarten, Let's Go!—an annual conversation about inclusion and kindergarten readiness—**WELCOMED 26 FAMILIES**, a 40% growth since its first year.

The Licensed Preschool Subsidy supported **44 SURREY FAMILIES** in helping to reduce barriers and improve participation.

ALEXANDRA NEIGHBOURHOOD HOUSE child care Centre at Kensington Prairie saw participation increase to 94% capacity for a total of 58 full and part time spots in Surrey.

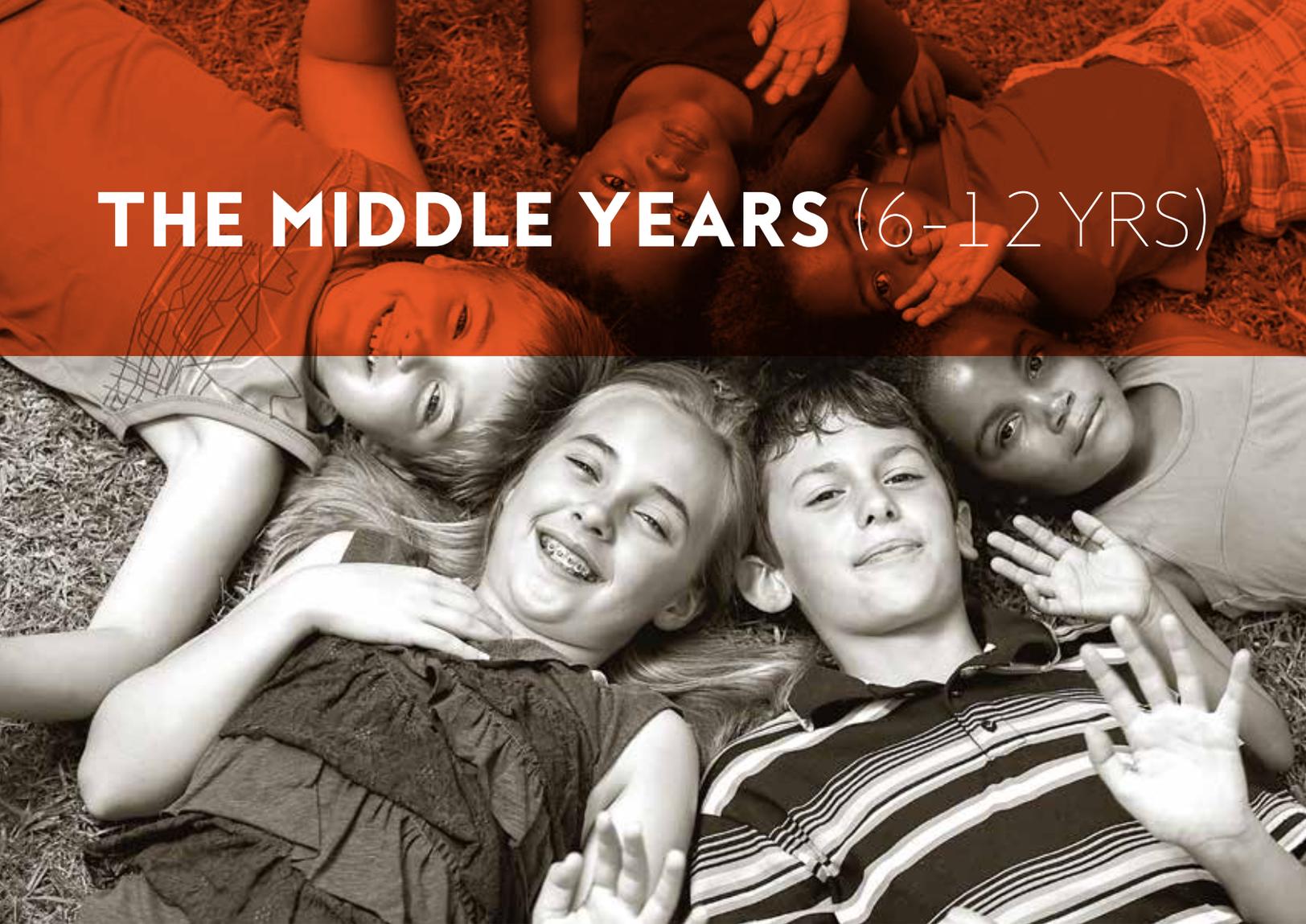
SEMAHMOO FAMILY PLACE at Kensington Prairie Community Centre introduced "Active Saturdays" supporting community connections.

