

Mayor's Message



There is always something new and exciting happening in the City of Langley and I would like to share the latest! The Downtown Langley Business Association just launched it's new contest "Start It Up Langley", which will give one new, retail

entrepreneur living anywhere in BC the opportunity to win over \$120,000 in prizes, including free retail space for six months, marketing and design support, a fresh, new website, advisors from the legal, accounting and business coaching world, waived fees from the City of Langley, merchandizing, store fixtures and much, much more. Visit www.startituplangley.com for full contest details.

Not only is this contest the first of its kind in BC and possibly in Canada, it will bring tremendous attention to the City of Langley's business community and why it is such an awesome place to open a business. A few highlights include low lease rates and one of the lowest residential to business tax ratios in Metro Vancouver, but we also have a business friendly local government that genuinely care about the businesses and want to see them thrive. This is why we are currently experiencing a vacancy rate in our downtown of approximately 2%, quite possibly the lowest we've seen in decades.

The word is out and as a result – businesses that had once set up shop in other municipalities are migrating to Langley City for all of the aforementioned reasons – but we would be remiss if we didn't also mention that

Upcoming Programs & Events:

April 21

Pancakes in the Park -
Hunter Park Grand
Reopening

April 28

Pitch-In Day

May 1

Nicomekl & Simonds
Neighbourhood
Meeting

May 1 - 5

Youth Week

May 6

Langley Walk

May 6-12

Emergency
Preparedness Week

May 8

Simonds & Blacklock
Neighbourhood
Meeting

May 10

Move For Health Day

May 16

we have AMAZING community events all summer long in our beautiful public plaza, a business community that looks out for one another and a Business Improvement Association that works hard to make sure that every business in the BIA is given opportunities to promote their businesses, get involved and participate in events and promotions.

Langley City is truly "the Place to Be" so come on down and join the action in the LC.

Sincerely,



Mayor Ted Schaffer

Alice Brown & Uplands Neighbourhood Meeting

[View all of the upcoming Langley City events](#)

Recreation, Culture and Community Services

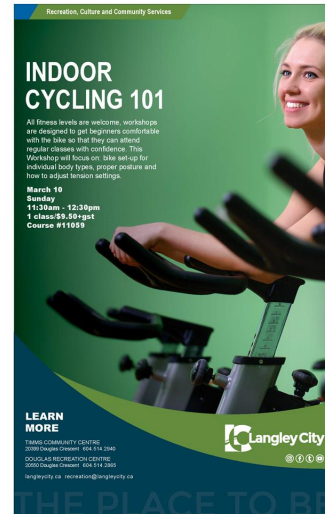
INDOOR CYCLING 101

All fitness levels are welcome, workshops are designed to get beginners comfortable with the bike so that they can attend regular classes with confidence. This workshop will focus on: bike set-up for individual body types, proper posture and how to adjust tension settings.

March 10
Sunday
11:20am - 12:30pm
1 class \$9.99+gst
Course #11029

LEARN MORE

TIMMS COMMUNITY CENTRE
200 Douglas Crescent, 604.514.2860
DOUGLAS RECREATION CENTRE
20550 Douglas Crescent, 604.514.2865
langcity.ca • recreation@langcity.ca



Langley City

THE PLACE TO BE

Recreation, Culture and Community Services

FOAM ROLLING

Foam rolling is beneficial for people from all walks of life. When done right, using a foam roller to lie down yourself a deep tissue massage. It increases the blood flow, stimulates the lymph system and reduces discomfort caused by tight muscles.

March 11
Sunday
1:30-2:30pm
1 class \$12.99+gst
Course #11189

REGISTER TODAY

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THE PLACE TO BE

TRI-IT 2018

SUNDAY JUNE 10

AL ANDERSON MEMORIAL POOL & CITY PARK



Youth – Adult – Classic – Relay Teams

REGISTER IN PERSON OR BY PHONE AT:

<p>Register by April 29 and receive a complimentary 2018 Event Shirt and discounted registration fees!</p>	<p>AL ANDERSON MEMORIAL POOL 4949 207 Street • 604.514.2860</p>
	<p>TIMMS COMMUNITY CENTRE 20399 Douglas Crescent • 604.514.2940</p>
	<p>DOUGLAS RECREATION CENTRE 20550 Douglas Crescent • 604.514.2865</p>



www.city.langley.bc.ca



About HUB Cycling's Bike to School Week

HUB Cycling's Bike to School Week is a fun, free, week long celebration of cycling for students of all ages and abilities. Schools across Metro Vancouver take part, and HUB Cycling offers support such as resources and event ideas, prizes for participating schools, and Bike to School Week packages to make tracking rides at your school easy!



Benefits for schools

- Builds community by getting parents, students and teachers working together
- Enhances on green initiatives already taking place at your school
- Makes schools a safer place – when more kids bike & walk to school, traffic is reduced in your school neighbourhood
- Students that bike & walk to school arrive feeling energized and ready to learn
- Carries on the momentum of a HUB Cycling course

How your school can participate

Parents, Teachers, or Admin can register their school for free at bikehub.ca/btsw. Schools choose how they would like to receive their event package.

Event packages include:

- Large poster and stickers to track students' trips
- Promotional posters to spread the word
- Tip and Resource sheet with advice on how to make the event a success!
- Incentives for students

You can find more information, as well as tips and stories from past participating schools at bikehub.ca/btsw. Registration is open now!

Have questions about the event? E-mail schools@bikehub.ca



March is Distracted Driving Awareness Month

On March 2nd the Distracted Driving awareness campaign was officially launched.

