PARKS, RECREATION 
AND CULTURE GUIDE
Winter 2020 | January – March
richmond.ca/register
AQUATICS: Online Dec 3 l 8:00pm
ALL PROGRAMS: Online Dec 3 l 10:00pm
ALL PROGRAMS: In person / Call Centre l Dec 4
Check out the middle insert to prepare for online registration!
City at Work

Explore the invisible inner workings of our city at the Richmond Museum. Bust urban myths and get answers to questions you never knew you had.

Exhibition runs to September 2020

Richmond Museum
(Richmond Cultural Centre)
7700 Minoru Gate

www.richmondmuseum.ca
Welcome to the Winter 2020 edition of the Parks, Recreation and Culture Guide. The City of Richmond and its community partners have a long history of offering outstanding programs and services to the community. The upcoming season is no exception. Community Services is pleased to provide you with a diverse range of activities, programs, classes and events.

With the new year just ahead, consider starting 2020 with a new fitness routine, discovering a new art form or meeting new people at the many drop-in activities offered in our community facilities. Be sure to drop by the new Fitness Centre at Minoru Centre for Active Living when it opens on January 1. The bright and spacious 8,500 sq. ft. fitness and wellness space features a full complement of cardio, strength and stretching equipment and spotlights functional training pieces to promote active aging, performance and fun for all ages and abilities.

Keep active by being outside and exploring one of our parks or inside experiencing some of the many free and family-style events planned including the Children's Arts Festival at the Richmond Cultural Centre on Monday, February 17. Join your friends at the Family Day long weekend events at most community facilities starting Saturday, February 15. Find details about these and all other events happening around Richmond at www.richmond.ca/events.

Spring Break for students runs for two weeks beginning Monday, March 16 with many great camps, programs and workshops for children and youth. Options range from sports to adventure and science to acting classes and so much more in between.

All of the parks, recreation and cultural activities and services found in this Guide contribute to making Richmond an active and thriving community for those of you who live, work and play here. We hope you take advantage of the many offerings available.

Malcolm D. Brodie
Mayor

Working together to serve Richmond residents

To be the most appealing, livable and well-managed community in Canada, the City of Richmond recognizes the importance of collaboration and community involvement in the delivery of programs and services. Through a relationship-based approach, the City and the not-for-profit sector have a long history of working together to increase the quality of life for individuals in the community. The associations and societies represented below work jointly with City staff to provide the wide spectrum of parks, recreation and cultural opportunities outlined in this guide. Together we create inclusive places and spaces for residents and visitors to engage in active, healthy living.
Registration

How to register yourself and your family ...

PHONE
604-276-4300
Phone and press "2" to speak to a Customer Service Agent.
Monday-Friday
8:30am-5:30pm

ONLINE
www.richmond.ca/register
Register online anytime using our online interactive guide.
24 hours a day,
7 days a week

IN-PERSON
Drop-In and register at any location.

You will need ...

<table>
<thead>
<tr>
<th>Your NEW online registration account</th>
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<tbody>
<tr>
<td>If you have not activated your account, phone 604-276-4300 or drop by your local recreation/cultural facility.</td>
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<table>
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<th>Your course number</th>
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<tr>
<td>You can find this seven-digit number in the Guide, under the course description.</td>
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<td>Jan 16-Mar 5........1234567</td>
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<th>Your method of payment</th>
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<td>Pay with AMEX, Visa or MasterCard.</td>
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<tr>
<td>Note: cash, debit and cheques are accepted in-person at facilities only.</td>
</tr>
</tbody>
</table>

5% GST will be added to all applicable programs and services.

REFUNDS / WITHDRAWALS / TRANSFERS

To receive a refund or withdraw or transfer from a class, customers are encouraged to phone the Registration Call Centre at 604-276-4300 Monday to Friday, 8:30am to 5:30pm. To withdraw or transfer outside of Registration Call Centre hours, phone the facility offering the class directly. Note: refunds, withdrawals and transfers cannot be processed online.

Seasonal Classes
Unless otherwise specified,
- If notice is given prior to the beginning of the third session of the class, a refund, less classes taken, will be provided.
- If notice is given after the beginning of the third session, no refund will be given.

Private/Semi-Private Lessons (Music, Aquatics and Skating), Aquatic Leadership Courses
- If notice is given 72 hours prior to the start of the course, a full refund will be given.
- If notice is given less than 72 hours prior to the start of the course, no refund will be given.

Short Programs (1 week or less), Camps, Workshops, Out Trips and Special Events
Unless otherwise specified,
- If less than one week's notice is given, 50% of the fee will be refunded.
- If notice is given on or after the start date of the program, no refund will be given.
- Transfers will be allowed with 72 hours notice prior to the start date of the program.

Note: Some courses and out trips may have a no-refund policy for items such as art supplies or tickets for events.

Your course number
You can find this seven-digit number in the Guide, under the course description.
Jan 16-Mar 5...........1234567

Your method of payment
Pay with AMEX, Visa or MasterCard.
Note: cash, debit and cheques are accepted in-person at facilities only.
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**THIS IS AN IMPORTANT DOCUMENT. PLEASE HAVE SOMEONE TRANSLATE IT FOR YOU.**

【重要通じ】、此に訳させ読んでください。

Registration Call Centre: 604-276-4300
City community facilities can be rented by the general public for meetings, weddings, workshops or birthday parties. For detailed information about facility rental opportunities, drop by the facility directly or visit www.richmond.ca/rentals.

### AQUATICS

1. **Minoru Aquatic Centre**
   - 7560 Minoru Gate, V6Y 1R9
   - 604-238-8020
   - aquatics@richmond.ca
   - www.richmond.ca/aquatics

2. **Minoru Centre for Active Living**
   - 7191 Granville Ave, V6Y 1N9
   - Opening soon.

3. **South Arm Outdoor Pool**
   - 10100 South Arm Pl, V7A 2E1
   - 604-238-8035
   - aquatics@richmond.ca
   - www.richmond.ca/aquatics

4. **Watermania**
   - 14300 Entertainment Blvd, V6W 1K3
   - 604-448-5333
   - aquatics@richmond.ca
   - www.richmond.ca/aquatics
   - Sports Therapy Clinic: 604-448-9616
   - www.watermaniaclinic.com

### ARENAS

5. **Minoru Arenas**
   - 7551 Minoru Gate, V6Y 1R8
   - 604-238-8465
   - arenas@richmond.ca
   - www.richmond.ca/arenas

6. **Richmond Ice Centre**
   - 14140 Triangle Rd, V6W 1B1
   - 604-448-5366
   - arenas@richmond.ca
   - www.richmond.ca/arenas

### ARTS AND HERITAGE

7. **Britannia Shipyards National Historic Site**
   - 5180 Westwater Dr, V7E 6P3
   - 604-238-8050
   - britannia@richmond.ca
   - www.richmond.ca/britannia
   - Oct 1-Apr 30, Sa/Su 12:00-5:00pm
   - May 1-Sep 30, Daily 10:00am-5:00pm

8. **London Heritage Farm**
   - 6511 Dyke Rd, V7E 3R3
   - 604-271-5220
   - www.richmond.ca/londonfarm
   - Closed Jan
   - W-Su 12:00-5:00pm

9. **Richmond Cultural Centre**
   - 7700 Minoru Gate, V6Y 1R9
   - 604-247-8300
   - culturalcentre@richmond.ca
   - www.richmond.ca/culturalcentre
   - M-F 9:00am-9:30pm
   - Sa/Su 10:00am-5:00pm

10. **Richmond Arts Centre**
    - 7700 Minoru Gate, V6Y 1R9
    - 604-247-8300
    - artscentre@richmond.ca
    - www.richmond.ca/artscentre
    - M-F 9:00am-9:30pm
    - Sa/Su 10:00am-5:00pm

11. **Richmond Art Gallery**
    - 7700 Minoru Gate, V6Y 1R9
    - 604-247-8300
    - gallery@richmond.ca
    - www.richmondartgallery.org
    - M-W/F 10:00am-6:00pm
    - Th 10:00am-9:00pm
    - Sa/Su 10:00am-5:00pm

12. **Richmond Media Lab**
    - 7700 Minoru Gate, V6Y 1R9
    - 604-247-8300
    - medialab@richmond.ca
    - www.richmond.ca/medialab
    - M-F 9:00am-9:30pm
    - Sa/Su 10:00am-5:00pm

13. **Richmond Museum**
    - 7700 Minoru Gate, V6Y 1R9
    - 604-247-8300
    - museum@richmond.ca
    - www.richmondmuseum.ca
    - M-F 9:00am-9:30pm
    - Sa/Su 10:00am-5:00pm

### COMMUNITY CENTRES

14. **Cambie Community Centre**
    - 12800 Cambie Rd, V6V 0A9
    - 604-238-8399
    - cambie@richmond.ca
    - www.richmond.ca/cambie
    - M-F 7:00am-9:45pm
    - Sa 9:00am-8:45pm
    - Su 9:00am-9:45pm

15. **City Centre Community Centre**
    - 5900 Minoru Blvd, V6X 0L9
    - 604-204-8588
    - citycentre@richmond.ca
    - www.richmond.ca/citycentre
    - Su-Th 6:00am-11:00pm
    - Fr/Sa 6:00am-12:00am

16. **Hamilton Community Centre**
    - 5140 Smith Dr, V6V 2W5
    - 604-238-8055
    - hamilton@richmond.ca
    - www.richmond.ca/hamilton
    - M-F 7:00am-9:30pm
    - Sa/Su 9:00am-4:30pm

17. **Lang Centre**
    - #140-8279 Saba Rd, V6Y 4B6
    - 604-233-8910
    - citycentre@richmond.ca
    - www.richmond.ca/citycentre
    - Phone for hours of operation.

18. **Sea Island Community Centre**
    - 7140 Miller Rd, V7B 1L4
    - 604-238-8000
    - seaisl@richmond.ca
    - www.richmond.ca/sea island
    - Phone for hours of operation.

19. **South Arm Community Centre**
    - 8880 Williams Rd, V7A 1G6
    - 604-238-8060
    - southarm@richmond.ca
    - www.richmond.ca/southarm
    - M-F 6:00am-10:00pm
    - Sa-Su 7:30am-9:00pm

### Facilities Listing

- **Wi-Fi available**
Facilities Listing

19 Steveston Community Centre
4111 Moncton St, V7E 3A8
604-238-8080
stevestoncc@richmond.ca
www.richmond.ca/steveston
M-F 6:00am-10:00pm
Su-Sa 7:30am-6:00pm

20 Thompson Community Centre
5151 Granville Ave, V7C 1E6
604-238-8422
thompson@richmond.ca
www.richmond.ca/thompson
M-F 6:00am-9:45pm
Sa/Su 7:00am-8:45pm

21 West Richmond Community Centre
9180 No. 1 Rd, V7E 6L5
604-238-8400
seniors@richmond.ca
www.richmond.ca/seniors
M-Sa 7:00am-9:00pm
Su 8:00am-5:00pm

SATELLITE LOCATIONS
32 Anderson School – 9460 Alberta Rd
33 Blair School – 6551 Lynas Lane
34 Boyd Park – 9180 No. 1 Rd
35 Bridge School – 10400 Leonard Rd
36 Brighouse Park – 7840 Granville Ave
37 Brighouse School – 6800 Azure Rd
38 Burnett School – 5011 Granville Ave
39 Byng School – 3711 Georgia St
40 Cook School – 8600 Cook Rd
41 Debeck School – 8600 Ash St
42 Dixon School – 9331 Diamond Rd
43 East Richmond Community Hall – 12360 Cambie Rd
44 Garden City Park – Corner of Alberta Rd/Garden City Rd – 6620 Garden City Rd
45 Garden City School – 8311 Garden City Rd
46 General Currie School – 8220 General Currie Rd
47 Gilmore School – 8380 Elsmore Rd
48 Hamilton School – 5180 Smith Dr
49 Japanese Canadian Cultural Centre (JCCC) – 4255 Moncton St
50 Jessie Wowk – 5380 Woodwards Rd
51 MacNeill Secondary School – 6611 No. 4 Rd
52 McKay School – 7350 Lombard Ave
53 McKinney School – 10451 Lassam Rd
54 McLean Park – 22500 McLean Ave
55 McMath School – 4251 Garry St
56 McNeely School – 12440 Woodhead Rd
57 McRoberts School – 8980 Williams Rd
58 Manoah Steves School – 10111 Fourth Ave
59 Mayfair Lakes Golf Course – 5460 No. 7 Rd
60 Maple Lane School – 7671 Alouette Dr
61 Mitchell School – 12091 Cambie Rd
62 No. 5 Fire Hall – 22451 Westminster Hwy
63 Sea Island School – 1891 Wellington Cres
64 South Arm Community Hall – 9020 Williams Rd
65 Steveston London – 6600 Williams Rd
66 Steveston Martial Arts Centre – 4251 Moncton St
67 Steveston Net Shed – 4111 Moncton St
68 T. Homma School – 5100 Brunswick Dr
69 T. Hoamma School – 5100 Brunswick Dr
70 Talmey School – 9500 Kilby Dr
71 Thompson School – 6211 Forsythe Cres
72 Tomsett School – 9671 Odlin Rd
73 UBC Boat House – 7277 River Rd
74 Walter Lee School – 9491 Ash St
75 Westwind School – 11371 Kingfisher Dr
76 Whiteside School – 9282 Williams Rd
77 Woodward School – 10300 Seacote Rd

OTHER FACILITIES
23 Garratt Wellness Centre
7504 Chelsea Pl, V7C 3S9
604-204-2007 (Health Dept.)
604-238-8004 (Program Registration)
www.richmond.ca/fitness
M-F 9:00am-1:00pm

24 Richmond Nature Park
11851 Westminster Hwy, V6X 1B4
604-238-6188
nature@richmond.ca
www.richmond.ca/naturepark
Nature Park Daily dawn-dusk
Nature House: M-Su 9:00am-5:00pm

THEATRE
31 Gateway Theatre
6500 Gilbert Rd, V7C 3V4
604-270-6500
www.gatewaytheatre.com
Administration
M-F 9:00am-5:00pm
Box Office
M-F 12:00-6:00pm
Sa 2:00-6:00pm
Su closed

INTERNET REGISTRATION:
www.richmond.ca/register

Find a map of facilities at www.richmond.ca/parksrec/centres/locations.
Become a Community Services volunteer!

Many people find a sense of community connectedness, accomplishment and pride through volunteering, which can be a life changing experience!

**The benefits of volunteering include:**

- Contributing to the community
- Meeting new people
- Connecting with your neighbourhood
- Enjoying fun and rewarding experiences
- Gaining employment skills

Some of the ways you can get involved in your community include:

- Engaging and connecting with visitors through arts and heritage interactive demonstrations and activities
- Educating the public on recycling at environmental sustainability programs
- Providing water safety education to people of all ages and abilities
- Leading crafts, sports and other fun activities for children and youth
- Teaching seniors to use their smartphone or tablet device in a safe and friendly environment

Join us in building a vibrant and connected Richmond community. Sign up today at icanhelp.richmond.ca.

Richmond Cares, Richmond Gives is a hub for volunteering and giving. We’re here to encourage and facilitate local philanthropy - through both volunteerism and monetary donations.

Visit www.rcrg.org to learn more about what we do and access:

- A comprehensive directory listing of 1,300+ community programs and services - click on Community Services Directory
- A database of current volunteer opportunities offered by local organizations - click on Volunteer Now

Make a free appointment to speak with an Information & Referral specialist or a Volunteer Match Advisor. Office hours Monday–Friday, 9:00am–5:00pm, Richmond Caring Place, 190-7000 Minoru Boulevard. For more information, phone 604-279-7020 or email info@rcrg.org.
The Accessibility and Inclusion team works to eliminate barriers and to ensure that parks, recreation and cultural services options are available for all Richmond residents. Opportunities are developed for people living with disabilities, those in financial need and for Richmond’s diverse cultural groups.

**Community Resources**

**BARRIER FREE RICHMOND GUIDE**

www.richmond.ca/lowcostnocost

This annual publication highlights a wide range of community and City resources available for individuals and families in Richmond facing barriers. Find a copy online or pick one up at a community recreation facility.

**LOW COST, NO COST GUIDE**

www.richmond.ca/lowcostnocost

This seasonal publication features a selection of low cost and free opportunities. Find a copy online or pick one up at a community recreation facility.

**Support for Newcomers**

**NEWCOMER’S GUIDE TO RICHMOND**

www.richmond.ca/newcomers

This online guide contains local information from finding employment to housing options to a list of City services. The guide is currently available in English, Tagalog, Chinese, Punjabi and Russian.

**CAREER PATHS FOR SKILLED IMMIGRANTS**

www.careerpaths.ca

This service provides occupation-specific resources and support to help immigrant job seekers move into careers that match their qualifications. It is a free service under the WelcomeBC umbrella, funded by the Government of Canada and the Province of BC. This program is intended for permanent residents with an intermediate English level and who have been in Canada for five years or less. Phone 604-575-3800, email info@careerpaths.ca or visit the website for details.

**FAMILY SERVICES OF GREATER VANCOUVER - RICHMOND**

www.fsgv.ca

This service provides free and low cost community education programs including community cooking, parent education, financial empowerment, conversation circles and Richmond Family Friends. Programs are offered in English, Cantonese and Mandarin with support in Spanish. Family Services also offers a wide variety of counselling services. Phone 604-279-7100 for details.

**Support for People on Low Income**

**RECREATION FEE SUBSIDY PROGRAM (RFSP)**

www.richmond.ca/subsidy

This program assists people of all ages who are experiencing financial hardship to access a wide variety of Richmond’s cultural, sport, recreational activities and programs. Financial hardship means that a person has difficulty paying for basic daily living expenses (i.e., food, shelter, clothing) and does not have access to savings or other financial resources. Financial support is available for most registered programs and many drop-in opportunities.

2019-2020 RFSP applications are available online or can be picked up at any community facility. Find details at www.richmond.ca/subsidy, email subsidy@richmond.ca or phone 604-247-4909.

**KIDSPORT RICHMOND**

www.kidsport.ca

This non-profit organization assists with the cost of registration for sport teams and programs offered by local sports organizations and clubs that are affiliated with KidSport BC. KidSport Richmond works to ensure that all kids in financial need have access to the positive experience of sport and physical activity. Visit the website to apply.
Canadians Tire Jumpstart
jumpstart.canadiantire.ca
This program provides funding for registration fees and equipment to assist Richmond children four to 18 years old to access any sport or recreation activity that includes physical activity. To apply, complete an online application form or phone 604-247-4909 for details.

S.U.C.C.E.S.S. Settlement Services
www.successbc.ca
This organization provides free settlement support, language training, employment-related services and community connection activities at Richmond Caring Place. Information and services are available in English, Cantonese, Tagalog, Korean, Japanese and Arabic. Phone 604-279-7180 for details. Chinese Help Lines assist Chinese speaking individuals with language and cultural barriers with access to important social services and emotional support. For help in Mandarin phone 604-270-8222 and in Cantonese phone 604-270-8233.

Settlement Workers in Schools (SWIS)
www.sd38.bc.ca/services/swis
This group assists newcomer students and families to access community resources (i.e. recreation services) and provides help navigating the Richmond public school system (School District 38). Settlement support is currently provided in English, French, Arabic, Cantonese, Mandarin, Hindi, Punjabi, Spanish and Tagalog. A child’s school should be contacted directly for details.

Programs for Immigrant Mothers with Preschoolers
This program is held at City Centre Community Centre and is operated by Family Services of Greater Vancouver. The program includes opportunities to practice English, gain new skills and socialize while children play. Phone 604-279-7100 for details.

Richmond Multicultural Community Services (RMCS)
www.rmcs.bc.ca
Richmond Multicultural Community Services helps new immigrants and refugees settle in Canada by connecting them to jobs, housing, government and community services. RMCS also offers free programs and services such as English conversation classes, seniors programs, support groups and income tax clinics.

Women and Girls Only Swim at Watermania
This safe and welcoming swim for women and girls only (boys under the age of seven years welcome) is hosted at Watermania on Saturdays from 8:30 to 10:00pm. Available amenities include the wave pool, main competition pools, diving boards, hot tubs, sauna, steam room and the wave pool play structure. Note: The Fitness Centre will remain open to the general public as usual until 10:00pm. Find the Swim Schedule on page 29.

Support for People with Diverse Abilities

Adapted Fitness ........................................................................ page 106
Adapted Swim ............................................................................. page 41

Recreation Access Card
www.richmond.ca/accesscard
This card entitled Richmond residents living with a permanent disability that seriously impairs activities of daily living a 50% discount to drop-in activities at community centres, aquatic centres, arenas and cultural facilities. Application forms can be picked up at these facilities or downloaded from the website. Email accessibility@richmond.ca or phone 604-247-4909 for details.

Developmentally Challenged Youth Basketball Association (DCYBA)
The DCYBA is an integrated drop-in basketball program that promotes and supports the development of basketball programs in BC for youth with developmental challenges. Men at least 20 years old who are interested and have the basic abilities needed to develop the skills and concepts of team basketball in an athletic setting are encouraged to drop in and participate with their peers. Seniors and women are welcome. Phone Maria at 604-241-0667 for details.
Accessibility and Inclusion

WHEELCHAIR SPORTS OPPORTUNITIES
https://www.bcwheelchairsports.com
The opportunities offered in Richmond include tennis, rugby, racing and seated throws. Phone 604-333-3524 or email info@bcwheelchairsports.com for details.

RICHMOND THERAPEUTIC RIDING ASSOCIATION (RTRA)
www.richmondtreatmentriding.com
The RTRA, supported by the City of Richmond, offers a therapeutic horseback riding program for children and youth with disabilities to help promote physical, social and psychological well-being. Lessons are scheduled on Mondays, Tuesdays and Wednesdays. Phone 604-241-7837 or visit the website for details.

STEVESTON UNITED PEERS
www.richmond.ca/parksrec/centres/stevestoncentre/youth
This program is offered in partnership with the Richmond Society for Community Living and aims to develop positive social relationships for Richmond youth with developmental disabilities and their peers. Phone Steveston Community Centre at 604-238-8087 for details.

CANUCKS AUTISM NETWORK (CAN) SWIM
www.canucksaustism.ca
The CAN Swim program teaches basic swimming and water safety skills under the nationally recognized Red Cross Swim program and is available for three to six year olds. All participants work toward achieving a Red Cross report card that can eventually transfer to other community-based swim classes. Visit the website for Richmond program dates, to register and for more details.

SPECIAL OLYMPICS BC – RICHMOND
www.sobcrichmond.com
Individuals with intellectual disabilities of all ages and abilities are invited to join a world of fun and friendship with programs that include bowling, bocce, floor hockey, rhythmic gymnastics, soccer, softball and track and field. New athletes and volunteers are always welcome to join this joyful community and change lives through sport!

RICHMOND CENTRE FOR DISABILITY (RCD)
www.rcdrichmond.org
842 - 5300 No. 3 Rd (Lansdowne Mall)
Hours: Monday-Friday, 10:00am-5:00pm
604-232-2404
This service-providing centre, supported by the City of Richmond, offers a variety of specialized information, resources and activities to persons with disabilities and their support networks. The RCD is cross-disability and offers choices for the achievement of greater control over the decisions that affect people’s lives.

SERVICES
Information and Networking: Information and referral services relating to all disability and accessibility issues.

Parking Permit for People with Disabilities: The RCD is authorized to provide the provincial Accessible Parking Permit to people with disabilities (PWD), as well as the (PWD) Parking Decal for eligible Richmond residents.

Skills for Independent Living (SIL): A project to assist persons with disabilities to achieve goals through resources for career development and resources for community participation.

RECREATIONAL ACTIVITIES
Creative Arts Club
Mon .......................... 10:00-11:30am ........................................ $20.00/8 sess

Relaxation and Meditation
Mon .......................... 3:30-4:30pm ........................................ Free/Drop-in

Games and Social Club
Tue .......................... 2:30-5:30pm ........................................ Free/Drop-in

Martial Arts and Self Defense
Wed .......................... 10:00-11:00am ...................................... $80.00/10 sess

Knitting Club
Wed .......................... 11:15am-12:45pm .................................. $2.00/Drop-in, yarn provided

Singing Club
Thu .......................... 10:00am-12:00pm .................................. Free/Drop-in

Table Tennis
Thu .......................... 12:00-1:45pm ........................................ Free/Drop-in

Public Speaking
Every 2nd Thu ...4:00-5:30pm ..................................... $10.00/term

Fun Exercise Class
Fri .......................... 1:00-2:00pm .................................. $5.00 monthly pass

SKILLS TRAINING COURSES
• Computer Training
• English Class
• Job Club
• Life Skills Training
• Public Education Series

OTHER SERVICES
• Access Richmond website www.accessrichmond.ca
• Chinese Support Group
• Filipino Parents with Special Needs Children Support Group
• Super Cyber Project and Computer Access
Events are for all ages and are free unless otherwise noted. Visit [www.richmond.ca/events](http://www.richmond.ca/events) for a full listing of Richmond events!

### GENERAL

<table>
<thead>
<tr>
<th>Event</th>
<th>Date(s)</th>
<th>Day(s)</th>
<th>Time(s)</th>
<th>Details</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Days</td>
<td>Feb 15-17</td>
<td>Sat-Mon</td>
<td>Various</td>
<td>Find a complete list of events at <a href="http://www.richmond.ca/familyday">www.richmond.ca/familyday</a>.</td>
<td>Various</td>
</tr>
<tr>
<td>Children's Arts Festival</td>
<td>Feb 17</td>
<td>Mon</td>
<td>10:00am-4:00pm</td>
<td>Try interactive programs and exciting events led by outstanding Arts professionals.</td>
<td>Richmond Cultural Centre, Brighouse Library and Plaza</td>
</tr>
</tbody>
</table>

### SWAP MEETS

<table>
<thead>
<tr>
<th>Event</th>
<th>Date(s)</th>
<th>Day(s)</th>
<th>Time(s)</th>
<th>Details</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids Only Swap Meet</td>
<td>Feb 8</td>
<td>Sat</td>
<td>10:00am-1:00pm</td>
<td>Find great deals on children's clothes, toys and equipment.</td>
<td>Steveston Community Centre</td>
</tr>
<tr>
<td>Community Swap Meet</td>
<td>Mar 21</td>
<td>Sat</td>
<td>10:00am-1:00pm</td>
<td>Find great deals on children's clothes, toys and equipment. Register for a table (#2756413).</td>
<td>Blundell Elementary School (Thompson Community Centre)</td>
</tr>
</tbody>
</table>

### ART, MUSIC, MOVIES AND MORE

<table>
<thead>
<tr>
<th>Event</th>
<th>Date(s)</th>
<th>Day(s)</th>
<th>Time(s)</th>
<th>Details</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Movie Night: Spiderman: Into the Spider-verse</td>
<td>Jan 23</td>
<td>Thu</td>
<td>7:00pm</td>
<td>Drop-in and watch a movie on the cinematic 20’ screen with surround sound. Free refreshments at every movie, while supplies last.</td>
<td>City Centre Community Centre</td>
</tr>
<tr>
<td>Community Movie Night: Lilo and Stitch</td>
<td>Feb 20</td>
<td>Thu</td>
<td>7:00pm</td>
<td>Drop-in and watch a movie on the cinematic 20’ screen with surround sound. Free refreshments at every movie, while supplies last.</td>
<td>City Centre Community Centre</td>
</tr>
<tr>
<td>Steveston Folk Guild</td>
<td>Feb 20</td>
<td>Thu</td>
<td>7:30-9:00pm</td>
<td>Listen to live folk music in a beautiful and unique setting. $10 at the door.</td>
<td>Britannia Shipyards (Chinese Bunkhouse)</td>
</tr>
<tr>
<td>Mom Choir: It Takes a Village Family Concert</td>
<td>Feb 29</td>
<td>Sat</td>
<td>7:00-9:00pm</td>
<td>Real stories and songs are shared for all those who journey parenthood. This show is performed by Mom Choir with the opening act Sweet Scarlet and is in partnership with Vancouver Coastal Health. (#2756189). General seating $30.</td>
<td>Gateway Theatre</td>
</tr>
<tr>
<td>Community Movie Night: Aladdin (Live Action)</td>
<td>Mar 19</td>
<td>Thu</td>
<td>7:00pm</td>
<td>Drop-in and watch a movie on the cinematic 20’ screen with surround sound. Free refreshments at every movie, while supplies last.</td>
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</tr>
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</tr>
</tbody>
</table>
Richmond Nature Park

11851 Westminster Highway, 604-238-6188
tt://www.richmond.ca/naturepark
Open daily, dawn to dusk
Nature House open daily, 9:00am-5:00pm

This 200+ acre park is the largest undeveloped natural area in Richmond and is a sanctuary for plants and animals found in this rare bog environment. Trails and boardwalks provide access to the unusual plants native to this fragile area.

The Nature House features programs, visitor information, trail guides, family friendly activity kits, exhibits and a gift shop. A small collection of live animals showcases the creatures that live in the park. Park amenities include interpretive signs, a wildlife garden, bird feeding station, a picnic shelter, nature playspace and public washrooms. Parking is free but spaces are limited. Use the #405 bus for public transit or bike.

Note: To protect this ecologically sensitive area, no dogs are permitted in the Richmond Nature Park.

Volunteer!

The important role that volunteers play at the Nature Park is so appreciated. They include:

- helping with educational programs, special events and park operations
- adding to bio-inventory databases as bird-watchers and botanists
- helping maintain the trails and other features of the park including cutting and removal of invasive plants
- setting up for public programs and festivals
- developing, planting and maintaining of the wildlife garden with watering, weeding and pruning

Sign up to volunteer today at icanhelp.richmond.ca.
Phone 604-238-6188 or email nature@richmond.ca for details.
Richmond Geo-Tour

Geocaching is a modern outdoor treasure hunt using a personal smartphone or GPS device to locate hidden containers called ‘geocaches’. There are over six million geocachers worldwide and 3 million active geocaches! The City of Richmond Geo-Tour features two special series of geocaches in parks, on trails and at community facilities: the ‘Geo-Quest Series’ and the ‘Canada 150 Series’. Find all caches from each series to complete its passport and receive a special prize.

**HOW DO YOU GET STARTED?**

1. Learn about geocaching and sign up for a free geocaching account at www.geocaching.com.
2. Print out your Geo-Quest passport from www.richmond.ca/parksprograms or pick up a copy from the Richmond Nature Park.
3. Use a GPS device and the clues provided on the web to search for a Geo-Quest geocache.
4. Record your find online and in the geocache log book. Some geocaches will contain tradable objects. If you remove something from the cache, replace it with something of equal value.
5. Collect all 30 Geo-Quest Series and 20 Canada-150 Series secret words from the geocache and write them in your passport.
6. Redeem the passport to claim a trackable City of Richmond geo-coin.* Limited to one coin per www.geocaching.com username while quantities last.
7. Hide the geocache exactly where you found it and move on to the next one!

Respect the flora and fauna. Tread lightly!

Storm Drain Kits

Help paint yellow fish symbols beside local storm drains to remind residents that toxic substances dumped down drains poison fish and wildlife in nearby streams and rivers. Free storm drain marking kits are provided by the Salmonid Enhancement Program of the Department of Fisheries and Oceans and are available from the Richmond Nature Park. Kits must be booked in advance. Phone 604-238-6188 for details.

