



Arts - Dance, Music & Performing

DANCE - BALLET - BEGINNER

Learn ballet techniques, improve coordination, balance, musicality and fluidity of movement. This course also improves skills used in a variety of sports and other dance styles.

Steveston Community Centre - Steveston Martial Arts Centre

Jan 9-Feb 27M..... 1:15-2:15pm\$54.40/8 sess 189161
Apr 16-Jun 11M..... 1:15-2:15pm\$54.40/8 sess 190151

DANCE - BALLROOM

This beginner ballroom dance program welcomes singles and pairs. Co-sponsored with the Richmond Chinese Community Society.

South Arm Community Centre

Jan 13-Mar 9.....F 8:15-9:15pm\$76.50/9 sess 215564
Apr 13-Jun 15F 8:15-9:15pm\$85/10 sess 215608

DANCE - BELLYDANCE - BEGINNER

A fun exercise and fitness regimen for all ages, which is easy to follow, stress free and helps to improve posture, stamina, coordination and flexibility.

Steveston Community Centre

Jan 9-Mar 5.....M..... 6:00-7:15pm\$76.50/9 sess 189165
Apr 16-Jun 11M..... 6:00-7:15pm\$68/8 sess 190155

West Richmond Community Centre

Jan 19-Mar 8.....Th 7:50-8:50pm\$54.40/8 sess 207747
Apr 5-Jun 21Th 8:00-9:00pm\$81.60/12 sess 211952

DANCE - BELLYDANCE - BEGINNER/ INTERMEDIATE

Always wanted to try bellydancing? This fun exercise and fitness regime is open for all ages.

South Arm Community Centre

Jan 10-Mar 27Tu..... 7:00-8:30pm\$122.40/12 sess 206749
Apr 10-Jun 26Tu..... 7:00-8:30pm\$122.40/12 sess 206751

DANCE - BELLYDANCE - INTERMEDIATE

Come and learn more complicated bellydancing moves. Previous experience required.

Steveston Community Centre

Jan 9-Mar 5.....M 7:30-9:00pm\$91.80/9 sess 189166
Apr 16-Jun 11M 7:30-9:00pm\$81.60/8 sess 190156

DANCE - CHINESE LINE

This form of line dance is taught in both Mandarin and Cantonese. Register monthly or \$4 drop-in available.

Cambie Community Centre

Jan 3-Jan 31Tu/Th ... 9:30-11:30am\$19/month..... 214303
Feb 2-Feb 28Th/Tu ... 9:30-11:30am\$19/month..... 214304
Mar 1-Mar 29Th/Tu ... 9:30-11:30am\$19/month..... 214305
Apr 3-Apr 26Tu/Th ... 9:30-11:30am\$19/month..... 214310
May 1-May 31Tu/Th ... 9:30-11:30am\$19/month..... 214311
Jun 5-Jun 28Tu/Th ... 9:30-11:30am\$19/month..... 214312

Please note: Program information including dates, pricing and locations are up to date as of November 1, 2011. We try our best to ensure that the Guide information in print is correct, however changes sometimes occur.

DANCE - HIP HOP

The fundamentals of the hip hop movement are taught through choreography, technique and freestyle. Grooving, pop and lock, krumping and street jazz movements are introduced in this positive and fun class.

City Centre Community Centre - MacNeill Secondary School

Jan 16-Mar 5 M 5:30-6:30pm \$54.40/8 sess 194905
 Apr 16-May 28 M 5:30-6:30pm \$47.60/7 sess 194906

Hamilton Community Centre

Jan 19-Mar 8 Th 6:30-7:30pm \$54.40/8 sess 195442
 Apr 19-Jun 7 Th 6:30-7:30pm \$54.40/8 sess 200345

DANCE - LATIN FUNK™ - BEGINNER

An original high-energy dance fitness class that incorporates a mix of seven Latin dance styles - Merengue, Salsa, Mambo, Cumbia, Cha Cha, Reggaeton and Rumba - all with a splash of Hip Hop, Afro Funk and Jazz. No partner required.

West Richmond Community Centre

Jan 12-Mar 15 Th 5:50-6:50pm \$65/10 sess 209995
 Jan 14-Mar 17 Sa 10:15-11:15am \$65/10 sess 209996
 Apr 12-Jun 14 Th 5:50-6:50pm \$65/10 sess 210000
 Apr 14-Jun 16 Sa 10:15-11:15am \$65/10 sess 210001

DANCE - LATIN FUNK - ADVANCED

A partner is not necessary for this advanced class but previous Latin Funk™ experience is required.

West Richmond Community Centre

Jan 12-Mar 15 Th 6:55-7:55pm \$65/10 sess 209997
 Apr 12-Jun 14 Th 6:55-7:55pm \$65/10 sess 210002

**Find more Dance - Latin Funk
on page 71**

NEW DANCE - MODERN LINE DANCE - BEGINNER/INTERMEDIATE

This unique form of exercise and dance incorporates easy to follow ballroom dance steps like the Waltz, Rumba, Cha Cha and Mambo all set to contemporary music. No partner required.

Cambie Community Centre

Jan 8-Mar 11 Su 10:30-11:30am \$68/10 sess 216754
 Apr 15-Jun 24 Su 10:30-11:30am \$68/10 sess 216755

DANCE - SALSA

Get fit with creative dance movements and inspirational choreography.

Hamilton Community Centre

Jan 18-Mar 7 W 7:30-8:30pm \$54.40/8 sess 195448
 Apr 18-Jun 6 W 7:30-8:30pm \$54.40/8 sess 200348

DANCE - WESTERN LINE DANCING - BEGINNER

Keep fit, meet friends and enjoy great music. No partner necessary.

South Arm Community Centre

Jan 11-Mar 14 W 7:45-8:45pm \$68/10 sess 215622
 Apr 11-Jun 13 W 7:45-8:45pm \$68/10 sess 215634

DRUMMING - AFRICAN - BEGINNER

Learn the invigorating art of hand drumming. Participants are introduced to the Djembe drum and learn various African rhythms and tunes. Suitable for all skill levels.

Cambie Community Centre

Jan 19-Mar 8 Th 7:30-8:30pm \$54.40/8 sess 207586
 Apr 19-Jun 14 Th 7:30-8:30pm \$61.20/9 sess 213203

Steveston Community Centre - Japanese Canadian Cultural Centre

Jan 9-Feb 13 M 6:15-7:15pm \$40.80 sess 189189
 Apr 16-May 14 M 6:15-7:15pm \$34/5 sess 190174

GUITAR - LEVEL 1

Learn and practice playing the guitar in this group environment. Participants can also work together on a musical ensemble for performance purposes. Students must bring a guitar to class.

West Richmond Community Centre

Jan 17-Mar 6 Tu 6:00-7:00pm \$54.40/8 sess 207753
 Apr 3-Jun 19 Tu 6:00-7:00pm \$81.60/12 sess 211953

GUITAR - LEVEL 2

This group class is for students that have some guitar playing experience and want further chord development and tablature knowledge. Participants must bring a guitar to class.

West Richmond Community Centre

Jan 17-Mar 6 Tu 7:00-8:00pm \$54.40/8 sess 207767
 Apr 3-Jun 19 Tu 7:00-8:00pm \$81.60/12 sess 212001

GUITAR - THEORY AND PRACTICE

This class focuses on guitar theory including chord progressions, major and minor keys and lead scales with ongoing practice and review of open and moveable chords, group playing and the pentatonic scales. A component of simple songwriting is introduced. Prerequisite - Guitar - Levels 1 and/or 2.

West Richmond Community Centre

Jan 18-Mar 7 W 5:30-6:30pm \$54.40/8 sess 207774
 Apr 4-Jun 20 W 5:30-6:30pm \$81.60/12 sess 212004

Adult (18+ years)

Arts - Visual

ARTS - CHINESE BRUSH PAINTING - BEGINNER

Explore this ancient art and create beautiful pieces. Practice basic art techniques and experiment through various exercises. Additional supplies may be required.

Cambie Community Centre

Jan 14-Mar 10Sa 10:30am-12:00pm..... \$121.50/9 sess 207503
Apr 14-Jun 16Sa 10:30am-12:00pm..... \$121.50/9 sess 189735

ARTS - CHINESE BRUSH PAINTING - INTERMEDIATE

Build on the basics and further explore this ancient art. Get inspired to create!

Cambie Community Centre

Jan 14-Mar 10Sa 12:30-2:00pm..... \$121.50/9 sess 207559
Apr 14-Jun 16Sa 12:30-2:00pm..... \$121.50/9 sess 189739

ARTS - JEWELLERY MAKING

Funky jewellery is created using wire, beads and mixed media. Price includes all supplies.

Cambie Community Centre

Apr 11-May 9W 3:30-5:00pm \$75/5 sess 189803

ARTS - SHADOWBOXING

Learn this unique and beautiful art form that showcases a special person or tells a memorable story of time or place with precious keepsakes. Price includes instruction only. Shadowbox materials extra.

Steveston Community Centre

Feb 6-Feb 13M 7:00-8:30am \$20.40/2 sess 200651
Apr 30-May 7M 7:00-8:30pm \$20.40/2 sess 200701

Computers

Computer - Private Lessons

- Thirty minute (30) private lessons offered.
- Individually designed for each student from beginner to advance.
- Participants may bring own laptop or use one provided by the centre.
- For a full list of all lesson days and times available, visit www.richmond.ca/register using Advanced Search, choose West Richmond Community Centre and the key word Computer.

| Location | Days and Times | Date | Price |
|--|----------------|---------------|-------------|
| West Richmond Community Centre 18+yrs | W 2:20-3:05pm | Jan 18-Feb 15 | \$30/1 sess |
| | F 2:20-3:05pm | Jan 20-Feb 17 | \$30/1 sess |
| | W 2:20-3:05pm | Apr 11-May 9 | \$30/1 sess |
| | F 2:20-3:05pm | Apr 13-May 11 | \$30/1 sess |



Environmental Sustainability

FREE 12TH ANNUAL ISLAND CITY, BY BIKE TOUR

Join this guided tour of Richmond's on and off street bike routes. Choose from a short ride of 8-10 km (for 8+yrs) or a longer route of 20-25 km (for 10+yrs). Pre-ride safety check included with refreshments and raffle prizes. Registration required.

Steveston Community Centre 8+yrs
 Jun 10 Su 9:30am-3:00pm 216507

FREE BACKYARD AND BALCONY/PATIO COMPOSTING

Whether a novice or an experienced compost creator, come learn how to effectively convert food and yard waste into an organic soil conditioner. Draw prize: Backyard compost bin. Registration required.

Sea Island Community Centre 16+yrs
 May 5 Sa 1:00-2:30pm 216501
 Steveston Community Centre 16+yrs
 Apr 15 Su 10:00-11:30am 216451
 Terra Nova Rural Park 16+yrs
 Mar 24 Sa 1:00-2:30pm 209352
 Thompson Community Centre 16+yrs
 Jan 18 W 7:00-8:30pm 213553
 West Richmond Community Centre 16+yrs
 Jun 24 Su 10:00am-12:00pm 214620

FREE/NEW BACKYARD BOUNTY: ORGANIC HARVEST YEAR ROUND

Grow delicious fruits and vegetables with a minimal amount of work. Topics covered include soil preparation, composting, planting schedules and methods, cold protection and weed and pest control. Registration required.

Richmond City Hall 16+yrs
 Apr 21 Sa 9:30am-4:30pm 216659

FREE/NEW GARDEN BUGS: THE GOOD, THE BAD AND THE BEAUTIFUL

Identify common pests and the many insects that control them, learn how to control troublemakers (without pesticides), protect pollinators and attract more beneficial insects to gardens. Prize draw: Natural Insect, Weed and Disease Control book. Registration required.

South Arm Community Centre 16+yrs
 Jun 2 Sa 11:00am-12:30pm 217355

FREE/NEW ECO-CLEANING

Learn how to make homemade household cleaners that work well, save money and are less harmful to humans and the environment. An overview on recycling and how to safely dispose of toxic household items is included. Draw prizes. Registration required.

Richmond City Hall 16+yrs
 Apr 14 Sa 10:00am-12:00pm 214499

FREE/NEW ECOLOGICAL GARDENING

Take the 'work' out of yard work by learning how to garden in partnership with nature using ecologically friendly methods. Draw prize: Guerrilla Gardening book. Registration required.

Richmond City Hall 16+yrs
 Mar 31 Sa 1:00-2:30pm 214406

FREE EDIBLE WILD

Discover the wild hidden edible gems in Terra Nova Rural Park. Walk the grounds with Chef Ian Lai, harvesting shoots and learning ways to add them to spring-based menus. Rain or shine. Registration required.

Terra Nova Rural Park 16+yrs
 Mar 24 Sa 10:00am-12:00pm 209351



Adult (18+ years)

FREE/NEW GARDEN DESIGN

Great gardens don't just happen; they're designed that way. Learn about the history and methods of what makes a good garden design. Draw prize: Guerrilla Gardening book. Registration required.

Richmond City Hall 16+yrs
Mar 31Sa 10:00am-12:00pm..... 214411

FREE GARDENING WITH NATIVE PLANTS

Native plants come in all shapes, sizes and colours and can be great, low maintenance ways to improve a garden. Learn which species work best in shade, full sun and which grow delicious berries or provide green even in the dead of winter. Registration required.

Steveston Community Centre 16+yrs
Apr 15Su 1:00-3:00pm 216455

NEW GEOLOGY TALKS

These Geologist-led talks are a great chance to learn about local geology.

SEA TO SKY

Richmond City Hall
Feb 23Th 7:00-8:30pm\$6/1 sess.....216802

VANCOUVER'S GEOLOGY

Richmond City Hall
Jan 26Th 7:00am-8:30pm\$6/1 sess.....216852

GULF ISLANDS

Richmond City Hall
Mar 29Th 7:00-8:30pm\$6/1 sess.....216853

FREE GROWING, DRYING AND USING HERBS

Chef Ian Lai shows participants how to use fresh and dried herbs to maximize the flavour of food. Techniques on how to successfully grow and dry herbs are also covered. Draw prizes. Registration required.

Sea Island Community Centre 16+yrs
May 5Sa 10:00am-12:00pm 216151

FREE/NEW HEALTHY LAWNS: WORK LESS AND ENJOY MORE

Common lawn care methods can increase weed problems. Learn how to grow a healthy lawn, conserve water and prevent weed infestations - the easy way. Each attendee receives a free rain gauge. Draw prize: A rain barrel. Registration required.

South Arm Community Centre 16+yrs
Jun 2Sa 9:00-10:00am 217353

FREE INVASIVE PLANTS AND THE ECOSYSTEM

Invasive plants, such as English Ivy and Lamium, are species that are not native to this region and tend to grow rapidly, spreading quickly through vines, seeds or roots growing almost anywhere. Come learn why invasive plants are a problem and how to stop and dispose of them properly. Draw prizes. Registration required.

Minoru Place Activity Centre 16+yrs
Apr 22Su 1:00-3:00pm 209451

FREE ORGANIC FOOD GARDENING

Learn how to select a site and choose the right types of vegetables for a garden. The importance of organic fertilizers and how to manage heavy clay soils are also covered. Draw prizes. Registration required.

Richmond Nature Park 16+yrs
Apr 1Su 10:00am-12:00pm 212956

FREE ORGANIC SPRING VEGETABLE GARDENING

Spinach, lettuce and arugula thrive in the cool spring weather. Learn how to start these plants as well as sorrel, rhubarb and asparagus and ensure a continuous harvest all season long. Chef Ian Lai teaches how to cook these vegetables. Draw prizes. Registration required.

Richmond Nature Park 16+yrs
Apr 1Su 1:00-3:00pm 214497

FREE PAPER AND CARD MAKING

Build a screen to make handmade paper that is then turned into a unique holiday card. Recycling and holiday green tips are also covered. Bring a wire coat hanger and old nylons if possible. Draw prizes. Registration required.

Thompson Community Centre 16+yrs
Jun 9Sa 1:00-3:00pm 213601

FREE PEST MANAGEMENT FOR SMALL FRUITS

Learn to identify the major insect, mite and disease pests of the small fruits commonly grown in Richmond yards such as strawberries, blueberries, grapes and cane fruit. The various tools and methods to manage these pests and weeds are discussed. Draw prize: Magnifying glass. Registration required.

Hamilton Community Centre 16+yrs
Mar 25Su 9:30am-12:00pm 209910

FREE PEST MANAGEMENT FOR TREE FRUITS

Learn to identify the major insect, mite and disease pests of the tree fruit and nuts commonly grown in Richmond yards such as apples, pears, plums, filberts and figs. The various tools and methods to manage these pests and weeds are discussed. Registration required.