“Recreation can be an important vehicle for promoting family cohesion, adaptability and resilience.”

https://www.bcrpa.bc.ca/media/41249/frameworkforrecreationincanada_4.pdf

“As a child growing up in a family who could not afford extracurricular activities, the City of Surrey provided me with a **SUPPORTIVE ENVIRONMENT** and an equal opportunity to participate in recreational sports and activities. My favourite memories are of swimming and skating lessons at the Surrey Sport and Leisure Complex and attending outdoor events across the city. These **POSITIVE EXPERIENCES** fostered my decision to become a volunteer, an instructor, and a middle years programmer for the City of Surrey.”

HARMEET, MIDDLE YEARS PROGRAMMER



THE MIDDLE YEARS (6-12 YRS)

“Children and youth need a combination of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day to be healthy – they need to Sweat, Step, Sleep and Sit the right amounts.”

–ParticipACTION

THE MIDDLE YEARS (6-12 YRS)

When children are between the ages of 6 and 12, they undergo important cognitive, social and emotional changes that establish their lifelong identity, and set the stage for adolescence and adulthood. Their worlds expand beyond family, as peers begin to play a larger role, and children move into ever widening social circles.

The average child in their middle years has approximately 67 hours of free time each week, which is more time than they spend at school. The right programs at this age are crucial in helping children learn, feel good about themselves, solve problems, and develop a solid foundation for making healthy choices now, and in the future.

MYZONE:

MYZONE is a high quality after school program that **SUPPORTS** the principles of **HEALTHY CHILD DEVELOPMENT** by providing active play and recreation, homework support, social-emotional skill development, leadership building, peer and staff relationship development, and civic engagement development. The program received the 2016 National Play it Fair! Award presented by Equitas – International Centre for Human Rights Education.

Ran in 13 locations across Surrey including two new sites located within the Kienow Native Housing Society's townhouse complexes.

MyZone participants made 46,865 visits to various locations across Surrey.

“Recreation, sport, arts, culture and outdoor/open space are essential to personal health and wellness and reduce reliance on health care and other social services.”

<http://dallasparks.org/462/Benefits-of-Recreation>

THE MIDDLE YEARS (6-12 YRS)

HIGHLIGHTS

In March 2017, Recreation Surrey launched the **LIVE 5-2-1-0 PLAYBOX** Program, offering **FREE ACCESS** to sports equipment and games in 10 local parks. Over 350 families have signed up for lockbox access. 61% of families agreed that the Playbox Program has increased their use of their local park to play as a family, 72% of respondents reported that they have met new families or their children have played with children they didn't know through using the 5-2-1-0 Playbox.

There were a total of 5,369 **FAMILY FUN PASSES** sold, providing **UNLIMITED ACCESS** to drop-in activities including swimming, skating and gym sports.

332 MY FUN PASSES were sold, keeping children age 2 to 12 active after school, on weekends, and holidays with **UNLIMITED DROP-IN ACTIVITIES**.

4,157 children participated in **1,188 DAY CAMPS** across the City of Surrey. Our day camp registration increased by 5% **HELPING CHILDREN OF ALL ABILITIES** acquire leadership skills **FEEL MORE CONNECTED** to their community, make new friendships, and gain new experiences and interests.

ACTIVE PLAYCES optimizes the use of outdoor spaces available in Surrey neighbourhoods by encouraging safe outdoor play and **FOSTERING CONNECTIONS BETWEEN NEIGHBORS**. Families are able to borrow Active PLAYces outdoor play kits which are filled with resources such as play equipment, outdoor games booklet, safe play signage and more.