Find various Nature Park programs in the Camps, Preschoolers, Children and 55+ years sections.

iNaturalist: Become a citizen scientist!

This revolutionary application and website allows anyone to collect information on local plants and animals. Simply download the app and upload images of creatures to share and identify. Download and try iNaturalist today!

**iNaturalist: City Nature Challenge 2020**

April 24-27

Participate in this challenge in which cities all over the world compete in the collection of valuable data about the ecosystems. iNaturalist is a perfect way to have fun with nature while helping to protect it too!

There is nature all around, even in cities! Knowing what species are where helps in the study and protection of species. This requires many people working together finding and documenting nature locally. Participate in this fun and important challenge and learn about local nature and help make Richmond an even better place – for all of nature.

Registration Call Centre: 604-276-4300
Richmond, an island city at the mouth of the Fraser River, is world renowned for its diversity and livability. Richmond residents and visitors enjoy a wide variety of clean and beautiful parks, trails, natural areas, open spaces and streets, which have become one of the city’s legacies. The Partners for Beautification Program is a unique opportunity for community members of all ages to be actively involved in keeping these areas of Richmond clean, green and beautiful through the adoption program.

Consider volunteering with one or more of the specific Partners for Beautification programs:
• Adopt-A-Park
• Adopt-A-Street
• Adopt-A-Garden
• Adopt-A-Trail

For more information on volunteering, visit www.richmond.ca/beautification or email parks@richmond.ca.

Richmond is home to 11 designated off-leash areas that provide places for responsible dog owners to exercise dogs. Find a list of locations at www.richmond.ca/dogsinparks.

Users of the off-leash areas must:
• keep dogs under control at all times
• maintain visual contact with dog(s)
• pick-up after their dogs
• display dog licences
• keep dogs leashed when entering and exiting the off-leash area
• be responsible for no more than three dogs

Winter is a hard season for wildlife in northern regions - it’s cold, food is scarce and spring is a long time away. Winter may seem mild in Richmond, but in much of Canada it is a test of survival and a race to spring.

Different animals have different strategies to survive winter: adaptation, hibernation and migration. Most northern animals are adapted to cold winter conditions. They grow extra thick feathers or fur to keep warm and dry. Some fatten up when food is plentiful while others gather and store food for the lean season. Tiny animals like voles live in burrows and tunnels under the snow while some, like snowshoe hares and lynx, have extra-large feet to walk on top of the snow.

Some animals like ground squirrels, adapt to winter by hibernating. They feast and fatten during the summer and retreat into burrows during the winter. Their body temperature drops and their metabolism slows down to conserve energy. Cold-blooded creatures like insects, reptiles and amphibians are unable to keep warm in winter so they seek safe places to hide and hibernate until they are woken by warm spring temperatures.

Other animals survive winter by avoiding it entirely. These animals migrate to milder environments for warmth and food. Snow Geese nest on an island in the arctic then come south to the Fraser Delta where they graze in the marshes. Small birds, such as Barn Swallows feed on insects and follow the seasons - nesting locally in the summer then migrating to Central America for food and warmer weather in the winter.
Richmond Arts Centre

7700 Minoru Gate, 604-247-8300
www.richmond.ca/artscentre
Mon-Fri 9:00am-9:30pm
Sat-Sun 10:00am-5:00pm

Located in the heart of Richmond, the Richmond Arts Centre makes the arts accessible to people of all ages, abilities and backgrounds. Accomplished artist instructors teach a variety of classes in the visual and performing arts. The centre also hosts critically acclaimed events and is home to a number of Resident Arts Groups.

**Arts – Music – Preschoolers**

**MUSIC AND SONGS: PARENT AND TOT**
Play percussion instruments and learn simple songs in this introduction to basic musical concepts that include rhythm, tone recognition and melody. Parent participation required.

Richmond Arts Centre 18mos-2yrs
Jan 9-Mar 12 Th 10:15-11:00am $57.70/9 sess 2757636
Jan 7-Mar 10 Tu 2:30-3:15pm $57.70/9 sess 2756104

**ORFF MUSIC METHOD**
Engage the mind and body through a mixture of singing, dancing, acting and the use of percussion instruments with this unique and creative method that includes speech, song, movement and traditional play.

Richmond Arts Centre 3-5yrs
Jan 7-Mar 10 Tu 2:30-3:15pm $57.70/9 sess 2756104
Jan 9-Mar 12 Th 11:15am-12:00pm $57.70/9 sess 2756103

**Arts – Performing – Preschoolers**

**DRAMA: ACTING PLAYGROUND**
Learn about theatre through unique games, storytelling and creative play that unleashes the imagination and develops confidence.

Richmond Arts Centre 3-5yrs
Jan 10-Mar 13 F 2:45-3:30pm $57.70/9 sess 2756111
Jan 8-Mar 11 W 2:45-3:30pm $57.70/9 sess 2756110

**MUSICAL THEATRE**
Combine music, dance and drama in this high-energy, confidence-building class that includes performing popular musical numbers and 'traditional' songs. A casual musical presentation is planned for the last day of class.

Richmond Arts Centre 3-5yrs
Jan 6-Mar 9 M 2:00-2:45pm $57.70/9 sess 2756076
Jan 6-Mar 9 M 2:45-3:30pm $57.70/9 sess 2756077

**Arts – Visual – Preschoolers**

**CLAY HANDBUILDING**
Create clay pieces and learn simple handbuilding techniques that include coils and pinch pots. Works are glazed and fired before taking home.

Richmond Arts Centre 4-5yrs
Jan 10-Mar 13 F 2:00-3:00pm $82.80/9 sess 2756570
Jan 11-Mar 7 Sa 9:15-10:15am $70.40/8 sess 2756570

**VISUAL ARTS: INTRODUCTION**
Explore the basics of line, colour and technique in this foundational class and learn about important tools and methods while creating unique drawings, paintings and mixed media pieces.

Richmond Arts Centre 3-5yrs
Jan 6-Mar 9 M 1:45-2:45pm $79.20/9 sess 2756116
Jan 7-Mar 10 Tu 1:30-2:30pm $79.20/9 sess 2756117
Jan 7-Mar 10 Th 3:00-4:00pm $79.20/9 sess 2756118
Jan 7-Mar 10 W 3:15-4:15pm $79.20/9 sess 2756119
Jan 8-Mar 11 W 1:30-2:30pm $79.20/9 sess 2756122
Jan 8-Mar 11 W 3:15-4:15pm $79.20/9 sess 2756121
Jan 9-Mar 12 Th 1:30-2:30pm $79.20/9 sess 2756124
Jan 9-Mar 12 Th 3:15-4:15pm $79.20/9 sess 2756123
Jan 10-Mar 13 F 1:30-2:30pm $79.20/9 sess 2756125
Jan 11-Mar 7 Sa 9:30-10:30am $70.40/8 sess 2756142
Jan 11-Mar 7 Sa 11:15am-12:15pm $70.40/8 sess 2756141
Jan 12-Mar 8 Su 9:30-10:30am $70.40/8 sess 2756143
Jan 12-Mar 8 Su 11:30am-12:30pm $70.40/8 sess 2756115

**ARTS: PARENT AND TOT**
Create fun art projects together that involve painting, drawing and collage while exploring a variety of art mediums that express thoughtful ideas. Parent participation required.

Richmond Arts Centre 3-5yrs
Jan 7-Mar 10 Tu 2:15-3:00pm $59.40/9 sess 2756442
Jan 10-Mar 13 F 1:45-2:30pm $59.40/9 sess 2756559

**CLAY PLAY**
Experiment, play and make small, unique keepsakes to glaze and fire to take home.

Richmond Arts Centre 3yrs
Jan 6-Mar 9 M 3:30-4:15pm $62.10/9 sess 2756320
Jan 7-Mar 10 Tu 1:45-2:30pm $62.10/9 sess 2756321

**Registration Call Centre: 604-276-4300**
Arts – Dance – Children

BALLET: BODY CONDITIONING
Develop an understanding of the correct physiological and body alignment required for this type of dance with exercises, floor barre, stretching and some historical knowledge.
Richmond Arts Centre 10-18yrs
Jan 8-Mar 11..........W .......... 4:45-5:30pm .......... $57.70/9 sess .......... 2756555

BALLROOM DANCE
Learn the fundamentals of specific dance styles including the Cha Cha, the Waltz and more. Singles and pairs welcome. This program is instructed by Imperial Ballroom.
Richmond Cultural Centre 6-12yrs
Jan 6-Mar 9..........M .......... 5:30-6:30pm .......... $76.95/9 sess .......... 2756078

STRETCH AND STRENGTH
Focus on flexibility, strength and conditioning in this program that prepares dancers for advanced ballet techniques.
Richmond Arts Centre 10-18yrs
Jan 8-Mar 11..........W .......... 5:30-6:15pm .......... $57.70/9 sess .......... 2756109

Arts – Music – Children

RICHMOND ARTS CENTRE - PRIVATE GUITAR, PIANO, SINGING, UKULELE, VIOLIN, SEMI-PRIVATE UKULELE AND SEMI-PRIVATE VIOLIN LESSONS
All private music lessons include a program of technical study (scales and studies), repertoire and basic music theory. Students have the option to pursue examinations through the Royal Conservatory of Music and compete at music festivals, as well as perform at student recitals held at the Richmond Cultural Centre.

Experienced instructors offer high quality instruction in a warm and friendly environment. Lessons are offered to all ages and ability levels from beginner to advanced students. Instructor bios can be viewed at www.richmond.ca/artscentre.

Lessons are offered in 30 minute installments; students wanting 45 minutes or longer lessons art to phone the Arts Programmer at 604-247-8320 to make arrangements.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time (30 min lessons)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guitar</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
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<td></td>
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<tr>
<td>Guitar - Tyler Duomolin</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Jan 6-Mar 9         M</td>
<td>3:30-4:30pm</td>
<td>$221.40/9 sess</td>
<td></td>
</tr>
<tr>
<td>Jan 8-Mar 11        W</td>
<td>3:30-5:00pm</td>
<td>$221.40/9 sess</td>
<td></td>
</tr>
</tbody>
</table>

| Semi-Private Ukulele - Julia Walmsley, B.Mus |     |
| Jan 11-Mar 7 | Sa | 9:15am-12:15pm | $98.40/8 sess |

| Violin - Richmond Delta Youth Orchestra |     |
| Jan 8-Mar 11 | W | 3:30-6:30pm | $221.40/9 sess |

| Semi-Private Violin - Richmond Delta Youth Orchestra |     |
| Jan 6-Mar 9 | M | 3:15-3:45pm/7:00-8:00pm | $110.70/9 sess |
| Jan 7-Mar 10 | Tu | 4:00-6:00pm/7:00-8:00pm | $110.70/9 sess |

For a full list of all lesson days and times available, visit www.richmond.ca/register. Click on the Courses tab, click on Advanced Search, enter the key words Piano, Singing, Ukulele or Violin in the Containing Keyword box, then choose Search (and Complex if desired). Find refunds/withdrawals/transfer details on page 2.

CHOIR
Learn a variety of songs from traditional to contemporary to musicals while continuing to build and develop singing fundamentals. Pre-requisite: Singing: Beginner.
Richmond Arts Centre 8-13yrs
Jan 9-Mar 12........Th ....... 4:30-5:45pm ........... $140.05/9 sess ........... 2756108

RDYO: GROUP VIOLIN: BEGINNER
Develop musical skills including note reading, intonation and rhythmic sense all in an interactive environment. Violin required at each class. This class is presented with the Richmond Delta Youth Orchestra (RDYO).
Richmond Arts Centre 5-8yrs
Jan 6-Mar 9.........M .......... 3:45-4:30pm .......... $98.90/9 sess .......... 2756089
Jan 6-Mar 9.........M .......... 4:30-5:15pm .......... $98.90/9 sess .......... 2756090

Internet Registration: www.richmond.ca/register
DRYO: GROUP VIOLIN: CONTINUING A  
Build on skills taught in the beginner level program to further develop violin technique and musical skills. This class is presented with the Richmond Delta Youth Orchestra (RDYO) and performs in a RDYO concert. Violin and music book required at each class. Pre-requisite: RDYO Group Violin: Beginner.  
Richmond Arts Centre 6-8yrs  
Jan 6-Mar 9...........M........ 5:30-6:15pm ...........$98.90/9 sess ...........2756091

DRYO: GROUP VIOLIN: CONTINUING B  
Build on skills taught in the beginner level program to further develop violin technique and musical skills. This class is presented with the Richmond Delta Youth Orchestra (RDYO) and performs in a RDYO concert. Violin and music book required at each class. Pre-requisite: RDYO Group Violin: Continuing A.  
Richmond Arts Centre 6-8yrs  
Jan 6-Mar 9...........M........ 6:15-7:00pm ...........$98.90/9 sess ...........2756092

SINGING: BEGINNER  
Develop fundamental skills through rhythmic exercises, breathing techniques, ear training and basic tone recognitions while singing a variety of songs.  
Richmond Arts Centre 5-6yrs  
Jan 7-Mar 10.........Tu........ 3:30-4:30pm ...........$76.95/9 sess ...........2756107
Jan 9-Mar 12.........Th......... 3:30-4:30pm ...........$76.95/9 sess ...........2756106
Jan 7-Mar 10.........Tu......... 3:30-4:30pm ...........$76.95/9 sess ...........2756105

CREATIVE DRAMA  
Build skills and confidence through theatre-based games, stories and improvisation.  
Richmond Arts Centre 6-8yrs  
Jan 10-Mar 13........F......... 4:30-5:30pm ...........$76.95/9 sess ...........2756127

DRAMA: ACTING PLAYGROUND  
Learn about theatre through unique games, storytelling and creative play that unleashes the imagination while increasing confidence.  
Richmond Arts Centre 6-8yrs  
Jan 10-Mar 13........F......... 3:30-4:30pm ...........$76.95/9 sess ...........2756112

DRAMA: INTRODUCTION TO THE STAGE  
Develop skills and techniques that include breathing, projection, expressing emotion and memorization of lines with a small showcase during the last class.  
Richmond Arts Centre 9-12yrs  
Jan 8-Mar 11.........W......... 4:30-5:30pm ...........$76.95/9 sess ...........2756113

IMPROVISATION: INTRODUCTION  
Get ready for fun, laughter and team work in this super creative and supportive program that includes theatre sports activities and an in class performance at the end of the program.  
Richmond Arts Centre 6-8yrs  
Jan 8-Mar 11...........W........ 3:30-4:30pm ...........$76.95/9 sess ...........2756126

ARTS COMBO: ARCHITECTURE AND ART  
Produce a corresponding multimedia art piece after being introduced to a wide variety of world architecture.  
Richmond Arts Centre 7-9yrs  
Jan 9-Mar 12..........Th......... 4:30-6:00pm ...........$118.80/9 sess ...........2756466

BUILDING AND PAINTING  
Learn painting, drawing and mixed media skills to create unique, individual 2D and 3D projects along with collaborative group pieces.  
Richmond Arts Centre 9-12yrs  
Jan 11-Mar 7.........Sa......... 12:45-2:45pm ...........$140.80/8 sess ...........2756568

CLAY WHEEL  
Develop a basic understanding of the form and function of this medium that includes the making of unique and functional pieces that are glazed and fired before taking home.  
Richmond Arts Centre 4-5yrs  
Jan 7-Mar 10.........Tu......... 3:15-4:15pm ...........$82.80/9 sess ...........2756444

CLAY WHEEL  
Develop a basic understanding of the form and function of this medium that includes the making of unique and functional pieces that are glazed and fired before taking home.  
Richmond Arts Centre 10-14yrs  
Jan 11-Mar 7.........Sa......... 12:30-2:15pm ...........$128.80/8 sess ...........2756576

COMICS AND CARTOONS  
Use simple pencil-to-paper drawing techniques to create original or favourite characters that include superheroes, monsters, robots and more.  
Richmond Arts Centre 6-8yrs  
Jan 11-Mar 7.........Sa......... 3:00-4:30pm ...........$105.60/8 sess ...........2756349
Jan 12-Mar 8.........Su......... 1:15-2:45pm ...........$105.60/8 sess ...........2756335
Jan 12-Mar 8.........Su......... 3:00-4:30pm ...........$105.60/8 sess ...........2756631
**DRAWING AND PAINTING**
Create unique works of art that focus on the fundamentals of line, shape, perspective, texture and colour with a variety of techniques and mediums that include pencil, pastel and paint.

Richmond Arts Centre

- 5-6yrs
  - Jan 10-Mar 13...F ....3:30-4:30pm .......... $79.20/9 sess .......... 2756560
- 6-8yrs
  - Jan 6-Mar 9......M ......3:30-5:00pm ........... $118.80/9 sess .......... 2756353
  - Jan 7-Mar 10.....Tu ......4:15-5:45pm ........... $118.80/9 sess .......... 2756433
  - Jan 8-Mar 11.....W ......4:30-6:00pm ........... $118.80/9 sess .......... 2756449
  - Jan 11-Mar 7.....Sa ......12:45-2:15pm .......... $105.60/8 sess .......... 2756313
  - Jan 12-Mar 8.....Su ......2:45-4:15pm .......... $105.60/8 sess .......... 2756630
- 9-12yrs
  - Jan 7-Mar 9......M ......6:00-8:30pm ........... $158.40/9 sess .......... 2756436
  - Jan 8-Mar 11.....W ......6:30-8:00pm ........... $143.10/9 sess .......... 2756453
  - Jan 11-Mar 7.....Sa ......2:30-4:30pm .......... $158.40/8 sess .......... 2756656
- 11-14yrs
  - Jan 6-Mar 9......M ......7:00-8:30pm ........... $118.80/9 sess .......... 2756633

**FOUNDATION IN ART**
Build strong, basic knowledge and skills in visual arts with key tools, techniques and elements of design by exploring line, colour and perspective.

Richmond Arts Centre

- 5-6yrs
  - Jan 6-Mar 9......M ......3:30-5:00pm ........... $118.80/9 sess .......... 2756173
  - Jan 11-Mar 7.....Sa ......10:45am-12:15pm ....... $105.60/8 sess .......... 2756179
  - Jan 12-Mar 8.....Su ......10:45am-12:15pm ....... $105.60/8 sess .......... 2756171
  - Jan 12-Mar 8.....Su ......9:45-11:15am .......... $105.60/8 sess .......... 2756172
- 6-8yrs
  - Jan 7-Mar 10.....Tu ......4:30-6:00pm ........... $118.80/9 sess .......... 2756174
  - Jan 7-Mar 10.....Tu ......3:30-5:00pm ........... $118.80/9 sess .......... 2756175
  - Jan 11-Mar 7.....Sa ......9:30-11:00am .......... $105.60/8 sess .......... 2756176
- 9-12yrs
  - Jan 6-Mar 9......M ......5:15-6:45pm ........... $118.80/9 sess .......... 2756183
  - Jan 12-Mar 8.....Su ......1:00-2:30pm .......... $105.60/8 sess .......... 2756182

**SCULPTURE: INTRODUCTION**
Create 2D and 3D pieces using different materials while exploring a variety of sculptural forms and techniques.

Richmond Arts Centre

- 7-9yrs
  - Jan 6-Mar 9......M ......5:15-6:45pm ........... $118.80/9 sess .......... 2756373
  - Jan 10-Mar 13.....F ......4:45-6:15pm ........... $118.80/9 sess .......... 2756561

**MEDIA LAB: PHOTOGRAPHY: DIGITAL**
Learn how to take photos, download to a computer with free software for editing and enhancement and create a web album to share with family and friends online. Bring a digital camera and USB cord (that plugs into the computer) to each class.

Richmond Arts Centre

- 9-12yrs
  - Jan 8-Mar 11.....W ......3:30-5:00pm ........... $143.10/9 sess .......... 2756441

**MEDIA LAB: STOP MOTION ANIMATION**
Use the powerful medium of comics to explore and transform storytelling to animated film by learning how to storyboard, film, edit and add music and sound effects to individual projects.

Richmond Arts Centre

- 8-10yrs
  - Jan 10-Mar 13.....F ......3:45-5:15pm ........... $143.10/9 sess .......... 2756448

Internet Registration: www.richmond.ca/register
Arts – Performing and Visual – Youth

CLAY CLUB
Create unique individual projects with handbuilding and wheel-throwing techniques all in a fun, social setting with a professional ceramic artist. Pre-requisite: Clay Wheel or previously taken Clay Club.
Richmond Arts Centre 11-17yrs
Jan 10-Mar 13........F........ 7:15-9:15pm .................. $165.60/9 sess .......... 2756332

CLAY WHEEL: BEGINNER
Develop a basic understanding of form and function in this introductory class and make unique and functional pieces that are glazed and fired before taking home.
Richmond Arts Centre 13-17yrs
Jan 10-Mar 13........F........ 5:15-7:15pm .................. $165.60/9 sess .......... 2756328

DRAMA
Learn improvisation and script work for rehearsals and a performance.
Richmond Arts Centre 13-18yrs
Jan 10-Mar 13........F........ 5:30-6:30pm .................. $76.95/9 sess .......... 2756128

STAINED GLASS: BEGINNER
Create a beautiful sun-catcher in this guided program that uses the copper foil method involving glass cutting, using a glass grind and soldering techniques.
Richmond Arts Centre 13-18yrs
Feb 7 .................F ........ 5:00-8:00pm .................. $65.00/1 sess .......... 2757288

Computers, Technology and Social Media – Youth

MEDIA LAB: ANIMATION: LEVEL 1
Create short animated films using a variety of techniques all under the guidance of professional filmmakers and animators.
Richmond Arts Centre 11-14yrs
Jan 6-Mar 9 ............M ........ 7:15-8:45pm .................. $143.10/9 sess .......... 2756438

MEDIA LAB: DIGITAL COMICS
Design and create unique digital stories that cover the basics of Photoshop and Paint Studio programs. These sessions are led by a professional comic.
Richmond Arts Centre 11-14yrs
Jan 7-Mar 10 ............Tu ....... 5:15-6:45pm .................. $143.10/9 sess .......... 2756545

MEDIA LAB: PHOTOGRAPHY: DIGITAL
Learn how to take photos, download to a computer with free software for editing and enhancement and create a web album to share with family and friends online. A digital camera and USB cord (that plugs into the computer) required at each class.
Richmond Arts Centre 13-17yrs
Jan 8-Mar 11 ............W ........ 5:30-7:00pm .................. $143.10/9 sess .......... 2756443

MEDIA LAB: STOP ANIMATION
Learn this animated filmmaking technique in which objects are physically manipulated in small increments between individually photographed frames
Richmond Arts Centre 11-14yrs
Jan 10-Mar 13 ............F ........ 5:30-7:00pm .................. $143.10/9 sess .......... 2756546

Arts – Dance – Adults

BALLET: BEGINNER
Learn basic ballet techniques that improve coordination, balance, musicality and fluidity of movement while also learning skills that are a complement to other sports and dance styles. Drop-ins welcome if space permits and available up until five minutes before class start time.
Richmond Arts Centre 18+yrs
Jan 6-Mar 9 ............M ........ 8:00-9:00pm .................. $79.20/9 sess .......... 2756066
Jan 7-Mar 10 ............Tu ........ 1:30-2:30pm .................. $79.20/9 sess .......... 2756067
Jan 9-Mar 12 ............Th ........ 11:15am-12:15pm ........... $79.20/9 sess .......... 2756087

BALLET: INTERMEDIATE
Focus on more intricate techniques that include pirouettes, jumps, ports de bras and adage. Pre-requisite: minimum two years previous ballet experience or instructor approval required. Drop-ins welcome if space permits and available up until five minutes before class start time.
Richmond Arts Centre 18+yrs
Jan 7-Mar 10 ............Tu ........ 6:30-8:00pm .................. $118.80/9 sess .......... 2756073
Jan 9-Mar 12 ............Th ........ 12:30-1:45pm .................. $99.00/9 sess .......... 2756088

BALLET: ADVANCED
Focus on advanced techniques while developing strength and musicality. Pre-requisite: minimum of five years ballet experience or instructor approval. Drop-ins welcome if space permits and available up until five minutes before class start time.
Richmond Arts Centre 18+yrs
Jan 7-Mar 10 ............Tu ........ 12:00-1:30pm .................. $118.80/9 sess .......... 2756075
BALLROOM DANCE: LATIN

Hone in on the Latin genres of this dance style and explore the Cha-Cha, Rumba, Samba and Jive. Singles and pairs are welcome. Drop-ins welcome if space permits and available up until five minutes before class start time.

Richmond Cultural Centre 18+yrs
Jan 6-Mar 9............M .......... 6:30-7:30pm .......... $79.20/9 sess .......... 2756085
Arts – Music – Adults

UKULELE: BEGINNER

Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukulele required at each class.

Richmond Arts Centre 18+yrs
Jan 7-Mar 10.........Tu......... 1:15-2:15pm .......... $79.20/9 sess .......... 2756102

WHY GREAT COURSES GET CANCELLED ....

Great courses can be cancelled if everyone leaves it to the last minute to register. Programming staff have to ensure minimum participation levels are met for each course. If there are not enough registrants, the course may be cancelled. So, please register early to assist us and avoid disappointment.

Arts – Visual – Adults

DRAWING AND PAINTING ESSENTIALS

Learn foundational drawing and painting skills and techniques that include composition, shading, line and texture techniques along with colour theory and working with watercolour and acrylic paints.

Richmond Arts Centre 18+yrs
Jan 8-Mar 11..........W .......... 7:00-8:30pm .......... $165.60/8 sess .......... 2756460
Jan 9-Mar 12..........Th .......... 5:45-7:45pm .......... $165.60/9 sess .......... 2756538

OPEN STUDIO: PAINTING

Build and develop additional art skills with an emphasis on producing a series of paintings, portfolio development and advanced techniques. Beginners and drop-ins welcome if space permits and available until five minutes before class start time.

Richmond Arts Centre 18+yrs
Jan 9-Mar 12.........Th .......... 12:00-3:00pm .......... $256.50/9 sess .......... 2756525

PHOTOGRAPHY: DIGITAL EDITING

Improve digital photos with simple editing techniques taught in this class.

Richmond Arts Centre 18+yrs
Jan 8-Mar 11..........W .......... 7:15-8:45pm .......... $143.10/9 sess .......... 2756446

POTTERS’ CLUB: POTTERY

Explore wheel throwing and handbuilding in these individualized sessions. This program is instructed by the Richmond Potters’ Club and is suitable for beginner and intermediate levels.

Richmond Arts Centre 19+yrs
Jan 6-Mar 9.........M .......... 6:15-9:15pm .......... $200.00/9 sess .......... 2756362
Jan 7-Mar 10.........Tu......... 6:15-9:15pm .......... $200.00/9 sess .......... 2756364
Jan 7-Mar 10.........Tu......... 10:00am-1:00pm .......... $200.00/9 sess .......... 2756370
Jan 8-Mar 11.........W .......... 10:00am-1:00pm .......... $200.00/9 sess .......... 2756371

STAINED GLASS: BEGINNER

Create a beautiful sun-catcher in this guided program that uses the copper foil method involving glass cutting, using a glass grind and soldering techniques.

Richmond Arts Centre 18+yrs
Feb 8 .................Sa .......... 10:00am-3:00pm .......... $95.00/1 sess .......... 2757287

Find Yoga classes on page 111.
Richmond Art Gallery

7700 Minoru Gate, 604-247-8300
www.richmondartgallery.org
Open year-round (closed public holidays and during installations. Admission by donation.
Mon-Fri 10:00am-6:00pm
Sat-Sun 10:00am-5:00pm
Note: Closed Jan 1-Feb 14 for renovations.

See remarkable Canadian contemporary art that explores ideas relevant to the world today. Educational programs and events are featured throughout the year for visitors of all ages. It’s free, it’s stimulating and it’s close at hand.

Exhibitions

KARIN JONES AND AMY MALBEUF
Feb 16-Apr 11
Opening reception: Sat, Feb 15, 2:00-4:00pm
Take in this dual artist exhibition of identity exploration and cultural histories through sculpture and installation. Vancouver-based artist, Karin Jones, examines how historical narratives of slavery have shaped the identities of people of African descent living in North America while Nova Scotia-based artist, Amy Malbeuf, incorporates new materials with traditional beading and braiding techniques to create works that explore notions of Métis identity, community and relationship to the land.

Offsite Exhibitions

CITY HALL GALLERIA
This unique space is managed by the Richmond Art Gallery, providing a location for local artists to exhibit 2D work. Visit www.richmondartgallery.org/exhibitions/city-hall-galleria for artist application guidelines.

WADE COMER: ANTEDILUVIAN
Mar 3-Apr 20
View this collection of photographs that highlight the still remaining rustic aspects of Richmond.

Art Gallery Tours

GROUP TOURS
Book a free group outing for youth, adult or senior groups of six or more and experience art in person! All tours can be adapted for each groups’ interests and offered in multiple languages. Tea and Tours ($3 per person) include an exhibition tour followed by an informal discussion over light refreshments. To book, email Kathy at ktycholis@richmond.ca at least two weeks in advance of tour date.
Programs and Events

FREE  ARTIST TOUR & TALK: KARIN JONES AND AMY MALBEUF
Sat, Feb 15, 1:00pm
Tour the latest gallery exhibition led by the exhibiting artists with an opening reception of the exhibition immediately following the talk. Free admission. Everyone welcome.

Children and Youth Programs

RAG SCHOOL ART PROGRAM: TOURS AND STUDIO WORKSHOPS
Look, learn, create! This popular program offers great field trips to the Gallery for school groups in Pre-K to Grade 12, as well as Pro-D Workshops for teachers. Find the free downloadable Teacher Resources and more information at:

FAMILY DAY IN THE ART GALLERY
Try art-making activities for all ages during the Family Day holiday and as part of the Children’s Art Festival. This program is included as part of admission to the Festival site. Find details and registration at www.childrensartsfestival.ca.
Mon .................... Feb 17 ................................................................. 10:00am-4:00pm

Find updated details on Artist Talks, workshops, courses and other events at www.richmondartgallery.org.

Are you a professional or semi-professional artist looking to develop your skills?

Art at Work offers free and affordable professional development opportunities to help you advance your art career.

Check out the Learn + Create section at richmondartgallery.org for details.
Visit Britannia Shipyards, a historic gem on an eight acre waterfront park. Explore captivating exhibits inside historic buildings, take part in daily maritime activities and discover the stories of the oldest multicultural shipyard community in British Columbia.

**Discover** how the City of Richmond and the Britannia Shipyards National Historic Society work together to preserve and restore the historic buildings and waterfront park.  
**Experience** unique maritime-themed programming and observe historic wooden vessels.  
**Explore** the historic buildings with some constructed as early as 1885. Exhibits in the buildings interpret the area’s industrial heritage and the stories of many cultures that called Britannia home.

**Visit** the Murchison’s Visitor Centre for a schedule of engaging programs.

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**Britannia Shipyards National Historic Site of Canada**  
5180 Westwater Dr, 604-238-8050  
www.richmond.ca/britannia  
britannia@richmond.ca  
Oct 1-Apr 30: Mon-Sun 12:00-5:00pm  
May 1-Sep 30: Mon-Sun 10:00am-5:00pm

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**Living History**  
Explore Steveston’s historic sites by stepping into the past and experiencing historical demonstrations led by heritage interpreters dressed in period costume.  
- Try net mending at Britannia Shipyards National Historic Site  
- Learn about early banking at the Steveston Museum  
- Interact with the conductor at the Steveston Tram  
- Churn butter at London Heritage Farm

Learn more about Living History at www.richmond.ca/britannia.