Hamilton Community Centre 16+yrs
Mar 25Su 1:00-3:30pm 209914

FREE PESTICIDE FREE GARDENING IN ENGLISH AND CHINESE

Learn the basics of natural lawn and garden care, how to support and enhance the natural processes essential to plant and soil health and how to efficiently use non-toxic controls for common insects, weeds and diseases. Practical ideas for low maintenance landscaping and alternatives to turf lawns are also covered. Draw prize: Natural Insect, Weed and Disease Control book. Registration required.

Richmond City Hall 16+yrs
Jun 6W 6:00-9:00pm 214493

FREE/NEW SECOND HAND TO FIRST RATE

Make second hand items into amazing treasures. Learn party ideas, how to make great kids and decorating items, and tricks and tips to dress from head to toe all for under \$30. Draw prizes. Registration required.

Richmond City Hall 16+yrs
Apr 14Sa 1:00-3:00pm 214491

FREE SEED STARTING

Learn the basics on how to prepare soil and start seeds. Participants learn how to create paper pots and germinate seeds. Draw prizes. Registration required.

Cambie Community Centre 16+yrs
Mar 7W 6:30-8:30pm 215777

FREE WATERWISE GARDENING AND MULCHING

Find out how to reduce water use and still have a great looking garden. Proper watering techniques, mulching and native plant use are taught. Rain or shine. Registration required.

Terra Nova Rural Park 16+yrs
Jun 9Sa 10:00-11:30am 209401

FREE/NEW WINTER GARDENS: HARVEST YEAR ROUND

Planting starts early June to ensure a variety of fresh vegetables are ready for harvest all winter long. Learn what to grow, when to grow it and where to plant it. Draw prize: Backyard Bounty book. Registration required.

South Arm Community Centre 16+yrs
Jun 2Sa 1:30-3:30pm 217356

Enjoy these programs at the newly opened Richmond's Rooftop Garden, located at the Cultural Centre. Presenting sponsor Canadian Western Bank.

FREE/NEW BALCONY FARMING

Limited space? No problem. Discover how a few simple items and techniques, sun and water can turn balconies into mini-farms! Draw prize: Urban Agriculture book. Registration required.

Richmond Arts Centre 16+yrs
Jun 3Su 10:30am-12:00pm 211351

FREE/NEW EDIBLE LANDSCAPING

Join the trend of creating food-based gardens. Learn which edible herbs, shrubs and trees not only look good but also taste great! Draw prize: Guerrilla Gardening book. Registration required.

Richmond Arts Centre 16+yrs
Jun 3Su 1:00-3:00pm 211352

FREE TIME SAVING WATERING

Rain barrels, soaker hoses and timers can save gardeners lots of time and boredom! Come learn all about them and find out how to create a garden irrigation system. Rain or shine. Draw prize: Watering timer. Registration required.

Richmond Arts Centre 16+yrs
May 2W 7:00-8:30pm 211353

Adult (18+ years)

First Aid

CHILDCARE EMERGENCY FIRST AID AND CPR B

This course is geared towards individuals who care for babies or children at home. The course content includes CPR, the prevention and response to cardiovascular emergencies for adults, children and babies, plus choking, airway and breathing emergencies.

Thompson Community Centre

| | | | | |
|--------|---------|---------------|------------------|-------------|
| Jan 21 |Sa | 9:00am-5:00pm |\$89/1 sess |194346 |
| Mar 3 |Sa | 9:00am-5:00pm |\$89/1 sess |194347 |
| May 19 |Sa | 9:00am-5:00pm |\$89/1 sess |190067 |

CPR C AND AED

This course covers the lifesaving skills needed to perform procedures on babies, children and adults. Subjects covered include choking, breathing, cardiac arrest and two-person CPR procedures with an automatic defibrillator.

Minoru Place Activity Centre

| | | | | |
|---------------|----------|-------------|------------------|-------------|
| Jan 16-Jan 18 |M/W | 5:00-9:00pm |\$95/2 sess |215204 |
| Feb 20-Feb 22 |M/W | 5:00-9:00pm |\$95/2 sess |215205 |
| Mar 19-Mar 21 |M/W | 5:00-9:00pm |\$95/2 sess |215206 |
| Apr 16-Apr 18 |M/W | 5:00-9:00pm |\$95/2 sess |215219 |
| May 14-May 16 |M/W | 5:00-9:00pm |\$95/2 sess |215220 |

CPR C AND AED RECERTIFICATION

Minoru Place Activity Centre

| | | | | |
|--------|--------|-------------|------------------|-------------|
| Jan 18 |W | 6:00-9:00pm |\$50/1 sess |215201 |
| Feb 22 |W | 6:00-9:00pm |\$50/1 sess |215202 |
| Mar 21 |W | 6:00-9:00pm |\$50/1 sess |215203 |
| Apr 18 |W | 6:00-9:00pm |\$50/1 sess |215221 |
| May 16 |W | 6:00-9:00pm |\$50/1 sess |215222 |

Thompson Community Centre

| | | | | |
|--------|---------|----------------|---------------------|-------------|
| Feb 25 |Sa | 9:00am-12:00pm |\$49.80/1 sess |215908 |
| Jun 2 |Sa | 9:00am-12:00pm |\$49.80/1 sess |215912 |

EMERGENCY FIRST AID, CPR C AND AED

Basic First Aid and CPR techniques are taught in this interactive course. Key principles and emergency systems are also covered.

Minoru Place Activity Centre

| | | | | |
|---------------|----------|-------------|------------------|-------------|
| Jan 16-Jan 18 |M/W | 5:00-9:00pm |\$95/2 sess |215207 |
| Feb 20-Feb 22 |M/W | 5:00-9:00pm |\$95/2 sess |215208 |
| Mar 19-Mar 21 |M/W | 5:00-9:00pm |\$95/2 sess |215209 |
| Apr 16-Apr 18 |M/W | 5:00-9:00pm |\$95/2 sess |215223 |
| May 14-May 16 |M/W | 5:00-9:00pm |\$95/2 sess |215224 |

Thompson Community Centre

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|--------|---------|---------------|---------------------|-------------|
| Feb 11 |Sa | 9:00am-5:00pm |\$94.60/1 sess |215907 |
| Apr 21 |Sa | 9:00am-5:00pm |\$94.60/1 sess |215958 |

EMERGENCY FIRST AID, CPR C AND AED RECERTIFICATION

Basic First Aid and CPR techniques are taught in this interactive course. Key principles and emergency systems are also covered.

Minoru Place Activity Centre

| | | | | |
|--------|--------|-------------|------------------|-------------|
| Jan 18 |W | 5:00-9:00pm |\$65/1 sess |215210 |
| Feb 22 |W | 5:00-9:00pm |\$65/1 sess |215211 |
| Mar 21 |W | 5:00-9:00pm |\$65/1 sess |215212 |
| Apr 18 |W | 5:00-9:00pm |\$65/1 sess |215227 |
| May 16 |W | 5:00-9:00pm |\$65/1 sess |215228 |

Thompson Community Centre

| | | | | |
|--------|---------|---------------|---------------------|-------------|
| Jun 16 |Sa | 9:00am-2:00pm |\$72.20/1 sess |215985 |
|--------|---------|---------------|---------------------|-------------|

STANDARD FIRST AID, CPR C AND AED

This course covers the lifesaving skills needed to perform procedures on babies, children and adults. Subjects covered include choking, breathing, cardiac arrest and two-person CPR procedures with an automatic defibrillator.

Minoru Place Activity Centre

| | | | | |
|---------------|----------|-------------|-------------------|-------------|
| Jan 16-Jan 25 |M/W | 5:00-9:00pm |\$155/4 sess |215213 |
| Feb 20-Feb 29 |M/W | 5:00-9:00pm |\$155/4 sess |215214 |
| Mar 19-Mar 28 |M/W | 5:00-9:00pm |\$155/4 sess |215215 |
| Apr 16-Apr 25 |M/W | 5:00-9:00pm |\$155/4 sess |215229 |

Thompson Community Centre

| | | | | |
|---------------|------------|---------------|----------------------|-------------|
| Jan 7-Jan 8 |Sa-Su | 9:00am-5:00pm |\$156.20/2 sess |215901 |
| Mar 24-Mar 25 |Sa-Su | 9:00am-5:00pm |\$156.20/2 sess |215957 |
| Jun 9-Jun 10 |Sa-Su | 9:00am-5:00pm |\$156.20/2 sess |215962 |

STANDARD FIRST AID, CPR C AND AED RECERTIFICATION

This course is designed for professionals with current Standard First Aid (taken within the past two years). Participants also learn how to use an automatic defibrillator.

Minoru Place Activity Centre

| | | | | |
|---------------|----------|-------------|------------------|--------------------|
| Jan 23-Jan 25 | M/W | 5:00-9:00pm |\$80/2 sess |Feb 27-Feb 29 |
| | M/W | 5:00-9:00pm |\$80/2 sess |215217 |
| Mar 26-Mar 28 |M/W | 5:00-9:00pm |\$80/2 sess |215218 |
| Apr 23-Apr 25 |M/W | 5:00-9:00pm |\$80/2 sess |215231 |

General Interest

BICYCLE MAINTENANCE - BASICS

The basics of how to keep a bicycle running at its best are taught in this hands-on clinic. Learn how to perform simple, yet important and necessary services such as changing a flat tire, lubrication, brake and shifter adjustments. A shared repair stand and bike tool kit is available to use during class.

NEW Hamilton Community Centre
 Jun 2Sa 10:00am-4:00pm \$49.10/1 sess 203451
 Thompson Community Centre
 May 5Sa 10:00am-4:00pm \$49.10/1 sess 190004

BICYCLE MAINTENANCE - ADVANCED 2

With a maximum class size of only six, receive plenty of personalized instruction. Working with a partner, advanced service operations are performed such as: front wheel baring/hub overhaul, shifter cable replacement, routing and adjustment, wheel truing (removing small wobbles). A shared repair stand and bike tool kit is available to use during class.

Thompson Community Centre
 May 12Sa 9:30am-4:00pm \$66.95/1 sess 190001

NEW BICYCLE MAINTENANCE - ADVANCED 3

In this instructor led and small sized class, learn how to service, replace and route brakes and shifter cables and adjust brakes and derailleurs. A shared repair stand and bike tool kit is available to use during class.

Steveston Community Centre
 May 12Sa 9:30am-4:00pm \$66.95/1 sess 216508

BICYCLE MAINTENANCE - LUBRICATION AND CHAIN

Bring a functioning bike to this hands-on module and learn how to clean, lubricate and maintain a bike chain before it wears out a much more expensive part of the drive train. Also learn how to clean, lubricate and adjust the derailleurs.

Thompson Community Centre
 Jun 7Th 6:00-9:00pm \$34.80/1 sess 214155

NEW BICYCLE MAINTENANCE SAFETY - INSPECTION

Learn how to fix a flat tire and ensure that all bike components are safe. Bring a functioning bike and learn how to remove and reinstall the wheels and perform a 20 point safety inspection.

Steveston Community Centre
 Jun 6W 6:00-9:00pm \$30.35/1 sess 216510

NEW COOKING AT HAMILTON

Chop, whip and stir! These cooking classes cover a wide range of culinary topics. Call 604-718-8055 for specific class details. Price includes all supplies.

Hamilton Community Centre
 Jan 23M 6:30-8:30pm \$13.60/1 sess 196201
 Feb 13M 6:30-8:30pm \$13.60/1 sess 196202
 Mar 5M 6:30-8:30pm \$13.60/1 sess 196203
 Apr 23M 6:30-8:30pm \$13.60/1 sess 200332
 May 28M 6:30-8:30pm \$13.60/1 sess 200333
 Jun 18M 6:30-8:30pm \$13.60/1 sess 200334

NEW COOKING - INDIAN

Indian food can be low fat and delicious. Come watch demonstrations and learn the simple secrets of preparing Chicken Curry and Butter Chicken, traditional Indian dishes. A fabulous lunch is included.

Thompson Community Centre
 Jan 28Sa 10:00am-2:00pm \$20/1 sess 214344

COOKING - SUSHI MAKING WORKSHOP

Make delicious sushi in this beginner hands-on workshop that is followed by a meal consisting of all items created.

Thompson Community Centre
 Feb 21Tu 6:00-8:00pm \$20/1 sess 214342

FRIDAY NIGHT SOCIAL

This program offers social outings and sports designed for high functioning, cognitively-impaired adults.

South Arm Community Centre
 Jan 13-Feb 10F 6:30-9:00pm \$50/5 sess 215651
 Feb 17-Mar 16F 6:30-9:00pm \$50/5 sess 215652
 Apr 13-May 11F 6:30-9:00pm \$50/5 sess 215661
 May 25-Jun 22F 6:30-9:00pm \$50/5 sess 215662

HANDMADE GREETING CARDS

Relief painting, watercolour and folding are just a few of the techniques covered in this fun workshop for all skill levels. Price includes all supplies to make a collection of greeting cards.

Thompson Community Centre
 Apr 28Sa 1:00-4:00pm \$30/1 sess 214271

Adult (18+ years)

HOMEMADE PET CARE PRODUCTS

Discover the simplicity and affordability in creating homemade pet care treatments. Learn to make herbal shampoo, deodorizing soap, powder, tooth polish and an aloe ear cleanser. Deodorizing spray, flea collars and healthy baked snack recipes are included. Price includes all supplies.

Sea Island Community Centre

May 7 M 7:00-9:00pm \$40/1 sess 216506

MIXED MEDIA COLLAGE CARDS

Fun and inspiring, personal collage cards need only a bit of creativity and imagination. Learn to combine paint and paper along with other media and mediums, photo transfers and text. Experienced and beginner artists welcome. Price includes instructions, supplies and card samples

Thompson Community Centre

Mar 24 Sa 1:00-4:00pm \$30/1 sess 214254

NATURAL SKIN AND HAIR CARE

Improve the look of skin and hair naturally with a balancing body lotion, herbal shampoo, citrus hair spray and moisture lip balm created in this class. Recipes on hair rinses, detanglers, conditioners, dandruff control treatment and deep conditioner are included. Price includes all supplies.

Sea Island Community Centre

Mar 5 M 6:30-9:30pm \$50/1 sess 215653



NEW SCRAPBOOKING AND CARDMAKING

Learn to create unique and stunning cards for friends and family and a scrapbook layout that proudly showcases photos to preserve memories for a lifetime. Price includes all materials.

Hamilton Community Centre

Jan 29 Su 10:00am-2:00pm \$18/1 sess 195474

Feb 26 Su 10:00am-2:00pm \$18/1 sess 195475

Mar 25 Su 10:00am-2:00pm \$18/1 sess 195476

Apr 29 Su 10:00am-2:00pm \$18/1 sess 200370

May 27 Su 10:00am-2:00pm \$18/1 sess 200371

Jun 24 Su 10:00am-2:00pm \$18/1 sess 200372

SEWING - BEGINNERS AND BEYOND

Beginners learn the basics through ongoing projects. Intermediate-level sewers build on the skills learned in past classes. This is a project-oriented class so bring ideas.

Sea Island Community Centre

Jan 12-Feb 23 Th 6:00-8:00pm \$95.20/7 sess 215674

Apr 12-May 24 Th 6:00-8:00pm \$95.20/7 sess 215727

SEWING - WORKSHOP

Complete unfinished sewing projects with a qualified instructor on hand.

Sea Island Community Centre

Mar 1 Th 6:00-8:00pm \$13.60/1 sess 215687

Mar 8 Th 6:00-8:00pm \$13.60/1 sess 215688

May 31 Th 6:00-8:00pm \$13.60/1 sess 215698

Jun 7 Th 6:00-8:00pm \$13.60/1 sess 215699

Jun 14 Th 6:00-8:00pm \$13.60/1 sess 215724

STEVESTON JAPANESE LANGUAGE SCHOOL

Call 604-274-4374 or visit www.sjls.ca for more information and to register.

Steveston Community Centre - Japanese Canadian Cultural Centre

Sep 20-May 24 Tu/Th 7:00-8:50pm

HAMILTON WORKSHOPS

These monthly workshops are specifically designed for adults. For topic information and for April and May dates call 604-718-8055.