COMMUNITY ACTION PROJECTS - The children in **MYZONE** work with the program instructor to develop **KINDNESS ACTIVITIES** that are to be carried out at the recreation centre including gardening events, fundraising for charities, and murals celebrating diversity within our community. The project is documented through multimedia which is then shared with MYzone families at a year end celebration.

“Recreation, sport, arts, culture and parks/open space help build strong, safe and inclusive communities.”

<http://dallasparks.org/462/Benefits-of-Recreation>

A nine-year-old Guildford Recreation Centre participant was having a hard time transitioning due to a recent move to the Guildford area.

School was tough and she didn't have many friends. Her mom asked one of our front desk staff from Guildford Recreation Centre if they had any ideas on what programs might help her daughter make some connections and feel more at home. Our **STAFF RECOMMENDED MYZONE** and within a few days, her mom came back to tell us that her daughter absolutely loved MYzone and that she had already **MADE FRIENDS** in the program and was **FEELING HAPPIER**. Despite a language barrier, the structure and routine of MYzone helped her to adjust and stay connected. She has since become a City of Surrey volunteer and can often be found enjoying Recreation Surrey's free drop-in activities in the evenings.

STORY FROM THE STAFF AT THE GUILDFORD RECREATION CENTRE



YOUTH (13-18 YRS)

**“Sport and recreation is not about winning,
it’s about helping build stronger, healthier, happier,
and safer communities.”**

<https://www.dsr.wa.gov.au/about/benefits-to-the-community>

YOUTH (13-18 YRS)

In this last phase of childhood, youth between the ages of 13 and 18 are experiencing tremendous changes socially, mentally and physically. During these crucial years leading up to adulthood, it is essential to equip them with skills that prepare and launch them into the next phase of their lives.

Recreation Surrey is supporting its youth with an array of programs aimed at positively influencing their behaviour, strengthening their connection to others, while helping to increase confidence, activity, and performance at school and work. We offer an array of programs, youth specific events, and drop-in activities across the city for youth to partake in.

Helping today's youth grow into tomorrow's leaders, we focus on engagement and creating positive relationships with young people. Recreation Surrey's staff are active in bridging connections for youth and encouraging them to get involved, share their voice, and make decisions about things that are important and meaningful to them. Youth engagement staff teams work in every town centre to further increase opportunities for youth to actively lead, contribute to, and participate in a range of community based experiences. These initiatives help to build confidence, increase health and wellbeing, and strengthen civic connection.

DID YOU KNOW?

1,186 Youth
AGE 16-24 years
**EMPLOYED WITH THE
CITY OF SURREY**

16,831 Youth
**PARTICIPATED
IN RECREATION
SURREY PROGRAMS
THROUGHOUT 2017**

THERE WERE
267,388
YOUTH DROP-IN VISITS

HIGHLIGHTS

32 young people participated in the **INTERGENERATIONAL CARNIVAL** at Chuck Bailey Recreation Centre. The carnival provided a great opportunity for youth and seniors to learn from one another and **BUILD AN INCLUSIVE COMMUNITY**.

SURREY STEPS UP, which encourages and celebrates youth who make **POSITIVE CONTRIBUTIONS** in their community, welcomed over 400 attendees. 20 youth engaged in the event planning. 25 youth groups presented and performed.

67 youth volunteered at **SURREY YOUTH FEST**. 63 youth participated in the dance battle, 20 youth competed in the cooking competition, 49 youth performed, and there were **47 YOUTH-FOCUSED EXHIBITORS**.

The **2017/2018 SURREY HIGH SCHOOL HOCKEY LEAGUE** welcomed 10 schools. Elgin Park Secondary faced off against Lord Tweedsmuir Secondary in the final game **ATTENDED BY NEARLY 100 CHEERING FANS**.

The **SOUTH SURREY/WHITE ROCK YOUTH COLLECTIVE** is a diverse group of leaders, aged 13 to 24. Since May of 2017 they have held 38 Collective meetings. 168 youth have visited the space over 1,000 times and they have **CONTRIBUTED 615 VOLUNTEER HOURS**.