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**Volunteer**  
Help history come alive by being part of the new Living History program at Britannia Shipyards National Historic Site. As a Heritage Ambassador, share the stories of the people who worked and lived in Steveston. Dressed in provided period costumes, Ambassadors demonstrate activities on site while engaging with the public. Phone 604-238-6106 or email shsvolunteers@richmond.ca for details. Winter volunteer shifts are Fridays, Saturdays and Sundays 12:15 to 4:30pm.

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**Public Programs**  
Check the website regularly for upcoming public programs and special events offered throughout the year, or follow us on social media:  
- Facebook @BritShipyards  
- Instagram @BritanniaShipyards  
- Twitter @BritShipyards
Explore, reflect and discover the many stories of Richmond with regularly changing exhibits with diverse themes that reveal Richmond’s past and look to the future.

**City at Work**

Explore the invisible inner workings of the City of Richmond in this exhibition that busts urban myths and answer the questions: How do the pumping stations at the dikes work? Where does the water in taps come from? Does the timing of traffic lights really change during rush hour? What happens to recycled materials?

**Online Exhibition**

**IN THEIR WORDS: THE STORY OF BC PACKERS**

Hear workers’ voices describe personal experiences at BC Packers Imperial Cannery and discover how this local company came to be and its role played in the regions culturally diverse communities. Find this online exhibit at www.intheirwords.ca.

**Exhibits at City Hall**

Visit the City Hall lobby to view changing temporary exhibits that tell Richmond stories through the City of Richmond’s extensive artefact collection. Find a current schedule at http://www.richmondmuseum.ca/explore/exhibitions/outreachexhibit/.

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Discover answers to your questions about how the city operates in the City at Work exhibition at the Richmond Museum.

~Photo Credit: Nora Montiel
The museum’s mandate is to preserve and promote the history of Steveston. The museum’s building was built in 1905 as Steveston’s first bank. Today, exhibits feature the people and moments that shaped Steveston Village.

Explore the triumphs and challenges experienced by the local Japanese Canadian community in the Japanese Fishermen’s Benevolent Society building and among the exhibits.

Steveston Historical Society

The Steveston Historical Society (SHS) was established in 1976 to preserve and promote the history of Steveston. Become a member today. Email info@historicsteveston.ca for more information.

- Facebook @historicsteveston
- Instagram @historic.steveston
- Twitter @StevestonHS

Volunteer

Help history come alive by being part of the new Living History program at the Steveston Museum. As a Heritage Ambassador, share the stories of the people who worked and lived in Steveston. Dressed in provided period costumes, Ambassadors demonstrate activities on site while engaging with the public. Phone 604-238-6106 or email shsvolunteers@richmond.ca for details.

Living History

Explore Steveston’s historic sites by stepping into the past and experiencing historical demonstrations led by heritage interpreters dressed in period costume.

- Try net mending at Britannia Shipyards National Historic Site
- Learn about early banking at the Steveston Museum
- Interact with the conductor at the Steveston Tram
- Churn butter at London Heritage Farm

Learn more about Living History at www.richmond.ca/stevestonmuseum
www.richmond.ca/stevestontram

Steveston Tram

4011 Moncton Street, 604-238-8081
Corner of No. 1 Road and Moncton Street
www.richmond.ca/stevestontram
Oct 1-Apr 30: Mon-Sun 12:00-5:00pm
May 1-Sep 30: Mon-Sun 10:00am-5:00pm

Stop by to explore the recently restored Tram Car 1220 and beautiful piece of Richmond’s history. From vibrant red, cream and grey exterior to its interior of polished wood, woven rattan seats and brass fittings, the tram car reminds visitors of Richmond’s transportation past.

Friendly interpreters share stories of the tram cars connecting families, growing cities and developing Richmond into the community known today.

Public Programs

Check the website regularly for upcoming public programs and special events offered throughout the year, or follow us on social media:

- Facebook @StevestonInterurbanTram
- Instagram @StevestonTram
- Twitter @Stevestontram #StevestonTram

Public Programs

Check the website and social media regularly for upcoming public programs and special events offered throughout the year:

- Facebook @StevestonMuseum
- Instagram @StevestonMuseum
- Twitter @StevestonMuseum #StevestonMuseum

Registration Call Centre: 604-276-4300
Arts, Culture & Heritage

Gateway Theatre

6500 Gilbert Rd, 604-270-1812
www.gatewaytheatre.com
info@gatewaytheatre.com
Open year-round

Take in a show at one of the most beautiful theatres in Canada with comfortable seating, great sightlines, superb acoustics and state-of-the-art sound systems that has earned this arts centre a stellar reputation with performers and audiences alike. Professional and community groups can rent the theatre to stage individual shows.

Gulf of Georgia Cannery Site of Canada

12138 Fourth Ave, 604-664-9009
www.gulfofgeorgiacannery.com
gog.info@pc.gc.ca
Open year-round 10:00am-5:00pm

Built as a salmon cannery in 1894, the ‘Monster Cannery’ echoes the days when it was the largest building of its kind and the leading producer of canned salmon in BC. Today, the cannery is a dynamic fishing museum offering visitors exhibits, guided tours, school programs, a gift shop and volunteer opportunities.

London Heritage Farm

6511 Dyke Rd, 604-271-5220
www.richmond.ca/londonfarm
londonfarm@richmond.ca
Open seasonally

London Heritage Farm is one of the earliest farm sites in Richmond built by Charles and Henrietta London in 1898 who lived at the farm until 1948. After many years and many different owners, the City of Richmond purchased the house and land, which was designated a municipal heritage site in 1978.

At the farm:
• Explore the Victorian farm house that has been fully restored and furnished to illustrate rural life in Richmond between 1890 and 1920.
• Learn about Richmond’s agricultural history by viewing the outdoor exhibition featuring a vintage threshing machine.
• Discover butter churning, washing clothes with a scrub board, how Victorian chores were performed and identify heirloom seeds through the Living History program.
• Enjoy viewing the beautiful perennial and community gardens.

Minoru Chapel

6540 Gilbert Rd, 604-687-7068
www.richmond.ca/minoruchapel
Grounds are open year-round

Built in 1891, the chapel still resembles its traditional character and charm while retaining many of its original features that include fir flooring, handcrafted archways and pews and beautifully restored stained-glass windows. Visitors today can enjoy its lovely gardens and surroundings all year round. Phone 604-687-7068 or email minoru@thechapels.ca for rental details.

Richmond Cultural Centre

7700 Minoru Gate, 604-247-8300
www.richmond.ca/culturalcentre

Graceful rounded walls and pillars greet guests within the two-story rotunda entrance complete with grand staircase. The building houses the City of Richmond Archives, Richmond Arts Centre, Richmond Art Gallery and Richmond Museum and is adjacent to the main (Brighouse) branch of the Richmond Public Library.

Exhibition Space
The Richmond Cultural Centre offers Lower Mainland groups free presentation space in the Lower Minoru Hallway and Upper Rotunda. This is an exciting opportunity for individuals and organizations to share talent and for visitors to stroll through the centre and enjoy the local art. Phone 604-247-8300 for details.

Internet Registration: www.richmond.ca/register
## Minoru Aquatic Centre

7560 Minoru Gate, 604-238-8020  
www.richmond.ca/aquatics  
Mon/Wed/Fri/Sat 6:00am-10:00pm  
Tue/Thu 6:00am-10:30pm  
Sun 11:00am-10:00pm  
Holidays 10:30am-6:00pm

Features and programs include:
- 25 and 30 metre pools
- teach pool
- whirlpools
- sauna and exercise room
- public swim
- swimming lessons
- Aquafit
- lifeguard and instructor certification

## Watermania

14300 Entertainment Blvd, 604-448-5353  
www.richmond.ca/aquatics  
Mon-Sat 6:00am-10:00pm  
Sun 10:00am-10:00pm  
Holidays 10:30am-8:30pm

Features and programs include:
- wave pool
- waterslides
- interactive play area
- 50 metre pool
- diving boards
- sauna
- steam room
- whirlpools
- fitness centre
- concession services
- Sports therapy clinic and Swim and Fitness Shop on site
- public swims
- swimming lessons
- aquasize
- group fitness classes
- lifeguarding and instructor certification

## Swim Schedules

### MINORU AQUATIC CENTRE – TEACH POOL – JANUARY 1 – MARCH 31

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### GET CONNECTED AND SUBSCRIBE TODAY

The City of Richmond has launched a Community Services e-Newsletter. Sign up today to receive exclusive ‘insider’ information on all the great programs, events and resources available to you. Subscribe online at www.richmond.ca/enews.
### MINORU AQUATIC CENTRE – MINORU MAIN POOL – JANUARY 1 – MARCH 31

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
<th>Holidays</th>
</tr>
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<tbody>
<tr>
<td>Length Swim</td>
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<tr>
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<td>Public Swim</td>
<td>Special Needs</td>
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</tbody>
</table>

### MINORU AQUATIC CENTRE – CENTENNIAL POOL – JANUARY 1 – MARCH 31

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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</thead>
<tbody>
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<td>10:15am-12:00pm</td>
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<tr>
<td>Public Swim</td>
<td>Senior/Adult Swim</td>
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<td>Senior/Adult Swim</td>
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<tr>
<td>1:30-3:00pm</td>
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<td>1:30-3:00pm</td>
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<td>6:00-10:00pm</td>
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</tbody>
</table>

**Note:**
- Two lane minimum available during Length Swim.
- Pool may be shared with other programs at any time.
- Schedules are subject to change without notice.
- Children under the age of seven must be accompanied into the water and stay within arm's reach of a responsible person of at least 16 years.
### RECREATION ACCESS CARD (RAC)

This card entitles Richmond residents living with a permanent disability that seriously impairs their daily living a 50% discount to drop-in activities at City recreation facilities. Some restrictions apply. The card is not recognized for Special Needs programs. Application forms can be picked up at most City recreation facilities or from the information desk at City Hall. Phone the Community Services Central Office at 604-247-4909 for details.

### AQUAFIT

AquaFit is a group based fitness class held in deep or shallow water. A certified instructor leads the class through cardiovascular and strength conditioning using the resistance of the water and other water-based fitness equipment. No experience necessary. AquaFit classes are included with facility admission and are open to all levels, 13+ years. Find out more about AquaFit drop-in schedules and class descriptions at www.richmond.ca/aquatics.

## WATERMANIA – JANUARY 1 – MARCH 31

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
<th>Holidays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Swim/Wave Pool</td>
<td>6:00am-10:00pm</td>
<td>Public Swim/Wave Pool</td>
<td>6:00am-10:00pm</td>
<td>Public Swim/Wave Pool</td>
<td>6:00am-10:00pm</td>
<td>Public Swim/Wave Pool</td>
<td>6:00am-10:00pm</td>
</tr>
<tr>
<td>50 Metre Lengths Swim</td>
<td>6:00am-2:30pm</td>
<td>50 Metre Lengths Swim</td>
<td>6:00am-2:30pm</td>
<td>50 Metre Lengths Swim</td>
<td>6:00am-2:30pm</td>
<td>50 Metre Lengths Swim</td>
<td>6:00am-2:30pm</td>
</tr>
<tr>
<td>Bulkhead move (50 metre pool closed)</td>
<td>2:30-3:00pm</td>
<td>Bulkhead move (50 metre pool closed)</td>
<td>2:30-3:00pm</td>
<td>Bulkhead move (50 metre pool closed)</td>
<td>2:30-3:00pm</td>
<td>Bulkhead move (50 metre pool closed)</td>
<td>2:30-3:00pm</td>
</tr>
<tr>
<td>25 Metre Lengths Swim</td>
<td>2:30-10:00pm</td>
<td>25 Metre Lengths Swim</td>
<td>2:30-10:00pm</td>
<td>25 Metre Lengths Swim</td>
<td>2:30-10:00pm</td>
<td>25 Metre Lengths Swim</td>
<td>12:30-8:30pm</td>
</tr>
<tr>
<td>Water Slides</td>
<td>5:00-9:00pm</td>
<td>Water Slides</td>
<td>5:00-9:00pm</td>
<td>Water Slides</td>
<td>4:00-9:00pm</td>
<td>Water Slides</td>
<td>12:00-8:30pm</td>
</tr>
</tbody>
</table>

**Note:** Portions of the pool may be used for aquatic user groups and swim lessons with a minimum of two lanes always available for public use (except during bulkhead moves and some special event closures). The Competition Pool may be closed for short periods of time to set-up the pool with the diving board and Long Course availability varying on a daily basis according to pool programming. The Competition Pool, including the diving boards, sauna and/or length swim lanes, may be fully closed for special events. For more details, refer to Specials Events and Pool Closure listed in the Schedules and Admissions section at www.richmond.ca/aquatics or phone 604-448-5353.
## Swim Lesson Fees

<table>
<thead>
<tr>
<th>NAME</th>
<th>TIME</th>
<th>FEE PER SESSION</th>
<th>4 DAYS</th>
<th>5 DAYS</th>
<th>7 DAYS</th>
<th>8 DAYS</th>
<th>9 DAYS</th>
<th>10 DAYS</th>
<th>11 DAYS</th>
<th>12 DAYS</th>
<th>13 DAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starfish and Duck</td>
<td>30 min</td>
<td>$7.95</td>
<td>$31.80</td>
<td>$39.75</td>
<td>$55.65</td>
<td>$63.60</td>
<td>$71.55</td>
<td>$79.50</td>
<td>$87.45</td>
<td>$95.40</td>
<td>$103.35</td>
</tr>
<tr>
<td>Sea Turtle, Otter and Salamander</td>
<td>30 min</td>
<td>$7.45</td>
<td>$31.60</td>
<td>$39.60</td>
<td>$55.45</td>
<td>$63.45</td>
<td>$71.40</td>
<td>$79.35</td>
<td>$87.30</td>
<td>$95.25</td>
<td>$103.20</td>
</tr>
<tr>
<td>Sunfish, Crocodile and Whale</td>
<td>30 min</td>
<td>$6.75</td>
<td>$27.00</td>
<td>$33.75</td>
<td>$49.50</td>
<td>$56.25</td>
<td>$63.00</td>
<td>$70.75</td>
<td>$78.50</td>
<td>$86.25</td>
<td>$94.00</td>
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<tr>
<td>Red Cross Swim Kids</td>
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<td></td>
<td>30 min</td>
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<td>$33.75</td>
<td>$49.50</td>
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<td>$78.50</td>
<td>$86.25</td>
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<td></td>
<td>45 min</td>
<td>$9.45</td>
<td>$42.30</td>
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<td>$73.80</td>
<td>$80.55</td>
<td>$87.30</td>
<td>$94.05</td>
<td>$100.80</td>
<td>$108.50</td>
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<td>$57.00</td>
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<td>$79.50</td>
<td>$86.25</td>
<td>$93.00</td>
<td>$99.75</td>
<td>$106.50</td>
<td>$113.25</td>
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<td>Youth/Adults</td>
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<tr>
<td></td>
<td>30 min</td>
<td>$6.30</td>
<td>$25.20</td>
<td>$31.50</td>
<td>$47.25</td>
<td>$53.50</td>
<td>$60.00</td>
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<td>$73.00</td>
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<td></td>
<td>60 min</td>
<td>$12.60</td>
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<td>$76.80</td>
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<td>$107.60</td>
<td>$120.80</td>
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<td>$86.25</td>
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<td>$150.00</td>
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<td>Private Lessons</td>
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<td>$63.00</td>
<td>$70.75</td>
<td>$78.50</td>
<td>$86.25</td>
<td>$94.00</td>
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</tbody>
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Fees subject to change.

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**SWIM & FITNESS SHOP**

**Richmond Watermania**

Competitive Swimming - Aqua Fitness - Waterpolo
Synchro - Kids Swim Suits & Goggles

**Come in for a goggle fitting and SAVE $5.00 on a pair of goggles**

Minimum purchase required. See in store for details.

14300 Entertainment Blvd. Richmond BC - 604-277-1260
On-line store: [www.team-aquatic.com](http://www.team-aquatic.com)

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Internet Registration: [www.richmond.ca/register](http://www.richmond.ca/register)
## Preschoolers

<table>
<thead>
<tr>
<th>NAME</th>
<th>AGE</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starfish</td>
<td>6–18 months</td>
<td>Orientation to water for babies and their parent/caregiver. To enter this level, babies must be able to hold their heads up. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety. This level is participation-based only without formal evaluation.</td>
</tr>
<tr>
<td>Duck</td>
<td>18–36 months</td>
<td>Orientation to the water for toddlers and their parent/caregiver. Age is the only condition for entering this level. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety. This level is participation-based only without formal evaluation.</td>
</tr>
<tr>
<td>Sea Turtle</td>
<td>3–5 years</td>
<td>This is the entry level for the preschool program for children between the ages of 3 and 5. Orientation to water and learning to participate in a group setting without a caregiver. Some exceptions are made and a caregiver may participate to help the child transition into a non-parented class. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks. Swimmers are evaluated based on performance criteria and progress to Sea Otter once all criteria has been successfully completed.</td>
</tr>
<tr>
<td>Sea Otter</td>
<td>3–5 years</td>
<td>Swimmers enter this level when they have successfully completed Sea Turtle. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides and swim 1 metre. They also learn age-appropriate water safety skills. Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria has been successfully completed.</td>
</tr>
<tr>
<td>Salamander</td>
<td>3–5 years</td>
<td>Swimmers enter this level when they have successfully completed Sea Otter. Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present. Swimmers are evaluated based on performance criteria and progress to Sunfish once all criteria has been successfully completed.</td>
</tr>
<tr>
<td>NAME</td>
<td>AGE</td>
<td>DESCRIPTION</td>
</tr>
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<td>-------</td>
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</tr>
<tr>
<td>Sunfish</td>
<td>3–5 years</td>
<td>Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD). Safety skills development such as water orientation, safe entries and exits and always asking permission before going near the water. Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria has been successfully completed.</td>
</tr>
<tr>
<td>Crocodile</td>
<td>3–5 years</td>
<td>Swimmers enter this level when they have successfully completed Sunfish. Through games and other fun activities, swimmers learn to swim 5 metres on their front and back glide, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres. Safety skills include jumping into deep-water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a Personal Flotation Device (PFD) in deep water. Swimmers are evaluated based on performance criteria and progress to Whale once all criteria has been successfully completed.</td>
</tr>
<tr>
<td>Whale</td>
<td>3–5 years</td>
<td>Swimmers enter this level when they have successfully completed Crocodile. Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres. Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5 metres, surface support for 20 seconds a return to safety, throwing assists and sitting dives. Swimmers are evaluated based on performance criteria and complete the program once all criteria has been achieved. Children 6 years or older are ready for the appropriate level of Red Cross Swim Kids.</td>
</tr>
</tbody>
</table>
Children six years and older must move from Red Cross Swim Preschool to Red Cross Swim Kids. The chart below identifies which Red Cross Swim Kids to enrol children in based on which Red Cross Swim Preschool level children have completed or incompletely.

<table>
<thead>
<tr>
<th>If Red Cross Swim Preschool was taken:</th>
<th>And the level was marked:</th>
<th>Then enroll in Red Cross Swim Kids:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Starfish Level</strong> 6–18 months</td>
<td></td>
<td>Level 1</td>
</tr>
<tr>
<td><strong>Duck Level</strong> 18–36 months</td>
<td></td>
<td>Level 1</td>
</tr>
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<td><strong>Sea Turtle Level</strong> 3–5 years</td>
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### Preschoolers

#### STARFISH – 30 MINUTES

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#### Red Cross Adapted Swim Lessons

Instructors and volunteers provide more one-on-one support for children who require special attention while focusing on teaching to each child's abilities and learning at an individual pace. Classes include time for a fun group activity. Classes size 3. Pre-requisite: None.

#### Private Swimming Lessons

Private lessons are offered at various times throughout the week along with semi-private lessons upon request. Phone 604-448-5353 (Watermania) or 604-238-8020 (Minoru Aquatic Centre) for dates and times.

For up-to-date lesson availability visit www.richmond.ca/register or phone 604-276-4300.

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**Registration Call Centre:** 604-276-4300

**Aquatic Services**

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**IMPORTANT NOTICE TO SWIM PARENTS**

Children must have the required pre-requisite in order to successfully register into swim levels. **Children can only be registered in a class with a start date that is after the last day of the class that they are already registered in.** Registrations that contravene this requirement will be cancelled.

Private and semi-private lessons are not eligible for support through the Recreation Fee Subsidy Program. Find details at [www.richmond.ca/subsidy](http://www.richmond.ca/subsidy).
Aquatic Services

SUNFISH – 30 MINUTES

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## Children

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<td>RC 1</td>
<td>Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.</td>
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<td>RC 2</td>
<td>Swimmers work on propulsions skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and the proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.</td>
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<td>RC 3</td>
<td>This level provides an introduction to diving and teaches swimmers how to make wise choices and where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim.</td>
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<td>RC 4</td>
<td>This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.</td>
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<tr>
<td>RC 5</td>
<td>This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.</td>
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<td>RC 6</td>
<td>This level refines front crawl with a focus on hard entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m) and introduces elementary backstroke (15m), safety on ice and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim.</td>
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<td>RC 7</td>
<td>This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.</td>
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<tr>
<td>RC 8</td>
<td>This level is an introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.</td>
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<tr>
<td>RC 9</td>
<td>This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m) and encourages swimmers to combine different kicks for fitness (3 mins). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim.</td>
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<td>RC 10</td>
<td>This level is the final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice and head-first and feet-first surface dives. Endurance is built up using the dolphin kick (vertical) and a 500m swim.</td>
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<tr>
<td>Junior Lifeguard Club</td>
<td>A timed 300 metre swim, a 600 metre workout and learn first aid. Class size 10. Red Cross Swim Kids 8 is required.</td>
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This program covers a minimum of one of the Fundamental Movement Skills and includes a warm up activity with Physical Literacy elements. Find more information about the City’s Physical Literacy initiative on page 72.
### RED CROSS SWIM KIDS 1 – 30 MINUTES

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### IMPORTANT NOTICE TO SWIM PARENTS

Children must have the required pre-requisite in order to successfully register into swim levels. **Children can only be registered in a class with a start date that is after the last day of the class that they are already registered in.** Registrations that contravene this requirement will be cancelled.

Private and semi-private lessons are not eligible for support through the Recreation Fee Subsidy Program. Find details at [www.richmond.ca/subsidy](http://www.richmond.ca/subsidy).
## RED CROSS SWIM KIDS 3 – 30 MINUTES

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Find Swim Lesson Fees on page 30.
# Aquatic Services

## RED CROSS SWIM KIDS 6 – 45 MINUTES

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Internet Registration: [www.richmond.ca/register](http://www.richmond.ca/register)
**BACK CRAWL IMPROVEMENT**  
RCSK 4, 5, 6  
**Dates** | **Day(s)** | **Time** | **Pool** | **Ses** | **Crs#**  
--- | --- | --- | --- | --- | ---  
Jan 11- Feb 1 | Sa | 6:30pm | MAC | 4 | 2756058  
  
**BACK CRAWL IMPROVEMENT**  
RCSK 7, 8, 9, 10  
**Dates** | **Day(s)** | **Time** | **Pool** | **Ses** | **Crs#**  
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Feb 8- Mar 7 | Sa | 6:30pm | MAC | 4 | 2756060  
  
**FRONT CRAWL IMPROVEMENT**  
RCSK 4, 5, 6  
**Dates** | **Day(s)** | **Time** | **Pool** | **Ses** | **Crs#**  
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Jan 11- Feb 1 | Sa | 10:00am | MAC | 4 | 2755229  
  
**FRONT CRAWL IMPROVEMENT**  
RCSK 7, 8, 9, 10  
**Dates** | **Day(s)** | **Time** | **Pool** | **Ses** | **Crs#**  
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Feb 8- Mar 7 | Sa | 10:00am | MAC | 4 | 2755230  
  
**JUNIOR LIFEGUARD CLUB**  
**Dates** | **Day(s)** | **Time** | **Pool** | **Ses** | **Crs#**  
--- | --- | --- | --- | --- | ---  
Jan 6- Feb 5 | M/W | 7:00pm | MAC | 10 | 2753335  
Jan 7- Feb 6 | Tu/Th | 5:30pm | MAC | 10 | 2755796  
Tu/Th | 7:30pm | MAC | 10 | 2755797  
Jan 11- Mar 7 | Sa | 9:30am | MAC | 8 | 2755202  
Sa | 5:00pm | MAC | 8 | 2755203  
Jan 12- Mar 8 | Su | 2:00pm | MAC | 8 | 2755281  
Feb 10- Mar 11 | M/W | 7:00pm | MAC | 9 | 2753540  
Feb 11- Mar 12 | Tu/Th | 5:30pm | MAC | 10 | 2755795  
Tu/Th | 6:00pm | WM | 10 | 2755072  
Tu/Th | 7:30pm | MAC | 10 | 2755798  

**RED CROSS ADAPTED SWIM – CHILDREN**  
**Dates** | **Day(s)** | **Time** | **Pool** | **Ses** | **Crs#**  
--- | --- | --- | --- | --- | ---  
Jan 11- Mar 7 | Sa | 12:00pm | MAC | 8 | 2755204  
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Sa | 12:00pm | MAC | 8 | 2755206  
Sa | 12:30pm | MAC | 8 | 2755207  
Sa | 12:30pm | MAC | 8 | 2755208  
Sa | 12:30pm | MAC | 8 | 2755209  

**WHIP KICK IMPROVEMENT**  
RCSK 5, 6, 7, 8, 9, 10  
**Dates** | **Day(s)** | **Time** | **Pool** | **Ses** | **Crs#**  
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Jan 11- Feb 1 | Sa | 10:30am | MAC | 4 | 2756056  
Feb 8- Mar 7 | Sa | 10:30am | MAC | 4 | 2756057  

**IMPORTANT NOTICE TO SWIM PARENTS**  
Children must have the required pre-requisite in order to successfully register into swim levels. **Children can only be registered in a class with a start date that is after the last day of the class that they are already registered in.** Registrations that contravene this requirement will be cancelled.

**RED CROSS ADAPTED SWIM LESSONS**  
Instructors and volunteers provide more one-on-one support for children who require special attention while focusing on teaching to each child’s abilities and learning at an individual pace. Classes include time for a fun group activity. Class size 3. Pre-requisite: None.

**PRIVATE SWIMMING LESSONS**  
Private lessons are offered at various times throughout the week along with semi-private lessons upon request. Find details at www.richmond.ca/register for dates and times.

**PRIVATE and SEMI-PRIVATE LESSONS are not eligible through the Recreation Fee Subsidy Program.** Find details at www.richmond.ca/subsidy.

---

**MAC**  
Minoru Aquatic Centre  

**WM**  
Watermania
## Aquatic Services

### Youth

#### RED CROSS TEEN BASICS
Develop aquatic abilities and increase comfort in the water by covering the swim skills from Red Cross Swim 1-3 and safety skills from Red Cross Swim 4-7.

<table>
<thead>
<tr>
<th>Minoru Aquatic Centre</th>
<th>13-18yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 12-Mar 8</td>
<td>Su</td>
</tr>
</tbody>
</table>
| 11:00-11:30am         | $50.40/8 sess | 2755249

<table>
<thead>
<tr>
<th>Watermania</th>
<th>13-18yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 6-Feb 5</td>
<td>M/W</td>
</tr>
</tbody>
</table>
| 7:00-7:30pm           | $63.00/10 sess | 2753945
| Feb 10-Mar 11         | M/W     |
| 6:30-7:00pm           | $56.70/9 sess | 2755490

#### RED CROSS TEEN STROKES
Focus on improving strokes and increasing distances by covering strokes from Red Cross Swim Kids 6-10 and safety skills from Red Cross Swim Kids 8-10.

<table>
<thead>
<tr>
<th>Minoru Aquatic Centre</th>
<th>13-18yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 11-Mar 7</td>
<td>Sa</td>
</tr>
</tbody>
</table>
| 6:00-6:30pm           | $50.40/8 sess | 2755232

<table>
<thead>
<tr>
<th>Watermania</th>
<th>13-18yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 6-Feb 5</td>
<td>M/W</td>
</tr>
</tbody>
</table>
| 7:30-8:00pm           | $63.00/10 sess | 2753946
| Feb 10-Mar 11         | M/W     |
| 7:00-7:30pm           | $56.70/9 sess | 2755491

### Adults

#### RED CROSS ADULT BASICS
Learn front and back floats, front and back glides with kick, front swim for 10 metres, shallow water entries and exits and assisted deep-water activities.

<table>
<thead>
<tr>
<th>Minoru Aquatic Centre</th>
<th>18+yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 6-Feb 5</td>
<td>M/W</td>
</tr>
</tbody>
</table>
| 11:30am-12:30pm       | $126.00/10 sess | 2753115
| Jan 6-Feb 5           | M/W   |
| 8:00-9:00pm           | $126.00/10 sess | 2753116
| Jan 7-Feb 6           | Tu/Th |
| 11:30am-12:15pm       | $126.00/10 sess | 2755419
| Jan 7-Feb 6           | Tu/Th |
| 6:00-6:30pm           | $63.00/10 sess | 2755420
| Jan 7-Feb 7           | Tu/Th |
| 8:00-8:30pm           | $63.00/10 sess | 2755421
| Jan 11-Mar 7          | Sa     |
| 5:30-6:00pm           | $50.40/8 sess | 2755231
| Feb 10-Mar 11         | M/W   |
| 11:30am-12:30pm       | $113.40/9 sess | 2753537
| Feb 10-Mar 11         | M/W   |
| 8:00-9:00pm           | $113.40/9 sess | 2753538
| Feb 11-Mar 12         | Tu/Th |
| 11:30am-12:15pm       | $94.50/10 sess | 2755418
| Feb 11-Mar 12         | Tu/Th |
| 8:00-8:30pm           | $63.00/10 sess | 2755422

<table>
<thead>
<tr>
<th>Watermania</th>
<th>18+yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 6-Feb 5</td>
<td>M/W</td>
</tr>
</tbody>
</table>
| 7:00-7:30pm           | $63.00/10 sess | 2753947
| Feb 10-Mar 11         | M/W   |
| 6:30-7:00pm           | $56.70/9 sess | 2755492
| Feb 11-Mar 12         | Tu/Th |
| 10:30-11:00am         | $63.00/10 sess | 2754898

#### RED CROSS ADULT STROKES
Choose the stroke(s) to focus on in this participation-based program with individual goal setting.