Hamilton Community Centre

NUTRITION 101

Jan 17 Tu 6:30-8:30pm \$12/1 sess 195496

LIFE SAVING SELF DEFENSE FOR WOMEN

Feb 21-Feb 28 Tu 7:00-8:15pm \$30/2 sess 195495

1 HOUR ABS

Mar 6 Tu 6:30-7:30pm \$6.50/1 sess 200802

Health & Fitness

| Community Centre | Fitness Coordinator/Staff | Phone |
|--------------------|----------------------------|--------------|
| Cambie..... | Jaimee Stokes Nelson | 604-233-8380 |
| Hamilton..... | Alisa/Krista | 604-718-8055 |
| South Arm..... | Sharon Taylor | 604-718-8488 |
| Steveston | Donna Bishop | 604-238-8097 |
| Thompson..... | Andy Nicol | 604-238-8434 |
| Watermania..... | Carol Lepine..... | 604-448-5358 |
| West Richmond..... | Murray Phillips | 604-238-8411 |

FITNESS CENTRE ORIENTATION

A registered Weight Trainer teaches proper technique for equipment use and reviews Fitness Centre etiquette. Call the Community Centre of your choice to book an appointment. Drop-in fee applies.

YOUTH IN THE FITNESS CENTRES

In order to provide a safe and age appropriate program, youth aged 13 to 17 years of age, must complete a youth orientation, parental consent form and demonstrate appropriate maturity level prior to Fitness Centre access. Youth orientations can be booked by calling the centre of your choice, and need only be completed once for eligibility to exercise at all centres.

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE PAR-Q+

In order to assess an individual's risk to exercise, the completion of a Par-Q+ form is recommended prior to using fitness centre facilities, attending group exercise or aquasize classes. Forms are available at all facilities and should be renewed annually.

PERSONAL TRAINING

Session packages are developed and designed by a qualified Personal Trainer to help reach individual fitness goals safely and effectively. Call the facility of your choice to book an appointment.

| | |
|-----------------------|----------|
| 1 session..... | \$43.55 |
| 3 sessions..... | \$121.90 |
| 5 sessions..... | \$185.70 |
| 10 sessions..... | \$336.65 |
| Plus applicable taxes | |

PERSONAL TRAINING - GROUP

A qualified Personal Trainer meets and designs individual fitness program for two to three people per session. Cost is divided between clients. Sessions are one hour.

| | |
|-----------------------|----------|
| 1 session | \$65 |
| 3 sessions..... | \$182.85 |
| 5 sessions..... | \$278.60 |
| 10 sessions..... | \$490 |
| Plus applicable taxes | |



FITNESS ASSESSMENT OR BODY COMPOSITION

Fitness and lifestyle counselling, body weight, weight distribution, girth measurements and consultation are included. Appointment required. Additional fee applies. Call Cambie Community Centre (604-233-8380) or South Arm Community Centre (604-718-8488) for more information.

PERSONAL/GROUP TRAINING - PILATES REFORMER AND GYROKINESIS AT SOUTH ARM

Pilates Reformer: Concentrated training with the specialized Reformer machine in a systematic practice designed to sculpt and tone the body's core through balancing, stretching, strengthen and breathing. Sessions are 45 minutes; one-on-one only.

Gyrokinesis: Core strengthening that utilizes a mat and stool to allow for freedom of movement and openness in the joints. This exercise system is different from a Pilates mat approach with more upper body movement involved with core emphasis and breathing. Sessions are 45 minutes; one-on-one or up to four people.

| | |
|-----------------------|--------|
| 1 session | 43.55 |
| 3 sessions..... | 121.90 |
| 5 sessions..... | 185.70 |
| Plus applicable taxes | |

Adult (18+ years)

Fitness Schedules

Find class descriptions on pages 135-136

- All group exercise classes are taught by qualified instructors.
- Classes may be cancelled on statutory holidays and may vary on holiday weekends. Contact your local community centre for details.
- Unless otherwise noted, classes are suitable for all levels.
- For additional Yoga classes, see pages 144-145.
- For additional classes for those 55+ years, see page 171.
- Group Cycling classes at Steveston: Call to reserve one hour before class starts except Rise and Ride classes

Schedules subject to change

Cambie Community Centre - January 3-June 30

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------------|----------------------------------|---|--------------------------------|-----------|---|-----|-----|
| 9:15-10:15am | TBC | | Zumba™ ² | | Zumba™ ² | | |
| 11:00-12:00pm | Functional Training ¹ | | Ease Into Fitness ¹ | | Senior Strength and Stretch ¹ (ERCH) (9:45-10:30am) | | |
| 12:15-1:00pm | Abs and Back | H.I.I.T | TBC Ball | Boot Camp | Yoga | | |
| 5:30-6:30pm | Boot Camp | | Body Boost | | Boot Camp | | |
| 6:15-7:15pm | | Body Sculpt Express (MPR) (6:15-6:45pm) Abs and Back (MPR) (6:45-7:15pm) | | Yoga | | | |
| 6:30-8:00pm | | | Yoga Hatha | | | | |
| 6:45-8:15pm | Yoga Hatha | | Yoga Hatha | | | | |

Notes: MPR - Class held in the Multipurpose Room 1 | ERCH - Class held at East Richmond Community Hall located at 12360 Cambie Road

¹ Class suitable for 55+yrs

² Visit cards and senior drop-in rates not valid on Zumba™ classes; class begins Jan 11 and 13 respectively; no classes from April 1 to 24 inclusive.

Hamilton Community Centre - January 3-June 30

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------------|--------------------------|--------------------------|-------------------|--------------------------|------------------|-----|-----|
| 7:30-8:30am | Tai Chi Advanced | Tai Chi Advanced | Tai Chi Advanced | Tai Chi Advanced | Tai Chi Advanced | | |
| 8:30-9:30am | Tai Chi Beg ¹ | Tai Chi Beg ¹ | | Tai Chi Beg ¹ | | | |
| 9:00-10:00am | | | Core and Strength | | | | |
| 9:15-10:15am | Fit Start | | | | | | |
| 7:00-8:00pm | | Boot Camp | Yoga | Core and Cardio | | | |

¹ 55+yrs, facilities pass required.

For current fitness fees please visit www.richmond.ca/fitness. Find Watermania rates on page 32.

South Arm Community Centre - January 3-June 30

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------|-----------------------|--------------------------------|--------------------|--------------------------------|-------------------|------|-------------------|
| 6:15-7:00am | Boot Camp Express | Boot Camp Express | Boot Camp Express | Boot Camp Express | Boot Camp Express | | |
| 8:45-9:45am | | | | | | Step | |
| 9:00-10:00am | Hi/Low | Ball Works and Stretch | Hi/Low | Step-Mixer | Step Int/Adv | | Step Int/Adv |
| 10:15-11:15am | Ease into Fitness* | Kardio Kick Box (ends 11:30am) | Ease into Fitness* | Kardio Kick Box (ends 11:30am) | TBC | TBC | Core and Strength |
| 11:30am-12:30pm | | | | | | | Yoga |
| 12:00-1:00pm | Yoga | Yoga | Yoga | Yoga | Yoga | | |
| 3:00-4:00pm | | | | | | | |
| 5:00-6:00pm | Step Int/Adv | Step Int/Adv | Step | TBC | Kardio Kick Box | | |
| 6:15-7:10pm | TBC | Core and Strength | Kardio Kick Box | Step | | | |
| 7:20-8:20pm | Strength and Stretch* | Step | | Strength and Stretch* | | | |

*Suitable for 55+ yrs and Beginners To Fitness Grey - childminding

Steveston Community Centre - January 3-June 30

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------|-----------------------------|---------------------|-----------------------|-----------|-----------------------------------|--------|------------|
| 9:15-10:15am | | | | | Boot Camp | | Yoga-Hatha |
| 9:15-10:15am | Step and Strength Intervals | TBC | | TBC | FREE Run Club 9-15-10:30am | Hi/Low | |
| 9:30-10:30 am | Yoga-All Levels | | | | | | |
| 10:30-11:30am | Ease into Fitness* | TBC for Boomers** | Strength and Stretch* | | Ease into Fitness* | | |
| 11:00am-12:00pm | | Yoga-Int* | | Yoga-Beg* | | | |
| 11:45am-12:45pm | | | Yoga-Beg | | | | |
| 6:00-7:00pm | | Ball and Body Works | | TBC | | | |
| 7:10-8:10pm | TBC - Step and Strength Int | | | | | | |

*Suitable for beginners and 55+yrs- ** Suitable for 45-65yrs Shaded area: Childminding 9:00-11:30am, Tu, Th, F, ages 4mos-5yrs

Steveston Community Centre - Indoor Group Cycling Schedule - January 3-June 30

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------------|---------------|-------------|---------------|------------------------|---------------|---------------|-------------|
| 6:30-7:15am | Rise and Ride | | Rise and Ride | | Rise and Ride | | |
| 6:45-7:30am | | | | | | | |
| 8:15-9:00am | | | | | | Rise and Ride | |
| 9:15-10:00am | Power Pedal | | Power Pedal | | Power Pedal | | |
| 10:00-10:45am | | | | | | | Power Pedal |
| 10:30-11:30am | | | | Gentle Cycle and Core* | | | |
| 5:30-6:30pm | | | Power Pedal | | | | |
| 6:00-6:45pm | | Power Pedal | | | | | |

*Suitable for beginners and 55+yrs

For current fitness fees please visit www.richmond.ca/fitness. Find Watermania rates on page 32.

Adult (18+ years)



Thompson Community Centre - January 3-June 30

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------------|------------------|-----------------------------|------------------|-------------------|--------------|-----|-----|
| 8:45-9:45am | | | | | | TBC | |
| 9:15-10:15am | Hi/Low | Step | Hi/Low | Step | Ball Workout | | |
| 10:30-11:30am | | Ease Into Fitness | | Ease Into Fitness | | | |
| 12:00-1:00pm | | | | | | | |
| 5:20-6:20pm | Outdoor Workout* | | Outdoor Workout* | | | | |
| 5:30-6:30pm | | NEW Functionally Fit | | | | | |
| 6:00-7:30pm | Run Club | | Run Club | | | | |
| 6:15-7:30pm | Yoga-Beg | | | Yoga-Beg | | | |
| 6:45-7:45pm | | NEW Core and Cardio | | | | | |
| 7:45-9:00pm | Yoga-Int | | | Yoga-Int | | | |

For Childminding enquiries call 604-238-8422. *Beginning Jan. these classes will be held at Thompson Community Centre.

Watermania - January 3-June 30

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------------|------|-----|------|-----|---|-----|-----|
| 9:15-10:15am | Yoga | | TBC | | Core Strength and Stretch (9:15-10:30 am) | | |
| 7:30-8:30pm | | | Yoga | | | | |

West Richmond Community Centre - January 3-June 30

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------|-----------------|-----------------------------|-------------------------|-------------|-------------------------------|------------------------------|---------------------|
| 9:15-10:30am | Kardio Kick Box | Body Sculpt | Step Int/Adv | Body Sculpt | Hi/Low | Step Int/Adv (9:10-10:10 am) | |
| 10:15-11:15am | | | | | | | TBC (10:10-11:10am) |
| 10:30-11:30am | | Low Impact (10:45-11:45am)* | | Body Sculpt | Low Impact (11:00am-12:00pm)* | | |
| 11:30am-12:30pm | | | | | | Yoga - 55+ | |
| 12:45-1:45pm | | | Strength Training - 55+ | | Strength Training - 55+ | | |

*Suitable for 55+ yrs • Shaded area: Childminding available for \$4 and \$2 per sibling.

For current fitness fees please visit www.richmond.ca/fitness. Find Watermania rates on page 32.

FITNESS CLASS DESCRIPTIONS

For more detailed class information, please visit your local community centre.

Abs and Backs: Want to enjoy better posture and prevent injuries? Build stronger back, core and abdominal muscles to develop personal power.

Ball Workout: Effectively and safely, use the exercise ball to condition core muscles. Improve balance, posture, strength and flexibility for all-round results.

Ball Works and Stretch: Focus on core muscles using the exercise ball along with other resistance equipment. Followed by a stretch component to relieve tension and relax.

Body Boost: Need a lift? Improve cardio, strength, endurance and core strength. Practice interval training to achieve an overall fit feeling.

Body Blast Ball Workout: Develop core strength and increase cardio using the exercise ball and other equipment. Get a good overall workout. (45 min).

Body Sculpt: Enjoy a total body-conditioning workout using resistance devices. No cardio.

Boot Camp: Get fit faster! Practice drills, circuits and interval training using a variety of resistance and balance equipment. Boot Camp Express is 45 minutes.

Core and Cardio: Achieve results with this total-body workout. Focus on core conditioning and cardio using a variety of resistance and balance equipment.

Core and Strength: Feel firm, fit and fabulous after this total-body workout. Focus on core conditioning and athletic cardio using a variety of equipment such as exercise balls, weights and tubes.

Core Strength and Stretch: More power, more peace. Develop core strength and build stability. Class ends with a long, yoga-inspired stretch component.

Ease into Fitness: New to fitness? Accomplish achievable goals to enjoy a healthier body. Increase cardio, muscular endurance and flexibility. Suitable for ages 55+.

Fitness Basics: Learn the essentials of fitness fun! Exercise doesn't have to be a chore. Get active together in this easy, low-pressure environment.

Fit Start: An all round low-impact workout that lets you choose just how hard you work. Ideal for those new to fitness, those returning to exercise or active adults who want the benefits of improved cardio fitness, strength and flexibility.

Functional Training: Practice a variety of exercises and activities to increase strength, flexibility, coordination and balance. Weight-training component included.

Gentle Cycle and Core: Sweat, spin and shape! Get started with a beginner-level spinning workout. Some core toning work on the exercise ball or mat included.

Hi/Low: Increase cardiovascular conditioning using challenging high- and low-impact cardio patterns.

H.I.I.T.: Leave 60 minute cardio sessions behind and switch to H.I.I.T.! High intensity interval training has been shown to increase resting metabolic rates for up to 24 hours after a workout. In just 30 minutes, burn fat and challenge your body like never before! This class is not for beginners. A moderate to advanced level of cardiovascular fitness is required.

Kardio Kick Box: Incorporate boxing techniques, punches and kicks! This intense class combines cardio drills (may include step) and strength components. Not recommended for beginners.

Low Impact: Enjoy sensible fitness with less stress to the joints. Plus, get a great cardio workout!

Outdoor Workout: Fitness happens outside! Practice cardiovascular, flexibility and strength-training exercises in the fresh air. May include some running.

Power Pedal: Want an intense workout? Conquer challenging cycling routines - athletic and rhythmic drills, climbing hills and speed intervals.

Rise and Ride: Feel alive with this 45-minute wake-up class! Cycle hard, while practicing athletic and rhythmic drills, climbing hills and speed intervals. Sign up in-person only.

Run Club: All levels welcome! Learn proper running and stretching techniques. Discover training programs that work.

Step: Get up, get down. Learn easy-to-follow step patterns for an effective cardio workout followed by a stretch component.

Step-Int/Adv: Learn more challenging step patterns in this greater intensity class. Enjoy daring routines set to high energy music.

Step and Strength Intervals: Want a fun, high-energy workout? This aerobic class includes step choreography and resistance training intervals.

Step-Mixer: Similar to Step, learn easy-to-follow step patterns for an effective cardio workout. Also includes stretch and strength-training components with dumbbells and/or tubing.

Strength and Stretch: Pick up some light weights and resistance bands for upper- and lower-body strength training followed by a full-body stretch. Some cardio, balance and agility intervals may be included.

Seniors Strength Training: This training focuses on strength, balance, flexibility and dexterity and is suitable for people with a range of chronic conditions including cardiac, respiratory and mobility challenges.

Total Body Conditioning (TBC): Use a variety of equipment, like the exercise ball, to improve endurance, strength and flexibility. All levels welcome - intensity can be adjusted.

Adult (18+ years)

Tai Chi: It may look simple, but this ancient practice requires focus and discipline. By combining a moving form of yoga and meditation, learn how to create a calmer body and mind.

TBC Ball: Experience a total body conditioning with the exercise ball and other equipment. Rejuvenate that life energy!

TBC for Boomers: A total body conditioning for ages 45-65. With interval training, increase cardio, strength, core, balance and flexibility. Make it easier to enjoy an active lifestyle.

Yoga: Learn proper yoga techniques including posture, breathing and relaxation. Feel the stress melt away.

Yoga-Beg: Explore a gentle introduction to yoga. Learn basic postures and breathing techniques. Experience a calmer, more relaxed body and mind.

Yoga-Int: Further increase flexibility and strength by practicing more challenging yoga poses. Rejuvenate the body because the benefits are so worthwhile.

Yoga Hatha: Practice a gentle form of yoga. Increase flexibility, strength and body awareness while promoting relaxation and stress reduction.