More than 875 crashes occur every day in B.C., many of these caused by distracted driving. Police across the province will be stepping up enhanced enforcement and we're hoping you can help us raise awareness about distracted driving.

Even if you're not using your phone, you may still be distracted. Any diversion of your attention away from the safe operation of your vehicle, like chatting with passengers, eating or drinking, or adjusting radio or vehicle settings, can contribute to distracted and inattentive driving. We all play a part in making our roads safe – when you're behind the wheel, focus on the road.

If you're looking at your phone, you can't see the road.

Recreation, Culture and Community Services

TEEN PUMP COED

Work with a certified weight trainer to learn the most effective and safe methods in strength and conditioning training for teens. The trainer will customize a workout plan based on your individual goals and needs while allowing you time to socialize and use the equipment in a small group setting. Youth who successfully complete the Teen Pump program will be permitted to use the Trains Community Centre Weight Room without adult supervision.

March 27 - 29
 Tuesday, Wednesday & Thursday
 11:00am - 12:00pm
 3 classes \$42 +gst
 Course #11493

LEARN MORE
 TRAINS COMMUNITY CENTRE
 2000 Douglas Street, Rm 114 2nd
 COULAS RECREATION CENTRE
 2000 Douglas Street, Rm 114 2nd
 langcity.ca | recreation@langcity.ca

Langley City

Recreation, Culture and Community Services

YOGA SCULPT

HIGH INTENSITY, NON-IMPACT

Using hand weights to help sculpt and tone as you move through various yoga poses. No experience necessary.

Thursdays
 Drop in:
 8:30am to 10:00am
 Trains Community Centre
 Drop in fees apply
 More options available!

MORE INFORMATION
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 2000 Douglas Street, Rm 114 2nd
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PARKOUR

INDOORS & OUTDOORS

Learn basic jumping, safe landing and rolling, movement, basic vaults, increase mental awareness and more.

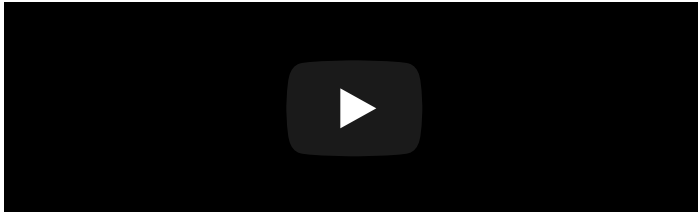
This workshop is offering a one-day family workshop classes for kids aged 6-15, adult classes, and spring break camps. Contact us for more information.

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Langley City

Checking your phone at a red light may seem harmless, but the truth is using an electronic device behind the wheel is a dangerous distraction. Even when stopped, it affects your situational awareness. You're five times more likely to crash if you're using your hand-held phone.

Take a break from your phone #EyesFwdBC



Recreation, Culture and Community Services

YOUTH ADVENTURE CLUB

GRADES 7-12

Join our adventurous leader for these fun, supervised outings. Space is limited so register early!

SNOW TUBING Monday, January 20th, 2016 Course #1213 12:00pm \$65	INDOOR ROCK CLIMBING Friday, February 19th, 2016 Course #1214 10:00am \$65
PLAYDOME Friday, March 23rd, 2016 Course #1215 12:00pm \$65	PLANET LAZER Wednesday, March 23rd, 2016 Course #1216 12:00-2:00pm \$10
TELLUS WORLD OF SCIENCE Friday, April 1st, 2016 Course #1217 10:00am \$50	REGISTER TODAY Register online at www.langley.ca Registration, admission level and availability are subject to change. Please contact Recreation Services if you have any questions. Drop off and pick up at Recreation Services Centre

REGISTER TODAY

RECREATION SERVICES CENTRE
2000 Douglas Crescent, PO Box 2460
DUPLOU, BC V3C 2S1
2000 Douglas Crescent, PO Box 2460
Langley City, BC V3C 2S1

www.langley.ca recreation@langcity.ca

Langley City

THE PLACE TO BE

Tips for safe cellphone use

- **No call, text or email** is so important it's worth risking your life or the lives of others. Let calls go to voicemail and ignore your text messages while driving.
- **Turn it off and put it out of sight** or turn on airplane mode to avoid the temptation to check your phone.
- **Assign a designated texter.** Ask your passengers to make or receive calls and texts for you.
- **Pull over to make or receive a call** when it's safe to do so. For longer journeys, look for [signs at highway rest areas](#), some of which now provide free Wi-Fi.
- **Use the 'Do Not Disturb While Driving'** feature on iOS devices, 'In-Traffic Reply' on Samsung phones, or download a similar app to help you avoid using your phone while driving.

Learn the rules of the road

- **Don't use your cellphone at a red light.** The law applies whenever you're in control of the vehicle, whether stopped at a red light or in bumper-to-bumper traffic.
- **Keep your hands off.** Hands-free means a Bluetooth, wired headset or speakerphone that can be operated with one touch or voice commands. Make sure to secure the cellphone to the vehicle or attach it on your body before driving.

- **If you have a Learner's (L) or Novice (N) licence,** you aren't allowed to use any electronic device behind the wheel, for any purpose, even in hands-free mode.
- **Make sure you understand the law** on how to [use electronic devices while driving](#)(RoadSafetyBC)

Get involved

ICBC is piloting new technology that could help reduce distracted driving. The technology involves a vehicle being fitted with a small device that activates an app installed on the driver's cellphone. The technology disables the phone when the car is being driven.

Pilot participants are members of ICBC's customer advisory panel. [Join the customer advisory panel](#) and participate in future studies and surveys.



[Subscribe](#) | | [Unsubscribe](#)

City of Langley
20399 Douglas Crescent
Langley BC V3A 4B3