<table>
<thead>
<tr>
<th>Minoru Aquatic Centre</th>
<th>18+yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 6-Feb 5</td>
<td>M/W</td>
</tr>
</tbody>
</table>
| 8:00-9:00pm           | $126.00/10 sess | 2753117
| Jan 7-Feb 6           | Tu/Th |
| 12:15-1:00pm          | $126.00/10 sess | 2755424
| Jan 7-Feb 7           | Tu/Th |
| 8:00-8:30pm           | $63.00/10 sess | 2755426
| Feb 10-Mar 11         | M/W   |
| 8:00-9:00pm           | $113.40/9 sess | 2753539
| Feb 11-Mar 12         | Tu/Th |
| 12:15-1:00pm          | $94.50/10 sess | 2755423
| Feb 11-Mar 12         | Tu/Th |
| 6:00-6:30pm           | $63.00/10 sess | 2755809
| Feb 11-Mar 12         | Tu/Th |
| 8:00-8:30pm           | $63.00/10 sess | 2755425

#### Advanced Leadership

#### LIFESAVING CAMP: BRONZE MEDALLION - CROSS COMBINED
Check out this program that offers two courses in one! Price includes manual. Pre-requisites: Bronze Star or 13 years. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

<table>
<thead>
<tr>
<th>Minoru Aquatic Centre</th>
<th>13+yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 16-Mar 26</td>
<td>M-Th</td>
</tr>
</tbody>
</table>
| 10:30am-4:00pm        | $321.50/8 sess | 2752930

#### BRONZE CROSS
Further develop lifesaving/lifeguarding skills, water rescues and First Aid. Pre-requisite: Bronze Medallion. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

<table>
<thead>
<tr>
<th>Minoru Aquatic Centre</th>
<th>13+yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 11-Feb 1</td>
<td>Sa</td>
</tr>
</tbody>
</table>
| 10:00am-3:30pm        | $160.75/4 sess | 2752882
| Feb 9-Mar 1           | Su     |
| 10:00am-3:30pm        | $160.75/4 sess | 2752881
| Mar 23-Mar 26         | M-Th   |
| 10:30am-4:00pm        | $160.75/4 sess | 2752880

#### BRONZE MEDALLION
Start to become a lifeguard with this course that includes instruction in lifesaving skills, water rescues and First Aid. Price includes manual. Pre-requisites: 13 years old and Bronze Star. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

<table>
<thead>
<tr>
<th>Minoru Aquatic Centre</th>
<th>13+yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 12-Feb 2</td>
<td>Su</td>
</tr>
</tbody>
</table>
| 10:00am-3:30pm        | $160.75/4 sess | 2752877
| Feb 8-Feb 29          | Sa     |
| 10:00am-3:30pm        | $160.75/4 sess | 2752878
| Mar 16-Mar 19         | M-Th   |
| 10:30am-4:00pm        | $160.75/4 sess | 2752879

#### BRONZE STAR
Build on the Junior Lifeguard Club course with this introduction to lifesaving. Recommended pre-requisite: Star Patrol.

<table>
<thead>
<tr>
<th>Minoru Aquatic Centre</th>
<th>13+yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 12-Mar 8</td>
<td>Su</td>
</tr>
</tbody>
</table>
| 1:30-2:30pm           | $61.20/8 sess | 2755282

### Get Connected and Subscribe Today
The City of Richmond has launched a Community Services e-Newsletter. Sign up today to receive exclusive ‘insider’ information on all the great programs, events and resources available to you. Subscribe online at www.richmond.ca/enews.
**Lifesaving Instructor**
Complete this required course to teach the Canadian Swim Patrol levels: Bronze Star, Bronze Medallion and Bronze Cross. Price includes manual. Pre-requisites: 16 years and Bronze Cross. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at [www.richmond.ca/subsidy](http://www.richmond.ca/subsidy).

**Watermania**
- **16+yrs**
  - Feb 15-Feb 17: Sa-M... 10:30am-7:30pm...... $258.00/3 sess .......... 2752897
  - Mar 27-Mar 29: F-Su..... 9:00am-6:00pm........... $258.00/3 sess .......... 2752898

**NATIONAL LIFEGUARD POOL AND WATERPARK OPTION**
Learn a combination of emergency rescues and procedures in a pool and waterpark environment in this required course for employment with Richmond Aquatics. Pre-requisites: 16 years by course end date, current Standard First Aid and Bronze Cross. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at [www.richmond.ca/subsidy](http://www.richmond.ca/subsidy).

**Watermania**
- **16+yrs**
  - Mar 15-Mar 22: M-Su.... 9:00am-6:00pm.......... $636.00/8 sess .......... 2752901

---

**Advanced Leadership**

**Steps to Becoming an Aquatic Professional**

**Bronze Medallion**
- Pre-requisite: must be 13 years old or have Bronze Star

**WSI Prep:**
- Pre-requisites: Bronze Cross and must be 15 years old

**Bronze Cross:**
- Pre-requisites: Bronze Medallion

**Lifesaving Instructor:**
- Pre-requisites: must be 16 years old and have a Bronze Cross or NLS Pool

**NLS Pool**:
- Pre-requisites: must be 16 years old and have SFA and Bronze Cross

**Standard First Aid (SFA) or equivalent**

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**Steps to Becoming an Aquasize Instructor**

**Fitness Theory Course:**
- Pre-requisite: must be 16 years old

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**Aquafit Practical Module:**
- Pre-requisite: Fitness Theory Course

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*Required for employment with City of Richmond. A CPR ‘C’ certificate is also required.*
NATIONAL LIFEGUARD POOL OPTION
Learn lifeguarding principles, emergency rescues and procedures in a pool environment in this required course for employment with Richmond Aquatics. Price includes manual and pocket mask. Pre-requisites: 16 years by course end date, current Standard First Aid and Bronze Cross. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

Watermania 16+yrs
Mar 15-Mar 19 Su-Th ... 9:00am-6:00pm $398.00/5 sess 2752899

NATIONAL LIFEGUARD POOL RECERTIFICATION
Review procedures and get recertified for NLS Pool Option. Note: there is a five year maximum award lapse. Pre-requisite: NLS Pool Option. Recommended: current CPR Level C certification. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

Watermania 16+yrs
Mar 1 10:00am-6:00pm $95.90/1 sess 2752895
Mar 1 10:00am-6:00pm $95.90/1 sess 2752896

NATIONAL LIFEGUARD WATERPARK OPTION
Learn emergency rescues and procedures in a waterpark environment in this required course for employment with Richmond Aquatics. Pre-requisites: 16 years by course end date, NLS Pool Option and current Standard First Aid. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

Watermania 16+yrs
Mar 20-Mar 22 F-Su ... 9:00am-6:00pm $238.00/3 sess 2752900

NATIONAL LIFEGUARD WATERPARK RECERTIFICATION
Review procedures and get recertified for NLS Pool Option. Note: there is a five year maximum award lapse. Pre-requisite: NLS Waterpark Option. Recommended pre-requisite: current CPR Level C certification. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

Watermania 16+yrs
Jan 11 Su ... 9:00am-5:00pm $95.90/1 sess 2752899
Feb 23 Su ... 10:00am-6:00pm $95.90/1 sess 2752890
Mar 29 Su ... 10:00am-6:00pm $95.90/1 sess 2752891

WATER SAFETY INSTRUCTOR
Focus on how to effectively plan, teach and evaluate the Red Cross Swim Program in this 22-hour follow up course to WSI Prep (or equivalent). Candidates also complete a variety of practice-teaching exercises by instructing peer candidates. Pre-requisite: 15 years, Water Safety Instructor Prep and Bronze Cross (or equivalent). This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

Watermania 15+yrs
Mar 25-Mar 27 W-F ... 9:00am-6:00pm $198.00/3 sess 2752886

WATER SAFETY INSTRUCTOR RECERTIFICATION
Review procedures and get recertified in this specialty course. Note: there is a five year maximum award lapse. Pre-requisite: Water Safety Instructor. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

Watermania 16+yrs
Jan 17 F ... 4:00-9:00pm $97.45/1 sess 2752892
Feb 15 F ... 4:00-9:00pm $97.45/1 sess 2752893
Mar 20 F ... 4:00-9:00pm $97.45/1 sess 2752894

WSIP AND WSI COMBO
Become a certified water safety instructor in this course that includes the skills screening, online, co-teach, pool and classroom components. Recommended: Completion of Red Cross Swim Kids 10. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

Minoru Aquatic Centre 15+yrs
Jan 10-Jan 26 F-Su ... 5:00-9:00pm $536.00/7 sess 2752883
Sa-Su ... 9:00am-6:00pm
Jan 31-Feb 17 F ... 5:00-9:00pm $536.00/7 sess 2752884
Sa-Su ... 9:00am-6:00pm
M ... 10:30am-7:30pm

Watermania 15+yrs
Mar 22-Mar 27 Su-F ... 9:00am-6:00pm $336.00/6 sess 2752885

Internet Registration: www.richmond.ca/register
### Minoru Arenas (MA)

7551 Minoru Gate, 604-238-8465  
www.richmond.ca/arenas

Minoru Arenas (MA) has two regulation size rinks (200’ X 85’) and offers skating lessons, public ice skates and other activities from September through April. Dry floors are available from April to August each year for lacrosse, ball hockey, roller hockey and special event rentals. Facility amenities include: eight dressing rooms, a meeting room, the Time Out Café and skate and helmet rentals. The Stadium Rink offers spectator seating for 1,500 and the facility is wheelchair accessible.

Minoru Arenas is home to the Junior ‘B’ Richmond Sockeyes of the Pacific International Junior Hockey League, the Connaught Skating Club and Richmond Lacrosse Association use this facility as home rinks.

### Richmond Ice Centre (RIC)

14140 Triangle Road, 604-448-5366  
www.richmond.ca/arenas

The Richmond Ice Centre (RIC) has six regulation size rinks (200’ X 85’) and offers year round ice with dry floor availability in the spring and summer on one rink. Facility amenities include: four dressing rooms per rink, two meeting rooms, skate and helmet rentals and skating lessons offered for all ages year round. The facility is wheelchair accessible. Tournaments with as many as 50 teams can be accommodated at this facility with free on-site parking offered.

RIC is home to Richmond Jets Minor Hockey, Richmond Ringette, Richmond Ravens Female Hockey, Richmond Ball Hockey and the Coast Hockey League.

### Learn to Skate Preschool to Children’s Transfer Chart

Children six years and older must move from the Preschool Learn to Skate program into the Children Learn to Skate program. The chart below identifies the level children are placed into based on what level is Complete or Incomplete.

<table>
<thead>
<tr>
<th>Learn to Skate Preschool Level</th>
<th>Report Card Status</th>
<th>Child now placed in Level:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Complete or Incomplete</td>
<td>Red</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>Red</td>
</tr>
<tr>
<td>3</td>
<td>Complete</td>
<td>Orange</td>
</tr>
<tr>
<td>4</td>
<td>Complete</td>
<td>Gold</td>
</tr>
<tr>
<td>5</td>
<td>Complete</td>
<td>Yellow</td>
</tr>
</tbody>
</table>

### Preschoolers

**SKATING LESSONS**  
Work on a variety of skills in these lesson sets for all levels of skaters. A written evaluation of achievement is awarded upon completion of lessons. Extra fee for skate rental if required.

#### Minoru Arenas  
4-5yrs

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Session</th>
<th>Price</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 6-Mar 9</td>
<td>M</td>
<td>3:15-3:45pm</td>
<td>$63.35/9 sess</td>
<td>2756943</td>
</tr>
<tr>
<td>Jan 7-Mar 10</td>
<td>Tu</td>
<td>2:15-3:00pm</td>
<td>$70.40/10 sess</td>
<td>2756944</td>
</tr>
<tr>
<td>Jan 7-Mar 10</td>
<td>Tu</td>
<td>3:15-3:45pm</td>
<td>$70.40/10 sess</td>
<td>2756945</td>
</tr>
<tr>
<td>Jan 7-Mar 10</td>
<td>Tu</td>
<td>4:45-5:15pm</td>
<td>$70.40/10 sess</td>
<td>2756946</td>
</tr>
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<td>Tu</td>
<td>5:30-6:00pm</td>
<td>$70.40/10 sess</td>
<td>2756947</td>
</tr>
<tr>
<td>Jan 8-Mar 11</td>
<td>W</td>
<td>4:30-5:00pm</td>
<td>$70.40/10 sess</td>
<td>2756949</td>
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<td>F</td>
<td>2:15-3:00pm</td>
<td>$70.40/10 sess</td>
<td>2756973</td>
</tr>
<tr>
<td>Jan 10-Mar 13</td>
<td>F</td>
<td>4:45-5:15pm</td>
<td>$70.40/10 sess</td>
<td>2756974</td>
</tr>
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<td>Sa</td>
<td>10:45-11:15am</td>
<td>$63.35/9 sess</td>
<td>2756975</td>
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<tr>
<td>Jan 11-Mar 7</td>
<td>Sa</td>
<td>12:30-1:00pm</td>
<td>$63.35/9 sess</td>
<td>2756976</td>
</tr>
<tr>
<td>Jan 11-Mar 7</td>
<td>Sa</td>
<td>1:30-2:00pm</td>
<td>$63.35/9 sess</td>
<td>2756977</td>
</tr>
</tbody>
</table>

#### Richmond Ice Centre  
4-5yrs

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Session</th>
<th>Price</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 12-Mar 8</td>
<td>Su</td>
<td>9:30-10:00am</td>
<td>$63.35/9 sess</td>
<td>2757026</td>
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<td>Jan 12-Mar 8</td>
<td>Su</td>
<td>10:30-11:00am</td>
<td>$63.35/9 sess</td>
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<tr>
<td>Jan 12-Mar 8</td>
<td>Su</td>
<td>11:45-12:15pm</td>
<td>$63.35/9 sess</td>
<td>2757029</td>
</tr>
</tbody>
</table>

### Children

**SKATING LESSONS**  
Build comfort and confidence on the ice with this fun and play-based, unstructured environment. Parents/guardians are encouraged to participate and receive free skate rentals. Extra fee for child skate rental if required.

#### Minoru Arenas  
3-4yrs

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Session</th>
<th>Price</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 6-Mar 9</td>
<td>M</td>
<td>1:30-2:15pm</td>
<td>$63.35/9 sess</td>
<td>2756939</td>
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<td>Th</td>
<td>10:15-11:00am</td>
<td>$70.40/10 sess</td>
<td>2757156</td>
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<tr>
<td>Jan 10-Mar 13</td>
<td>F</td>
<td>10:00-10:45am</td>
<td>$70.40/10 sess</td>
<td>2756941</td>
</tr>
</tbody>
</table>

### HOCKEY FUN TIME

Try this fun introduction to recreational hockey. A CSA approved hockey helmet with a cage, neck guard and hockey gloves are mandatory for participation in this program. Extra fee for skate rental if required. Plastic sticks are provided. Pre-requisite: must know how to skate forward and be able to stop.

#### Richmond Ice Centre  
6-9yrs

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Session</th>
<th>Price</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 6-Mar 9</td>
<td>M</td>
<td>3:30-4:15pm</td>
<td>$63.35/9 sess</td>
<td>2757030</td>
</tr>
</tbody>
</table>
SKATING LESSONS
Work on a variety of skills in these lesson sets for all levels of skaters. A written evaluation of achievement is awarded upon completion of lessons. Extra fee for skate rental if required.

**Minoru Arenas**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 7-Mar 10</td>
<td>3:15-3:45pm</td>
<td>$70.40/10 sess</td>
</tr>
<tr>
<td>Jan 7-Mar 10</td>
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<td>Jan 7-Mar 10</td>
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<tr>
<td>Jan 7-Mar 10</td>
<td>6:30-7:00pm</td>
<td>$70.40/10 sess</td>
</tr>
<tr>
<td>Jan 8-Mar 11</td>
<td>3:30-4:00pm</td>
<td>$70.40/10 sess</td>
</tr>
<tr>
<td>Jan 8-Mar 11</td>
<td>4:00-4:30pm</td>
<td>$70.40/10 sess</td>
</tr>
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<td>5:00-5:30pm</td>
<td>$70.40/10 sess</td>
</tr>
<tr>
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<td>$70.40/10 sess</td>
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<td>Jan 11-Mar 7</td>
<td>1:00-1:30pm</td>
<td>$63.35/9 sess</td>
</tr>
<tr>
<td>Jan 11-Mar 7</td>
<td>2:00-2:30pm</td>
<td>$63.35/9 sess</td>
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<tr>
<td>Jan 11-Mar 7</td>
<td>2:30-3:00pm</td>
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<tr>
<td>Jan 12-Mar 8</td>
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<td>$63.35/9 sess</td>
</tr>
<tr>
<td>Jan 12-Mar 8</td>
<td>12:15-12:45pm</td>
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<tr>
<td>Jan 12-Mar 8</td>
<td>12:15-12:45pm</td>
<td>$63.35/9 sess</td>
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</table>

**Richmond Ice Centre**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 12-Mar 8</td>
<td>9:00-9:30am</td>
<td>$63.35/9 sess</td>
</tr>
<tr>
<td>Jan 12-Mar 8</td>
<td>9:30-10:00am</td>
<td>$63.25/9 sess</td>
</tr>
</tbody>
</table>

SKATING LESSONS: FAMILY
Spend time learning or improving skating skills together in these lesson sets with a private instructor. A written evaluation of achievement is awarded upon completion of lessons. Minimum three skaters; one must be an adult to a maximum of five family members. Price includes skate and helmet rentals.

**Richmond Ice Centre**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 12-Mar 8</td>
<td>9:00-9:30am</td>
<td>$63.35/9 sess</td>
</tr>
<tr>
<td>Jan 12-Mar 8</td>
<td>9:30-10:00am</td>
<td>$63.35/9 sess</td>
</tr>
</tbody>
</table>

SKATING LESSONS: HOME LEARNERS
Work on a variety of skills in these lesson sets for all levels of skaters. A written evaluation of achievement is awarded upon completion of lessons. This program is for home-schooled students only. Extra fee for skate rental if required.

**Minoru Arenas**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 6-Mar 9</td>
<td>12:45-1:30pm</td>
<td>$63.35/9 sess</td>
</tr>
<tr>
<td>Jan 10-Mar 13</td>
<td>2:15-3:00pm</td>
<td>$70.40/10 sess</td>
</tr>
</tbody>
</table>

**Richmond Ice Centre**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 12-Mar 8</td>
<td>12:15-12:45pm</td>
<td>$70.20/9 sess</td>
</tr>
</tbody>
</table>

PRIVATE SKATING LESSONS

- Thirty minute (30) private lesson offered.
- Work one-on-one with a Learn to Skate instructor in these sessions that are tailored to each individual’s skill level and ability.
- For a full list of all lesson days and times available, visit www.richmond.ca/register. Click on the Courses tab, click on Advanced Search, enter the key words Private Skating Lessons in the Containing Keyword box, and then choose Search. Find refunds/withdrawals/transfer details on page 2.
- Phone 604-448-5366 for semi-private lessons.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time (30 minutes lessons)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Th</td>
<td>Jan 9, 16, 23, 30 Feb 6, 13, 20, 27 Mar 5, 12</td>
<td>5:45-6:15pm</td>
<td>$25.50/1 sess</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time (30 minutes lessons)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa</td>
<td>Jan 11, 18, 25 Feb 1, 8, 15, 22, 29 Mar 7</td>
<td>12:30-1:00pm</td>
<td>$25.50/1 sess</td>
</tr>
</tbody>
</table>

LEARN TO FIGURE SKATE
Learn basic skills that include edges, turns, jumps and spins in this interactive class.

**Minoru Arenas**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 7-Mar 10</td>
<td>10:15-11:15am</td>
<td>$120.00/10 sess</td>
</tr>
</tbody>
</table>

SKATING LESSONS
Work on a variety of skills in these lesson sets for all levels of skaters. A written evaluation of achievement is awarded upon completion of lessons. Extra fee for skate rental if required.

**Minoru Arenas**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 7-Mar 10</td>
<td>6:30-7:00pm</td>
<td>$78.00/10 sess</td>
</tr>
<tr>
<td>Jan 9-Mar 12</td>
<td>9:30-10:15am</td>
<td>$78.00/10 sess</td>
</tr>
<tr>
<td>Jan 11-Mar 7</td>
<td>12:30-1:00pm</td>
<td>$70.20/9 sess</td>
</tr>
</tbody>
</table>

**Richmond Ice Centre**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 12-Mar 8</td>
<td>12:15-12:45pm</td>
<td>$70.20/9 sess</td>
</tr>
</tbody>
</table>
DROP-IN PROGRAMS

Changes to Drop-In programs are made as required and are posted at the Richmond Ice Centre and Minoru Arenas. Phone the Drop-In Inquiry line at 604-448-5366 for daily updates.

CHILD DROP-IN HOCKEY (7-11 years)
Recreational hockey. Full hockey equipment and CSA approved hockey helmet with cage is mandatory for participation. The ice time is supervised. No refunds or transfers.

YOUTH STICK AND PUCK (13-18 years)
Focus on individual skill and development. No games allowed. Players must use own sticks and pucks. To help prevent injuries, full hockey equipment including a CSA approved hockey helmet with a cage is mandatory for participation.

ADULT AND CHILD STICK AND PUCK (12 years and under)
Focus on individual skill and development. No games allowed. Players must use own sticks and pucks. Full hockey equipment and a CSA approved hockey helmet is mandatory for children and a CSA approved hockey helmet is mandatory for adults. Ice time is supervised.

ADULT DROP-IN HOCKEY (19+ years)
Recreational hockey. Full hockey equipment and a CSA approved hockey helmet are mandatory for participation. No refunds or transfers.

BEGINNER/ SENIOR DROP-IN HOCKEY (19+ years beginners and 55+ years)
Recreational hockey. Full hockey equipment and a CSA approved hockey helmet are mandatory for participation. No refunds or transfers.

MASTERS DROP-IN HOCKEY (65+ years)
Recreational hockey for players 65+ years of age. Full hockey equipment and a CSA approved hockey helmet are mandatory for participation. No refunds or transfers.

ADULT STICK AND PUCK (19+ years)
Focus on individual skill and development. No games allowed. Players must use own sticks and pucks. To help prevent injuries, full hockey equipment is strongly recommended. CSA approved hockey helmet is mandatory for participation.

DROP-IN FIGURE SKATING
Open to all levels of figure skaters. Participants share ice surface. Coaches are required to pay.

FEES (ALL PRICES INCLUDE TAXES)

<table>
<thead>
<tr>
<th>Service</th>
<th>Single</th>
<th>Visit Card</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschoolers (up to 2yrs)</td>
<td>Free</td>
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</tr>
<tr>
<td>Children (3-12yrs)</td>
<td>$3.45</td>
<td>$31.05</td>
</tr>
<tr>
<td>Youth (13-18yrs)</td>
<td>$3.85</td>
<td>$34.65</td>
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<tr>
<td>Adults (19-64yrs)</td>
<td>$5.45</td>
<td>$49.05</td>
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<tr>
<td>Seniors (65+yrs)</td>
<td>$3.85</td>
<td>$34.65</td>
</tr>
<tr>
<td>Family (per skater)</td>
<td>$3.45</td>
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</tr>
<tr>
<td>Child Drop-In Hockey</td>
<td>$4.55</td>
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<tr>
<td>Adult Drop-In Hockey (day)</td>
<td>$6.85</td>
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<tr>
<td>Adult Drop-In Hockey (evenings/weekends)</td>
<td>$12.25</td>
<td>N/A</td>
</tr>
<tr>
<td>Adult Stick and Puck</td>
<td>$7.05</td>
<td>$63.45</td>
</tr>
<tr>
<td>Youth Stick and Puck</td>
<td>$5.85</td>
<td>N/A</td>
</tr>
<tr>
<td>Adult and Child Stick and Puck</td>
<td>$5.85</td>
<td>$52.65</td>
</tr>
<tr>
<td>Drop-In Figure Skating</td>
<td>$7.10</td>
<td>$63.90</td>
</tr>
<tr>
<td>Beginner/Senior and Masters 65+ Drop-In Hockey</td>
<td>$6.85</td>
<td>$61.65</td>
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<tr>
<td>Ice Skate Sharpening and Rentals</td>
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<tr>
<td>Regular Sharpen</td>
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<tr>
<td>Skate Rental</td>
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<td>$27.90</td>
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</table>

Note: All prices include the use of a free helmet except for Child and Family hockey programs (no cages).

PUBLIC SKATING REGULATIONS

- Valid CSA approved hockey helmet is strongly recommended for everyone.
- Skating must be done in control.
- Carrying children is not permitted when skating.
- Skating is permitted in designated areas only.
- No food, beverages or gum permitted on ice.
- All instructions from staff must be followed.
- Wearing gloves or mitts and long pants to prevent cuts and provide warmth is recommended.
- Consideration of beginners expected.
- Figure skating with jumps or spins not permitted.
- Formal private skating lessons not permitted during public skating sessions.

Registration Call Centre: 604-276-4300
## PUBLIC SKATE AND DROP-IN SCHEDULE – MINORU ARENAS – JANUARY 1 – MARCH 13

All Public Program times are subject to change without notice. Find up-to-date schedules at www.richmond.ca/arenas or phone 604-448-5366. Changes to Drop-In programs are made as required and are posted at the Richmond Ice Centre (RIC) and Minoru Arenas (MA). No refunds or transfers.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>Jan 6-Mar 9</td>
<td>11:30am-1:30pm</td>
<td>Drop-In Figure Skating</td>
</tr>
<tr>
<td></td>
<td>Jan 7-Mar 10</td>
<td>11:30am-1:00pm</td>
<td>Public Skating Adult Toonie Skate</td>
</tr>
<tr>
<td></td>
<td>Jan 7-Mar 10</td>
<td>12:00-1:30pm</td>
<td>Drop-In Figure Skating</td>
</tr>
<tr>
<td></td>
<td>Feb 17</td>
<td>12:00-4:00pm</td>
<td>Family Day Skate</td>
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<tr>
<td>W</td>
<td>Jan 8-Mar 11</td>
<td>10:00-11:00am</td>
<td>Public Skating 55+ years Skate</td>
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<tr>
<td></td>
<td>Jan 8-Mar 11</td>
<td>11:30am-2:30pm</td>
<td>Adult Stick and Puck</td>
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<tr>
<td></td>
<td>Jan 8-Mar 11</td>
<td>6:15-7:30pm</td>
<td>Public Skating</td>
</tr>
<tr>
<td>Th</td>
<td>Jan 9-Mar 12</td>
<td>11:30am-1:00pm</td>
<td>Public Skating Adult Toonie Skate</td>
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<tr>
<td></td>
<td>Jan 9-Mar 12</td>
<td>12:00-1:30pm</td>
<td>Drop-In Figure Skating</td>
</tr>
<tr>
<td>F</td>
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<td>11:30am-1:00pm</td>
<td>Public Skating Adult Toonie Skate</td>
</tr>
<tr>
<td></td>
<td>Jan 10-Mar 13</td>
<td>6:30-8:00pm</td>
<td>Public Skating</td>
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<tr>
<td>Sa</td>
<td>Jan 11-Mar 7</td>
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<td>Public Skating</td>
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<tr>
<td>Su</td>
<td>Jan 12-Mar 8</td>
<td>12:00-4:00pm</td>
<td>Public Skating</td>
</tr>
</tbody>
</table>

The City of Richmond strongly recommends wearing a CSA approved hockey helmet to prevent injuries during public skating sessions. Helmets are available for use during the session at no charge.

## HELMET POLICY AND REQUIREMENTS

Helmets are approved for each sporting activity for best protection during a specific activity that includes hockey, cycling and boarding. Note: A sport specific helmet cannot prevent all head injuries in all sports. Helmets have a certification expiry date from the CSA, so check and ensure that helmet certifications are current. For all skating and ice-related sports, it is strongly recommended that a hockey helmet be worn.

A valid CSA hockey helmet is mandatory for:
- Lesson programs
- Adult Stick and Puck programs

A valid CSA hockey helmet is strongly recommended for:
- Public skating sessions

A valid CSA hockey helmet and full gear is mandatory for:
- Adult Drop-In Hockey programs
- Child Drop-in Hockey programs
- Youth Stick and Puck

Bicycle helmets are no longer permitted to be worn in any ice related program.
## PUBLIC SKATE AND DROP-IN SCHEDULE – RICHMOND ICE CENTRE – JANUARY 1 – MARCH 13

All Public Program times are subject to change without notice. Find up-to-date schedules at www.richmond.ca/arenas or phone 604-448-5366. Changes to Drop-In programs are made as required and are posted at the Richmond Ice Centre (RIC) and Minoru Arenas (MA). No refunds or transfers.

<table>
<thead>
<tr>
<th>Day</th>
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<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>Jan 6-Mar 9</td>
<td>7:30-9:00am</td>
<td>Adult Drop-In Hockey</td>
</tr>
<tr>
<td></td>
<td>Jan 6-Mar 9</td>
<td>9:00am-3:00pm</td>
<td>Adult Stick and Puck</td>
</tr>
<tr>
<td></td>
<td>Jan 6-Mar 9 (Feb 17 12:00-4:00pm moved to Minoru Arenas)</td>
<td>9:00am-3:00pm</td>
<td>Public Skating</td>
</tr>
<tr>
<td></td>
<td>Jan 6-Mar 9</td>
<td>11:30am-1:30pm</td>
<td>Adult Beginner/Senior Drop-In Hockey</td>
</tr>
<tr>
<td></td>
<td>Jan 6-Mar 9 (no session Feb 17)</td>
<td>4:15-5:15pm</td>
<td>Child Drop-In Hockey(7-11 years)</td>
</tr>
<tr>
<td></td>
<td>Jan 6-Mar 8 (no session Feb 17)</td>
<td>7:30-8:45pm</td>
<td>Adult Drop-In Hockey</td>
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<tr>
<td>Tu</td>
<td>Jan 7-Mar 10</td>
<td>9:00am-3:00pm</td>
<td>Adult Stick and Puck</td>
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<tr>
<td></td>
<td>Jan 7-Mar 10</td>
<td>9:00am-3:00pm</td>
<td>Public Skating</td>
</tr>
<tr>
<td></td>
<td>Jan 7-Mar 10</td>
<td>11:00am-1:00pm</td>
<td>Masters 65+ years Drop-In Hockey</td>
</tr>
<tr>
<td>W</td>
<td>Jan 8-Mar 11</td>
<td>7:30-9:00am</td>
<td>Adult Drop-In Hockey</td>
</tr>
<tr>
<td></td>
<td>Jan 8-Mar 11</td>
<td>9:00am-3:00pm</td>
<td>Adult Stick and Puck</td>
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<tr>
<td></td>
<td>Jan 8-Mar 11</td>
<td>9:00am-3:00pm</td>
<td>Public Skating</td>
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<td></td>
<td>Jan 8-Mar 11</td>
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<td>Drop-In Figure Skating</td>
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<tr>
<td></td>
<td>Jan 8-Mar 11</td>
<td>11:30am-1:30pm</td>
<td>Adult Beginner/Senior Drop-In Hockey</td>
</tr>
<tr>
<td>Th</td>
<td>Jan 9-Mar 12</td>
<td>9:00am-3:00pm</td>
<td>Adult Stick and Puck</td>
</tr>
<tr>
<td></td>
<td>Jan 9-Mar 12</td>
<td>9:00am-3:00pm</td>
<td>Public Skating</td>
</tr>
<tr>
<td></td>
<td>Jan 9-Mar 12</td>
<td>11:30am-1:30pm</td>
<td>Adult Drop-In Hockey</td>
</tr>
<tr>
<td>F</td>
<td>Jan 17-Mar 13</td>
<td>7:30-9:00am</td>
<td>Adult Drop-In Hockey</td>
</tr>
<tr>
<td></td>
<td>Jan 17-Mar 13</td>
<td>9:00am-3:00pm</td>
<td>Adult Stick and Puck</td>
</tr>
<tr>
<td></td>
<td>Jan 17-Mar 13</td>
<td>9:00am-3:00pm</td>
<td>Public Skating</td>
</tr>
<tr>
<td></td>
<td>Jan 17-Mar 13</td>
<td>11:30am-1:30pm</td>
<td>Adult Beginner/Senior Drop-In Hockey</td>
</tr>
<tr>
<td></td>
<td>Jan 17-Mar 13</td>
<td>3:45-4:45pm</td>
<td>Youth Stick and Puck (13-18 years)</td>
</tr>
<tr>
<td>Su</td>
<td>Jan 19-Mar 1 (no session Feb 1, 15)</td>
<td>8:00-9:15am</td>
<td>Adult and Child Stick and Puck 12 years and under</td>
</tr>
<tr>
<td></td>
<td>Jan 19-Mar 8 (no session Feb 1, 15)</td>
<td>9:30-11:00am</td>
<td>Public Skating</td>
</tr>
<tr>
<td></td>
<td>Jan 19-Mar 1 (no session Feb 1, 15)</td>
<td>11:15am-12:45pm</td>
<td>Adult Drop-In Hockey</td>
</tr>
</tbody>
</table>

The City of Richmond strongly recommends wearing a CSA approved hockey helmet to prevent injuries during public skating sessions. Helmets are available for use during the session at no charge.
SPRING BREAK PUBLIC COSMIC SKATE SCHEDULE – MINORU ARENAS – MARCH 14–19

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa</td>
<td>Mar 14</td>
<td>1:00-5:00pm</td>
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<tr>
<td>Su</td>
<td>Mar 15</td>
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<tr>
<td>M</td>
<td>Mar 16</td>
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<tr>
<td></td>
<td></td>
<td>5:00-8:00pm</td>
</tr>
<tr>
<td>Tu</td>
<td>Mar 17</td>
<td>12:00-3:00pm</td>
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<tr>
<td></td>
<td></td>
<td>5:00-8:00pm</td>
</tr>
<tr>
<td>W</td>
<td>Mar 18</td>
<td>12:00-3:00pm</td>
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<tr>
<td></td>
<td></td>
<td>5:00-8:00pm</td>
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<tr>
<td>Th</td>
<td>Mar 19</td>
<td>12:00-3:00pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5:00-8:00pm</td>
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The City of Richmond strongly recommends wearing a CSA approved hockey helmet to prevent injuries during public skating sessions. Helmets are available for use during the session at no charge.