Zumba™: Groove to hypnotic Latin rhythms! Easy-to-follow

Find Aquasize classes on page 35

Fitness Special Event Fundraisers

SALSA FOR SOCKS FUNDRAISER

This fun, free and fitness-oriented fundraiser includes an hour of Salsa fitness followed with a great yoga stretch. Bring new socks or money to donate and come support those less fortunate in Richmond. South Arm fitness patrons have donated over 300 pairs of running shoes since October 2010. Let's fill those shoes with socks!

South Arm Community Centre

Jan 7 Sa 9:00-10:30am Donation 209252

HEART AND STROKE FUNDRAISER

This fundraising class includes trends from Zumba, Kardio Kick Boxing, Latin Funk, Hi/Lo and Core Conditioning and finishes with a 30 minute yoga stretch. Suited for all fitness levels. Come out and support the BC and Yukon Heart and Stroke Foundation. South Arm Community Centre's goal for 2012 is \$1,500. Registration recommended.

South Arm Community Centre

Feb 18 Sa 9:00-11:00am Suggested donation \$10 207735

CANCER FUNDRAISER

This 9th Annual Cancer Fundraiser is in memory of Carrie Beaman. Workout and support cancer research at this fun circuit-style fitness class. Enjoy refreshments and door prizes. Participation is by donation.

Steveston Community Centre

Mar 31 Sa 9:00-11:00am Admission by donation

ACTIVE FOR LIFE

Support a lifelong commitment to a healthy lifestyle by enrolling in this program. Geared towards graduates of the Garratt Wellness Centre physical activity programs, or for others who are at a lower medical risk profile following an incident or period of higher risk and are ready to add more fitness-based training. This program is held in the Fitness Centre and includes cardiovascular, strength and balance training.

Steveston Community Centre

Jan 10-Feb 16 Tu/Th ... 12:00-1:00pm \$57/12 sess 189101
Apr 10-May 17 Tu/Th ... 12:00-1:00pm \$57/12 sess 217012

Thompson Community Centre

Jan 9-Feb 15 M/W 8:00-9:00am \$57/12 sess 194103
May 9-Jun 25 M/W 8:00-9:00am \$57/12 sess 196651

ADAPTED FITNESS

This fitness program is designed for people with disabilities including head injuries, strokes and MS as well as wheelchair participants. The program focuses on improving mobility, strength, flexibility and coordination. Please register before start date. Drop-in's welcome.

South Arm Community Centre

Jan 10-Mar 27 Tu 1:30-2:30pm \$60.25/12 sess 203005
Jan 12-Mar 29 Th 1:30-2:30pm \$60.25/12 sess 203006
Apr 10-Jun 26 Tu 1:30-2:30pm \$60.25/12 sess 189513
Apr 12-Jun 28 Th 1:30-2:30pm \$60.25/12 sess 189514

BOOT CAMP

Using a circuit style set up, this intense exercise class uses a variety of equipment and offers a great fitness challenge.

Sea Island Community Centre - Sea Island School

Apr 11-Jun 20 W 7:00-8:00pm \$60.50/11 sess 190032

Steveston Community Centre

Apr 12-Jun 21 Th 7:30-8:30pm \$60.50/11 sess 190033

Jan 12-Mar 22 Th 7:30-8:30pm \$60.50/11 sess 189142

BOOT CAMP - 3 DAY

This multi-day program offers efficient, effective muscular and skills development, fat loss and physique enhancement emphasizing back-to-basics physical training.

Sea Island Community Centre - Sea Island School

Jan 4-Jan 30 W/F/M 7:00-8:00pm \$66/12 sess 215731

Feb 3-Feb 29 F/M/W 7:00-8:00pm \$66/12 sess 215732

BOOT CAMP - BOXER

This high-energy class primarily focuses on boxing techniques but also includes plenty of kicking and skipping.

Steveston Community Centre

Jan 10-Mar 13 Tu 7:10-8:10pm \$55/10 sess 202502

Apr 10-Jun 12 Tu 7:10-8:10pm \$55/10 sess 190037

BOOT CAMP - FIT FOR DUTY

This high intensity small group personal training fitness program, designed for firefighter and law enforcement officers, is open to everyone and includes a take home exercise plan.

Minoru Sports Pavilion

Jan 10-Feb 14 Tu 6:45-7:45pm \$60/6 sess 197601

Feb 21-Mar 27 Tu 6:45-7:45pm \$60/6 sess 197602

Apr 10-May 15 Tu 6:45-7:45pm \$60/6 sess 197701

May 22-Jun 26 Tu 6:45-7:45pm \$60/6 sess 197702

BOOT CAMP - SPIN - INTERMEDIATE/ADVANCED

This interval program includes spinning (indoor cycling), body weight and dumb bell strength circuits with core and stretching. Previous experience with spinning recommended but not necessary. Class suited to intermediate/advanced fitness levels.

South Arm Community Centre

Jan 14-Mar 31 Sa 9:00-10:00am \$78/12 sess 203155

Apr 14-Jun 23 Sa 9:00-10:00am \$65/10 sess 190047

GARRATT WELLNESS CENTRE

These individually paced exercise programs are for people who have cardiovascular disease or other risk factors and/or diabetes and have been recommended to exercise by their health care professional. There is a continual intake of participants throughout the year. Medical screening is required before registration. Call 604-238-8004 for details.

DIABETES WELLNESS

Garratt Wellness Centre

Jan 4-Mar 30 M/W/F 9:05-10:05am \$56.95/mo 197604

Apr 2-Jun 29 M/W/F 9:05-10:05am \$56.95/mo 197703

HEART - DIABETES WELLNESS

Garratt Wellness Centre

Jan 3-Mar 29 Tu/Th 9:00-10:00am \$38/mo 197608

Jan 3-Mar 29 Tu/Th 10:05-11:05am \$38/mo 197610

Jan 4-Mar 30 M/W/F 8:00-9:00am \$56.95/mo 197609

Jan 4-Mar 29 M/W/Th 6:30-7:30pm \$56.95/mo 197611

Apr 2-Jun 29 M/W/F 8:00-9:00am \$56.95/mo 197708

Apr 2-Jun 28 M/W/Th 6:30-7:30pm \$56.95/mo 197710

Apr 3-Jun 28 Tu/Th 9:00-10:00am \$38/mo 197707

Apr 3-Jun 28 Tu/Th 10:05-11:05am \$38/mo 197709

HEART WELLNESS

Garratt Wellness Centre

Jan 4-Mar 30 M/W/F 10:10-11:10am \$56.95/mo 197612

Apr 2-Jun 29 M/W/F 10:10-11:10am \$56.95/mo 197711

LOSE WEIGHT FEEL GREAT

This starter level class is for plus-sized, healthy individuals wishing to begin a physical activity program. Medical screening is required before registration. Call 604-238-8004 for details. For details about the "Winning at Losing" healthy eating program (\$50), call 604-204-2007.

Garratt Wellness Centre

Jan 9-Mar 28 M/W 5:20-6:20pm \$132/24 sess 197614

Jan 10-Mar 29 Tu/Th 5:20-6:20pm \$132/24 sess 197615

Apr 10-Jun 28 Tu/Th 5:20-6:20pm \$132/24 sess 197714

Apr 11-Jun 27 W/M 5:20-6:20pm \$126.50/23 sess 197713

CHAIR-BARRE WORKOUT

This new and exciting ballet-based workout, offered only at South Arm, is sure to motivate and challenge all fitness levels. This complete workout is inspired by Pilates, yoga and dance and promises a workout like no other. First class free.

South Arm Community Centre

Jan 9-Mar 26 M 6:15-7:15pm \$103.20/12 sess 206806

Adult (18+ years)



NEW DANCE - ETHNO FUSION DANCE

Globe trot in this dance-inspired cardio class that fuses movements from South America, Africa and the Middle East. Learn the samba, salsa, Hip Hop, merengue and more.

Thompson Community Centre

Jan 7-Mar 10 Sa 10:00-11:00am \$65/10 sess 207851
Apr 7-Jun 9 Sa 10:00-11:00am \$65/10 sess 210101

West Richmond Community Centre

Jan 11-Mar 14 W 8:15-9:15pm \$65/10 sess 209675
Apr 11-Jun 13 W 8:15-9:15pm \$65/10 sess 209677

GROUP CYCLING - BEGINNER

Learn to spin in a progressive, safe manner in this beginner class. Thirty minutes of cycling is followed with an extended stretching session.

Steveston Community Centre

Apr 10-May 29 Tu 9:15-10:15am \$52/8 sess 190193
Apr 12-Jun 14 Th 7:30-8:30pm \$65/10 sess 190192

GROUP WEIGHT TRAINING WOMEN - BEGINNER

Women are taught the basics of weight training, proper technique and how to reach fitness goals.

Thompson Community Centre

Jan 10-Jan 24 Tu 7:00-8:00pm \$35/3 sess 194417
Apr 17-May 1 Tu 7:00-8:00pm \$35/3 sess 196602

GROUP WEIGHT TRAINING WOMEN - ADVANCED

This program has been designed for women who have experience in the weight room or who have completed Group Weight Training - Beginner.

Thompson Community Centre

Feb 7-Feb 21 Tu 7:00-8:00pm \$35/3 sess 194416
May 15-May 29 Tu 7:00-8:00pm \$35/3 sess 196603

HEALTHY BACK AND STRONG ABDOMINALS

Learn the importance of keeping a neutral spine by working on the strength, endurance and flexibility required for back stabilization. Resistance apparatus is added as the class progresses.

Minoru Sports Pavilion

Jan 10-Feb 23 Tu/Th ... 5:30-6:30pm \$77/14 sess 197605
Apr 10-May 24 Tu/Th ... 5:30-6:30pm \$77/14 sess 197704

JOINT REPLACEMENT - PRE-OP

Developed in partnership with Richmond Health Services, this land and water-based exercise program helps to increase the surgical optimization of joint replacement candidates. Gentle exercises are performed both on land and in a supportive and restorative aquatic environment.

Watermania

Jan 9-Feb 16 M/Th 1:40-2:45pm \$87.95/12 sess 200103
Feb 20-Mar 29 M/Th 1:40-2:45pm \$87.95/12 sess 200104
Apr 12-May 17 Th/M 1:40-2:45pm \$80.65/11 sess 200151
May 24-Jun 28 Th/M 1:40-2:45pm \$80.65/11 sess 200152

JOINT REPLACEMENT RECOVERY (JR2) - LEVEL 1

This post-operative recovery program helps patients improve range of motion and muscular strength following total hip or knee replacement. The program includes land and water-based exercises. Take part in one or both of these options. Progression to the weight room is added once more intensive activity is recommended.

Watermania

Jan 9-Feb 16 M/Th 1:00-2:15pm \$87.95/12 sess 200105
Feb 20-Mar 29 M/Th 1:00-2:15pm \$87.95/12 sess 200106
Apr 12-May 17 M/Th 1:00-2:15pm \$80.65/11 sess 200153
May 24-Jun 28 M/Th 1:00-2:15pm \$80.65/11 sess 200154

JOINT REPLACEMENT RECOVERY (JR2) - LEVEL 2

For graduates of JR2, this joint replacement post-rehab program begins in the Fitness Centre using stationary bikes and weight machines, then connects with the JR2 group for water exercise.

Watermania

| | | | | | | |
|---------------|---------------|-------------|-------|-----------------|-------|--------|
| Jan 9-Feb 16 |M/Th.... | 1:00-2:15pm | | \$87.95/12 sess | | 200108 |
| Feb 20-Mar 29 |M/Th.... | 1:00-2:15pm | | \$87.95/12 sess | | 200109 |
| Apr 12-May 17 |M/Th.... | 1:00-2:15pm | | \$80.65/11 sess | | 200155 |
| May 24-Jun 28 |M/Th.... | 1:00-2:15pm | | \$80.65/11 sess | | 200156 |

KETTLEBELL TRAINING

Combining cardiovascular, strength and flexibility training, this great workout covers basic techniques and sequencing when using these cast iron hand-held weights.

Cambie Community Centre

| | | | | | | | |
|--------|---------|-------|--------------|-------|---------------|-------|--------|
| Feb 16 |Th | | 12:00-1:00pm | | \$5.50/1 sess | | 207787 |
| May 10 |Th | | 12:00-1:00pm | | \$5.50/1 sess | | 207789 |



LULU FAMILY FITNESS™ - OUTDOOR

Babies in strollers are part of this outdoor workout that includes cardio and strength training with resistant tubing. Have fun and socialize while getting a full body workout. Core work and stretches done indoors.

Steveston Community Centre

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|---------------|--------------|--------------|-------|--------------|-------|--------|
| Jan 10-Mar 27 |Tu..... | 9:45-10:45am | | \$96/12 sess | | 189229 |
| Jan 12-Mar 29 |Th | 9:45-10:45am | | \$96/12 sess | | 189230 |
| Apr 13-Jun 22 |F..... | 9:30-10:30am | | \$88/11 sess | | 190225 |
| Apr 17-Jun 19 |Tu..... | 9:30-10:45am | | \$80/10 sess | | 190224 |

LULU LADIES™ - BOOT CAMP

Pump up the volume in this fast-paced interval circuit with an emphasis on muscle confusion. The class, based on accountability, requires a weekly weigh-in, measurements taken before and after and a Fit Test. Challenging but safe with the necessary modifications. Drop-ins welcome.

South Arm Community Centre

| | | | | | | |
|---------------|-------------|-------------|-------|-----------------|-------|--------|
| Jan 11-Mar 14 |W..... | 6:15-7:15pm | | \$97.20/10 sess | | 207351 |
| Apr 11-Jun 13 |W..... | 6:15-7:15pm | | \$97.20/10 sess | | 207352 |

LULU LADIES™ - MOM AND BABY - INDOOR

This boot camp style class includes a warm up, strength and stretch exercises and an interactive floor work program all with baby close by. For babies on the move, age specific toys and blankets are provided. Drop-ins welcome.

South Arm Community Centre

| | | | | | | |
|---------------|--------------|-------------|-------|-------------|-------|--------|
| Jan 10-Jan 31 |Tu..... | 1:00-1:45pm | | \$34/4 sess | | 207353 |
| Jan 12-Feb 2 |Th | 1:00-1:45pm | | \$34/4 sess | | 207354 |
| Feb 7-Feb 28 |Tu..... | 1:00-1:45pm | | \$34/4 sess | | 207356 |
| Feb 9-Mar 1 |Th | 1:00-1:45pm | | \$34/4 sess | | 207355 |
| Mar 6-Mar 27 |Tu..... | 1:00-1:45pm | | \$34/4 sess | | 207357 |
| Mar 8-Mar 29 |Th | 1:00-1:45pm | | \$34/4 sess | | 207358 |

METABOLIC BOOSTER 1

Led by a fitness trainer and catering to only a small group of participants, this is a great introduction to progressive circuit training. Proper form and technique is covered along with nutrition tips and handouts all geared to individual fitness goals.

Steveston Community Centre

| | | | | | | |
|---------------|----------------|-------------|-------|---------------|-------|--------|
| Jan 10-Mar 1 |Tu/Th ... | 6:15-7:15am | | \$120/16 sess | | 217004 |
| Apr 10-May 31 |Tu/Th ... | 6:15-7:15am | | \$120/16 sess | | 217005 |

Adult (18+ years)

All Fit 4 Two™ instructors are Certified Pre and Postnatal Fitness Specialists and BCRPA Registered Fitness Instructors and Personal Trainers. The fitness guidelines of the Society of Obstetricians and Gynecologists of Canada (SOGC) are followed.

TUMMIES 4 MOMMIES - FIT 4 TWO®

This 30-minute class is designed to retrain your mind-core connection after pregnancy and childbirth. The latest research will be used to help you strengthen your pelvic floor and other core muscles. Tone your tummy by getting strong from the inside out. Handouts with daily exercises included. This class is suitable for women with abdominal separation. We welcome mothers of pre-mobile babies. Drop-in available.

West Richmond Community Centre

Jan 10-Feb 14 Tu..... 2:00-2:30pm\$30/6 sess..... 209861
Feb 21-Mar 27 Tu..... 2:00-2:30pm\$30/6 sess..... 209862
Apr 3-May 15 Tu..... 2:00-2:30pm\$35/7 sess..... 209902
May 22-Jun 26 Tu..... 2:00-2:30pm\$30/6 sess..... 209903

MOM & BABY FITNESS - FIT 4 TWO®

This baby friendly class allows mom to get a great workout and attend to baby's needs at any time. Each class provides a full body workout: cardio, muscular endurance, post-natal specific core work and flexibility. All fitness levels are welcome. This class is designed for moms of pre-mobile babies. Drop-in available.