63 YOUTH WERE NOMINATED for the **SEMIAHMOO ROTARY CLUB'S SERVICE ABOVE SELF SURREY YOUTH (SASSY) AWARDS**, which recognizes, acknowledges and celebrates the achievements of youth who are **MAKING A POSITIVE IMPACT IN OUR COMMUNITY** and around the world. The event attracted 223 attendees.

Jenny, an instructor with the City of Surrey initially became **INVOLVED** at the Guildford Recreation Centre by coming to the Youth Membership basketball drop-ins on Friday and Saturday nights. Through this, she became part of the planning committee for the Surrey Youth Showcase. Jenny became a **HIGHLY ACTIVE** City of Surrey volunteer, logging nearly 90 hours over the next 6 months! She was involved in the planning and implementation of several large scale events as well as volunteering in the Chuck Bailey's Senior Kitchen, at Preteen Dances, and at Boys Club's and at Girl's Nights. During these volunteer **EXPERIENCES** Jenny was mentored by staff who encouraged her to continue developing skills in customer service and event planning. She was also **ENCOURAGED** to work on her creativity and **TALENT** for collaboration. This fall, Jenny was hired as an instructor at the City of Surrey and has continued to share her passion for community as a staff in children's programs, at Preteen Dances, and the Winter Festival.

JENNY, INSTRUCTOR WITH THE CITY OF SURREY

THANK YOU TO OUR DEDICATED STAFF AND COMMUNITY PARTNERS

Developing happy, healthy, resilient children is at the centre of our work and the driving force behind everything we do. We believe that every child should be given the opportunity to access and attend quality programs and services within their community. With the help of our staff and community partners, we are delivering on our commitment to provide safe, nurturing environments that foster inclusiveness, respect and compassion.

Thank you to all of our local community planning tables: Children First, Middle Childhood Matters, Children and Youth Committee, and Children's Partnership for their leadership, commitment to working together, and significant contributions to Surrey's children and families. By working collaboratively we are able to leverage resources, and expand our programs and services to meet the diverse needs of our growing city.

“The evidence indicates that regular physical activity is likely to provide children with the optimum physiological condition for maximizing learning.”

–Dr Karen Martin, Research Fellow, School of Population Health, UWA

Live 5-2-1-0 Playbox NOW IN SURREY



BE ACTIVE and access sports equipment and games with **Live 5-2-1-0 Playboxes** located throughout Surrey. Simply unlock the box, enjoy the gear, return it when finished and have fun! Email beactive@surrey.ca or call 604-501-5100 to request an access code to unlock the box.

LIVE 5-2-1-0 PLAYBOXES ARE AVAILABLE IN THESE PARKS:

Bakerview Park 1845 154 Street
Bridgeview Park 11475 126A Street
Guildford Heights Park 10310 154 Street
Hjorth Road Park 10275 148 Street
Holly Park 10706 148 Street
Hummingbird Park 11083 Swan Crescent

Maple Green Park 8959 150 Street
Starr Park 19333 66 Avenue
T.E. Scott Park 7014 148 Street
Panorama Village Park* 14899 57 Avenue
***Playbox at this location managed by the
Tong Louie YMCA 14988 57 Avenue**

“The power of parks is that they transcend age, ethnicity, race, income, politics and geography. We have a need for parks and green space, and to connect with nature, just as surely as we have a need for water. They feed our souls.”

– Sharon Roerty, Senior Program Officer, Robert Wood Johnson Foundation



TRANSFORMING OUR COMMUNITY TOGETHER

Get Active. Be Inspired. Join us Today!



Find out more about the many programs and services we offer. Contact us at 604-501-5100, or visit surrey.ca/recreation.

GET INVOLVED IN YOUR COMMUNITY – VOLUNTEER:

- [Surrey Youth Stewardship Squad](#) (13-17 years old)
- [Nature Work Parties - All Ages](#)
- [Adopt-A-Street](#)
- [Partners in Parks Programs](#)

RECREATION SURREY
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