SPRING BREAK PUBLIC SKATE SCHEDULE – MINORU ARENAS – MARCH 20–29 (NOT COSMIC)

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The City of Richmond strongly recommends wearing a CSA approved hockey helmet to prevent injuries during public skating sessions. Helmets are available for use during the session at no charge.

BALL HOCKEY

Open to Ages 5 - 18 years
Teamwork Fair Play

For more info: WWW.RBHA.CA

Fast, Fun & Safe
For boys & girls
Minimal Equipment Needed
No Experience Needed

Hockey Without The Ice!
SPRING BREAK FAMILY DAY SCHEDULE – MINORU ARENAS MARCH 20–29 (NOT COSMIC)

All Spring Break Skates held at Minoru Arenas, 7551 Minoru Gate, 604-238-8465. The City of Richmond strongly recommends wearing a CSA approved hockey helmet to prevent injuries during public skating sessions. Helmets are available for use during the session at no charge.

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The City of Richmond strongly recommends wearing a CSA approved hockey helmet to prevent injuries during public skating sessions. Helmets are available for use during the session at no charge.

LEARN TO SKATE WITH THE CONNAUGHT SKATING CLUB OF RICHMOND

The Skate Canada-designed CanSkate Program prepares skaters 3 years old & up for all ice sports: hockey, speed skating, ringette, figure skating & recreational.

- Fully Coached lessons with Skate Canada certified coaches
- Maximum 10 skaters per group, No experience necessary
- Your choice of 1 to 5 sessions per week
- Ongoing registration - prorating available for late entry

Monday: January 6 – March 9  5:15 - 6:00pm
Tuesday (FastTrack): January 7 – March 10  4:00 - 4:45pm
Wednesday: January 8 – March 11  5:00 - 5:45pm
Friday (Tots): January 10 – March 13  3:30 - 4:00pm
Friday (FastTrack): January 10 – March 13  3:30 - 4:15pm
Sunday 1: January 12 – March 8  10:00-10:45am
Sunday 2: January 12 – March 8  10:45-11:30am

Monday, Wednesday, Friday & Sunday classes are held at Minoru Arenas. Tuesday classes are held at the Richmond Ice Centre. Helmets and skates are required. No rentals available.

Contact us for more information. Website: www.connaughtsc.com

Registration Call Centre: 604-276-4300
Preschoolers

3-5 YEARS CAMP: EXPLORATION CAMP
Connect and collaborate on super fun and exciting group projects that all stem from the self-interest of campers. Chosen topics may include math, science, art and social activities.

Thompson Community Centre 2014-2016
Mar 16-Mar 20........M-F....... 9:00am-12:00pm........ $111.00/5 sess ...........2757001
Mar 16-Mar 20........M-F....... 1:00-3:30pm ............ $92.50/5 sess ...........2757002
Mar 23-Mar 27........M-F....... 9:00am-12:00pm ....... $111.00/5 sess ...........2757003
Mar 23-Mar 27........M-F....... 1:00-3:30pm ............ $92.50/5 sess ...........2757004

3-5 YEARS CAMP: LICENSED
Play games, make crafts and join in circle time in these well-rounded, creative and fun sessions led by Early Childhood Educators. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

City Centre Community Centre 2014-2016
Mar 16-Mar 20........M/W/F. 9:00am-1:00pm ........ $88.80/3 sess ...........2756958
Mar 17-Mar 19 ........Tu/Th .... 9:00am-1:00pm ........ $59.20/2 sess ...........2756960
Mar 23-Mar 27 .........M/F ...... 9:00am-1:00pm ........ $88.80/3 sess ...........2756959
Mar 24-Mar 26 .........Tu/Th .... 9:00am-1:00pm ........ $59.20/2 sess ...........2756961

Steveston Community Centre 2014-2016
Mar 16-Mar 20........M/W/F. 9:00am-1:00pm ........ $88.80/3 sess ...........2752390
Mar 17-Mar 19 ........Tu/Th .... 9:00am-1:00pm ........ $59.20/2 sess ...........2752389
Mar 23-Mar 27 .........M/F ...... 9:00am-1:00pm ........ $88.80/3 sess ...........2752391
Mar 24-Mar 26 .........Tu/Th .... 9:00am-1:00pm ........ $59.20/2 sess ...........2752392

ART FOR TWOS: PARENT AND TOT
Paint, draw, make crafts and sing songs in this fun and interactive program. Parent participation required.

Steveston Community Centre 2014-2016
Mar 22-Mar 29.........Su ....... 9:30-10:15am ........ $10.70/2 sess ...........2756787

CLAY PLAY
Experiment, play and make small, unique keepsakes to glaze and fire to take home.

Richmond Arts Centre 2014-2016
Mar 23-Mar 27 .........M-F ...... 9:45-10:30am ........ $34.50/5 sess ...........2756326

DRAMA: ACTING PLAYGROUND
Learn about theatre through unique games, storytelling and creative play that unleashes the imagination and develops confidence.

Richmond Arts Centre 2014-2016
Mar 16-Mar 20 .........M-F ...... 9:30-10:15am ........ $32.05/5 sess ...........2756323
Mar 16-Mar 20 .........M-F ...... 10:15-11:00am .......... $32.05/5 sess ...........2756324

GYMNASTICS: KIDS CANMOVE™

PARENT AND TOT
Add to healthy life skills in these gymnastics-based sessions that cover the seven Fundamental Movement patterns of rotations, swings, springs, landings, stationary positions and object manipulation. Parent participation required.

West Richmond Community Centre 2014-2016
Mar 16-Mar 20 .........M-F ...... 9:30-10:15am ........ $29.95/5 sess ...........2755965

GYMNASTICS: KIDS CANMOVE™
Add to healthy life skills in these gymnastics-based sessions that cover the seven Fundamental Movement patterns of rotations, swings, springs, landings, stationary positions and object manipulation.

West Richmond Community Centre 2014-2016
Mar 16-Mar 20 .........M-F ...... 10:15-11:00am ........ $29.95/5 sess ...........2755960

MULTISPORT CAMP
Cover the basic fundamentals of modified soccer, floor hockey, basketball, badminton and other sports and activities in these fun and active sessions.

West Richmond Community Centre 2014-2016
Mar 23-Mar 27 .........M-F ...... 9:15-10:30am .......... $32.80/5 sess ...........2755946

MUSIC AND SONGS: PARENT AND TOT
Play percussion instruments and learn simple songs in this introduction to basic musical concepts that includes rhythm, tone recognition and melody. Parent participation required.

Richmond Arts Centre 2014-2016
Mar 23-Mar 27 .........M-F ...... 9:30-10:15am ........ $32.05/5 sess ...........2756368

MUSIC AND SONGS: LEVEL 1
Explore a variety of music, sounds and songs through activity-based learning that builds a strong foundation of music, rhythm and melody.

Richmond Arts Centre 2014-2016
Mar 16-Mar 20 .........M-F ...... 10:00-11:45am .......... $32.05/5 sess ...........2756330
Mar 16-Mar 20 .........M-F ...... 10:45-11:45am .......... $42.75/5 sess ...........2756331

MUSICAL THEATRE
Combine music, dance and drama in this high-energy, confidence-building class that includes performing popular musical numbers and ‘traditional’ songs. A casual musical presentation is planned for the last day of class.

Richmond Arts Centre 2014-2016
Mar 16-Mar 20 .........M-F ...... 9:30-10:15am ........ $32.05/5 sess ...........2756346
Mar 16-Mar 20 .........M-F ...... 10:15-11:00am .......... $32.05/5 sess ...........2756347

Internet Registration: www.richmond.ca/register
Spring Break Programs

ORFF MUSIC METHOD
Engage the mind and body through a mixture of singing, dancing, acting and the use of percussion instruments with this unique and creative method that includes speech, song, movement and traditional play.
Richmond Arts Centre 3-5yrs
Mar 23-Mar 27 M-F 10:15-11:00am $32.05/5 sess 2756372

VISUAL ARTS: INTRODUCTION
Explore the basics of line, colour and technique in this foundational class and learn about important tools and methods while creating unique drawings, paintings and mixed media pieces.
Richmond Arts Centre 3-5yrs
Mar 16-Mar 20 M-F 9:30-10:30am $44.00/5 sess 2756163
Mar 16-Mar 20 M-F 10:45-11:45am $44.00/5 sess 2756164
Mar 23-Mar 27 M-F 9:30-10:30am $44.00/5 sess 2756165
Mar 23-Mar 27 M-F 10:00-11:00am $44.00/5 sess 2756166

POLLIWOG PRESCHOOL CAMP
Learn something new every day by exploring outside, playing games, making crafts and finding out facts about amazing animals.
Richmond Nature Park 4-6yrs
Mar 16-Mar 20 M-F 9:30am-12:00pm $82.00/5 sess 2753030
Mar 16-Mar 20 M-F 1:30-4:00pm $82.00/5 sess 2753031
Mar 23-Mar 27 M-F 9:30am-12:00pm $82.00/5 sess 2753032
Mar 23-Mar 27 M-F 1:30-4:00pm $82.00/5 sess 2753033

AFTER CAMP CARE
Extend the camp day with crafts and games in these post-camp sessions.
Richmond Nature Park 4-6yrs
Mar 16-Mar 20 M-F 4:00-5:00pm $17.00/5 sess 2753024
Mar 23-Mar 27 M-F 4:00-5:00pm $17.00/5 sess 2753025

SPRING BREAK CAMPS – GENERAL
Take part in fun activities at the centre or on an out trip. Campers to bring a lunch and proper clothing each day. Pricing is reflective of the various costs of individual camp activities and out trip. Note: a completed waiver is required per centre.

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<th>Times</th>
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Internet Registration:  [www.richmond.ca/register](http://www.richmond.ca/register)
### Spring Break Programs

#### Spring Break Camps – General Cont’d

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<td><strong>FRIDAY, MARCH 27</strong></td>
<td>2012-2014</td>
<td>8:30am-4:30pm</td>
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<td>West Richmond – Gilmore School1,2</td>
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</table>

1. This camp is not eligible for support through the Recreation Fee Subsidy Program. Find details at [www.richmond.ca/subsidy](http://www.richmond.ca/subsidy).
2. Drop off for this camp is at Gilmore School; pick up at West Richmond Community Centre.

#### ACTING AND PERFORMANCE

Experience performing while building skills in acting, script work and character development for an end-of-term performance. Prerequisite: Drama: Introduction to the Stage.

<table>
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<tr>
<th>Dates and Location</th>
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<th>Times</th>
<th>Price</th>
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</tbody>
</table>

#### ACTING ON CAMERA

Re-enact favourite scenes from TV and film while learning the fundamental skills required for acting on camera. Participants take home a DVD of personal work.

<table>
<thead>
<tr>
<th>Dates and Location</th>
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<th>Barcode</th>
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</table>

#### ADVENTURE CAMP

Plan on awesome out trips, crazy adventures and super cool activities and games.

<table>
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<tr>
<th>Dates and Location</th>
<th>Birth year</th>
<th>Times</th>
<th>Price</th>
<th>Barcode</th>
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</table>

#### ARCHITECTURE AND DESIGN CAMP

Review design and architecture inspired by famous architects, create 2D and 3D models and study Lower Mainland works first-hand in class and on an out trip.

<table>
<thead>
<tr>
<th>Dates and Location</th>
<th>Birth year</th>
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<th>Price</th>
<th>Barcode</th>
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</table>

#### ART FUSION CAMP

Experiment with dance, drawing, painting, voice and clay each day creating lots of different projects.

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<tr>
<th>Dates and Location</th>
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<th>Times</th>
<th>Price</th>
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<tbody>
<tr>
<td>Cambie Community Centre</td>
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<th>Times</th>
<th>Price</th>
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#### ART JAM WITH A DISNEY ANIMATOR

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. Price includes a take-home drawing kit. This program is instructed by Happy Kids Studios.

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<tr>
<th>Dates and Location</th>
<th>Birth year</th>
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<th>Price</th>
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<td>West Richmond Community Centre</td>
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</table>

#### BABYSITTING BASICS

Learn fun games and activities for children, basic babysitting skills and how to deal with emergencies in this program that includes a Canadian Red Cross Babysitting Certificate upon successful completion of class. A $10 manual fee added when registering.

<table>
<thead>
<tr>
<th>Dates and Location</th>
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<th>Price</th>
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<tr>
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#### BADMINTON: INTERMEDIATE

Master more basic skills plus footwork along with an introduction about the rules of singles and doubles play. Pre-requisite: the ability to play a game of badminton.

<table>
<thead>
<tr>
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<th>Birth year</th>
<th>Times</th>
<th>Price</th>
<th>Barcode</th>
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<tbody>
<tr>
<td>McRoberts School (South Arm)</td>
<td>10-12yrs</td>
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#### BALLET

Prepare for entry into the Richmond Art Centre’s school year ballet program by developing a variety of simple movements.

<table>
<thead>
<tr>
<th>Dates and Location</th>
<th>Birth year</th>
<th>Times</th>
<th>Price</th>
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</table>
**Spring Break Programs**

**Ballet: Body Conditioning**
Develop an understanding of the correct physiological and body alignment required for this type of dance with exercises, floor barre, stretching and some historical knowledge.

Richmond Arts Centre  
12-18yrs  
Mar 16-Mar 20............M-F......2:45-3:45pm..............$42.75/5 sess .............2756322

**Basketball**
Practice dribbling, passing and shooting skills followed by friendly games.

McRoberts School (South Arm)  
8-10yrs  
Mar 23-Mar 27............M-F......9:30-11:00am............$39.40/5 sess .............2756854

McRoberts School (South Arm)  
10-12yrs  
Mar 23-Mar 27............M-F......11:00am-1:00pm.............$52.50/5 sess .............2756855

**Bricks 4 Kidz®: Extreme Expedition Camp**
Use LEGO® to construct motorized transportation to rescue team’s from forces of nature and learn about physics and mechanics by utilizing gears, axles, pulleys and other mechanical parts. This program is instructed by Bricks 4 Kidz®.

Thompson Community Centre  
6-10yrs  
Mar 23-Mar 27............M-F......1:00-4:00pm..............$175.00/5 sess .............2754715

**Build an Adventure Game**
Design, construct and take home a fully functioning board game complete with playing pieces that use illustration, creativity, sculpting and casting skills.

Richmond Arts Centre  
6-8yrs  
Mar 16-Mar 20............M-F......10:00am-12:00pm........$88.00/5 sess .............2756348

**Building and Painting**
Learn painting, drawing and mixed media skills to create unique, individual 2D and 3D projects along with collaborative group pieces.

Richmond Arts Centre  
9-12yrs  
Mar 23-Mar 27............M-F......1:15-2:45pm.............$66.00/5 sess .............2756768

**Clay Handbuilding**
Create clay pieces using simple and intermediate handbuilding techniques that include coils, pinch pots and more. Works are glazed and fired before taking home.

Richmond Arts Centre  
5-6yrs  
Mar 16-Mar 20............M-F......1:00-4:00pm.............$175.00/5 sess .............2756430

Richmond Arts Centre  
7-9yrs  
Mar 16-Mar 20............M-F......1:00-4:00pm.............$175.00/5 sess .............2756430

Richmond Arts Centre  
10-15yrs  
Mar 16-Mar 20............M-F......1:00-4:00pm.............$175.00/5 sess .............2756430

**Clay Intensive Workshop**
Develop clay hand building skills and wheel techniques in these sessions for all skill levels led by a professional ceramic artist.

Richmond Arts Centre  
6-9yrs  
Mar 16-Mar 20............M-F......10:00am-12:00pm........$92.00/5 sess .............2756739

Richmond Arts Centre  
10-15yrs  
Mar 16-Mar 20............M-F......1:00-3:30pm..............$115.00/5 sess .............2756740

**Comedy for Confidence**
Develop writing and performance skills in this fun and supportive course that explores stand-up and sketch comedy, improv and writing for the stage.

Richmond Arts Centre  
9-12yrs  
Mar 23-Mar 27............M-F......10:30am-12:00pm........$64.10/5 sess .............2756358

Bricks 4 Kidz® programs offer LEGO® brick building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children.

**Bricks 4 Kidz®: Advanced Robotics Camp**
Combine the versatility of the LEGO® building system with Mindstorm EV3, a microcomputer brick and intuitive program. Robots are built and then programmed for exciting projects and challenges. This program is instructed by Bricks 4 Kidz®.

Cambie Community Centre  
6-10yrs  
Mar 23-Mar 27............M-F......9:00am-3:00pm..........$350.00/5 sess .............2757019

**Bricks 4 Kidz®: Amusement Park Ticket to Ride Camp**
Build new and thrilling rides each day by learning how to make things spin, roll, turn and rock. This program is instructed by Bricks 4 Kidz®.

Thompson Community Centre  
6-10yrs  
Mar 23-Mar 27............M-F......9:00am-12:00pm.............$175.00/5 sess .............2754710

**Bricks 4 Kidz®: Brick Critters Camp**
Build moving models of various critters including buzzing bees and fluttering butterflies that celebrate the wonders of the animal kingdom. All students take home a customized mini-figure. This program is instructed by Bricks 4 Kidz®.

Thompson Community Centre  
5-10yrs  
Mar 16-Mar 20............M-F......1:00-4:00pm.............$175.00/5 sess .............2755430

**Bricks 4 Kidz®: Building is Awesome Camp**
Construct a dream team using characters from popular movies. All students take home a customized mini-figure! This program is instructed by Bricks 4 Kidz®.

Thompson Community Centre  
5-10yrs  
Mar 16-Mar 20............M-F......9:00am-12:00pm.............$175.00/5 sess .............2755429

Internet Registration: www.richmond.ca/register
COMICS AND CARTOONS
Use simple pencil-to-paper drawing techniques to create original or favourite characters that include superheroes, monsters, robots and more.
Richmond Arts Centre 6-8yrs
Mar 23-Mar 27......M-F...... 12:30-2:00pm.......... $66.00/5 sess ...............2756742
Mar 23-Mar 27 ......M-F ...... 2:15-4:15pm .............$88.00/5 sess ...............2756750

CRAFT COMBO
Create unique paper and jewelry crafts using stamps, beads and mosaics.
Steveston Community Centre 6-8yrs
Mar 22-Mar 29......Su ...... 10:45-11:45am .......... $14.65/2 sess ...............2756082

CRA-ZY SCIENCE CAMP
Explore science from A to Z with hands-on science fun each day that covers A for Air pressure, B for Buoyancy, C for Candy, all through the alphabet. This program is instructed by Unique Minds.
Thompson Community Centre 6-9yrs
Mar 23-Mar 27 ......M-F ...... 9:00am-12:00pm ........ $190.00/5 sess ...............2756193

CREATIVE DRAMA
Build skills and confidence through theatre-based games, stories and improvisation.
Richmond Arts Centre 6-8yrs
Mar 16-Mar 20 ......M-F ...... 11:00am-12:00pm ...... $42.75/5 sess ...............2756325

CRIME SCENE INVESTIGATOR CAMP
See real organs up close, learn about finger and dental prints and try a chemical analysis. After solving a mock-crime with forensics take home an edible cell, magnifying glass, fingerprint chart, a DNA strand and more. This program is instructed by Unique Minds.
Thompson Community Centre 9-12yrs
Mar 23-Mar 27 ......M-F ...... 1:00-4:00pm .......... $190.00/5 sess ...............2756194

DANCE COMBO
Explore elements of both ballet and jazz to learn two styles in one class. Previous experience in either ballet or jazz is preferred but not required.
Richmond Arts Centre 5-7yrs
Mar 16-Mar 20 ......M-F ...... 12:30-1:30pm .......... $42.75/5 sess ...............2756317
Mar 16-Mar 20 ......M-F ...... 1:30-2:30pm .......... $42.75/5 sess ...............2756318

DESIGN AND BUILD
Start with ideas both magical and mechanical and learn to bring concepts from mind to paper to build into exciting sculptures. Materials used may include fabric, dowels and papier mache.
Richmond Arts Centre 9-12yrs
Mar 16-Mar 20 ......M-F ...... 1:00-3:00pm .......... $88.00/5 sess ...............2756741

D.I.Y. (DO-IT-YOURSELF) HAIRSTYLING
Discover simple yet fun, attractive and unique hair styles that can easily be done at home every day. Tips and tricks cover medium and long-length options. Bring a hairbrush and hair ties to class.
Sea Island Community Centre 9-12yrs
Mar 22 ...............Su ...... 10:00-11:30am .......... $7.90/1 sess ...............2756876

D.I.Y. (DO-IT-YOURSELF) PROJECTS
Design and create crafts and projects in these one-day wonder workshops with a new theme each class.
Sea Island Community Centre 9-12yrs
Mar 22 ...............Su ...... 11:45am-12:45pm ...... $5.25/1 sess ...............2756877

DRAWING AND PAINTING
Create unique works of art that focus on the fundamentals of line, shape, perspective, texture and colour with a variety of techniques and mediums that include pencil, pastel and paint.
Richmond Arts Centre 9-12yrs
Mar 16-Mar 20 ......M-F ...... 2:15-4:15pm .......... $88.00/5 sess ...............2756734

DRAWING AND PAINTING CAMP
Explore a variety of techniques and styles with inspiration for created works coming from an out trip to a Lower Mainland location.
Richmond Arts Centre 9-13yrs
Mar 16-Mar 20 ......M-F ...... 9:30am-3:30pm .......... $276.00/5 sess ...............2756730

E=MC2 CAMP
Uncover the secrets behind light, sound and electricity, learn about famous inventions, build a circuit system, investigate chemical reactions and take home solar beads, an electroscope and more. This program is instructed by Unique Minds.
Steveston Community Centre 9-12yrs
Mar 16-Mar 20 ......M-F ...... 1:00-4:00pm .......... $160.15/5 sess ...............2752445

ENGINEERING AND TECHNOLOGY CAMP
Learn the basics of computer coding, experiment with robots of different shapes, sizes and complexity and build and take home a simple robot. This program is instructed by Unique Minds.
Steveston Community Centre 9-12yrs
Mar 23-Mar 27 ......M-F ...... 1:00-4:00pm .......... $179.20/5 sess ...............2752446

FLOOR HOCKEY CAMP
Learn the basics or improve playing skills in this indoor sport that covers games and activities in a fun and supportive environment.
Cambie Community Centre 6-9yrs
Mar 16-Mar 20 ......M-F ...... 3:00-4:00pm .......... $26.25/5 sess ...............2754103
Mar 16-Mar 20 ......M-F ...... 4:15-5:15pm .......... $39.40/5 sess ...............2754104

West Richmond Community Centre 6-9yrs
Mar 23-Mar 27 ......M-F ...... 1:00-3:30pm .......... $65.60/5 sess ...............2755987

Spring Break Programs

Registration Call Centre: 604-276-4300
Spring Break Programs

FOUNDATIONS IN ART
Build strong, basic knowledge and skills in visual arts with key tools, techniques and elements of design by exploring line, colour, shape and perspective.
Richmond Arts Centre 6-8yrs
Mar 16-Mar 20 ......... M-F ...... 12:30-2:00pm ............. $66.00/5 sess ..............2756180
Mar 23-Mar 27 ......... M-F ...... 11:15am-12:45pm ............. $66.00/5 sess ..............2756181

GOLF CAMP
Learn or improve putting, swinging, postures and other key golf skills.
Mayfair Lakes Golf Club (Cambie) 8-16yrs
Mar 17-Mar 20 ......... Tu-F ...... 9:00am-12:00pm ............. $204.00/4 sess ..............2754128

GYMNASTICS: KIDS CANMOVE™
Add to healthy life skills in these gymnastics-based sessions that cover the seven Fundamental Movement patterns of rotations, swings, springs, landings, stationary positions and object manipulation.
West Richmond Community Centre 6-8yrs
Mar 16-Mar 20 ......... M-F ...... 11:00am-12:00pm ............. $39.95/5 sess ..............2755965

HIP HOP
Move to the newest beats in these easy-going and social sessions.
Cambie Community Centre 8-12yrs
Mar 16-Mar 19 ......... M-Th .... 11:30am-12:30pm ............. $29.30/4 sess ..............2757578

HOW TO BE AN ASTRONAUT SCIENCE CAMP
Travel virtually through the solar system and beyond learning about the Big Bang theory, stars, constellations, planets, eclipses and more. Try some space treats and uncover some mysteries of the universe. This program is instructed by Unique Minds.
Steveston Community Centre 6-9yrs
Mar 16-Mar 20 ......... M-F ...... 9:00am-12:00pm ............. $160.15/5 sess ..............2755687

ICKY STICKY SCIENCE CAMP
Strap on goggles and prepare to get messy! Explore the ooiey, gooiest experiments around and have fun learning about the yuckier side of science. This program is instructed by Unique Minds.
Thompson Community Centre 6-9yrs
Mar 16-Mar 20 ......... M-F ...... 9:00am-12:00pm ............. $190.00/5 sess ..............2756191

IMPROVISATION: INTRODUCTION
Get ready for fun, laughter and team work in this super creative and supportive program that includes theatre sports activities and an in class performance at the end of the program.
Richmond Arts Centre 6-8yrs
Mar 23-Mar 27 ......... M-F ...... 9:30-10:30am ............. $42.75/5 sess ..............2756357

JUNIOR CURATORS MUSEUM CAMP
Start on the path of becoming a museum curator, go on fascinating behind-the-scenes field trips and create an exhibit that includes choosing artifacts and writing and organizing labels to display in the Richmond Cultural Centre or City Hall.
Richmond Museum 6-8yrs
Mar 16-Mar 20 ......... M-F ...... 9:00am-3:00pm ............. $180.00/5 sess ..............2753823
Mar 23-Mar 27 ......... M-F ...... 9:00am-3:00pm ............. $180.00/5 sess ..............2753824

KARATE: BEGINNER
Kick, punch and play games in a fun and safe environment that emphasizes physical activity.
Hamilton Community Centre 5-8yrs
Mar 16-Mar 20 ......... M-F ...... 9:00-10:00am ............. $32.00/5 sess ..............2754438
Mar 16-Mar 20 ......... M-F ...... 10:00-11:30am ............. $48.00/5 sess ..............2757439

KARATE AND MORE
Try karate, flying kicks, gymnastics, partner drills, yoga, basic self-defence and team competitions and play games in this action-packed program. No karate experience necessary. All levels welcome.
Cambie Community Centre 5-7yrs
Mar 16-Mar 20 ......... M-F ...... 2:15-3:15pm ............. $32.00/5 sess ..............2754149
Mar 16-Mar 20 ......... M-F ...... 3:15-4:45pm ............. $48.00/5 sess ..............2754150

Internet Registration:  www.richmond.ca/register
**MAGIC CAMP**
Amaze friends and family by learning magic tricks and sleight-of-hand skills taught by a professional magician. A magic show for family members will be presented on the last day of class. This program is instructed by John Kaplan of Abracadabra Show Productions.

<table>
<thead>
<tr>
<th>Location</th>
<th>Age</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
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<tr>
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**MARINE MANIA SCIENCE CAMP**
Put on scientist safety goggles and explore creatures of the deep and bizarre beach bandits, try wacky water experiments and prepare potions. This program is instructed by Unique Minds.

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<td>Steveston Community Centre</td>
<td>6-9yrs</td>
<td>Mar 23-Mar 27......M-F...... 9:00am-12:00pm ........... $160.15/5 sess ..................2755688</td>
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**MIXED MEDIA**
Combine drawing and painting skills with modeling paste, pastels, various papers, tissues, paint and other mediums to create unique and personalized art projects.

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<tr>
<th>Location</th>
<th>Age</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Richmond Arts Centre</td>
<td>6-8yrs</td>
<td>Mar 23-Mar 27......M-F...... 3:00-4:30pm ........... $66.00/5 sess ..................2756770</td>
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**MULTISPORT CAMP**
Learn the basic fundamental movement skills for improved participation in basketball, hockey, soccer, volleyball and baseball.

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<th>Location</th>
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<tbody>
<tr>
<td>West Richmond Community Centre</td>
<td>6-9yrs</td>
<td>Mar 16-Mar 20......M-F...... 12:15-3:15pm ........... $78.75/5 sess ..................2755966</td>
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**MULTISPORT SPORTS CAMP: GIRLS ONLY**
Play basketball, soccer, floor hockey, volleyball and more in this specially-designed camp.

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<th>Location</th>
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<tbody>
<tr>
<td>Cambie Community Centre</td>
<td>8-13yrs</td>
<td>Mar 16-Mar 19......M-Th...... 1:00-2:00pm ........... $12.00/4 sess ..................2757577</td>
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<tr>
<td>West Richmond Community Centre</td>
<td>9-12yrs</td>
<td>Mar 23-Mar 27......M-F...... 4:00-6:00pm ........... $52.50/5 sess ..................2756340</td>
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**MUSICAL THEATRE**
Combine music, dance and drama in this high-energy, confidence-building class that includes performing popular musical numbers and ‘traditional’ songs. A casual musical presentation is planned for the last day of class.