West Richmond Community Centre

Jan 10-Feb 14 Tu..... 12:45-1:45pm\$60/6 sess..... 209803
Feb 21-Mar 27 Tu..... 12:45-1:45pm\$60/6 sess..... 209804
Apr 3-May 15 Tu..... 12:45-1:45pm\$70/7 sess..... 209805
May 22-Jun 26 Tu..... 12:45-1:45pm\$60/6 sess..... 209806

MOM & BABY ZUMBA DANCE FITNESS - FIT 4 TWO®

This baby friendly class allows mom to get a great workout and attend to baby's needs at any time. Come and experience an hour of energizing dance fitness with unique moves and rhythms based on Latin styles, Hip Hop, bellydance and more! No partner/dance experience required. We welcome mothers of pre-mobile babies. Drop-in available.

West Richmond Community Centre

Jan 13-Feb 17 F 1:50-2:50pm\$60/6 sess..... 209808
Feb 24-Mar 30 F 1:50-2:50pm\$60/6 sess..... 209809
Apr 6-May 18 F 1:50-2:50pm\$70/7 sess..... 209810
May 25-Jun 29 F 1:50-2:50pm\$60/6 sess..... 209811

MOM & BABY YOGA - FIT 4 TWO®

Stretch, breathe and relax back into shape. Enjoy Asanas (poses) specifically tailored to a new mother's needs. Special attention is given to strengthening the core and releasing tension in the neck, shoulders, hips and backs. This class is best suited for pre-mobile babies. Bring a yoga mat and a blanket for baby to lay on. Fit 4 Two® yoga classes are taught by Certified Pre + Postnatal yoga instructors. Drop-in available.

Thompson Community Centre

Jan 12-Feb 16 Th 11:30am-12:30pm\$72/6 sess..... 194440
Feb 23-Mar 29 Th 11:30am-12:30pm\$72/6 sess..... 194441
Apr 5-May 17 Th 11:30am-12:30pm\$84/7 sess..... 196554
May 24-Jun 28 Th 11:30am-12:30pm\$72/6 sess..... 196555

PRE-NATAL FITNESS - FIT 4 TWO®

Connect with other moms-to-be while reducing pre-natal discomforts like lower back ache, fatigue and swelling. This multi-level class includes pregnancy-safe cardio, functional strength training, flexibility and relaxation. All trimesters welcome. Drop-in available. The fitness guideline of the Society of Obstetricians and Gynecologists of Canada (SOGC) are followed. Your healthcare provider must sign a PARmed-X for pregnancy form available at www.fit4two.ca prior to participating in class.

Thompson Community Centre

Jan 11-Feb 15 W 7:45-8:45pm\$60/6 sess..... 201851
Feb 22-Mar 28 W 7:45-8:45pm\$60/6 sess..... 201852
Apr 4-May 9 W 7:45-8:45pm\$60/6 sess..... 201853
May 16-Jun 27 W 7:45-8:45pm\$70/7 sess..... 201854

West Richmond Community Centre

Jan 8-Feb 12 Su 9:00-10:00am.....\$60/6 sess..... 209851
Feb 19-Mar 25 Su 9:00-10:00am.....\$60/6 sess..... 209852
Apr 1-May 13 Su 9:00-10:00am.....\$60/6 sess..... 209853
May 20-Jun 24 Su 9:00-10:00am.....\$60/6 sess..... 209854

PRE-NATAL YOGA - FIT 4 TWO®

Strengthen, stretch and breathe to a more comfortable pregnancy. Improve posture, balance and flexibility as the instructor leads participants through a series of pregnancy-safe yoga poses. Prepare for labour by building stamina and learn to use breathing. Benefit from relaxation exercises to help you now and as a new mother. All trimesters welcome. No previous yoga experience necessary. Drop-in available. Because we care for you and your baby, Fit 4 Two yoga classes are taught by Certified Prenatal Yoga instructors. Your healthcare provider must sign a PARmed-X for pregnancy form available at www.fit4two.ca prior to participating in class.

Thompson Community Centre

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|---------------|----|--------------|-------------|--------|
| Jan 11-Feb 11 | Sa | 9:00-10:00am | \$72/6 sess | 194495 |
| Feb 18-Mar 24 | Sa | 9:00-10:00am | \$72/6 sess | 194496 |
| Apr 14-May 19 | Sa | 9:00-10:00am | \$72/6 sess | 196556 |
| May 26-Jun 30 | Sa | 9:00-10:00am | \$72/6 sess | 196557 |

West Richmond Community Centre

| | | | | |
|---------------|---|-------------|-------------|--------|
| Jan 11-Feb 15 | W | 7:15-8:15pm | \$72/6 sess | 209857 |
| Feb 22-Mar 28 | W | 7:15-8:15pm | \$72/6 sess | 209858 |
| Apr 4-May 16 | W | 7:15-8:15pm | \$84/7 sess | 209859 |
| May 23-Jun 27 | W | 7:15-8:15pm | \$72/6 sess | 209860 |

FREE MOUNTAIN BIKE - LEARN TO RIDE

Learn the right gears to get up hills and to go over curbs, small logs and down hills all without fear. Bike and helmet in good working condition required to be worn during class. Instructed by a member of Cycling BC. Rain or shine. Dress for the weather and activity. Meet outside the Net Shed.

Steveston Community Centre

| | | | | |
|--------|----|---------------|--------|--------|
| Jun 10 | Su | 9:30am-3:00pm | 1 sess | 216466 |
|--------|----|---------------|--------|--------|

OUTDOOR WALKING - NORDIC POLES

Learn how to turn walking into a total body exercise. This program provides an aerobic and muscular conditioning workout. Poles are available for use during classes.

Steveston Community Centre

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|--------------|----|---------------|-------------|--------|
| May 8-May 29 | Tu | 10:30-11:30am | \$22/4 sess | 190249 |
|--------------|----|---------------|-------------|--------|

PILATES - ALL LEVELS

This challenging class helps participants achieve a full range of motion and incredible strength by using the most effective core movements to create long, lean and toned muscles. Drop-ins welcome. Register with a friend or partner and get 10% off.

South Arm Community Centre

| | | | | |
|---------------|----|-------------|------------------|--------|
| Jan 9-Mar 26 | M | 7:30-8:30pm | \$112.60/12 sess | 206763 |
| Jan 12-Mar 29 | Th | 7:00-8:00pm | \$112.60/12 sess | 206764 |
| Apr 12-Jun 28 | Th | 7:00-8:00pm | \$112.60/12 sess | 206803 |
| Apr 16-Jun 25 | M | 7:30-8:30pm | \$93.80/10 sess | 206802 |

PILATES - BEGINNER

This non-impact class is performed on mats using exercises and postures to increase core strength, balance and flexibility and to improve posture.

Steveston Community Centre - Japanese Canadian Cultural Centre

| | | | | |
|---------------|----|---------------|------------------|--------|
| Jan 9-Mar 19 | M | 11:00-11:45am | \$103.20/11 sess | 217009 |
| Jan 10-Mar 20 | Tu | 6:30-7:20pm | \$103.20/11 sess | 189264 |
| Apr 10-Jun 19 | Tu | 6:30-7:20pm | \$103.20/11 sess | 190257 |
| Apr 16-Jun 25 | M | 11:00-11:45am | \$93.80/10 sess | 217010 |

Thompson Community Centre

| | | | | |
|---------------|---|-------------|-----------------|--------|
| Jan 13-Mar 16 | F | 1:00-2:00pm | \$93.80/10 sess | 194483 |
| Apr 13-Jun 15 | F | 1:00-2:00pm | \$93.80/10 sess | 196502 |

West Richmond Community Centre

| | | | | |
|--------------|---|-------------|-----------------|--------|
| Jan 9-Mar 12 | M | 7:15-8:15pm | \$93.80/10 sess | 191055 |
| Apr 2-Jun 18 | M | 7:15-8:15pm | \$93.80/10 sess | 191101 |

PILATES - INTERMEDIATE

This class, with advanced mat exercises, increases strength, endurance and core stability. Pre-requisite: Pilates - Beginner.

Steveston Community Centre - Japanese Canadian Cultural Centre

| | | | | |
|---------------|----|--------------|------------------|--------|
| Jan 10-Mar 20 | Tu | 9:30-10:30am | \$103.18/11 sess | 189265 |
| Jan 10-Mar 20 | Tu | 7:30-8:30pm | \$103.18/11 sess | 189266 |
| Apr 10-Jun 19 | Tu | 7:30-8:30pm | \$103.18/11 sess | 190258 |
| Apr 10-Jun 19 | Tu | 9:30-10:30am | \$103.18/11 sess | 190259 |

Thompson Community Centre

| | | | | |
|---------------|---|-------------|-----------------|--------|
| Jan 9-Mar 12 | M | 5:30-6:30pm | \$93.80/10 sess | 194485 |
| Jan 11-Mar 14 | W | 6:30-7:30pm | \$93.80/10 sess | 194484 |
| Apr 11-Jun 13 | W | 6:30-7:30pm | \$93.80/10 sess | 196503 |
| Apr 16-Jun 25 | M | 5:30-6:30pm | \$93.80/10 sess | 196551 |

West Richmond Community Centre

| | | | | |
|---------------|----|-------------|-----------------|--------|
| Jan 10-Mar 13 | Tu | 5:30-6:30pm | \$93.80/10 sess | 192503 |
| Apr 3-Jun 5 | Tu | 5:30-6:30pm | \$93.80/10 sess | 195702 |

PILATES AND YOGA COMBINATION

Pilates mat exercises and yoga postures equal a great non-impact workout.

Thompson Community Centre

| | | | | |
|---------------|----|-------------|-----------------|--------|
| Jan 9-Mar 12 | M | 6:45-7:45pm | \$93.80/10 sess | 194487 |
| Jan 12-Mar 15 | Th | 6:00-7:00pm | \$93.80/10 sess | 194488 |
| Apr 12-Jun 14 | Th | 6:00-7:00pm | \$93.80/10 sess | 196553 |
| Apr 16-Jun 25 | M | 6:45-7:45pm | \$93.80/10 sess | 196552 |

PILATES ON THE BALL

This Pilates-based class incorporates the fitness ball and works on core conditioning, strength, balance and flexibility. Ball experience is recommended for this class.

West Richmond Community Centre

| | | | | |
|--------------|---|-------------|-----------------|--------|
| Jan 9-Mar 12 | M | 8:20-9:20pm | \$93.80/10 sess | 219351 |
| Apr 2-Jun 4 | M | 8:20-9:20pm | \$93.80/10 sess | 219352 |

Adult (18+ years)

PRE-NATAL YOGA

This yoga class is specifically designed and suitable for expectant moms.

Steveston Community Centre

| | | | | |
|---------------|----|---------------|----------------|--------|
| Jan 15-Feb 19 | Su | 10:30-11:30am | \$45.55/6 sess | 189282 |
| Feb 26-Mar 25 | Su | 10:30-11:30am | \$45.55/5 sess | 189283 |
| Apr 15-May 13 | Su | 10:30-11:30am | \$37.95/5 sess | 190269 |
| May 27-Jun 24 | Su | 10:30-11:30am | \$37.95/5 sess | 190270 |

FREE Fitness and Wellness South Arm Community Centre Speaker Series

This speaker series is for anyone interested in gaining further health and fitness information from local Richmond practitioners. All presentations are free but registration is recommended. Coffee and tea served.

SPEAKER SERIES - SETTING FITNESS GOALS

A national Canadian Society for Exercise Physiologist presents ways to become more physically active, how to overcome fitness barriers and reviews how to stay motivated to reach fitness and health goals. Presented by the Physical Activity Line (PAL). Registration is recommended.

South Arm Community Centre

| | | | |
|--------|---|-------------|--------|
| Jan 16 | M | 5:30-7:00pm | 203998 |
|--------|---|-------------|--------|

SPEAKER SERIES - KETTLEBELL WORKSHOP

South Arm Personal Trainers Kat and Kevin teach and demonstrate proper kettlebell techniques and offer loads of exercise ideas. This workshop is not suitable for those new to fitness. Fitness clothing to be worn during workshop. Registration is recommended.

South Arm Community Centre

| | | | |
|-------|----|-----------------|--------|
| Feb 5 | Su | 11:30am-12:30pm | 209253 |
|-------|----|-----------------|--------|

UNDERSTANDING AND LIVING WITH ARTHRITIS

The Arthritis Society presents Understanding Arthritis, an overview and main types of this chronic disease. Learn the risk factors, signs and symptoms, current treatments and ways to reduce pain in this interactive one hour presentation. Information brochures available to take home.

South Arm Community Centre

| | | | |
|--------|----|-----------------|--------|
| Mar 25 | Su | 11:30am-12:30pm | 216207 |
|--------|----|-----------------|--------|



SPIN AND YOGA

This combo program includes 30 minutes of basic spin (indoor cycling) drills with a Hatha/Ashtanga yoga session that helps release muscles and encourage relaxation. Drop-ins welcome.

South Arm Community Centre

| | | | | |
|---------------|---|--------------|--------------|--------|
| Jan 9-Mar 26 | M | 9:30-10:30am | \$78/12 sess | 223551 |
| Jan 11-Mar 28 | W | 9:30-10:30am | \$78/12 sess | 207363 |
| Apr 16-Jun 25 | M | 9:30-10:30am | \$65/10 sess | 223552 |
| Apr 11-Jun 27 | W | 9:30-10:30am | \$78/12 sess | 207364 |

STEP INTRO WORKSHOP

Before venturing into a regular step fitness class, come learn introductory choreography at each participants comfort level.

Cambie Community Centre

| | | | | |
|--------|---|-------------|---------------|--------|
| Mar 21 | W | 5:30-6:30pm | \$5.50/1 sess | 207746 |
| Apr 16 | M | 5:30-6:30pm | \$5.50/1 sess | 207759 |

STRENGTH AND BALANCE - PLUS SIZED

This small, supportive fitness group caters specifically to plus-sized individuals interested in developing a strong fitness base for an ongoing healthy and active lifestyle. Equipment used includes exercise tubes, light weights, steps and other resistance apparatus.

Minoru Sports Pavilion

| | | | | |
|---------------|----|-------------|--------------|--------|
| Jan 12-Mar 29 | Th | 6:45-7:45am | \$66/12 sess | 197627 |
| Apr 12-Jun 28 | Th | 6:45-7:45am | \$66/12 sess | 197717 |

STUDIO C BODY SCULPT

A low impact warm-up is followed by a high intensity full body workout using weights, bands and balls. \$8 drop-in fee.

West Richmond Community Centre

Jan 4-Mar 21 W 6:00-7:00pm \$78/12 sess 195751

Apr 4-Jun 20 W 6:00-7:00pm \$78/12 sess 195801

STUDIO C BODY SCULPT - ADVANCED

Using weights, bands and balls, this more challenging program includes a low impact warm-up followed by a high intensity full body workout.

West Richmond Community Centre

Jan 9-Mar 26 M 6:00-7:00pm \$78/12 sess 195802

Apr 2-Jun 18 M 6:00-7:00pm \$65/10 sess 195803

SUMMER LIGHT RUNNING CLINIC

This program is for runners who want to continue to enhance their training clinic and is designed for those preparing for a fall half marathon or full marathon.

Thompson Community Centre

May 19-Sep 29 Sa 8:00-11:00am \$66.70/20 sess 196501

SUN RUN CLINIC

This 13-week clinic with a trained leader is suitable for the novice to experienced runner and walker. The clinic price includes: Sun Run entrance fee, t-shirt, New Balance dry shirt, presentations by guest speakers, a runner's journal and more.

Minoru Sports Pavilion

Jan 15-Apr 8 Su 8:30-10:00am \$139/13 sess 197621

South Arm Community Centre

Jan 18-Apr 11 W 6:30-8:30pm \$139/13 sess 207801

Steveston Community Centre

Jan 15-Apr 8 Su 9:00-11:00am \$139/13 sess 189312

Steveston Community Centre - Japanese Canadian Cultural Centre

Jan 20-Apr 13 F 9:30-11:30am \$139/13 sess 189311

West Richmond Community Centre

Jan 14-Apr 7 Sa 9:00-11:00am \$139/13 sess 209856

TAI CHI

Increase flexibility, relaxation and balance in this class that covers a variety of Tai Chi moves.

Steveston Community Centre

Jan 10-Mar 20 Tu 7:15-8:15pm \$62.70/11 sess 215607

Steveston Community Centre - Steveston Martial Arts Centre

Jan 12-Mar 22 Th 10:30-11:30am \$62.70/11 sess 189339

Apr 12-Jun 14 Th 10:30-11:30am \$57.00/10 sess 190352



High Performance Training

Performance beyond traditional fitness

ADULT PERFORMANCE TRAINING SESSIONS (APT)

70- minute small group athletic training session for aspiring adult athletes and fitness enthusiasts.