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<tr>
<th>Location</th>
<th>Age</th>
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<tbody>
<tr>
<td>Richmond Cultural Centre</td>
<td>6-9yrs</td>
<td>Mar 16-Mar 20......M-F...... 11:15am-12:15pm ........... $42.75/5 sess ..................2756351</td>
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<td>Mar 23-Mar 27......M-F...... 9:30-10:30am ........... $42.75/5 sess ..................2756354</td>
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<td>Mar 23-Mar 27......M-F...... 10:30am-12:30pm ........... $85.50/5 sess ..................2756355</td>
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<td>9-12yrs</td>
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**NATURE DETECTIVES CAMP**
Spend a week away from school having fun and learning about the outdoor environment with a new nature theme each day.

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<th>Location</th>
<th>Age</th>
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<tbody>
<tr>
<td>Richmond Nature Park</td>
<td>6-12yrs</td>
<td>Mar 16-Mar 20......M-F...... 9:00am-3:00pm ........... $170.00/5 sess ..................2753028</td>
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<td>Mar 23-Mar 27......M-F...... 9:00am-3:00pm ........... $170.00/5 sess ..................2753029</td>
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</table>

**AFTER CAMP CARE**
Extend the camp day with crafts and games in these post-camp sessions.

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<th>Location</th>
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<tbody>
<tr>
<td>Richmond Nature Park</td>
<td>6-12yrs</td>
<td>Mar 16-Mar 20......M-F...... 3:00-5:00pm ........... $34.00/5 sess ..................2753022</td>
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<td>Mar 23-Mar 27......M-F...... 3:00-5:00pm ........... $34.00/5 sess ..................2753023</td>
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</table>

**NERF WARS**
Prepare to battle and sharpen skills through a variety of team-based games that include Capture the Flag and Elimination. Bring an elite, dart-compatible NERF blaster and mandatory eye protection. Fee includes use of facility-provided darts.

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<tr>
<td>West Richmond Community Centre</td>
<td>7-9yrs</td>
<td>Mar 17 ............Tu...... 6:00-8:00pm ........... $13.00/1 sess ..................2757484</td>
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<td>Mar 19 ............Th...... 6:00-8:00pm ........... $13.00/1 sess ..................2757485</td>
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**PERFORMING ARTS CAMP**
Start this artistic program with a chosen theme followed by an exploration of musical theatre and dance and the creation of an informal performance on the last day.

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<tr>
<th>Location</th>
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<th>Times</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Richmond Cultural Centre</td>
<td>9-12yrs</td>
<td>Mar 16-Mar 20......M-F...... 1:00-3:30pm ........... $106.90/5 sess ..................2756352</td>
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**PHOTOGRAPHY: DIGITAL**
Learn how to take photos, download to a computer with free software for editing and enhancement and create a web album to share with family and friends online. Bring a digital camera and USB cord (that plugs into the computer) to each class.

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<tr>
<td>West Richmond Community Centre</td>
<td>9-12yrs</td>
<td>Mar 16-Mar 20......M-F...... 12:30-2:00pm ........... $79.50/5 sess ..................2756743</td>
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</table>

**REACTION ATTRACTION CAMP**
Test out chemical reactions in a spontaneous, exciting and safe environment. This program is instructed by Unique Minds.

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<tr>
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<tbody>
<tr>
<td>Thompson Community Centre</td>
<td>6-9yrs</td>
<td>Mar 16-Mar 20......M-F...... 1:00-4:00pm ........... $190.00/5 sess ..................2756192</td>
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**ROBOKIDS™: 3D DESIGN MASTER**
Design and create 3D models by learning the history of this printing technology, program application and design concepts through use of the Tinkercad program. This program is offered in partnership with ROBOKids™.

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<tr>
<td>Richmond Arts Centre</td>
<td>7-10yrs</td>
<td>Mar 23-Mar 27......M-F...... 10:00am-12:00pm ........... $225.00/5 sess ..................2756552</td>
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</table>
Spring Break Programs

ROBOKIDS™: LEVEL 1
Build simple machines and robots using provided motors, sensors and building elements to then program with a computer to move, react and solve challenges. A robotic contest is held at the end of session. This program is offered in partnership with ROBOKids™.

Richmond Arts Centre 7-10yrs
Mar 16-Mar 20 M-F 1:00-3:00pm $225.00/5 sess 2756550

ROBOKIDS™: LEVEL 2
Create great inventions using gears, pulleys, levers, computers and batteries with LEGO® Technic parts and playful topics such as Secret Agents, Circus and Desert Islands. This program is offered in partnership with ROBOKids™. Pre-requisite: ROBOKids™ Level 1.

Richmond Arts Centre 7-10yrs
Mar 23-Mar 27 M-F 1:00-3:00pm $225.00/5 sess 2756554

ROBOKIDS™: MACHINES TO ROBOTS: LEVEL 1
Create, build and program simple machines into moving robots for an end of the session contest. The emphasis of this class is on the development of basic robotic concepts with small class sizes that allow for individual attention. This program is offered in partnership with ROBOKids™.

Richmond Arts Centre 7-10yrs
Mar 16-Mar 20 M-F 10:00am-12:00pm $225.00/5 sess 2756549

SELF DEFENCE KRAV-JITSU CAMP
Learn bully proofing, escapes, rolls, strikes, weapons safety, pad hitting, break falls, games and more. Two multi-black belt instructors lead this program that aims to develop confidence, fitness and other critical skills. This program is instructed by Hit and Run Self Defense.

City Centre Community Centre 8-14yrs
Mar 16-Mar 20 M-F 1:00-4:00pm $215.00/5 sess 2757081

SINGING: BEGINNER
Explore the fundamentals of singing through activities, games and songs while learning rhythm and proper breathing techniques in this professionally-instructed program that culminates with a live performance.

Richmond Arts Centre 5-6yrs
Mar 16-Mar 20 M-F 11:45am-12:45pm $42.75/5 sess 2756336
Mar 23-Mar 27 M-F 11:15am-12:15pm $42.75/5 sess 2756338

7-9yrs
Mar 16-Mar 20 M-F 1:30-2:30pm $42.75/5 sess 2756337
Mar 23-Mar 27 M-F 1:00-2:00pm $42.75/5 sess 2756339

9-12yrs
Mar 23-Mar 27 M-F 3:00-4:00pm $42.75/5 sess 2756416

10-14yrs
Mar 16-Mar 20 M-F 2:30-3:30pm $42.75/5 sess 2756343

SKATING, SPORTS AND VARIETY CAMP
Plan for a hustling and bustling day of active fun that includes skating lessons, off ice sports and arts and crafts. Price includes skate and helmet rental and a report card.

Minoru Arenas 6-12yrs
Mar 16-Mar 20 M-F 9:00am-3:30pm $160.00/5 sess 2757539
Mar 23-Mar 27 M-F 9:00am-3:30pm $160.00/5 sess 2757540

SOCCER SKILLS
Develop techniques and gain basic knowledge about this game in this fun, non-competitive program that includes drills and mini games organized by skilled soccer coaches.

West Richmond Community Centre 6-9yrs
Mar 23-Mar 27 M-F 10:30am-12:30pm $52.50/5 sess 2755989

SPRING BREAK WORKSHOP SERIES
Create art projects, try science experiments and cook with lots of other fun and interesting activities.

City Centre Community Centre 6-10yrs
Mar 16 M 1:00-4:00pm $22.00/1 sess 2756859
Mar 17 Tu 1:00-4:00pm $22.00/1 sess 2756860
Mar 18 W 1:00-4:00pm $22.00/1 sess 2756861
Mar 19 Th 1:00-4:00pm $22.00/1 sess 2756862
Mar 20 F 1:00-4:00pm $22.00/1 sess 2756863
Mar 23 M 1:00-4:00pm $22.00/1 sess 2756864
Mar 24 Tu 1:00-4:00pm $22.00/1 sess 2756865
Mar 25 W 1:00-4:00pm $22.00/1 sess 2756866
Mar 26 Th 1:00-4:00pm $22.00/1 sess 2756867
Mar 27 F 1:00-4:00pm $22.00/1 sess 2756868

STAY SAFE WORKSHOP
Find out how to deal with emergencies, stay safe at home and around the neighbourhood and learn some basic First Aid in these Red Cross-certified sessions that cover a variety of different real-life situations. A $10 manual fee added when registering.

Steveston Community Centre 9-13yrs
Mar 16 M 10:00am-3:00pm $25.00/1 sess 2757597
Mar 27 F 10:00am-3:00pm $25.00/1 sess 2757598

Thompson Community Centre 9-13yrs
Mar 14 Sa 10:00am-3:00pm $25.00/1 sess 2752322

STEAM SMARTS CAMP
Create take-home technologies to find solutions for real-world problems using the art of design and an engineering approach. STEAM is an integrated approach to Science, Technology, Engineering, Art and Math taught by university experts. This program is instructed by STEM Aces.

Steveston Community Centre 7-12yrs
Mar 16-Mar 20 M/W/F 9:30am-12:30pm $72.00/3 sess 2756079
Mar 23-Mar 27 M/W/F 9:30am-12:30pm $72.00/3 sess 2756080

Internet Registration: www.richmond.ca/register
STEM SMARTS CAMP
Design and invent personal take-home technologies while finding solutions for real-world problems using an engineering approach. STEM is an integrated approach to Science, Technology, Engineering and Math. This program is instructed by STEM Aces.

Thompson Community Centre 7-12yrs
Mar 16-Mar 20 M/W/F .... 1:00-4:00pm $72.00/5 sess 2756962
Mar 23-Mar 27 M/W/F .... 1:00-4:00pm $72.00/5 sess 2756963

Refer to Tennis Canada’s Self-Rating Guide on page 118 to help decide on the most suitable tennis program below.

TENNIS: BEGINNER (1.0-2.0)
Focus on the fundamentals of this racquet sport and have fun using low-pressure balls to accelerate development.

Steveston Community Centre 6-9yrs
Mar 16-Mar 20 M-F 9:30-10:30am $71.20/5 sess 2756771
Mar 23-Mar 27 M-F 11:30am-12:30pm $71.20/5 sess 2756772

Steveston Community Centre 9-12yrs
Mar 16-Mar 20 M-F 10:30am-12:30pm $142.40/5 sess 2756773
Mar 23-Mar 27 M-F 1:30-3:30pm $142.40/5 sess 2756774

TENNIS: INTERMEDIATE (2.0-3.0)
Develop basic ball control, ground strokes, volleys and serves and take tennis skills to the next level. Also learn scoring and how to play out points.

Steveston Community Centre 9-12yrs
Mar 16-Mar 20 M-F 1:30-3:30pm $142.40/5 sess 2752624
Mar 23-Mar 27 M-F 10:30am-12:30pm $142.40/5 sess 2752625

UKULELE
Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukulele required at each class.

Richmond Arts Centre 7-10yrs
Mar 23-Mar 27 M-F 2:00-3:00pm $42.75/5 sess 2756375

VOLLEYBALL: BEGINNER
Improve game play in these professionally-designed sessions that include mini games and a fun and non-competitive atmosphere.

McRoberts School (South Arm) 10-12yrs
Mar 16-Mar 20 M-F 1:00-2:30pm $39.40/5 sess 2756852

YOUTH
ADVENTURE CAMP
Plan on awesome out trips, crazy adventures and super cool activities and games. Lunch and proper clothing required each day.

South Arm Community Centre 11-16yrs
Mar 24-Mar 26 Tu-Th 9:30am-3:30pm $112.50/3 sess 2756480

McRoberts School (South Arm) 13-18yrs
Mar 16-Mar 20 M-F 11:00am-12:30pm $38.40/5 sess 2756494

West Richmond Community Centre 13-18yrs
Mar 16-Mar 20 M-F 4:30-5:30pm $25.60/5 sess 2757647

BADMINTON: INTERMEDIATE
Apply the strategy, speed and placement skills learned in practices to high-energy games. Basic and refined strokes are covered along with control and consistency. Pre-requisite: previous badminton experience.

McRoberts School (South Arm) 13-18yrs
Mar 16-Mar 20 M-F 11:00am-12:30pm $38.40/5 sess 2756494

West Richmond Community Centre 13-18yrs
Mar 16-Mar 20 M-F 4:30-5:30pm $25.60/5 sess 2757647

BASKETBALL DEVELOPMENT
Improve skill and fitness levels with a focus on intermediate skills with instructor-led offensive and defensive techniques and drills.

McRoberts School (South Arm) 13-18yrs
Mar 23-Mar 27 M-F 1:30-3:30pm $52.50/5 sess 2756856

COMEDY FOR CONFIDENCE
Develop writing and performance skills in this fun and supportive course that explores stand-up and sketch comedy, improv and writing for the stage.

Richmond Arts Centre 13-18yrs
Mar 23-Mar 27 M-F 12:30-2:00pm $64.10/5 sess 2756360

DRAMA: YOUTH
Learn improvisation and script work for rehearsals and a performance.

Richmond Arts Centre 13-18yrs
Mar 16-Mar 20 M-F 1:45-3:45pm $85.50/5 sess 2756329

ESPORTS SKILLS AND STRATEGIES
Improve competitive skills in this interactive program that covers video game strategies along with discussions about proper nutrition, ways to focus, good sportsmanship traits and more.

South Arm Community Centre 13-18yrs
Mar 17-Mar 19 Tu-Th 10:00am-3:00pm $77.40/3 sess 2757594
Spring Break Programs

HIKING TRIP: BUNTZEN LAKE
Witness spectacular views of this lake along this 4.8 kilometre trail in beautiful Anmore, north of Port Moody. This hike is led by a youth leader. Bring water and snacks. Price includes transportation only.
Thompson Community Centre 11-16yrs
Mar 25 ................. W 9:00am-5:00pm $26.00/1 sess 2753726

HIKING TRIP: JUG ISLAND TRAIL
Hike this 5.5 kilometre trail with spectacular views of the Indian Arm in beautiful Belcarra. This hike is led by a youth leader. Bring water and snacks. Price includes transportation only.
Thompson Community Centre 11-16yrs
Mar 26 Th .............. 9:30am-5:00pm $26.00/1 sess 2756755

HIKING TRIP: LIGHTHOUSE PARK
Take in spectacular views of the Burrard Inlet along this 2 kilometre trail in beautiful West Vancouver. This hike is led by a youth leader. Bring water and snacks. Price includes transportation only.
Thompson Community Centre 11-16yrs
Mar 16 M ............... 9:30am-3:30pm $26.00/1 sess 2756756

MUSICAL THEATRE
Combine music, dance and drama in this high-energy, confidence-building class that includes performing popular musical numbers and ‘traditional’ songs. A casual musical presentation is planned for the last day of class.
Richmond Arts Centre 13-18yrs
Mar 23-Mar 27 ........ M-F 1:00-3:30pm $106.90/5 sess 2756356

PHOTOGRAPHY: DIGITAL
Learn how to take photos, download to a computer with free software for editing and enhancement and create a web album to share with family and friends online. A digital camera and USB cord (that plugs into the computer) required at each class.
West Richmond Community Centre 13-18yrs
Mar 16-Mar 20 ........ M-TH 2:15-3:45pm $79.50/5 sess 2756745

Refer to Tennis Canada’s Self-Rating Guide on page 118 to help decide on the most suitable tennis program below.

TENNIS: BEGINNER (1.0-2.0)
Learn basic tennis techniques and develop hand-eye coordination, footwork and ball control skills.
Steveston Community Centre 13-18yrs
Mar 16-Mar 20 ........ M-F 1:30-3:30pm $142.40/5 sess 2756775
Mar 23-Mar 27 ........ M-F 9:30-11:30am $142.40/5 sess 2756776

TENNIS: INTERMEDIATE (2.0-3.0)
Build on the fundamentals of this racquet sport using progressive instruction, practicing matches and expanding on rules and scoring knowledge.
Steveston Community Centre 13-18yrs
Mar 16-Mar 20 ........ M-F 9:30-11:30am $142.40/5 sess 2756777
Mar 23-Mar 27 ........ M-F 1:30-3:30pm $142.40/5 sess 2756778

VOLLEYBALL: ALL LEVELS
Improve skills and techniques and have fun playing this court sport.
McRoberts School (South Arm) 13-18yrs
Mar 16-Mar 20 ........ M-F 2:30-4:00pm $39.40/5 sess 2756853

Internet Registration: www.richmond.ca/register
BABY’S FIRST DANCE: PARENT AND TOT
Play, exercise and spend quality time together in this music and dance program. Parent participation required.

Steveston Martial Arts Centre (Steveston) 2-18mos
Jan 13-Mar 9 2:00-2:30pm $29.30/8 sess 2752402

BALLET
Spin, twirl and leap in this introductory class that focuses on fun and specific-age group ballet techniques.

Cambie Community Centre 3-5yrs
Jan 11-Mar 7 9:45-10:45am $43.90/8 sess 2754023
Jan 11-Mar 7 10:45-11:30am $43.90/8 sess 2754024
Jan 12-Mar 8 11:05-11:50am $43.90/8 sess 2754026
Jan 12-Mar 8 11:55am-12:40pm $43.90/8 sess 2754027

Hamilton Community Centre 3-5yrs
Jan 11-Mar 7 9:45-10:30am $43.90/8 sess 2757575
Jan 11-Mar 7 10:30-11:15am $43.90/8 sess 2757576

Steveston Community Centre 3-4yrs
Jan 16-Mar 12 4:00-4:45pm $49.40/9 sess 2752421

Jan 16-Mar 12 4:50-5:35pm $49.40/9 sess 2752422

Jan 12-Mar 8 10:15-11:00am $49.40/9 sess 2755776

Jan 14-Mar 10 2:30-3:15pm $49.40/9 sess 2755776

Jan 12-Mar 8 11:15am-12:00pm $49.40/9 sess 2754576

West Richmond Community Centre 3-4yrs
Jan 13-Mar 9 11:35am-12:20pm $43.90/8 sess 2757058

BALLET AND TAP
Click and pointe in this dance combo class that covers the foundations of ballet and is a great introduction to rhythm, tempo and musicality in tap.

Thompson Community Centre 4-5yrs
Jan 15-Mar 11 3:30-4:15pm $49.40/9 sess 2754587

BALLET: PARENT AND TOT
Spin, twirl and leap while discovering the fun aspects of this popular dance style. Parent participation required.

Cambie Community Centre 2-3yrs
Jan 11-Mar 7 Sa 9:55-10:40am $43.90/9 sess 2757032
Jan 12-Mar 8 Su 10:15-11:00am $43.90/8 sess 2757033

Hamilton Community Centre 2-3yrs
Jan 11-Mar 7 Sa 9:15-9:45am $29.30/8 sess 2757569

South Arm Community Centre 2-3yrs
Jan 14-Mar 10 Tu 12:15-1:00pm $49.40/9 sess 2755116

Steveston Martial Arts Centre (Steveston) 1-3yrs
Jan 13-Mar 9 M 2:30-3:00pm $29.30/8 sess 2752423

Thompson Community Centre 2-3yrs
Jan 12-Mar 8 Su 9:30-10:00am $32.95/9 sess 2754578

CREATIVE MOVEMENT
Explore rhythm, spatial awareness and body movement in this introduction to the basic concepts of dance. Develop motor skills and self-esteem, connect with others and allow creativity to blossom while using music, props and instruments.

South Arm Community Centre 3-5yrs
Jan 17-Mar 13 F 10:20-11:05am $49.40/9 sess 2757232

CREATIVE MOVEMENT: PARENT AND TOT
Explore rhythm, spatial awareness and body movement in this introduction to the basic concepts of dance. Develop motor skills and self-esteem, connect with others and allow creativity to blossom while using music, props and instruments. Parent participation required.

South Arm Community Centre 1-3yrs
Jan 17-Mar 13 F 9:30-10:15am $49.40/9 sess 2755158

West Richmond Community Centre 2-3yrs
Jan 13-Mar 9 M 10:45-11:30am $43.90/8 sess 2757056

DANCE COMBO: PARENT AND TOT
Cover a variety of styles and movements in this introductory class that gets tiny and not-so-tiny feet moving. Parent participation required.

Sea Island Community Centre 1-3yrs
Jan 23-Mar 12 Th 6:00-6:30pm $29.30/8 sess 2753889

Thompson Community Centre 2-3yrs
Jan 14-Mar 10 Tu 5:30-6:00pm $32.95/9 sess 2754579

FAIRY TALE DANCE
Spin, roar, stomp and twirl to favourite fairy tale characters followed by storytime after each dance session.

Lang Centre (City Centre) 3-5yrs
Jan 18-Mar 14 Sa 1:15-1:45pm $29.30/8 sess 2754378

Thompson Community Centre 3-4yrs
Jan 15-Mar 11 W 2:45-3:15pm $32.95/9 sess 2756245

Registration Call Centre: 604-276-4300
Preschoolers

JAZZ AND HIP HOP
Try two different but equally exciting dance styles.
Lang Centre (City Centre) 3-4yrs
Jan 11-Mar 14 Sa 3:00-3:30pm $32.95/9 sess 2757095
Jan 11-Mar 14 Sa 2:00-2:45pm $49.40/9 sess 2757094
South Arm Community Centre 3-5yrs
Jan 14-Mar 10 Tu 1:00-1:45pm $49.40/9 sess 2755161

LATIN DANCE: PARENT AND TOT
Move to Latin beats learning how to do the Merengue, Mambo, Salsa, Cha Cha, Tango, Bachata and Rumba together. Parent participation required.
Lang Centre (City Centre) 3-5yrs
Jan 18-Mar 14 Sa 11:00-11:30am $29.30/8 sess 2754384

MINI HIP HOPPERS
Groove to new and exciting moves in this fun and active class that covers the basics of this dance style through basic choreography and dance games.
Cambie Community Centre 3-5yrs
Jan 12-Mar 8 Su 9:25-10:10am $43.90/8 sess 2757045
City Centre Community Centre 3-5yrs
Jan 16-Mar 12 Th 3:00-3:45pm $49.40/9 sess 2754388
Hamilton Community Centre 3-5yrs
Jan 15-Mar 11 W 5:00-6:00pm $65.90/9 sess 2757425

ZUMBINI®: PARENT AND TOT
Combine music, dance and educational tools for can’t-stop, won’t-stop bonding and fun. Parent participation required. A $40 non-refundable Zumbini® bundles (CD, songbook and plush toy) fee added when registering. This program is taught by a certified Zumbini® instructor.
Thompson Community Centre 6mos-5yrs
Jan 30-Mar 12 Th 10:30-11:15am $100.00/6 sess 2756241

MUSIC: PARENT AND TOT
Move, sing and play instruments for large motor and listening skills development. Parent participation required. Drop-ins welcome if space permits.
City Centre Community Centre 1-5yrs
Jan 8-Mar 11 W 9:15-9:45am $36.60/10 sess 2754397
Jan 8-Mar 11 W 9:50-10:20am $36.60/10 sess 2754390
Jan 8-Mar 11 W 10:25-10:55am $36.60/10 sess 2754391
Jan 8-Mar 11 W 11:00-11:30am $36.60/10 sess 2754392
Jan 8-Mar 11 W 11:35am-12:05pm $36.60/10 sess 2754393
Jan 8-Mar 11 W 5:30-6:00pm $36.60/10 sess 2754394
Jan 8-Mar 11 W 6:05-6:35pm $36.60/10 sess 2754395
Jan 8-Mar 11 W 6:40-7:10pm $36.60/10 sess 2754396
Steveston Community Centre 1-5yrs
Jan 10-Mar 13 F 9:15-9:45am $36.60/10 sess 2755494
Jan 10-Mar 13 F 9:50-10:20am $36.60/10 sess 2755495
Jan 10-Mar 13 F 10:25-10:55am $36.60/10 sess 2755496
Jan 10-Mar 13 F 11:00-11:30am $36.60/10 sess 2755497
Jan 10-Mar 13 F 11:35am-12:05pm $36.60/10 sess 2755498
Jan 11-Mar 14 Sa 9:45-10:15am $36.60/10 sess 2755499
Jan 11-Mar 14 Sa 10:20-10:50am $36.60/10 sess 2755500
Jan 11-Mar 14 Sa 10:55-11:25am $36.60/10 sess 2755501
Jan 11-Mar 14 Sa 11:30am-12:00pm $36.60/10 sess 2755502
Jan 11-Mar 14 Sa 12:05-12:35pm $36.60/10 sess 2755503
Thompson Community Centre 2-3yrs
Jan 11-Mar 7 Sa 9:15-10:00am $43.90/8 sess 2755738
Jan 11-Mar 7 Sa 10:05-10:50am $43.90/8 sess 2755739

UKULELE AND ME: PARENT AND TOT
Embark on a musical adventure together by starting to play this instrument through storytelling, jamming and singing favourite songs. This program is facilitated by a Musical Expressions instructor. No experience required. Ukuleles provided for use in class. Parent participation required. Drop-ins welcome if space permits.
South Arm Community Centre 3-6yrs
Jan 25-Mar 14 Sa 9:30-10:00am $63.00/7 sess 2757489
Thompson Community Centre 3-6yrs
Jan 20-Mar 9 M 11:00-11:30am $63.00/7 sess 2755510

UKULELE: PARENT AND TOT
Sing and dance to sunny tunes and childhood favourites played on this easy-to-learn instrument. Parent participation required. Ukuleles provided for use in class.
City Centre Community Centre 3-5yrs
Jan 14-Mar 10 Tu 3:00-3:30pm $32.95/9 sess 2754419

This program covers a minimum of one of the Fundamental Movement Skills and includes a warm up activity with Physical Literacy elements. Find more information about the City’s Physical Literacy initiative on page 72.

LET’S LEARN THROUGH MUSIC
Sing, play, learn basic sign language and develop fine gross motor and language skills through music. These sessions are led by music therapists with special needs training. This program is instructed by Musical Expressions.
City Centre Community Centre 3-6yrs
Jan 20-Mar 16 M 3:00-3:45pm $144.00/8 sess 2757017

MUSIC
Develop large motor and listening skills through movement, beat, rhythm, singing and playing instruments.
Thompson Community Centre 3-4yrs
Jan 11-Mar 7 Sa 11:00am-12:00pm $58.55/8 sess 2755737

Arts – Music

Internet Registration: www.richmond.ca/register
WEE EXPRESSIONS MUSIC: PARENT AND TOT
Build communication and physical, cognitive, social and self-expression skills by singing, playing instruments and dancing together. The curriculum is based on music therapy techniques for an integrated environment suitable for children with special needs. Parent participation required. This program is instructed by Musical Expressions.

- **Steveston Community Centre** 6mos-4yrs
  - Jan 11-Mar 14 Sa 10:00-10:45am $135.00/9 sess 2756978
  - Jan 11-Mar 14 Sa 10:45-11:30am $135.00/9 sess 2756979
  - Jan 11-Mar 14 Sa 11:30am-12:15pm $135.00/9 sess 2756980

WUNDERKEYS: PIANO
Combine math and music in this unique beginner program that teaches entry-level piano skills, keyboard awareness and rhythmic understanding.

- **West Richmond Community Centre** 3-5yrs
  - Jan 11-Mar 14 Sa 10:00-10:45am $32.05/5 sess 2756347

ARTS – Performing

MUSICAL THEATRE
Combine music, dance and drama in this high-energy, confidence-building class that includes performing popular musical numbers and ‘traditional’ songs. A casual musical presentation is planned for the last day of class.

- **City Centre Community Centre** 3-5yrs
  - Jan 19-Mar 15 Su 9:15-10:15am $58.55/8 sess 2756196
  - Jan 19-Mar 15 Su 11:45am-12:45pm $58.55/8 sess 2754423

- **Richmond Cultural Centre** 3-4yrs
  - Mar 16-Mar 20 M-F 9:30-10:15am $32.05/5 sess 2756346
    - 4-5yrs
    - Mar 16-Mar 20 M-F 10:15-11:00am $32.05/5 sess 2756347

ROCK’N’BEAU: MUSICAL STARS
Sing, dance and perform in this musical theatre program where creativity, confidence and joy are ignited on stage. This program is instructed by Rock’N’Beau.

- **City Centre Community Centre** 3-5yrs
  - Jan 14-Mar 10 Tu 2:45-3:45pm $90.00/9 sess 2754425
  - Jan 14-Mar 10 Tu 4:00-5:00pm $90.00/9 sess 2754426

WHY GREAT COURSES GET CANCELLED ....
Great courses can be cancelled if everyone leaves it to the last minute to register. Programming staff have to ensure minimum participation levels are met for each course. If there are not enough registrants, the course may be cancelled. So, please register early to assist us and avoid disappointment.

Arts – Visual

ART FOR TWOS: PARENT AND TOT
Paint, draw, make crafts and sing songs in this fun and interactive program. Parent participation required.

- **Steveston Community Centre** 2yrs
  - Jan 12-Feb 9 Su 9:30-10:15am $27.45/5 sess 2752397
  - Jan 12-Feb 9 Su 10:30-11:15am $27.45/5 sess 2752398
  - Jan 15-Feb 5 W 9:30-10:15am $21.95/4 sess 2752393
  - Jan 15-Feb 5 W 10:30-11:15am $21.95/4 sess 2752394
  - Feb 12-Mar 4 W 9:30-10:15am $21.95/4 sess 2752395
  - Feb 12-Mar 4 W 10:30-11:15am $21.95/4 sess 2752396
  - Feb 23-Mar 15 Su 9:30-10:15am $21.95/4 sess 2752399
  - Feb 23-Mar 15 Su 10:30-11:15am $21.95/4 sess 2752400

ARTS COMBO
Draw, paint and try other mixed media art projects in this introduction to visual arts.

- **Sea Island Community Centre** 3-5yrs
  - Feb 21-Mar 13 F 9:30-10:00am $43.90/4 sess 2753883

- **West Richmond Community Centre** 3-5yrs
  - Jan 18-Mar 14 Sa 9:30-10:30am $58.55/8 sess 2756948

ARTS: PARENT AND TOT
Create fun art projects together that involve painting, drawing and collage while exploring a variety of art mediums that express thoughtful ideas. Parent participation required.

- **West Richmond Community Centre** 1-3yrs
  - Jan 18-Mar 14 Sa 10:45-11:45am $58.55/8 sess 2756954

CLAY HANDBUILDING
Dress for a mess and create handmade pieces in this self-confidence-building, fun and creative class.

- **Steveston Community Centre** 3-5yrs
  - Jan 11-Mar 7 Sa 9:15-10:15am $58.55/8 sess 2752431

CRAFTY CONSTRUCTIONS
Create a variety of art projects that focus on fun and innovation using mediums that include paper mache, balloons and toothpick structures.

- **City Centre Community Centre** 3-5yrs
  - Jan 18-Mar 14 Sa 10:00-11:00am $58.55/8 sess 2756999

MESSY MESSY ME: PARENT AND TOT
Meet new friends for arts, crafts, laughter and fun all without the preparation beforehand or the clean up afterwards! Parent participation required. Drop-ins welcome if space permits.