Designed to improve:

- whole body strength and power,
- mobility,
- core strength and functioning
- movement ability, and
- overall conditioning.

Call 778.296.1404 to sign up for your complimentary session.



6111 River Rd, Richmond BC | 778.296.1404

Adult (18+ years)



TAI CHI - 24 STYLE

This program teaches the simplified form of Tai Chi using 24 unique movements that promote better balance, increased flexibility and relaxation.

West Richmond Community Centre

Jan 14-Mar 17 Sa 11:30am-12:45pm \$71.25/10 sess 209764
 Apr 14-Jun 16 Sa 11:30am-12:45pm \$71.25/10 sess 209781

TAI CHI - 42 FORM - BEGINNER

This form of Tai Chi was designed for beginners and is used for standard competition.

West Richmond Community Centre

Jan 19-Mar 22 Th 7:00-8:00pm \$57/10 sess 209783
 Apr 12-Jun 14 Th 7:00-8:00pm \$57/10 sess 209786

TAI CHI - 42 FORM - INTERMEDIATE

This course is for those with a good foundation of this form of martial arts.

West Richmond Community Centre

Jan 12-Mar 15 Th 8:15-9:30pm \$71.25/10 sess 209787
 Apr 12-Jun 14 Th 8:15-9:30pm \$71.25/10 sess 209794

TAI CHI - CHEN STYLE

This original and oldest form of Tai Chi promotes lifelong physical wellness, improves the mind and body connection and helps reduce stress.

City Centre Community Centre - General Currie School

Jan 16-Mar 7 M 8:15-9:45pm \$136.80/16 sess 192953
 W 7:15-8:45pm
 Apr 16-Jun 13 M 8:15-9:45pm \$145.35/17 sess 216014
 W 7:15-8:45pm

TAI CHI - YANG STYLE

Chinese martial arts improves balance, body awareness and flexibility. This program, taught in the yang style, helps develop healthy breathing patterns and relaxation skills.

South Arm Community Centre

Jan 9-Mar 12 M 11:00am-12:00pm \$57/10 sess 215722
 Jan 11-Mar 14 W 11:00am-12:00pm \$57/10 sess 215723
 Apr 11-Jun 13 W 11:00am-12:00pm \$57/10 sess 215740
 Apr 16-Jun 18 M 11:00am-12:00pm \$51.30/9 sess 215739

TAIKOFIT™

This drumming workout combines aerobic moves with Japanese inspired taiko drumming, resulting in a full body workout.

Minoru Sports Pavilion

Jan 16-Mar 19 M 6:00-7:00pm \$65/10 sess 197622
 Apr 16-Jun 18 M 6:00-7:00pm \$65/10 sess 197721

Steveston Community Centre

Jan 11-Mar 28 W 6:00-7:00pm \$65/10 sess 189340
 Apr 11-Jun 27 W 6:00-7:00pm \$65/10 sess 190353

TBC EXPRESS

This total body workout packed into 40 minutes includes a combination of upper and lower body exercises and some cardiovascular training.

Minoru Sports Pavilion

Jan 4-Mar 28 W/M 12:10-12:50pm \$100.50/25 sess 197623
 Apr 2-Jun 27 M/W 12:10-12:50pm \$100.50/25 sess 197722

YOGA

This gentle form of yoga focuses on increasing flexibility, strength and body awareness and provides relaxation and stress reduction.

Minoru Sports Pavilion

Jan 12-Mar 29 Th 8:00-9:00pm \$91.10/12 sess 197624
 Apr 12-Jun 28 Th 8:00-9:00pm \$91.10/12 sess 197723

Sea Island Community Centre

Jan 10-Mar 6 Tu 5:30-6:30pm \$68.30/9 sess 215749

YOGA - HATHA STYLE

Hatha yoga stretches and aligns the body and uses bodily postures, breathing techniques and meditation to bring about a sound, healthy body and a clear, peaceful mind.

Cambie Community Centre

| | | | |
|--------------------------|-------------------|------------------------|--------|
| Jan 4-Mar 28..... W..... | 6:45-8:35pm | \$148/13 sess | 206721 |
| Jan 9-Mar 26..... M..... | 6:45-8:15pm | \$136.60/12 sess | 206720 |
| Apr 2-Jun 25..... M..... | 6:45-8:15pm | \$136.60/12 sess | 216082 |
| Apr 4-Jun 27..... W..... | 6:45-8:35pm | \$148/13 sess | 216083 |

Hamilton Community Centre

| | | | |
|--------------------------|-------------------|----------------------|--------|
| Jan 20-Mar 9..... F..... | 7:00-8:00pm | \$60.70/8 sess | 195497 |
| Apr 20-Jun 8..... F..... | 7:00-8:00pm | \$60.70/8 sess | 200382 |

Steveston Community Centre - Japanese Canadian Cultural Centre

| | | | |
|---------------------------|--------------------|-----------------------|--------|
| Jan 13-Mar 30..... F..... | 9:30-10:30am | \$83.50/11 sess | 189491 |
| Apr 13-Jun 15..... F..... | 9:30-10:30am | \$75.90/10 sess | 190477 |

West Richmond Community Centre

| | | | |
|----------------------------|-------------------|-----------------------|--------|
| Jan 10-Mar 13..... Tu..... | 6:45-8:00pm | \$94.90/10 sess | 209681 |
| Jan 10-Mar 13..... Tu..... | 8:00-9:15pm | \$94.90/10 sess | 209682 |
| Apr 10-Jun 12..... Tu..... | 6:45-8:00pm | \$94.90/10 sess | 209759 |
| Apr 10-Jun 12..... Tu..... | 8:00-9:15pm | \$94.90/10 sess | 209760 |

YOGA - HATHA VINYASA FLOW

Leave relaxed and rejuvenated from this unique yoga class that blends traditional Hatha postures and Vinyasa, a meditative flow of postures linked together with the breath. This gentle practice cultivates the qualities of balance and alignment, flexibility and strength and awareness of mind, body and breath in stillness and movement.

South Arm Community Centre

| | | | |
|----------------------------|-------------------|-----------------------|--------|
| Jan 10-Mar 27..... Tu..... | 8:30-9:30pm | \$91.10/12 sess | 206301 |
| Apr 10-Jun 26..... Tu..... | 8:30-9:30pm | \$91.10/12 sess | 206302 |

YOGA - HATHA YOGA WITH PROPS - ALL LEVELS

Specifically designed for those experiencing tight muscles or stiff joints, or for participants easing back into fitness, this supportive program uses various props to focus on alignment, posture, balance and breath awareness.

South Arm Community Centre

13-85yrs

| | | | |
|---------------------------|-------------------|-----------------------|--------|
| Jan 9-Mar 12..... M..... | 4:00-5:00pm | \$75.90/10 sess | 206755 |
| Apr 16-Jun 11..... M..... | 4:00-5:00pm | \$60.70/8 sess | 220211 |

YOGA - MOTHER AND DAUGHTER

Spend some quality time together while learning some basic yoga moves and poses. Geared toward girls 6-12 years.

Thompson Community Centre

| | | | |
|---------------------------|-------------------|-----------------------|--------|
| Jan 9-Mar 12..... M..... | 6:00-6:45pm | \$56.95/10 sess | 194770 |
| Apr 16-Jun 25..... M..... | 6:00-6:45pm | \$56.95/10 sess | 196567 |

YOGA - PARTNER

Come with a partner to this yoga class that includes postures done with the physical support of each other.

Cambie Community Centre

| | | | |
|----------------------------|-------------------|----------------------|--------|
| Jan 26-Mar 1..... Th..... | 7:30-8:30pm | \$45.55/6 sess | 206729 |
| Apr 19-May 24..... Th..... | 7:30-8:30pm | \$45.55/6 sess | 216116 |

YOGA - PLUS SIZE

Designed for plus-size individuals of all fitness levels. Come learn proper breathing techniques, modified yoga poses and relaxation techniques.

Steveston Community Centre - Japanese Canadian Cultural Centre

| | | | |
|---------------------------|-------------------|-----------------------|--------|
| Jan 11-Mar 21..... W..... | 7:45-8:45pm | \$83.50/11 sess | 189494 |
|---------------------------|-------------------|-----------------------|--------|

Watermania

| | | | |
|---------------------------|-------------------|-----------------------|--------|
| Jan 16-Apr 2..... M..... | 5:45-6:45pm | \$91.10/12 sess | 200111 |
| Apr 16-Jun 25..... M..... | 5:45-6:45pm | \$75.90/10 sess | 200157 |

YOGA - RESTORATIVE

This gentle class of supported postures is beneficial for stress relief and post rehabilitation and results in a profound relaxation of body and mind.

Steveston Community Centre - Japanese Canadian Cultural Centre

| | | | |
|----------------------------|--------------------|----------------------|--------|
| Jan 9-Feb 13..... M..... | 6:30-7:45pm | \$56.95/6 sess | 189497 |
| Jan 12-Feb 16..... Th..... | 9:15-10:30am | \$56.95/6 sess | 189495 |
| Feb 20-Mar 26..... M..... | 6:30-7:45pm | \$56.95/6 sess | 189498 |
| Feb 23-Mar 29..... Th..... | 9:15-10:30am | \$56.95/6 sess | 189496 |
| Apr 12-May 10..... Th..... | 9:30-10:45am | \$47.45/5 sess | 190481 |
| Apr 16-May 28..... M..... | 6:30-7:45pm | \$56.95/6 sess | 190482 |
| May 17-Jun 14..... Th..... | 9:30-10:45am | \$47.45/5 sess | 216901 |

YOGA AND PILATES FUSION

Two mind/body disciplines are combined with added props that include body ball, bands and free weights for an ultimate strength, flexibility and core workout.

Steveston Community Centre - Steveston Martial Arts Centre

| | | | |
|---------------------------|---------------------|----------------------|--------|
| Apr 13-May 18..... F..... | 10:00-11:00am | \$56.30/6 sess | 217008 |
|---------------------------|---------------------|----------------------|--------|

YOGA FOR ATHLETES

Come learn specific stretches that can help restore areas of the body that are typically overused from sport activities. This completely balanced workout session also includes body awareness and body/mind connection through breathing and relaxation techniques.

Minoru Sports Pavilion

| | | | |
|----------------------------|-------------------|-----------------------|--------|
| Jan 17-Mar 20..... Tu..... | 8:00-9:00pm | \$75.90/10 sess | 197626 |
| Apr 10-Jun 26..... Tu..... | 8:00-9:00pm | \$91.10/12 sess | 197725 |

Steveston Community Centre

| | | | |
|---------------------------|-------------------|-----------------------|--------|
| Jan 18-Mar 21..... W..... | 7:30-8:30pm | \$75.90/10 sess | 217006 |
| Apr 11-Jun 13..... W..... | 7:30-8:30pm | \$75.90/10 sess | 217007 |

Adult (18+ years)

ZUMBA™

Hypnotic Latin rhythms and easy-to-follow moves are fused together to create this one-of-a kind fitness program!

Cambie Community Centre

| | | | | |
|---------------|---|--------------|-----------------|--------|
| Jan 11-Mar 21 | W | 9:15-10:15am | \$71.50/11 sess | 206634 |
| Jan 13-Mar 23 | F | 9:15-10:15am | \$71.50/11 sess | 206635 |
| Apr 25-Jun 27 | W | 9:15-10:15am | \$65/10 sess | 216111 |
| Apr 27-Jun 29 | F | 9:15-10:15am | \$65/10 sess | 216112 |

Hamilton Community Centre

| | | | | |
|---------------|---|-------------|----------------|--------|
| Jan 18-Mar 7 | W | 6:15-7:15pm | \$52/8 sess | 195498 |
| Apr 18-Jun 13 | W | 6:15-7:15pm | \$58.50/9 sess | 200384 |

Sea Island Community Centre - Sea Island School

| | | | | |
|--------------|----|-------------|----------------|--------|
| Jan 10-Mar 6 | Tu | 7:00-8:00pm | \$58.50/9 sess | 215823 |
| Jan 11-Mar 7 | W | 5:30-6:30pm | \$58.50/9 sess | 215822 |
| Apr 10-Jun 5 | Tu | 7:00-8:00pm | \$58.50/9 sess | 215827 |
| Apr 11-Jun 6 | W | 5:30-6:30pm | \$58.50/9 sess | 215826 |

South Arm Community Centre

| | | | | |
|---------------|---|---------------|-----------------|--------|
| Jan 11-Mar 21 | W | 7:30-8:30pm | \$71.50/11 sess | 203999 |
| Jan 13-Mar 30 | F | 6:15-7:15pm | \$78/12 sess | 204000 |
| Jan 14-Mar 31 | S | 10:30-11:30am | \$78/12 sess | 204002 |
| Apr 13-Jun 29 | F | 6:15-7:15pm | \$78/12 sess | 204005 |
| Apr 14-Jun 23 | S | 10:30-11:30am | \$65/10 sess | 204007 |
| Apr 18-Jun 27 | W | 7:30-8:30pm | \$71.50/11 sess | 204004 |

Steveston Community Centre

| | | | | |
|---------------|---|-------------|-----------------|--------|
| Jan 9-Mar 19 | M | 6:00-7:00pm | \$71.50/11 sess | 189503 |
| Jan 11-Mar 21 | W | 5:30-6:30pm | \$71.50/11 sess | 216154 |
| Apr 11-Jun 13 | W | 5:30-6:30pm | \$65/10 sess | 216951 |
| Apr 16-Jun 18 | M | 6:00-7:00pm | \$58.50/9 sess | 190486 |

Steveston Community Centre - Steveston Martial Arts Centre

| | | | | |
|---------------|---|-------------|-----------------|--------|
| Jan 11-Mar 21 | W | 1:00-2:00pm | \$71.50/11 sess | 189504 |
| Apr 11-Jun 13 | W | 1:00-2:00pm | \$65/10 sess | 190487 |

NEW ZUMBA™ BASICS

This fitness workshop covers the basic moves to get participants ready for a registered or drop-in Latin-inspired Zumba class.

Cambie Community Centre

| | | | | |
|--------|---|-------------|---------------|--------|
| Jan 13 | F | 7:00-8:00pm | \$8.30/1 sess | 207786 |
| Jun 22 | F | 7:00-8:00pm | \$8.30/1 sess | 217251 |

Martial Arts

KARATE - GOJU - RYU

Many aspects of this traditional style are introduced with the focus on self-defence, fitness and sparring. The instructor brings 22 years of teaching experience. Visit www.kuyukai.com for details.

City Centre Community Centre - General Currie School

| | | | | |
|---------------|----|---------------|------------------|--------|
| Jan 17-Mar 6 | Tu | 6:30-8:00pm | \$128.25/15 sess | 193003 |
| | Sa | 10:00-11:30am | | |
| Apr 14-Jun 16 | Tu | 6:30-8:00pm | \$153.90/18 sess | 203454 |
| | Sa | 10:00-11:30am | | |

KUNG FU

This instructed class caters to all levels of Kung Fu students. No previous experience required.

City Centre Community Centre - General Currie School

| | | | | |
|---------------|---|-------------|------------------|--------|
| Jan 16-Mar 7 | M | 8:15-9:45pm | \$136.80/16 sess | 193004 |
| | W | 7:15-8:45pm | | |
| Apr 16-Jun 13 | M | 8:15-9:45pm | \$145.35/17 sess | 204304 |
| | W | 7:15-8:45pm | | |

Sports

Find the Open Gym Schedule
on page 152

BADMINTON

Learn various serves, forehand and backhand grips along with other badminton basics.

Cambie Community Centre - McNeely School

| | | | | |
|---------------|---|-------------|----------------|--------|
| Jan 18-Mar 7 | W | 7:50-9:20pm | \$54/8 sess | 207587 |
| Apr 18-Jun 13 | W | 7:50-9:20pm | \$60.75/9 sess | 189872 |

City Centre Community Centre - General Currie School

| | | | | |
|---------------|----|-------------|----------------|--------|
| Jan 21-Mar 3 | Sa | 2:55-4:25pm | \$47.25/7 sess | 193005 |
| Apr 14-Jun 16 | Sa | 2:55-4:25pm | \$60.75/9 sess | 189870 |

West Richmond Community Centre

| | | | | |
|--------------|----|----------------|-----------------|--------|
| Apr 3-Jun 12 | Tu | 11:30am-1:00pm | \$74.25/11 sess | 189873 |
|--------------|----|----------------|-----------------|--------|

BADMINTON - COURT RENTALS

Block book 45-minute court intervals. Max 2 courts per person per day.