- **City Centre Community Centre** 18mos-3yrs
  - Jan 12-Mar 8 Su 9:30-10:30am $58.55/8 sess 2756988
  - Jan 12-Mar 8 Su 11:00am-12:00pm $58.55/8 sess 2756989
  - Jan 14-Mar 3 Tu 9:30-10:30am $58.55/8 sess 2756990
**Cooking**

**BASIC COOKING SKILLS**
Whip up fun and tasty dishes while learning some easy culinary tips and tricks.

**Cambie Community Centre** 3-5yrs
Jan 11-Feb 8 ..........Sa .......... 10:00-11:30am ........... $99.00/5 sess .................2757020
Jan 11-Feb 8 ..........Sa .......... 12:00-1:30pm ........... $99.00/5 sess .................2757022
Feb 22-Mar 14 ........Sa .......... 10:00-11:30am ........... $79.20/4 sess .................2757021
Feb 22-Mar 14 ........Sa .......... 12:00-1:30pm ........... $79.20/4 sess .................2757023

**FAMILY COOKING: PARENT AND TOT**
Discover new recipes, learn simple cooking techniques from a chef and enjoy some scrumptious delights together. Parent participation required.

**Hamilton Community Centre** 2-4yrs
Feb 16-Mar 8 ..........Su .......... 10:00-11:30am ........... $79.20/4 sess .................2757220

**LITTLE CHEFS**
Mix, stir and taste delicious creations after learning basic kitchen safety and cooking and baking skills.

**Hamilton Community Centre** 3-5yrs
Jan 12-Feb 2 ..........Su .......... 10:00-11:30am ........... $79.20/4 sess .................2757218

Find more Try-It! programs on pages 79 (Children), 110 (Adults) and 138 (55+ yrs).

**Events**

**FAMILY DAY ARTS AND CRAFTS - FAMILY**
Make cards, draw, colour, paint, sculpt and try other arts and crafts projects all while spending some quality family time together. All supplies provided. Parent/guardian participation is free of charge. Registration required.

**Cambie Community Centre** 3-5yrs
Feb 15 .................Sa ........ 10:00-11:30am ........... $7.90/1 sess .................2757024

**FREE** **TRY-IT!: ART FOR TWOS: PARENT AND TOT**
Paint, draw, make crafts and sing songs in this fun and interactive try-it program. Parent participation required. Registration required.

**Steveston Community Centre** 2yrs
Feb 17 .................M ........ 10:00-10:45am ........... Free/1 sess .................2752644

**Fitness**

**YOGA: FOR PRESCHOOLERS**
Yoga basics are taught through games and activities.

**South Arm Community Centre** 3-6yrs
Jan 14-Mar 10 ..........Tu .......... 11:00am-12:00pm ........... $73.00/9 sess .................2757490

**YOGA: PARENT AND TOT**
Stretch, relax and play together while experiencing the benefits and joy of doing yoga side by side and watching children's imaginations grow. Parent participation required.

**Thompson Community Centre** 3-5yrs
Jan 17-Mar 6 ..........F .......... 10:45-11:45am ........... $64.90/8 sess .................2755787

**General Interest**

**CREATIVE PLAY: PARENT AND TOT: DROP-IN – JANUARY 1 – MARCH 31**
Play on the equipment and socialize together. No instruction provided. For children up to 5 years old. Parent participation required.

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<th>Location</th>
<th>Mon</th>
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1Childminding for up to 5 years. Limited space available. $4.15/ Drop-in. $2.15/additional child.
**PARENT AND TOT: DROP-IN – JANUARY 1 – MARCH 31**

Play on the equipment and socialize together. No instruction provided. For children up to 5 years old. Parent participation required.

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*Childminding for up to 5 years. Limited space available. $4.15/Drop-In. $2.15/additional child.

**RICHMOND FAMILY PLACE PARTNERSHIP: PARENT AND TOT: DROP-IN – JANUARY 1 – MARCH 31**

Make friends and find out about community resources along with parenting support provided by Richmond Family Place. For children up to 5 years old. Parent participation required.

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**TIME FOR TWOS**

Build on fine motor, social and emotional skills in this play-based and social program designed and led by qualified Early Childhood Educators. Children must be two years old by the start of the session.

**South Arm Community Hall (South Arm)** 2-3yrs

Jan 6-Mar 9........... M........ 9:00-11:00am .......... $196.55/9 sess .............. 2755981
Jan 7-Mar 10......... Tu........ 9:00-11:00am .......... $218.40/10 sess .............. 2755982
Jan 8-Mar 11......... W........ 9:00-11:00am .......... $218.40/10 sess .............. 2755983
Jan 9-Mar 12......... Th........ 9:00-11:00am .......... $218.40/10 sess .............. 2755984
Jan 10-Mar 13......... F........ 9:00-11:00am .......... $218.40/10 sess .............. 2755985

**Thompson Community Centre** 2-3yrs

Jan 7-Mar 10.........Tu........ 9:00-10:30am ........ $163.90/10 sess .............. 2756306
Jan 7-Mar 10.........Tu........ 11:00am-12:30pm .... $163.80/10 sess .............. 2756307
Jan 9-Mar 12......... Th........ 9:00-10:30am ........ $163.80/10 sess .............. 2756308
Jan 9-Mar 12......... Th........ 11:00am-12:30pm .... $163.80/10 sess .............. 2756309

**West Richmond Community Centre**

Jan 14-Mar 10......... Tu........ 9:30-11:30am ........ $196.55/9 sess .............. 2754924
Jan 16-Mar 12......... Th........ 9:30-11:30am ........ $196.55/9 sess .............. 2754925

**Languages**

**FRENCH FUN FOR PRESCHOOLERS**

Explore Canada’s second official language through play, music, art and stories prior to enrollment in French immersion. These sessions also include a snack.

**Lang Centre (City Centre)** 3-5yrs

Jan 18-Mar 14........ Sa........ 9:30-10:30am .......... $58.55/8 sess .............. 2754428
Jan 18-Mar 14........ Sa........ 10:45-11:45am .......... $58.55/8 sess .............. 2754429

**MANDARIN FUN FOR PRESCHOOLERS**

Start to learn about this language and culture through hands-on and interactive play, music, art and stories. This program is taught by a certified Early Childhood Educator instructor and is designed for children whose first language is not Mandarin.

**City Centre Community Centre** 3-5yrs

Jan 18-Mar 14........ Sa........ 9:00-10:30am .......... $87.85/8 sess .............. 2754430
Jan 18-Mar 14........ Sa........ 11:00am-12:30pm .... $87.85/8 sess .............. 2754431
FREE PARENT AND CHILD: DROP-IN MOTHER GOOSE®
Discover the power that rhymes, songs and stories have in creating positive family experiences and ways that language and communication can benefit children in early years. Parent participation required. These sessions are offered in partnership with Richmond Society for Community Living.

Thompson Community Centre 1-3yrs
Jan 9-Feb 27 .................Th ................... 9:30-10:30am .......... Drop-in

SPANISH FUN
Spend time learning about this beautiful language and culture through Latin dancing, music sing-a-longs, visual arts and storytelling.

City Centre Community Centre 3-4yrs
Jan 15-Mar 11 .............W ........ 3:45-5:15pm .......... $89.80/9 sess .......... 2754437

Nature and Science
All Beyond 4 Walls programs are based in the Terra Nova Rural Park outdoor nature-based setting.

BEYOND 4 WALLS: CHICKADEES: PARENT AND TOT
Interact and build stronger parent infant bonds through outdoor sensory play and activities led by an Early Childhood Educator (ECE) experienced in outdoor learning. Parent participation required.

Terra Nova Rural Park (Thompson) 1-15mos
Feb 6-Mar 12 ...........Th .... 9:30-10:30am .......... $63.00/6 sess .......... 2755973

BEYOND 4 WALLS: PARENT AND TOT
Build confidence in the natural world by gardening, playing together, learning songs and sharing a healthy snack while enjoying beautiful Terra Nova Rural Park. Parent participation required.

Terra Nova Rural Park (Thompson) 15-36mos
Feb 1-Mar 7 ..........Sa .... 9:00-10:00am .......... $52.50/5 sess .......... 2755975
Feb 1-Mar 7 ..........Sa .......... 10:30-11:30am .......... $52.50/5 sess .......... 2755976
Feb 4-Mar 10 ........Tu .......... 9:30-10:30am .......... $63.00/6 sess .......... 2755974

WACKY SCIENCE
Explore the explosive and somewhat messy world of potions and science through simple and safe experiments.

Sea Island Community Centre 3-5yrs
Jan 17-Feb 14 ..........F .......... 9:30-11:00am .......... $54.90/5 sess .......... 2753876

Preschool

TERRA NOVA NATURE SCHOOL TRIAL DAY
Bring boots and a rain jacket to experience this unique outdoor program and for a first-hand view of this school before entering the registration lottery for next year. (For new Nature School families only).

Terra Nova Rural Park (Thompson) 2-4yrs
Mar 7 ..................Sa .... 9:30-11:30am .......... $10.00/1 sess .......... 2756053

PRESCHOOLS FOR 2019/2020 SCHOOL YEAR
Start children on the right track in a preschool designed to develop the whole child intellectually, socially, physically and emotionally. All of these programs below offer a positive and encouraging learning environment for children of all cultures and backgrounds. Phone the individual centre for program information or to register. Registration for the 2019/2020 school year is ongoing.

<table>
<thead>
<tr>
<th>Centre</th>
<th>Phone</th>
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<tr>
<td>Cambie Community Centre</td>
<td>604-238-8385</td>
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<td>City Centre Community Centre</td>
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<td>Hamilton Community Centre</td>
<td>604-204-8655</td>
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<td>South Arm Community Centre</td>
<td>604-238-8063</td>
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<td>Terra Nova Nature School</td>
<td>604-238-8442</td>
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<td>West Richmond Community Centre</td>
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Follow us on Twitter @Richmond_BC #RichmondBC

Internet Registration: www.richmond.ca/register
**Racquet Sports**

**TENNIS: PARENT AND TOT (1.0-2.0)**
Learn the basic fundamentals of this racquet sport while having some active fun together. Parent participation required. No charge for racquet use.

Steveston Community Centre 3yrs
Jan 11-Mar 7...........Sa ....... 9:45-10:30am ........... $85.45/8 sess ........... 2752637
Jan 12-Mar 8...........Su ....... 9:45-10:30am ........... $85.45/8 sess ........... 2752635
Jan 12-Mar 8...........Su ... 10:45-11:30am ........... $85.45/8 sess ........... 2752636
Jan 13-Mar 9..........M ...... 3:45-4:30pm ........... $85.45/8 sess ........... 2752639
Jan 14-Mar 10.........Tu .. 12:45-1:30pm ........... $96.10/9 sess ........... 2752638
Jan 15-Mar 11.........W ...... 1:45-2:30pm ........... $96.10/9 sess ........... 2752640
Jan 16-Mar 12.........Th .... 2:30-3:15pm ........... $96.10/9 sess ........... 2752641

**ACTIVE START: PARENT AND TOT**
Learn how to run, jump, roll, balance and catch together along with other Fundamental Movement Skills that are critical to establishing the foundation for future participation in sports and physical activities. Parent participation required. Find details at www.richmond.ca/physicalliteracy.

Anderson School (City Centre) 2yrs
Jan 11-Feb 8.........Sa ...... 10:25-10:55am .......... $13.15/5 sess ........... 2756572
Jan 11-Feb 8.........Sa ...... 11:00-11:30am .......... $13.15/5 sess ........... 2756574
Feb 15-Mar 7 ......Sa .......... 10:55-11:30am .......... $10.50/4 sess ........... 2756573
Feb 15-Mar 7 ......Sa .......... 11:00-11:30am .......... $10.50/4 sess ........... 2756575

**BASKETBALL**
Learn fun new skills that include dribbling, passing and shooting in this introduction to this popular sport.

Hamilton Community Centre 3yrs
Jan 16-Mar 12.......Th .... 5:30-6:30pm .......... $47.25/9 sess ........... 2757567
West Richmond Community Centre 3yrs
Jan 13-Mar 9.........M .......... 4:15-5:00pm .......... $31.50/8 sess ........... 2755226

**FLOOR BALL**
Transfer basic skills learned in this fun program to floor and ball hockey.

West Richmond Community Centre 3yrs
Jan 15-Mar 11.......W .......... 4:30-5:15pm .......... $35.45/9 sess ........... 2755446

**FLOOR HOOP**
Learn the basics of this popular indoor sport that provides a great foundation for fun, teamwork and fitness.

West Richmond Community Centre 3yrs
Jan 15-Mar 11.......W .......... 3:45-4:30pm .......... $35.45/9 sess ........... 2755450

**GYMNASTICS: KIDS CANMOVE™**
Add to healthy life skills in these gymnastics-based sessions that cover the seven Fundamental Movement patterns of rotations, swings, springs, landings, stationary positions and object manipulation.

**GYMNASTICS: KIDS CANMOVE™: PARENT AND TOT**
Add to healthy life skills in these gymnastics-based sessions that cover the seven Fundamental Movement patterns of rotations, swings, springs, landings, stationary positions and object manipulation. Parent participation required.

**GYMNASTICS: KIDS CANMOVE™: PARENT AND TOT**
Add to healthy life skills in these gymnastics-based sessions that cover the seven Fundamental Movement patterns of rotations, swings, springs, landings, stationary positions and object manipulation. Parent participation required.

**GYMNASTICS: PARENT AND TOT**
Practice tumbling, jumping, balancing and other gymnastic skills taught by a certified instructor. Parent participation required.

**GYMNASTICS: PARENT AND TOT**
Practice tumbling, jumping, balancing and other gymnastic skills taught by a certified instructor. Parent participation required.

**GYMNASTICS: TRANSITION: PARENT AND TOT**
Build up from one-on-one parent support to independent participation with a coach in this circuit-based, safe and fun program that develops social skills, Physical Literacy and gymnastic fundamentals. Parent participation required.

Registration Call Centre: 604-276-4300
**MULTISPORT**
Learn the basic fundamental movement skills for improved participation in basketball, hockey, soccer, volleyball and baseball.
Boyd School (West Richmond) 3-5yrs
Jan 18-Mar 14.........Sa ........ 9:15-10:00am ........... $31.50/8 sess ............2755637

**SOCcer SKILLS**
Develop techniques and gain basic knowledge about this game in this fun, non-competitive program that includes drills and mini games organized by skilled soccer coaches.
Boyd School (West Richmond) 4-6yrs
Jan 18-Mar 14.........Sa ........ 11:15am-12:00pm........... $31.50/8 sess ............2755657

**SOCcer Skills: Girls ONLY**
Learn sport-specific skills in a fun and welcoming environment. This program is run in partnership with the Richmond Girls Soccer Association.
West Richmond Community Centre 3-5yrs
Jan 16-Mar 12.........Th ........ 3:30-4:15pm ........... $35.45/9 sess ............2755459

**SOCcer: Parent AND TOT**
Learn new soccer skills together that include dribbling, passing and throw-ins to then practice in fun games. Parent participation required.
Cambie Community Centre 3-5yrs
Jan 14-Feb 11.........Tu ........ 6:00-6:45pm ........... $19.70/5 sess ............2754297
Stevenson Community Centre 3-5yrs
Jan 11-Mar 7.........Sa ........ 8:45-9:45am ........... $42.00/8 sess ............2752541

**SPORTball®: Floor Hockey**
Learn the fundamental concepts of gameplay and the basic skills required to faceoff with confidence in a supportive, non-competitive environment. Coaches zero in on skills like passing, shooting, basic positioning, stick handling and goal tending. Parent participation required. This program is instructed by Sportball®.
Cambie School (Cambie) 4-6yrs
Jan 18-Mar 14.........Sa ...... 11:15am-12:15pm......... $124.80/8 sess ............2754298

**Sportball®: Hockey Skills: Parent AND Tot**
Refine motor skills and develop social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce floor hockey using developmentally appropriate games/activities. Parent participation required. This program is instructed by Sportball®.
Cambie School (Cambie) 2-3yrs
Jan 18-Mar 14.........Sa ...... 12:15-1:00pm .......... $124.80/8 sess ............2754299

**SPORTball®: Multisport**
Refine, rehearse, repeat in these sessions that focus on the basic skills common to all sports such as balance, coordination and stamina all in a fun, supportive and non-competitive setting that emphasizes teamwork. This program is instructed by Sportball®.
Cambie School (Cambie) 3-5yrs
Jan 18-Mar 14.........Sa ...... 10:15-11:15am .......... $124.80/8 sess ............2754300
City Centre Community Centre 3-5yrs
Jan 12-Mar 8.........Su ...... 11:10am-12:10pm .......... $124.80/8 sess ............2756054
Thompson Community Centre 3-5yrs
Jan 24-Mar 13.........F ...... 11:15am-12:15pm .......... $124.80/8 sess ............2755522
Thompson School (Thompson) 3-5yrs
Jan 11-Mar 7.........Sa ...... 10:45-11:45am .......... $124.80/8 sess ............2755521
West Richmond Community Centre 3-5yrs
Jan 19-Mar 15.........Su ...... 10:00-11:00am .......... $124.80/8 sess ............2755188

This program covers a minimum of one of the Fundamental Movement Skills and includes a warm up activity with Physical Literacy elements. Find more information about the City’s Physical Literacy initiative on page 72.

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for 6 weeks old to 8 years old

**Gym Classes**
Day camps
Theme Events
Birthday Parties

Phone: 7788599680  Website: mygym.com/richmondbc/  Address: #9 4751 Shell Road, Richmond BC V6X 3H4

Internet Registration: www.richmond.ca/register
**SPORTBALL®: MULTISPORT JUNIOR: PARENT AND TOT**

Discover the basics of eight core sports through creative games, songs, rhymes, stories and bubble time with a different sport introduced each week. Parent participation required. This program is instructed by Sportball®.

- **Cambie Community Centre**
  - 16-24mos
  - Jan 14-Feb 11
  - Tu: 9:30-10:15am
  - $78.00/5 sess
  - 2754305
  - Feb 18-Mar 10
  - Tu: 9:30-10:15am
  - $62.40/4 sess
  - 2754303

- **Cambie School (Cambie)**
  - 2-3yrs
  - Jan 18-Mar 14
  - Su: 9:30-10:15am
  - $124.80/8 sess
  - 2754304

- **City Centre Community Centre**
  - 16-24mos
  - Jan 12-Mar 8
  - Su: 9:30-10:15am
  - $124.80/8 sess
  - 2755565

- **Thompson Community Centre**
  - 2-3yrs
  - Jan 12-Mar 8
  - Su: 9:30-10:15am
  - $124.80/8 sess
  - 2755567

**SPORTBALL®: MULTISPORT: PARENT AND TOT**

Focus on Physical Literacy and social exploration and learn Fundamental Sport Skills together through creative and challenging games. In addition, adults are taught techniques to help toddlers refine motor skills. Parent participation required. This program is instructed by Sportball®.

- **Cambie Community Centre**
  - 2-3yrs
  - Jan 14-Feb 11
  - Tu: 10:15-11:00am
  - $78.00/5 sess
  - 2754305
  - Feb 18-Mar 10
  - Tu: 10:15-11:00am
  - $62.40/4 sess
  - 2757431

- **Cambie School (Cambie)**
  - 2-3yrs
  - Jan 18-Mar 14
  - Su: 9:30-10:15am
  - $124.80/8 sess
  - 2754304

- **City Centre Community Centre**
  - 16-24mos
  - Jan 12-Mar 8
  - Su: 9:30-10:15am
  - $124.80/8 sess
  - 2755565

- **Thompson Community Centre**
  - 2-3yrs
  - Jan 12-Mar 8
  - Su: 9:30-10:15am
  - $124.80/8 sess
  - 2755567

**SPORTBALL®: SOCCER**

Develop fundamental skills and the confidence necessary to excel in soccer. Throw-ins, dribbling, trapping, passing, goalie skills and more are taught and practiced in exciting, non-competitive games. This program is instructed by Sportball®.

- **Sea Island School (Sea Island)**
  - 4-6yrs
  - Jan 18-Mar 7
  - Sa: 11:00am-12:00pm
  - $109.20/7 sess
  - 2754487

- **South Arm Community Centre**
  - 4-6yrs
  - Jan 12-Mar 8
  - Su: 11:15am-12:15pm
  - $124.80/8 sess
  - 2756514

**SPORTBALL®: SOCCER: PARENT AND TOT**

Practice throw-ins, dribbling, trapping, passing, goalie skills and more and then play exciting, non-competitive games together. Parent participation required. This program is instructed by Sportball®.

- **Sea Island School (Sea Island)**
  - 2-3yrs
  - Jan 18-Mar 7
  - Sa: 10:15-11:00am
  - $109.20/7 sess
  - 2754488

- **South Arm Community Centre**
  - 2-3yrs
  - Jan 12-Mar 8
  - Su: 9:30-10:15am
  - $124.80/8 sess
  - 2756512

- **Steveston Community Centre**
  - 3-4yrs
  - Jan 19-Mar 15
  - Su: 11:15am-12:00pm
  - $31.50/8 sess
  - 2755590

**SPORTS VARIETY**

Run, laugh and play together while trying a variety of sports and games. Parent participation required.

- **Hamilton Community Centre**
  - 3-5yrs
  - Jan 12-Mar 8
  - Su: 10:00-11:00am
  - $42.00/8 sess
  - 2757581

**SPORTS VARIETY: PARENT AND TOT**

Run, laugh and play together while trying a variety of sports and games. Parent participation required.

- **Hamilton Community Centre**
  - 2-3yrs
  - Jan 12-Mar 8
  - Su: 9:15-10:00am
  - $31.50/8 sess
  - 2757580

- **Steveston Community Centre**
  - 3-5yrs
  - Jan 12-Mar 8
  - Su: 10:00-11:00am
  - $42.00/8 sess
  - 2752544

**T-BALL**

Build skills and self-confidence while having fun with others in this introduction to the game of baseball.

- **Boyd School (West Richmond)**
  - 3-5yrs
  - Jan 18-Mar 14
  - Sa: 10:15-11:00am
  - $31.50/8 sess
  - 2755638

**TRACK AND FIELD: INTRODUCTION**

Develop fundamental movement skills in this fun and active indoor activity that teaches the skills of running, jumping and throwing and the technical skill progressions for track and field events.

- **West Richmond Community Centre**
  - 4-6yrs
  - Jan 19-Mar 15
  - Su: 11:15am-12:00pm
  - $31.50/8 sess
  - 2755590

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**Let us help plan your child’s birthday party**

Book your child’s next birthday party at a City of Richmond community facility. There’s more space for friends, more activities and more time for stress-free fun!

Check out the many different party theme packages and more information at [www.richmond.ca/birthdayparties](http://www.richmond.ca/birthdayparties)
What is Physical Literacy?
“Physical Literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”

Physical Literacy tips for parents:
• Find ways to play and have fun with your children
• Explore various parks, playgrounds and recreational facilities together
• Allow your child to try a variety of physical activities and sports
• Encourage your child to be physically active and explore new movements

Try practicing and learning one of these skills each day:
Balancing, catching, climbing, cycling, dodging, dribbling, hopping, jumping for distance, jumping for height, kicking, landing, rhythmic moving, rotating, running, skating, skipping, sliding, striking with an implement, striking with hand, swimming, throwing, trapping with an implement, trapping with feet/body, tumbling and walking.

Physical literacy skills developed in childhood can last a life time.

For more information:
www.richmond.ca/physicalliteracy

Look for the Physical Literacy logo next to the programs in this guide that cover a minimum of one of the promoted 25 Fundamental Movement Skills and includes a warm up activity with Physical Literacy elements.
**Arts – Dance**

**Ballet**
Spin, twirl and leap in this fun dance program.
- **Cambie Community Centre** 6-9yrs
  - Jan 11-Mar 7 ……Sa …………11:35am-12:35pm ………$58.55/8 sess………2754022
  - Jan 12-Mar 8 ……Su …………1:50-2:50pm ………$58.55/8 sess………2757042
- **Hamilton Community Centre** 6-9yrs
  - Jan 11-Mar 7 ……Sa …………11:15am-12:15pm ………$58.55/8 sess………2757579
- **South Arm Community Centre** 6-8yrs
  - Jan 14-Mar 10 ……Tu …………3:45-4:45pm ………$65.90/9 sess………2754971
  - Steveston Community Centre 6-8yrs
  - Jan 16-Mar 12 ……Th …………5:40-6:40pm ………$65.90/9 sess………2752420
- **Thompson Community Centre** 6-8yrs
  - Jan 14-Mar 10 ……Tu3:30-4:30pm ………$65.90/9 sess………2754574
- **West Richmond Community Centre** 5-6yrs
  - Jan 13-Mar 9 ……M …………3:55-4:50pm ………$58.55/8 sess………2757059
  - Jan 13-Mar 9 ……M …………4:50-5:45pm ………$58.55/8 sess………2757060

**Bollywood Bhangra Fusion: Beginner**
Try this lively, high-energy and fun blend of music and dancing in this class that covers fundamental choreography and techniques.
- **Cambie Community Centre** 5-9yrs
  - Jan 11-Mar 7 ……Sa …………2:00-3:00pm ………$58.55/8 sess………2757046

**Bollywood Bhangra Fusion: Intermediate**
Work on more complex choreography and techniques in this high-energy and fun blend of music and dance. Pre-requisite: Bollywood and Bhangra dance experience.
- **Cambie Community Centre** 5-9yrs
  - Jan 11-Mar 7 ……Sa …………3:00-4:00pm ………$58.55/8 sess………2757048

**Capoeira Dance**
Blend elements of dance, music and gymnastics in this graceful Brazilian art form that improves power, flexibility, endurance and rhythm.
- **West Richmond Community Centre** 9-12yrs
  - Jan 14-Mar 10 ……Tu …………4:30-5:30pm ………$65.90/9 sess………2757393

**Contemporary and Lyrical Dance**
Connect the body, mind and soul in this genre-expressive dance with fluid movements of modern, jazz and classical ballet.
- **Sea Island Community Centre** 6-9yrs
  - Jan 23-Mar 12 ……Th …………4:00-5:00pm ………$58.55/8 sess………2753688

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**Contemporary Dance**
Focus on expression and freedom of movement along with ease and alignment in this progressive approach to the fundamentals of this dance style.
- **Thompson Community Centre** 9-12yrs
  - Jan 14-Mar 10 ……Tu …………4:30-5:30pm ………$65.90/9 sess………2755777

**Dance Combo**
Groove to the beat and build self-confidence while trying jazz, ballet, tap rhythms, modern and stage dancing.
- **Cambie Community Centre** 6-9yrs
  - Jan 11-Mar 7 ……Sa …………12:40-1:40pm ………$58.55/8 sess………2754063
  - Jan 12-Mar 8 ……Su …………12:45-1:45pm ………$58.55/8 sess………2754062

**Hip Hop**
Move to the newest beats in these easy-going and social sessions.
- **Cambie Community Centre** 8-12yrs
  - Jan 16-Mar 5 ……Th …………4:15-5:15pm ………$58.55/8 sess………2757570
  - City Centre Community Centre 6-12yrs
  - Jan 16-Mar 12 ……Th …………4:00-5:00pm ………$65.90/9 sess………2754999
  - Jan 16-Mar 12 ……Th …………5:15-6:15pm ………$65.90/9 sess………2755994
  - Thompson Community Centre 9-12yrs
  - Jan 10 ……F …………5:00-6:00pm ………$73.20/10 sess………2755287
  - Jan 17-Feb 28 ……F …………5:00-6:00pm ………$51.25/7 sess………2753338

**Hip Hop: Beginner**
Get ready for the next dance with simple but cool moves taught and practiced to great music.
- **Hamilton Community Centre** 6-9yrs
  - Jan 14-Mar 10 ……Tu …………6:00-7:00pm ………$65.90/9 sess………2757418
  - 9-12yrs
  - Jan 14-Mar 10 ……Tu …………7:00-8:00pm ………$65.90/9 sess………2757420
  - Thompson Community Centre 6-9yrs
  - Jan 11-Mar 14 ……Sa …………10:00-11:00am ………$73.20/10 sess………2754581
  - 9-12yrs
  - Jan 11-Mar 14 ……Sa …………11:15am-12:15pm ………$73.20/10 sess………2754582

**Jazz**
Explore this popular and energetic form of dance that is characterized by syncopated rhythms and free expression.
- **City Centre Community Centre** 8-13yrs
  - Jan 17-Mar 6 ……F …………4:00-5:00pm ………$51.25/7 sess………2753413

**Jazz and Hip Hop**
Sample two very different but equally exciting dance styles in one class.
- **South Arm Community Centre** 6-8yrs
  - Jan 15-Mar 11 ……W …………3:30-4:30pm ………$65.90/9 sess………2754972

This program covers a minimum of one of the Fundamental Movement Skills and includes a warm up activity with Physical Literacy elements. Find more information about the City’s Physical Literacy initiative on page 72.
K-POP DANCING
Dance to up-tempo music and learn choreography to match with this fun, social and popular style of dance that consists of quick, repetitive movements while moving in synchronicity.

City Centre Community Centre 9-12yrs
Jan 13-Mar 2.....M ..........5:15-6:15pm ..........$51.25/7 sess ..........2753412
West Richmond Community Centre 9-12yrs

MODERN DANCE
Practice technique, body awareness and self-expression in this creative and supportive environment.

Sea Island Community Centre 8-12yrs
Jan 23-Mar 12.....Th ...........5:00-6:00pm ..........$58.55/8 sess ..........2753884

GROUP SINGING LESSONS
Learn to sing using correct vocal techniques and melodies from popular songs. These sessions are positive, fun and develop confidence. This program is instructed by MEG Educates.

Thompson Community Centre 9-12yrs
Jan 8-Mar 11.....W ..........4:45-5:45pm ..........$120.00/10 sess ..........2754593

GUITAR, PIANO, UKULELE AND VIOLIN PRIVATE LESSONS

• Thirty minute (30) private lesson offered.
• An individual curriculum is designed specifically around the age and ability of each participant. Students must provide own instrument (except for piano).
• For a full list of all lesson days and times available, visit www.richmond.ca/register. Click on the Courses tab, click on Advanced Search, enter the key words Private Piano, Private Guitar or Private Ukulele in the Containing Keyword box, and then choose Search (and Complex if desired). Find refunds/withdrawals/transfer details on page 2.
• Note: Private and Semi-private lessons are not eligible for support through the Recreation Fee Subsity Program. Find details at www.richmond.ca/subsidy.

<table>
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<th>GUITAR or Ukulele</th>
<th>Day</th>
<th>Time (30 minute lessons)</th>
<th>Dates</th>
<th>Price</th>
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<td>Sa</td>
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<td>3:30-8:00pm</td>
<td>Jan 6-Mar 9 Jan 7-Mar 10 Jan 9-Mar 12</td>
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GUITAR, PIANO, VIOLIN AND UKULELE PRIVATE LESSONS CONT’D

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<th>Instrument</th>
<th>Location</th>
<th>Days</th>
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<th>Dates</th>
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<td>3:30-7:00pm, 3:30-7:00pm, 9:30-3:00pm</td>
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<td>Th Su</td>
<td>3:30-9:00pm, 9:30am-1:00pm</td>
<td>Jan 9-Mar 26, Jan 12-Mar 29</td>
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Register one of three ways: in person at the facility, phone 604-276-4300 or visit www.richmond.ca/register.