City Centre Community Centre - Anderson School

| | | | |
|---------------------------|-------------------|----------------------|--------|
| Jan 4-Mar 7.....W..... | 5:45-6:30pm | \$95/10 sess | 193007 |
| Jan 4-Mar 7.....W..... | 6:30-7:15pm | \$95/10 sess | 193008 |
| Jan 4-Mar 7.....W..... | 7:15-8:00pm | \$95/10 sess | 193009 |
| Jan 4-Mar 7.....W..... | 8:00-8:45pm | \$95/10 sess | 193010 |
| Jan 4-Mar 7.....W..... | 8:45-9:30pm | \$95/10 sess | 193011 |
| Jan 9-Mar 5.....M..... | 6:15-7:00pm | \$85.50/9 sess | 193012 |
| Jan 9-Mar 5.....M..... | 7:00-7:45pm | \$85.50/9 sess | 193013 |
| Jan 9-Mar 5.....M..... | 7:45-8:30pm | \$85.50/9 sess | 193014 |
| Jan 21-Mar 3.....Sa..... | 2:45-3:30pm | \$66.50/7 sess | 193015 |
| Jan 21-Mar 3.....Sa..... | 3:30-4:15pm | \$66.50/7 sess | 193016 |
| Jan 21-Mar 3.....Sa..... | 4:15-5:00pm | \$66.50/7 sess | 193017 |
| Jan 21-Mar 3.....Sa..... | 5:00-5:45pm | \$66.50/7 sess | 193018 |
| Jan 21-Mar 3.....Sa..... | 5:45-6:30pm | \$66.50/7 sess | 193019 |
| Mar 26-May 21.....M..... | 7:45-8:30pm | \$85.50/9 sess | 189907 |
| Mar 28-Jun 13.....W..... | 5:45-6:30pm | \$114/12 sess | 189900 |
| Mar 28-Jun 13.....W..... | 6:30-7:15pm | \$114/12 sess | 189901 |
| Mar 28-Jun 13.....W..... | 7:15-8:00pm | \$114/12 sess | 189902 |
| Mar 28-Jun 13.....W..... | 8:00-8:45pm | \$114/12 sess | 189903 |
| Mar 28-Jun 13.....W..... | 8:45-9:30pm | \$114/12 sess | 189904 |
| Apr 14-Jun 16.....Sa..... | 2:45-3:30pm | \$85/9 sess | 189910 |
| Apr 14-Jun 16.....Sa..... | 3:30-4:15pm | \$85.50/9 sess | 189911 |
| Apr 14-Jun 16.....Sa..... | 4:15-5:00pm | \$85.50/9 sess | 189912 |
| Apr 14-Jun 16.....Sa..... | 5:00-5:45pm | \$85.50/9 sess | 189913 |
| Apr 14-Jun 16.....Sa..... | 5:45-6:30pm | \$85.50/9 sess | 204319 |
| Apr 16-Jun 11.....M..... | 6:15-7:00pm | \$76/8 sess | 189905 |
| Apr 16-Jun 11.....M..... | 7:00-7:45pm | \$76/8 sess | 189906 |

BADMINTON - INTERMEDIATE

Strategy, speed and placement skills are the focus of this program.

Steveston Community Centre

| | | | |
|--------------------------|-------------------|----------------------|--------|
| Apr 5-Jun 21.....Th..... | 6:30-7:45pm | \$60.75/9 sess | 189931 |
|--------------------------|-------------------|----------------------|--------|

BADMINTON - LESSONS

Come learn the basics of badminton.

South Arm Community Centre

| | | | |
|---------------------------|--------------------|-----------------------|--------|
| Jan 12-Mar 8.....Th..... | 12:30-2:00pm | \$60.75/9 sess | 215774 |
| Apr 12-Jun 14.....Th..... | 12:30-2:00pm | \$67.50/10 sess | 215779 |

BASKETBALL

This is a non-instructional program with drop-in permitted if space is available.

South Arm Community Centre

| | | | |
|--------------------------|-------------------|-----------------------|--------|
| Jan 9-Mar 5.....M..... | 8:00-9:45pm | \$70.85/9 sess | 215790 |
| Apr 16-Jun 25.....M..... | 8:00-9:45pm | \$78.75/10 sess | 215794 |

FLOOR HOCKEY

This co-ed indoor floor hockey is recreational and fun-based play.

South Arm Community Centre

| | | | |
|---------------------------|-------------------|--------------------|--------|
| Jan 10-Mar 13.....Tu..... | 6:00-8:00pm | \$60/10 sess | 215802 |
| Apr 10-Jun 12.....Tu..... | 6:00-8:00pm | \$60/10 sess | 215805 |

GOLF LESSONS

Learn basic golf skills such as swings, putts and posture.

Richmond Pitch & Putt Golf Course

| | | | |
|---------------------------|-------------------|-------------------|--------|
| May 1-May 10.....Tu/Th... | 6:00-7:00pm | \$53/4 sess | 212510 |
| Jun 5-Jun 14.....Tu/Th... | 6:00-7:00pm | \$53/4 sess | 212511 |

SOCCER

Co-ed adult soccer played indoors in a recreational setting.

Thompson Community Centre

| | | | |
|--------------------------|-------------------|-----------------------|--------|
| Jan 12-Apr 5.....Th..... | 7:45-9:30pm | \$87.80/13 sess | 194516 |
|--------------------------|-------------------|-----------------------|--------|

SOCCER WOMEN ONLY

This women only soccer program is played in a recreational setting.

West Richmond Community Centre - Boyd School

| | | | |
|-------------------------|-------------------|----------------------|--------|
| Jan 16-Mar 5.....M..... | 7:30-9:00pm | \$54/8 sess | 211602 |
| Apr 2-Jun 11.....M..... | 7:30-9:00pm | \$60.75/9 sess | 212512 |

TABLE TENNIS

Master basic table tennis skills such as fore and backhands, backspins, serves and smashes.

City Centre Community Centre

| | | | |
|--------------------------|--------------------|----------------------|--------|
| Jan 21-Mar 3.....Sa..... | 9:30-10:30am | \$59.50/7 sess | 193051 |
|--------------------------|--------------------|----------------------|--------|

Steveston Community Centre

| | | | |
|---------------------------|---------------------|------------------------|--------|
| Jan 17-Mar 6.....Tu..... | 5:30-6:45pm | \$85/8 sess | 189319 |
| Jan 18-Mar 7.....W..... | 5:30-6:45pm | \$85/8 sess | 189320 |
| Jan 20-Mar 9.....F..... | 10:30-11:30am | \$68/8 sess | 189318 |
| Apr 10-Jun 12.....Tu..... | 5:30-6:45pm | \$106.25/10 sess | 190338 |
| Apr 11-Jun 13.....W..... | 5:30-6:45pm | \$106.25/10 sess | 190339 |
| Apr 13-Jun 15.....F..... | 10:30-11:30am | \$106.25/10 sess | 190337 |

Adult (18+ years)

TENNIS

Ball control skills, hand eye co-ordination and fundamental movement skills are developed in a fun environment.

Steveston Community Centre

| | | | |
|---------------------------|-------------------|-----------------------|--------|
| Jan 6-Mar 9.....F..... | 9:30-11:00am..... | \$172.50/10 sess..... | 196701 |
| Jan 7-Mar 3.....Sa..... | 9:30-11:30am..... | \$161/7 sess..... | 189347 |
| Jan 9-Feb 1.....M/W..... | 9:30-11:00am..... | \$138/8 sess..... | 189341 |
| Jan 9-Feb 1.....M/W..... | 7:30-8:30pm..... | \$92/8 sess..... | 189344 |
| Feb 6-Mar 7.....M/W..... | 9:30-11:00am..... | \$172.50/10 sess..... | 189342 |
| Feb 6-Mar 7.....M/W..... | 7:30-8:30pm..... | \$115/10 sess..... | 189345 |
| Mar 26-May 2.....M/W..... | 9:30-11:00am..... | \$189.75/11 sess..... | 190354 |
| Mar 26-May 2.....M/W..... | 7:30-8:30pm..... | \$126.50/11 sess..... | 190357 |
| Mar 31-Jun 16.....Sa..... | 9:30-11:30am..... | \$230/10 sess..... | 190359 |
| May 7-Jun 13.....M/W..... | 9:30-11:00am..... | \$189.75/11 sess..... | 190355 |
| May 7-Jun 13.....M/W..... | 7:30-8:30pm..... | \$115/11 sess..... | 190358 |

Thompson Community Centre - Thompson Community Park

| | | | |
|--------------------------|------------------|------------------|--------|
| Jun 2-Jun 23.....Sa..... | 1:00-2:30pm..... | \$50/4 sess..... | 216058 |
| Jun 3-Jun 24.....Su..... | 1:00-2:30pm..... | \$50/4 sess..... | 217301 |

TENNIS - INTERMEDIATE

After completing this course, participants should possess basic ball handling skills, have control over swings and be able to play simple points.

Steveston Community Centre

| | | | |
|---------------------------|----------------------|-----------------------|--------|
| Jan 5-Feb 2.....Th/Tu... | 7:30-8:30pm..... | \$103.50/9 sess..... | 189407 |
| Jan 6-Mar 9.....F..... | 11:00am-12:30pm..... | \$172.50/10 sess..... | 196752 |
| Jan 7-Mar 10.....Sa..... | 11:30am-1:30pm..... | \$184/8 sess..... | 189410 |
| Jan 9-Feb 1.....M/W..... | 11:00am-12:30pm..... | \$138/8 sess..... | 189401 |
| Jan 9-Feb 1.....M/W..... | 8:30-10:00pm..... | \$138/8 sess..... | 189404 |
| Feb 6-Mar 7.....M/W..... | 11:00am-12:30pm..... | \$172.50/10 sess..... | 189402 |
| Feb 6-Mar 7.....M/W..... | 8:30-10:00pm..... | \$172.50/10 sess..... | 189405 |
| Feb 7-Mar 8.....Tu/Th... | 7:30-8:30pm..... | \$115/10 sess..... | 189408 |
| Mar 26-May 2.....M/W..... | 11:00am-12:30pm..... | \$189.75/11 sess..... | 190403 |
| Mar 26-May 2.....M/W..... | 8:30-10:00pm..... | \$189.75/11 sess..... | 190406 |
| Mar 27-May 3.....Tu/Th... | 7:30-8:30pm..... | \$138/12 sess..... | 190409 |
| Mar 31-Jun 16.....Sa..... | 11:30am-1:30pm..... | \$230/10 sess..... | 190411 |
| May 7-Jun 13.....M/W..... | 11:00am-12:30pm..... | \$189.75/11 sess..... | 190404 |
| May 7-Jun 13.....M/W..... | 8:30-10:00pm..... | \$189.75/11 sess..... | 190407 |
| May 8-Jun 14.....Tu/Th... | 7:30-8:30pm..... | \$138/12 sess..... | 190410 |

TENNIS - ADVANCED

After completing this course, participants should have the ability to rally ten balls in a row using basic tennis ground strokes.

Steveston Community Centre

| | | | |
|----------------------------|----------------------|-----------------------|--------|
| Jan 5-Mar 8.....Th..... | 9:30-11:00am..... | \$187.50/10 sess..... | 189354 |
| Jan 5-Mar 8.....Th..... | 11:00am-12:30pm..... | \$187.50/10 sess..... | 189356 |
| Jan 7-Mar 3.....Sa..... | 2:30-4:30pm..... | \$175/7 sess..... | 189362 |
| Jan 7-Mar 3.....Sa..... | 11:30am-1:30pm..... | \$175/7 sess..... | 189366 |
| Jan 10-Mar 6.....Tu..... | 9:30-11:00am..... | \$168.75/9 sess..... | 189350 |
| Jan 10-Mar 6.....Tu..... | 11:00am-12:30pm..... | \$168.75/9 sess..... | 189352 |
| Mar 12-Mar 16.....M-F..... | 3:30-5:30pm..... | \$125/5 sess..... | 189364 |
| Mar 19-Mar 23.....M-F..... | 3:30-5:30pm..... | \$125/5 sess..... | 189365 |

TENNIS TRAINING - ADVANCED

This training is for dedicated players who want to improve skills rapidly and learn advanced techniques and tactics.

Steveston Community Centre

| | | | |
|----------------------------|-------------------|--------------------|--------|
| Jan 5-Feb 2.....Th/Tu... | 8:30-10:30pm..... | \$225/9 sess..... | 189450 |
| Jan 8-Mar 4.....Su..... | 7:30-9:30pm..... | \$200/8 sess..... | 189453 |
| Feb 7-Mar 8.....Tu/Th... | 8:30-10:30pm..... | \$250/10 sess..... | 189451 |
| Mar 27-Apr 26.....Tu/Th... | 8:30-10:30pm..... | \$250/10 sess..... | 190439 |
| Apr 1-Jun 10.....Su..... | 7:30-9:30pm..... | \$225/9 sess..... | 190441 |
| May 1-Jun 14.....Tu/Th... | 8:30-10:30pm..... | \$350/14 sess..... | 190440 |

VOLLEYBALL

This is a non-instructional program with players divided into teams at the beginning of each class. All skill levels welcome.

South Arm Community Centre

| | | | |
|--------------------------|------------------|----------------------|--------|
| Jan 11-Mar 7.....W..... | 8:15-9:45pm..... | \$60.75/9 sess..... | 215810 |
| Apr 11-Jun 13.....W..... | 8:15-9:45pm..... | \$67.50/10 sess..... | 215812 |

WEST RICHMOND PITCH & PUTT GOLF COURSE

Check the website in April for opening day.

Beginners – get into the game!
Advanced players – perfect your score!

- Open 7 days-a-week weather permitting
- Affordable rates
- Season Passes available
- No advanced booking



9751 Pendleton Road,
 Hugh Boyd Community Park
 Visit www.richmond.ca/pitchandputt
 or call 604-204-7888 for more details!

TENNIS

Indoor Court Rentals

Steveston Community Centre

- Call 604-238-8080 for court times and bookings
- \$18/hr per court. Mon-Sun HST included.

Tennis Court Booking Policy

- Must have a valid City of Richmond client number.
- Only 7 days advance booking for court rentals.
- All court rentals must be paid for at time of booking.
- One person's name and client number is required to book a court. This person is responsible for the full payment of the court booking.
- Participants/clients are not permitted on the tennis courts prior to their bookings of the courts as it is courtesy to other participants/clients. This includes morning court bookings.

We ask all patrons reserving courts to please be mindful that numerous patrons are vying for a limited number of courts. If you are not able to play during the reservation time that you have booked, we kindly ask that you call us at 604-238-8080 at least the morning of your reservation to cancel your court booking.

Only authorized instructors are permitted to teach on indoor and outdoor City tennis courts.

Tennis Level in Programs

Steveston Community Centre instructors will assess an individual's tennis level at the start of the program. If the participant does not meet the required level for the class, the participant must withdraw and find another appropriate class if space is available.

Private Lessons

Steveston Community Centre - Net Shed

Sessions are one-on-one focused or can be combined with other players with similar abilities/goals to make up a semi-private lesson. Private lessons can be pre-booked up to one month in advance. All private lessons must be prepaid at time of booking. Certified instructors teach lessons.

Please fill out a Private Lesson Request Form, which is available at the Steveston Community Centre or online at:

www.richmond.ca/parksrec/centres/stevestoncentre/fitness.htm

Call 604-718-8080 for more information.

- Single.....\$46/hr
- Semi-private (2 people).....\$24.10/person/hr
- Small group (3 people).....\$17.10/person/hr
- Small group (4 people).....\$13.65/person/hr

*Prices do not include HST

Please note proper clothing attire is to be worn for all tennis programs i.e., no jeans, no black-soled shoes, non-marking soled shoes ONLY.



COMMUNITY ROWING AND PADDLING PROGRAMS
WINTER & SPRING 2012

Paddling: (Juniors – 10-18 Years, Adults 19+)

Jr. Paddling Team
March 26-June 27, Wednesday, 4-6pm, \$140
Open to all youth aged 12-18 years.

Dragon Boat Teams – Winter Training Package:
October 1 – February 28
Unlimited paddling for \$550 per team

Dragon Boat Teams – Spring/Summer Package:
March 1 – September 30
Make the UBC Boathouse a home base for your dragon boat team! Seasonal rental packages start at just \$1200.

Rowing: (Juniors – 14-18 Years, Adults 19+)

Jr. Learn to Row
Prerequisite: Richmond Olympic Oval Tank Learn to Row or UBC Boathouse Stone Boat/Learn to Row or Fast Track Camp
March 20 – April 19, T/TH, 6 – 7:30pm, \$220
April 24 – May 24, T/TH, 6 – 7:30pm, \$220
May 29 – June 28, T/TH, 6 – 7:30pm, \$220

Jr. Development Rowing League
Prerequisite: UBC Boathouse Jr. Learn to Row or Fast Track Camp and Skill Assessment
March 5 – May 4, M/W/F, 4-6pm, \$297
March 12 – May 5, M/W 6-8pm & Sat 2-4pm, \$264
May 7 – June 9, M/W/F, 4-6pm, \$264
May 7 – June 9, M/W 6-8pm & Sat 2-4pm, \$264

Jr. Competitive Rowing Team
Prerequisite: UBC Jr. Learn to Row or Fast Track Camp & Skill Assessment
March 5 – May 5, M/W/F, 4-6pm & Sat 12-2pm, \$396
May 7 – June 9, M/W/T 4-6pm & Sat 12-2pm, \$352

Jr. Rowing Winter Training Program
Jan 4 – March 3, M/W/F, 4-6pm & Sat 12-2pm, \$527
Geared for new and experienced rowers. Program consists of erg training, circuit and core training. Designed to prepare athletes for the competitive season.

Adult Learn to Row Private Lessons
Prerequisite: Richmond Olympic Oval Tank Learn to Row
4 x 1 1/2-hour sessions, \$290, call for availability

Community Corporate Rowing Challenge
April 8-May 7, Call for details on how to sign-up your team of 5 or 9!
Partake in 7 weeks of learn to row sessions, a wrap up BBQ and the corporate challenge competition. No experience necessary!

Rowing and Paddling Team Building Experiences
Call today for information on our many team building packages customized to fit your team or group.

WWW.UBCBOATHOUSE.COM

Register online or call 604-247-2627

We're here: 7277 River Road, Richmond, BC

Adult (18+ years)

BADMINTON COURT INFORMATION

See Badminton Court Rental Schedule for available days and times. Call specific centre's to book courts.

Prices do not include HST

| Centre | Booking Phone # | Court Fees |
|----------------------------------|--------------------|----------------------------------|
| Cambie..... | 604-233-8399 | \$9.50/45 minutes |
| Lang Centre (City Centre)* | 604-233-8910..... | *Block Booking \$9.50/45 minutes |
| Hamilton..... | 604-718-8055 | \$9.50/45 minutes |
| South Arm..... | 604-718-8060 | \$9.50/45 minutes |
| Steveston | 604-238-8080 | \$9.50/45 minutes |
| Thompson..... | 604-238-8422 | \$9.50/45 minutes |
| West Richmond..... | 604-238-8400 | \$9.50/45 minutes |

*block bookings available M, W, Sa (casual bookings are permitted)

| Badminton Fees | |
|-------------------------|--------|
| Children (under 3yrs) | Free |
| Children/Teen (3-18yrs) | \$2.25 |
| Adult (19-54yrs) | \$4.75 |
| Senior (55+yrs) | \$3.50 |
| Family (per person) | \$2.50 |

Table Tennis Fees - City Centre Community Centre

| | |
|------------|--------------|
| Visit Card | \$15/12 sess |
|------------|--------------|

Table Tennis Fees - Steveston Community Centre

| | |
|---------------------|--|
| Children (6-12yrs) | Free. Must be accompanied by 18+yrs. 18+yrs either needs to have a valid SCC Table Tennis pass or pay a drop-in fee. |
| Youth (13-18yrs) | \$2.25 |
| Adult (19-54yrs) | \$4.75 |
| Senior (55+yrs) | \$3.50 |
| Family (per person) | \$2.50 |
| Year Pass | \$29 Youth - \$59 Adult |

Table Tennis Fees - Thompson Community Centre

| | |
|-------------------------|-------------------------|
| Children (under 3yrs) | Free |
| Children/Teen (3-18yrs) | \$2.25 |
| Adult (19-54yrs) | \$4.75 |
| Senior (55+yrs) | \$3.50 |
| Family (per person) | \$2.50 |
| Year Pass | \$29 Youth - \$59 Adult |

Table Tennis Fees - West Richmond Community Centre

| | |
|-----------|-------------------------|
| Year Pass | \$29 Youth - \$59 Adult |
|-----------|-------------------------|

RACQUET SPORTS / COURT BOOKING PROCEDURES

The following procedures apply to all facilities unless stated otherwise. Please call facilities directly to book a court.

- Reservations: One week in advance in person or by phone. Payment must be made at the time of booking.
- Cancellations: For a refund or credit, 24 hours notice is required. There are no refunds or credits for less than 24 hours notice.
- Bookings per person: A maximum of two (2) courts booked per day.
- Private Lessons: All court rentals are for public use. For safety and enjoyment of all participants, private lessons are restricted to those run by the Associations.

RACQUETBALL AND SQUASH COURT INFORMATION

| Facility | South Arm Community Centre | Steveston Community Centre | West Richmond Community Centre |
|---|--|---|---|
| Phone number | 604-718-8060 | 604-238-8080 | 604-238-8400 |
| Prime time court rental \$8.40/45 min | 5:00-9:30pm | N/A | M-F 4:45-8:30pm |
| Non-prime time court rental \$5.25/45 min | M-F 6:30am-5:00pm Sa/Su 8:00am-8:45pm | M-F 6:00am-9:00pm Sa 8:00am-6:45pm Su 8:00am-8:45pm | M-F 8:30am-4:00pm Sa 9:15am-3:30pm Su 9:15am-3:30pm |
| Racquet rental | \$2 per racquet | \$2 per racquet | \$2 per racquet |
| Ball rental | | \$1 per ball | \$1 per ball |
| Wallyball \$12.55/45 min | Yes | N/A | Yes |
| Free goggle rental | Yes | Yes | Yes |

*Prices do not include HST

Badminton Court Rental Schedule - January 2 - June 30

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|-----|---|-------------------------|---|---|---------------------------------|
| 12:15-1:45pm South Arm | | 5:15-6:30pm Steveston | 8:15-9:30pm Hamilton | 6:00-9:00pm West Richmond - Hugh Boyd | 9:15am-7:45pm Cambie | 9:15am- 3:15pm Cambie |
| 6:15-8:30pm City Centre - Anderson School | | 5:45-9:30pm City Centre - Anderson School | | | 11:45am-4:45pm Steveston | 9:30am-12:30pm Hamilton |
| | | 5:45-9:30pm Thompson | | | 2:45-6:30pm City Centre - Anderson School | 10:00am-4:00pm West Richmond |
| | | | | | 3:00-9:00pm South Arm | 3:00-9:00pm South Arm |
| | | | | | 4:15-10:15pm Thompson | 5:00-8:45pm Thompson |

Badminton Drop-In Schedule - January 2 - June 30

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|------------------------------------|------------------------------------|------------------------------------|--|-----|--|
| 55+yrs 10:00am-12:00pm South Arm | 18+yrs 8:15-9:50pm South Arm | 18+yrs 11:45am-2:20pm Cambie | 18+yrs 8:15-9:50pm South Arm | 55+yrs 10:00am-12:00pm South Arm | | All Ages 11:15am-12:30pm Thompson |
| 18+yrs 11:45am-2:20pm Cambie | | 13-18yrs 3:00-4:30pm Cambie | | 18+yrs 11:45am-2:20pm Cambie | | All Ages 11:15am- 2:15pm Steveston |
| | | 18+yrs 7:30-9:30pm Cambie | | 13-18yrs 3:30-5:45pm Steveston | | |

Table Tennis Drop In Schedule - January 2 - June 30

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------------|-----------------------------|-----------------------------|
| 6:00am-9:45pm Steveston* | 6:00am-3:15pm Steveston* | 6:00am-3:15pm Steveston* | 6:00am-3:15pm Steveston* | 6:00-10:15am Steveston* | 8:00am-3:15pm Steveston* | 8:00am-8:30pm Steveston* |
| | 7:00-9:45pm Steveston* | 7:00-9:45pm Steveston* | 6:00-9:45pm Steveston* | 1:00-9:45pm Steveston* | | |

Contact Cambie Community Centre at 604-233-8394 for their schedule. Times are subject to change at any time

*Steveston - Play takes place on Gymnasium Stage. A valid pass must be shown at the desk. Daily drop-in rate available. Yearly Pass available Adults \$59 and Youth \$29.

Drop-In Gym Schedule - January 2 - June 30

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|--|---|--|---|---|---|
| Girls Only 13-18yrs 3:00-4:30pm Cambie | Floor Hockey 18+yrs 7:00-8:00am Cambie | Badminton 13-18yrs 3:00-4:30pm Cambie | Floor Hockey 18+yrs 7:00-8:00am Cambie | Basketball 9-12yrs 4:00-6:00pm Thompson | Open Gym** Family-All Ages* 11:30am-12:30pm City Centre- Anderson School | Basketball 18+yrs 1:00-2:30pm South Arm |
| Floor Hockey 9-12yrs 5:30-6:30pm Hamilton | Basketball 18+yrs 12:00-2:00pm Cambie | Open Gym* Family 6:00-7:30pm Steveston | Floor Hockey 18+yrs 11:45am-2:00pm Cambie | Floor Hockey** 9-12yrs 5:00-7:00pm City Centre - Cook School | Basketball 18+yrs 12:30-2:30pm South Arm | Pickleball 45+yrs 1:00-4:15pm Thompson |
| Floor Hockey-Women's Only 16+yrs 6:30-8:00pm Hamilton | Pickleball 18+yrs 1:15-3:15pm West Richmond | Pickleball 18+yrs 7:30-9:15pm West Richmond | Basketball 13-18yrs 3:00-4:30pm Cambie | Floor Hockey 13-18yrs 6:00-8:00pm South Arm | Volleyball** 18+yrs 12:45-2:45pm City Centre - Anderson School | Basketball 9-12yrs 2:30-4:00pm Hamilton |
| Basketball 18+yrs 7:30-9:30pm Cambie | Volleyball 13-18yrs 3:00-4:30pm Cambie | Floor Hockey 18+yrs 7:45-9:30pm Steveston | Floor Hockey 13-18yrs 4:00-5:30pm Thompson | Basketball** 13-55yrs 6:00-10:00pm City Centre - Anderson School | | Basketball 13-18yrs 2:30-4:30pm Steveston |
| Basketball 18+yrs 8:00-9:45pm South Arm | Dodge Ball 13-18yrs 5:30-7:30pm Steveston | | Floor Hockey** 9-12yrs 5:00-7:15pm City Centre - Cook School | Night Shift Volleyball 13-25yrs 7:00-10:00pm Thompson - Burnett School | | Basketball 16+yrs 4:00-6:00pm Hamilton |
| | Floor Hockey 18+yrs 7:00-9:00pm Thompson - McKay School | | Indoor Soccer 18+yrs 5:30-7:00pm Hamilton | Night Shift Basketball 13-25yrs 7:00-11:30pm Thompson | | Basketball 18+ 4:30-6:30pm Steveston |
| | Volleyball 18+yrs 7:00-9:30pm Cambie | | Basketball 13-18yrs 7:00-8:15pm Steveston | Basketball 18+yrs 8:00-10:30pm Hamilton | | Floor Hockey 18+yrs 6:30-8:30pm Steveston |
| | Basketball 18+yrs 8:00-9:15pm West Richmond | | Basketball 18+yrs 8:15-9:30pm Steveston | Night Shift Basketball 13-25yrs 8:30pm-12:00am West Richmond | | |
| | Soccer*** 18+yrs 8:15-9:30pm Steveston | | Floor Hockey 18+yrs 8:30-10:00pm West Richmond - Gilmore School | Night Shift Basketball 13-25yrs 8:30pm-12:00am South Arm | | |
| | Basketball 18+yrs 8:30-9:30pm Thompson | | | Night Shift Basketball 13-18yrs 8:45pm-12:00am Steveston | | |
| | Floor Hockey 18+yrs 8:30-10:00pm West Richmond - Gilmore School | | | Night Shift Basketball 13-25yrs 9:00pm-12:00am Cambie | | |

SCHEDULE SUBJECT TO CHANGE * Parents/guardians must be in attendance at all times. ** For up-to-date information on City Centre Open Gyms, call 604-233-8910. *Ends March 27, 2012**



Winter/Spring Walking Series

Join in these **FREE** guided local walks where you can meet new friends and discover Richmond all while maintaining your healthy lifestyle.

Winter 2012

Saturday, January 7, 10:00am

Finn Slough – New Year's Walk

Meet at Woodwards Landing—one block west of No. 5 Road off Dyke Road.

Saturday, January 21, 10:00am

Fraserwood

Meet at trail entrance at the intersection of Graybar Road and Dyke Road.

Saturday, February 4, 10:00am

Garry Point Park / West Dyke

Meet at Garry Point concession stand, 12011 7th Avenue.

Saturday, February 18, 10:00am

Terra Nova

Meet at entrance to the West Dyke Trail, the west end of River Road.

Saturday, March 3, 10:00am

King George Park

Meet at main entrance to the Cambie Community Centre, 12800 Cambie Road.

Saturday, March 17, 10:00am

Shell Road (Dog off-leash area)

Meet at parking lot at the east end of Francis Road and No. 4 Road (parking is limited).

Thursday, March 22, 7:00pm

South Arm Park

Meet at front of the South Arm Community Centre, 8880 Williams Road.

Saturday, March 31, 10:00am

Richmond Nature Park

Meet at Nature House, 11851 Westminster Highway.

Richmond's Walking Guide Book

Pick up a FREE Guide Book at your local recreation facility or download a copy from www.richmond.ca/walk



Spring 2012

Thursday, April 5, 7:00pm

Minoru Park – Easter Walk

Meet at east side of Minoru Pavilion building, 7191 Granville Avenue.

Saturday, April 14, 10:00am

Burkeville Park – Sea Island

Meet at Burkeville Park playground (between Airport Drive and Catalina Crescent).

Thursday, April 19, 7:00pm

Garden City and Paulik Parks

Meet at Garden City Park parking lot one block east of Garden City Road on Granville Avenue.

Saturday, April 28, 10:00am

South Dyke Trail (Dog off-leash area)

Meet across from the London Heritage Farm House, 6511 Dyke Road.

Thursday, May 3, 7:00pm

Hugh Boyd and Seniors' Fitness Circuit

Meet at Seniors' Fitness Circuit on the north east side of the West Richmond Community Centre, 9180 No. 1 Road.

Saturday, May 12, 10:00am

McDonald Beach

Meet at north end of McDonald Road at the McDonald Beach parking lot.

Thursday, May 17, 7:00pm

London Farm – The Queen's Walk

Meet across from the London Heritage Farm House, 6511 Dyke Road.

Saturday, May 26, 10:00am

Horseshoe Slough

Meet at Woodwards Landing—one block west of No. 5 Road off Dyke Road.

Thursday, May 31, 7:00pm

Thompson to Terra Nova

Meet at north entrance of the Thompson Community Centre, 5151 Granville Avenue.

Saturday, June 9, 10:00am

Iona Jetty

Meet at Jetty entrance—north on Templeton Street, which becomes Ferguson Road, and continues to the jetty entrance.

Thursday, June 14, 7:00pm

McLean Park – Hamilton

Meet at basketball court at the corner of McRae Street and McLean Avenue.

Saturday, June 23, 10:00am

Middle Arm

Meet at the playground at Dover Park, 5855 Dover Crescent (across from the Richmond Works Yard).

Thursday, June 28, 7:00pm

Steveston Village – Canadian Pride Walk

Meet at Garry Point concession stand, 12011 7th Avenue.

Self Guided Walk Richmond Walks

**Saturday January 14, 28,
February 11, 25, March 10, 24,
April 7, 21, May 5, 19,
June 2, 16, 30 at 10:00am**

We encourage all walkers to meet at Minoru Park (east side of the Minoru Sports Pavilion, 7191 Granville Avenue) and walk together on the Saturdays when guided walks are not offered. Volunteer leaders will be on most walks.





The City of Richmond has recently launched its own Facebook page. Richmond's Facebook page can be accessed at www.facebook.com/cityofrichmondbc or by clicking on the Facebook link on the homepage of the City's website.

Start connecting with the City – “**Like**” the Facebook page and get timely updates, share and view beautiful pictures and connect with other Richmond “fans!”

Keep in touch on Facebook for exciting, upcoming promotions and information on City contests with great prize giveaways.

Follow us at www.facebook.com/cityofrichmondbc