**GUITAR: LEVEL 1**
Start to learn guitar basics in a small group setting that includes working together on a musical ensemble to perform. Acoustic guitar required at each class.
- **Cambie Community Centre** 7-12 yrs
  - Jan 13-Mar 9...M ..........: 6:00-7:00pm ..........: $58.55/8 sess ..........: 2756752
- **Sea Island Community Centre** 6-12 yrs
  - Jan 8-Feb 5 ......W ..........: 4:30-5:30pm ..........: $36.60/5 sess ..........: 2753882
- **South Arm Community Centre** 9-12 yrs
  - Jan 8-Feb 5 ......W ..........: 6:00-7:00pm ..........: $36.60/5 sess ..........: 2753027

**GUITAR: LEVEL 2**
Practice scales, improvisation and finger-picking accompaniment in this class designed for aspiring guitarists. Acoustic guitar required at each class. Pre-requisite: Guitar: Level 1 or instructor approval.
- **Cambie Community Centre** 8-13 yrs
  - Jan 14-Mar 10...Tu ..........: 6:00-7:00pm ..........: $51.25/7 sess ..........: 2756754

**SING OUT LOUD**
Develop self-confidence while belting out favourite songs from musical, movies and more by learning the fundamentals of healthy singing that include breathing and posture techniques. This program is instructed by MEG Educates.
- **Thompson Community Centre** 6-8 yrs
  - Jan 8-Mar 11...W ..........: 3:30-4:30pm ..........: $120.00/10 sess ..........: 2754594

**SINGING VOICES**
Learn highly effective vocalization exercises concentrating on quality of tone, pitch, phrasing, dynamics, style and projection. Posture, speech and stage presence are also covered in this positive and motivational environment.
- **Steveston Community Centre** 7-9 yrs
  - Jan 8-Mar 11...W ..........: 3:30-4:30pm ..........: $120.00/10 sess ..........: 2754594
- **Steveston Community Centre** 10-15 yrs
  - Jan 8-Mar 11...W ..........: 3:30-4:30pm ..........: $120.00/10 sess ..........: 2754594

**UKULELE**
Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukulele required at each class.
- **City Centre Community Centre** 6-8 yrs
  - Jan 15-Mar 11...W ..........: 3:30-4:30pm ..........: $65.90/9 sess ..........: 2754529

**WUNDERKEYS: GROUP PIANO FOR KIDS**
Cover listening, reading musical notes and playing rhythm activities in these unique entry-level piano group sessions.
- **West Richmond Community Centre** 4-10 yrs
  - Jan 11-Mar 14...Sa ..........: 12:30-1:15pm ..........: $135.00/9 sess ..........: 2757312
  - Jan 11-Mar 14...Sa ..........: 1:15-2:00pm ..........: $135.00/9 sess ..........: 2757313
**Children**

**Arts – Performing**

**MUSICAL THEATRE**
Combine music, dance and drama in this high-energy, confidence-building class that includes performing popular musical numbers and ‘traditional’ songs. A casual musical presentation is planned for the last day of class.

**City Centre Community Centre** 6-8yrs
Jan 19-Mar 15....Su ...............10:30-11:30am .......... $58.55/8 sess .......... 2754446

**ROCK’N’BEAU: POPSTAR ACADEMY**
Build confidence in this interactive program that focuses on fashion, dancing, singing and personality building with a special workshop production in the final week. No experience required. This program is instructed by Rock’N’Beau.

**City Centre Community Centre** 6-12yrs
Jan 14-Mar 10....Tu ...............5:15-6:15pm .......... $90.00/9 sess .......... 2754448

**ARTS EXPLORATION**

**CHINESE BRUSH PAINTING: BEGINNER**
Explore this ancient art and create beautiful pieces by practicing basic techniques and experimenting with various exercises. A non-refundable $15 supplies fee is added when registering. Additional supplies may also be needed.

**Cambie Community Centre** 7-18yrs
Jan 11-Mar 7....Sa ...............10:30am-12:00pm ..... $114.00/9 sess .......... 2754057

**CHINESE BRUSH PAINTING: INTERMEDIATE**
Continue to explore and expand on the techniques associated with this ancient art. Prerequisite: Chinese Brush Painting: Beginner. A non-refundable $15 supplies fee is added when registering. Additional supplies may also be needed.

**Cambie Community Centre** 7-18yrs
Jan 11-Mar 7....Sa ...............12:30-2:00pm .......... $114.00/9 sess .......... 2754058

**CHINESE FOLK ART DESIGN**
Explore Chinese culture and art creating opera masks, paper cuttings, drawings and paintings along with handmade, traditional instruments.

**City Centre Community Centre** 6-12yrs
Jan 18-Mar 14....Sa ...............11:30am-1:00pm ...... $87.85/9 sess .......... 2757183

**CHINESE NEW YEAR ZODIAC WORKSHOP**
Celebrate the ‘Year of the Rat’ with a personally created zodiac chart that contains a variety of characters and animals.

**City Centre Community Centre** 6-12yrs
Jan 26 ..............Su ...............2:00-4:00pm .......... $14.65/1 sess .......... 2757181

**CLAY HANDBUILDING**
Dress for a mess and create handmade pieces that develop skills in this self-confidence building, fun and creative class.

**Stevenson Community Centre** 5-8yrs
Jan 11-Mar 7....Sa ...............10:30-11:30am .......... $58.55/8 sess .......... 2752430

**Arts – Visual**

**2D ANIMATION FUNDAMENTALS**
Focus on creating movement and expression using electronically generated image sequences. This program is instructed by a trained Disney instructor from Happy Kids Studios.

**South Arm Community Centre** 9-12yrs
Jan 7-Mar 10......Tu ...............5:15-6:45pm .......... $150.00/10 sess ........ 2757307

**ART EXPLORATION**

**ART EXPLORATION**

**CARTOON WITH A DISNEY ANIMATOR**
Learn how to tell stories through drawings with a former Disney animator. Work on character development, thumbnails, layout pages, paneling and more. Cost includes a take home drawing kit. This program is instructed by Happy Kids Studios.

**West Richmond Community Centre** 9-12yrs
Jan 18-Mar 14....Sa ...............1:30-2:30pm .......... $58.55/8 sess .......... 2757314

**CARTOONING ANIMALS**
Draw a variety of creatures while learning creative drawing techniques and fun facts about each day’s animal subject. This course is led by a professional illustrator and caricaturist.

**Stevenson Community Centre** 6-9yrs
Jan 15-Mar 4....W ...............3:30-4:30pm .......... $58.55/8 sess .......... 2756783

**Thompson Community Centre** 6-8yrs
Jan 13-Mar 9....M ...............3:30-4:30pm .......... $58.55/8 sess .......... 2755504

**CHARACTER DESIGN**
Learn from a former Disney animator in this specialized class that focuses on creating appealing characters in animation, comics, games and more. This program is instructed by Happy Kids Studios.

**South Arm Community Centre** 6-8yrs
Jan 7-Mar 10......Tu ...............3:30-5:00pm .......... $150.00/10 sess ........ 2757306

**West Richmond Community Centre** 6-8yrs
Jan 6-Mar 9....M ...............3:30-5:00pm .......... $135.00/9 sess .......... 2757044

**CHINESE BRUSH PAINTING: BEGINNER**
Explore this ancient art and create beautiful pieces by practicing basic techniques and experimenting with various exercises. A non-refundable $15 supplies fee is added when registering. Additional supplies may also be needed.

**Cambie Community Centre** 7-18yrs
Jan 11-Mar 7....Sa ...............10:30am-12:00pm ..... $114.00/9 sess .......... 2754057

**CHINESE BRUSH PAINTING: INTERMEDIATE**
Continue to explore and expand on the techniques associated with this ancient art. Prerequisite: Chinese Brush Painting: Beginner. A non-refundable $15 supplies fee is added when registering. Additional supplies may also be needed.

**Cambie Community Centre** 7-18yrs
Jan 11-Mar 7....Sa ...............12:30-2:00pm .......... $114.00/9 sess .......... 2754058

**CHINESE FOLK ART DESIGN**
Explore Chinese culture and art creating opera masks, paper cuttings, drawings and paintings along with handmade, traditional instruments.

**City Centre Community Centre** 6-12yrs
Jan 18-Mar 14....Sa ...............11:30am-1:00pm ...... $87.85/9 sess .......... 2757183

**CHINESE NEW YEAR ZODIAC WORKSHOP**
Celebrate the ‘Year of the Rat’ with a personally created zodiac chart that contains a variety of characters and animals.

**City Centre Community Centre** 6-12yrs
Jan 26 ..............Su ...............2:00-4:00pm .......... $14.65/1 sess .......... 2757181

**CLAY HANDBUILDING**
Dress for a mess and create handmade pieces that develop skills in this self-confidence building, fun and creative class.

**Stevenson Community Centre** 5-8yrs
Jan 11-Mar 7....Sa ...............10:30-11:30am .......... $58.55/8 sess .......... 2752430

Internet Registration: www.richmond.ca/register
Learn how to:

- Activate your NEW account
- Log into your account
- Find programs
- Register for programs

+ Use the Program Registration Worksheet provided on the back page to make sure you’re ready for registration night!

Winter 2020 registration starts:

- **Aquatics**: online 8:00pm | Tuesday, December 3
- **All Programs**: online 10:00pm | Tuesday, December 3
- **All Programs**: in person / Call Centre | Wednesday, December 4
Activate your NEW account NOW in 3 easy steps

1. Check your inbox for an email from the City of Richmond (reghelp@richmond.ca) that was sent on Wednesday, November 6.

2. Follow the instructions in your email guiding you to activate your account.

3. Login to your new account using your email and password.

If you did not receive an email or require assistance, contact the Registration Call Centre at 604-276-4300 (Monday to Friday, 8:30am to 5:30pm) or one of our recreation facilities during operating hours.

Login to your account

Once your account is set-up you can log in and access it any time at www.richmond.ca/register.

Find programs

Search the NEW online registration web page and select the programs you want to register in.

A. FILTERS:
   Apply filters to customize your activity search

B. KEYWORD:
   Search by keyword or Course #

C. DAY OF WEEK:
   Search by day of the week

D. AGE:
   Search by age range

E. SELECT AN ACTIVITY:
   Browse through available activity options
Register for Programs starting December 3

1. When you have found your PROGRAM, click REGISTER.

2. SELECT which family member(s) to register.

3. REVIEW the booking summary.

4. PAYMENT

Fill in your payment information and click PLACE MY ORDER to complete your transaction.

☑ You have now completed your program registration!

We are here to help!
Contact the Registration Call Centre at 604-276-4300
**Hours:** Monday to Friday, 8:30am-5:30pm

Online resources and FAQs: www.richmond.ca/register

Your patience is appreciated!
The first few days of registration for the season may be busy. We have extra staff in our Registration Call Centre to answer your calls.
Program Registration Worksheet

Use this quick guide to help you prepare for a smooth registration.

Winter 2020 registration starts:
- **Aquatics**: online 8:00pm | Tuesday, December 3
- **All Programs**: online 10:00pm | Tuesday, December 3
- **All Programs**: in person / Call Centre | Wednesday, December 4

- [ ] Activate your new program registration account

- [ ] Do a trial run by logging into your account early to ensure your **EMAIL** address and **PASSWORD** are valid

  EMAIL: ____________________________

- [ ] Check that your family members have been added to your account

  **TIP** You can check your added family members by clicking **MY INFO** when logged into your account.

- [ ] Have your method of payment ready:
  - Visa, Mastercard or American Express credit card number with expiry date and CVV

Winter 2020 Program Selection:

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**Back up Programs:**

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**TIP** You can always add a name to a waitlist, there’s no charge for this option. Experience shows that people often get in from a waitlist, so be sure to add your name.
**COMICS AND MANGA**
Learn storytelling through drawing a self-made comic or manga led by Cartoon Katie. Drawing supplies and ruler required at each class.
Thompson Community Centre  9-12yrs
Jan 13-Mar 9.....M.............4:45-5:45pm ..........$58.55/8 sess........ 2755205

**CRAFT COMBO**
Create unique paper and jewelry crafts using stamps, beads and mosaics.
Steveston Community Centre  6-8yrs
Jan 7-Jan 28......Tu................3:30-5:30pm ..........$43.90/4 sess........ 2756081
Feb 11-Mar 3 ......Tu................3:30-5:30pm ..........$43.90/4 sess........ 2756086

**CRAFTY CONSTRUCTIONS**
Create a variety of art projects that focus on fun and innovation using a wide range of mediums that include paper mache, balloons and toothpick structures.
City Centre Community Centre  6-12yrs
Jan 17-Mar 6.....F................3:30-5:30pm ..........$87.85/8 sess........ 2757015

**D.I.Y. (DO-IT-YOURSELF) PROJECTS**
Design and create crafts and projects in these one-day wonder workshops with a new theme each class.
Cambie Community Centre  8-13yrs
Jan 15-Mar 4......W................4:00-5:00pm ..........$58.55/8 sess........ 2757595

**DRAWING AND PAINTING**
Focus on the fundamentals of line, shape, perspective and colour with a variety of techniques and mediums that include pencil, pastel and paint.
West Richmond Community Centre  6-8yrs
Jan 18-Mar 14.....Sa................12:15-1:15pm ..........$58.55/8 sess........ 2756955

**DRAWING AND PAINTING FUN**
Children explore a range of art styles including watercolour, acrylic, charcoal, pencil and pastel.
City Centre Community Centre  6-8yrs
Jan 13-Mar 9......M................3:30-5:00pm ..........$87.85/8 sess........ 2757217

**DRAWING AND SKETCHING**
Capture images on paper by developing drawing skills that include basic shapes of objects, people and landscapes.
Cambie Community Centre  7-18yrs
Jan 6-Mar 9......M................3:30-5:00pm ..........$98.80/9 sess........ 2754110
Jan 7-Mar 10.....Tu................3:30-5:00pm ..........$109.80/10 sess........ 2754108
Steveston Community Centre  5-8yrs
Jan 11-Mar 7.....Sa................12:30-1:30pm ..........$58.55/8 sess........ 2752453
Jan 11-Mar 7.....Sa................1:45-2:45pm ..........$58.55/8 sess........ 2752454
8-12yrs
Jan 13-Mar 9......M................4:45-5:45pm ..........$58.55/8 sess........ 2756409
West Richmond Community Centre  9-12yrs
Jan 15-Mar 11.....W................3:30-5:00pm ..........$98.80/9 sess........ 2757230

**DRAWING AND SKETCHING: ANIMALS: BEGINNER**
This animal themed program helps to develop specialized drawing skills. All skill levels welcome.
City Centre Community Centre  6-8yrs
Jan 13-Mar 9......M................5:15-6:30pm ..........$73.20/8 sess........ 2757221

**DRAWING CARTOON CHARACTERS**
Cover the fundamentals of this fun and usually humorous art form by learning how to draw some favourite cartoons. This course is taught by a professional artist from RUSART Fine Arts Co.
Hamilton Community Centre  6-12yrs
Jan 13-Mar 9......M................4:00-5:00pm ..........$58.55/8 sess........ 2757436

**DRAWING, SKETCHING AND GRAPHIC ART**
Learn the basics of shading, perspective and composition using a variety of media that includes pencils, charcoal and more. This course is taught by a professional artist from RUSART Fine Arts Co. and includes landscapes, animals and fantasy art.
Hamilton Community Centre  6-12yrs
Jan 13-Mar 9......M................2:30-3:30pm ..........$58.55/8 sess........ 2757441

**FOUNDATIONS IN DRAWING**
Learn how to draw objects, characters, proportions, structure, volume and perspective along with techniques that include shade and shadow, quick sketches and colouring. This program is instructed by Happy Kids Studio.
South Arm Community Centre  6-8yrs
Jan 11-Mar 14.....Sa................9:15-10:45am ..........$150.00/9 sess........ 2757308
Jan 11-Mar 14.....Sa................11:00am-12:30pm ......$150.00/10 sess........ 2757491
West Richmond Community Centre  9-12yrs
Jan 6-Mar 9......M................5:15-6:45pm ..........$126.00/9 sess........ 2757421

**FUN WITH CHINESE CHARACTERS**
Learn to write and transform a variety of characters into colourful paintings using watercolour.
City Centre Community Centre  6-12yrs
Jan 16-Mar 5......Th................3:30-5:00pm ..........$87.85/8 sess........ 2757185

**MURAL ART**
Learn about natural ecosystems creating large paintings that depict natural landscapes, animals and plants.
City Centre Community Centre  6-12yrs
Jan 18-Mar 14.....Sa................1:30-3:00pm ..........$87.85/9 sess........ 2757184

**PAINTING: ACRYLIC PAINTING**
Learn basic applications and techniques through detailed demonstrations and the process of building an acrylic painting from start to finish.
Steveston Community Centre  9-12yrs
Jan 13-Mar 9......M................3:30-4:30pm ..........$58.55/8 sess........ 2756407

Registration Call Centre: 604-276-4300
STORYBOOK ADVENTURES
Create a laminated and bound book to take home made with the help of an author and illustrator team from Blue Moku Publishing. This program also includes an introduction to storytelling, fun brainstorming activities, games and art.

Thompson Community Centre
Jan 5-Feb 9 Su .......... 11:00am-12:30pm .......... $81.00/6 sess .......... 2754589

WILDLIFE IN WATERCOLOUR
Celebrate the world’s most majestic animals with various painting techniques that use pigments mixed with water to achieve textural effects.

City Centre Community Centre
Jan 15-Mar 4 W .......... 3:45-5:15pm ............ $87.85/8 sess .......... 2757182

Computers, Technology and Social Media

CODING: FOR THE WEB
Create different types of websites by learning basic and intermediate skills for photoblogs and online resumes that require distinctive programming techniques.

City Centre Community Centre
Feb 22-Mar 14 Sa .......... 11:15am-12:15pm .......... $40.00/4 sess .......... 2756046

COMPUTER CODING BASICS
Explore basic programming concepts and computational skills through tutorials and kid-friendly exercises and create interactive stories and games. No experience necessary.

Hamilton Community Centre
Jan 17-Mar 13 F .......... 2:45-3:45pm ............ $65.90/9 sess .......... 2757565

COMPUTER GAME MAKING: BEGINNER
Learn all of the steps to make a real working game to play at home with friends.

West Richmond Community Centre
Jan 17-Feb 14 F .......... 3:30-6:00pm ............ $168.75/5 sess .......... 2757446

CREATIVE COMPUTING USING SCRATCH
Program interactive stories, games and animations using simple-to-use tools that brings online characters to life.

West Richmond Community Centre
Jan 15-Feb 12 W .......... 3:30-5:30pm ............ $135.00/5 sess .......... 2757443

IDEA LAB: 3D PRINTING
Learn how to design a wide range of creative objects utilizing the principles of STEAM (science, technology, engineering, arts and math) that are then printed out using a 3D printer. Instruction for this creative program is provided by specialized staff from Idea Lab.

City Centre Community Centre
Jan 7-Jan 30 Th .......... 3:00-4:30pm ............ $159.00/4 sess .......... 2757159
Feb 6-Feb 20 Th .......... 3:00-4:30pm ............ $119.25/3 sess .......... 2757164
Feb 27-Mar 12 Th .......... 3:00-4:30pm ............ $119.25/3 sess .......... 2757165

IDEA LAB: STOP ANIMATION
Learn this animated filmmaking technique in which objects are physically manipulated in small increments between individually photographed frames. Instruction for this creative program is provided by specialized Idea Lab staff.

City Centre Community Centre
Jan 9-Jan 30 Th .......... 3:00-4:30pm ............ $159.00/4 sess .......... 2757163
Feb 6-Feb 20 Th .......... 3:00-4:30pm ............ $119.25/3 sess .......... 2757164
Feb 27-Mar 12 Th .......... 3:00-4:30pm ............ $119.25/3 sess .......... 2757165

ROBOTICS CREATION: BEGINNER
Explore the exciting world of robotics and learn core skills in electronics and programming. Participants take home a personally created autonomous MicroBit robot.

West Richmond Community Centre
Feb 11-Mar 10 Tu .......... 3:30-5:30pm ............ $206.25/5 sess .......... 2757452

Cooking

BAKING TREATS AND SWEETS
Make, bake and eat cookies, cakes, bread and other delicious handmade foods.

City Centre Community Centre
Jan 19-Feb 9 Su .......... 1:00-2:30pm ............ $79.20/4 sess .......... 2755970

BASIC COOKING SKILLS
Whip up fun and tasty dishes while learning some easy culinary tips and tricks.

City Centre Community Centre
Feb 23-Mar 15 Su .......... 1:00-2:30pm ............ $79.20/4 sess .......... 2755969

South Arm Community Centre
Jan 19-Mar 8 Su .......... 1:30-3:00pm ............ $138.60/7 sess .......... 2755113

COOKING
Learn basic cooking skills and kitchen safety and make some fun treats in this hands-on program.

Hamiton Community Centre
Feb 20-Mar 12 Th .......... 6:30-8:00pm ............ $79.20/4 sess .......... 2757433
INTERGENERATIONAL DUMPLING MAKING WORKSHOP
Discover the art and skills of making of traditional Chinese dumplings in this hands-on session in which children and older adults work and have fun together.
City Centre Community Centre  8-13yrs
Feb 17 ..............M ..............11:00am-2:00pm ........$39.60/1 sess ..........2755016

IRON CHEF COOKING
Build creative cooking skills from an experienced instructor to prepare for a full-on competition with other students on the final day.
Hamilton Community Centre  6-12yrs
Jan 17-Feb 21 .......F ..............4:15-5:30pm ..........$99.00/6 sess ..........2757586

RAINBOW CAKES AND CUPCAKES
Make cakes and cupcakes with a colourful surprise in the middle using white cake batter and a little food colouring.
Hamilton Community Centre  6-12yrs
Jan 16-Feb 6 .....Th ..............6:30-8:00pm ..........$79.20/4 sess ..........2757432

SUSHI MAKING
Create delicious and unique rolls using super yummy vegetarian ingredients. Advise of any food allergies when registering.
Stevenson Community Centre  9-12yrs
Feb 13 ..............Th ..............5:00-7:00pm ..........$26.40/1 sess ..........2756411

TACO MAKING
Learn how to make this traditional Mexican dish that consists of corn or wheat tortillas folded or rolled around fresh fillings that include meat, vegetables and cheese. Price includes all ingredients and samples to try.
Sea Island Community Centre  9-12yrs
Jan 12 ..............Su ..............11:15am-12:45pm ......$19.80/1 sess ..........2756875

FREE ➤ FAMILY DAY PANCAKE BREAKFAST
Enjoy a free pancake breakfast with entertainment. Children and Adults must register.
Cambie Community Centre  All Ages
Feb 17 ..............M ..............9:30-11:00am ..........Free/1 sess ..........2753189

Find more Try-It! programs on pages 66 (Preschoolers), 110 (Adults) and 138 (55+yrs).
**Fitness**

**FREE** SHAPEDOWN BC

This Richmond program, offered in Chinese only, aims to help kids, teens and their families achieve a healthy weight through healthy living. The program team includes a doctor, dietitian, counsellor and exercise specialist to help families make positive changes in nutrition, activity, mental health, parenting skills and family relationships.

Families are invited to participate if:
- children are between six and 17 years old;
- children are at an unhealthy weight with a Body Mass Index (BMI) greater than 85%;
- both parents and children are fully committed to participating.

For more information phone 604-233-3129 or email shapedown@vch.ca.

Richmond Public Health, 8100 Granville Avenue

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**YOGA**

Incorporate poses, breathing techniques and positive affirmations to improve coordination, strength and flexibility for sports and other activities.

Thompson Community Centre 6-11yrs
Jan 13-Mar 9......M ...............3:30-4:30pm .............$64.85/8 sess ..........2755791

**YOGA: PARENT AND PRETEENS**

Learn basic yoga postures and breathing techniques... together.

Steveston Community Centre 7+ yrs
Jan 12-Mar 8......Su ...............11:00am-12:00pm ......$64.90/8 sess ..........2752659

**ZUMBA® KIDS**

Share the fun in this fitness-like program that offers high-energy fun, creative dance steps and healthy exercises all set to kid-friendly music.

Lang Centre (City Centre) 9-12yrs
Jan 18-Mar 14......Sa ...............11:45am-12:45pm ......$58.55/8 sess ..........2754506
South Arm Community Centre 7-12yrs
Jan 16-Mar 12.....Th ..................5:00-6:00pm .............$46.90/9 sess ..........2755115

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**General Interest and Trips**

**ADVENTURE DAY TRIP**
Explore the city, participate in various activities while travelling around town and be ready for the unexpected. Price includes admission fees and transportation.

Cambie Community Centre 8-12yrs
Feb 14..............F ..................10:00am-4:00pm ..........$54.60/1 sess ..........2757589

**BABYSITTING BASICS**
Learn fun games and activities for children, basic babysitting skills and how to deal with emergencies in this program that includes a Canadian Red Cross Babysitting Certificate upon successful completion of class. A $10 manual fee added when registering.

City Centre Community Centre 11-15yrs
Jan 26 ..............Su ...............9:00am-5:00pm ..........$42.00/1 sess ..........2756780

Hamilton Community Centre 11-15yrs
Feb 14 ..............F ..................9:00am-4:00pm ..........$42.00/1 sess ..........2757560
Feb 26-Feb 27 .......W-Th .............1:45-5:45pm ..........$42.00/2 sess ..........2757561

Steveston Community Centre 11-15yrs
Feb 14 ..............F ..................9:00am-4:00pm ..........$42.00/1 sess ..........2756414

Thompson Community Centre 11-15yrs
Feb 1 ..............Sa ...............10:00am-6:00pm ..........$42.00/1 sess ..........2752327
Mar 8 ..............Su ...............10:00am-6:00pm ..........$42.00/1 sess ..........2752328

**BE A GREEN HERO**

Become even more environmentally aware exploring and learning with fun and interactive activities that include zero-waste cooking, recycled art projects and bee-friendly gardening.

Hamilton Community Centre 6-12yrs
Jan 14-Mar 10.....Tu ...............2:45-4:00pm ..........$82.35/9 sess ..........2757415

Bricks 4 Kidz® programs offer LEGO® brick building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children.

**BRICKS 4 KIDZ®: LEGO® WEDO ROBOTICS**

Go on an adventurous journey creating LEGO® spacecraft models based on popular space movies. All students take home a customized mini-figure! This program is instructed by Bricks 4 Kidz®.

Thompson Community Centre 5-9yrs
Jan 13-Mar 2 .....M ..................4:30-5:30pm ..........$90.00/6 sess ..........2755507

**BRICKS 4 KIDZ®: GALAXY FAR AWAY**

Explore programming and mechanics through guided lessons and the use of LEGO® bricks. This fun, action-packed program combines real life skills with real kid fun. This program is instructed by Bricks 4 Kidz®.

Cambie Community Centre 4-8yrs
Jan 11-Mar 7 .....Sa ..........10:30am-12:00pm ..........$160.00/8 sess ..........2757018

Bricks 4 Kidz® programs offer LEGO® brick building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children.

**SHAPEDOWN BC**

Explore the city, participate in various activities while travelling around town and be ready for the unexpected. Price includes admission fees and transportation.

Cambie Community Centre 8-12yrs
Feb 14 ..............F ..................10:00am-4:00pm ..........$54.60/1 sess ..........2757589

**BABYSITTING BASICS**

Learn fun games and activities for children, basic babysitting skills and how to deal with emergencies in this program that includes a Canadian Red Cross Babysitting Certificate upon successful completion of class. A $10 manual fee added when registering.

City Centre Community Centre 11-15yrs
Jan 26 ..............Su ...............9:00am-5:00pm ..........$42.00/1 sess ..........2756780

Hamilton Community Centre 11-15yrs
Feb 14 ..............F ..................9:00am-4:00pm ..........$42.00/1 sess ..........2757560
Feb 26-Feb 27 .......W-Th .............1:45-5:45pm ..........$42.00/2 sess ..........2757561

Steveston Community Centre 11-15yrs
Feb 14 ..............F ..................9:00am-4:00pm ..........$42.00/1 sess ..........2756414

Thompson Community Centre 11-15yrs
Feb 1 ..............Sa ...............10:00am-6:00pm ..........$42.00/1 sess ..........2752327
Mar 8 ..............Su ...............10:00am-6:00pm ..........$42.00/1 sess ..........2752328

**BE A GREEN HERO**

Become even more environmentally aware exploring and learning with fun and interactive activities that include zero-waste cooking, recycled art projects and bee-friendly gardening.

Hamilton Community Centre 6-12yrs
Jan 14-Mar 10.....Tu ...............2:45-4:00pm ..........$82.35/9 sess ..........2757415

Bricks 4 Kidz® programs offer LEGO® brick building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children.

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Go on an adventurous journey creating LEGO® spacecraft models based on popular space movies. All students take home a customized mini-figure! This program is instructed by Bricks 4 Kidz®.

Thompson Community Centre 5-9yrs
Jan 13-Mar 2 .....M ..................4:30-5:30pm ..........$90.00/6 sess ..........2755507

**BRICKS 4 KIDZ®: GALAXY FAR AWAY**

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Cambie Community Centre 4-8yrs
Jan 11-Mar 7 .....Sa ..........10:30am-12:00pm ..........$160.00/8 sess ..........2757018

Bricks 4 Kidz® programs offer LEGO® brick building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children.

**SHAPEDOWN BC**

Explore the city, participate in various activities while travelling around town and be ready for the unexpected. Price includes admission fees and transportation.

Cambie Community Centre 8-12yrs
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**BABYSITTING BASICS**

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City Centre Community Centre 11-15yrs
Jan 26 ..............Su ...............9:00am-5:00pm ..........$42.00/1 sess ..........2756780

Hamilton Community Centre 11-15yrs
Feb 14 ..............F ..................9:00am-4:00pm ..........$42.00/1 sess ..........2757560
Feb 26-Feb 27 .......W-Th .............1:45-5:45pm ..........$42.00/2 sess ..........2757561

Steveston Community Centre 11-15yrs
Feb 14 ..............F ..................9:00am-4:00pm ..........$42.00/1 sess ..........2756414

Thompson Community Centre 11-15yrs
Feb 1 ..............Sa ...............10:00am-6:00pm ..........$42.00/1 sess ..........2752327
Mar 8 ..............Su ...............10:00am-6:00pm ..........$42.00/1 sess ..........2752328

**BE A GREEN HERO**

Become even more environmentally aware exploring and learning with fun and interactive activities that include zero-waste cooking, recycled art projects and bee-friendly gardening.

Hamilton Community Centre 6-12yrs
Jan 14-Mar 10.....Tu ...............2:45-4:00pm ..........$82.35/9 sess ..........2757415

Bricks 4 Kidz® programs offer LEGO® brick building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children.
BRICKS 4 KIDZ®: WATER WORLD
Explore the sea, cruise in sailboat models and stop to learn about sea critters while using LEGO® bricks in this challenged-based program. All students take home a customized mini-figure! This program is instructed by Bricks 4 Kidz®.
Thompson Community Centre
Jan 13-Mar 2 .......................... 3:30-4:30pm .......... $90.00/6 sess ........... 2755508

HOMEWORK CLUB
Get help with homework plus play sports and games, try arts and crafts and enjoy a healthy snack. For grades 4-7 students only.
Anderson School (City Centre)
Jan 23-Mar 12 ....Th ..........................2:45-5:30pm ...........$88.00/8 sess ........... 2754954

KNITTING: BEYOND BEGINNERS
Learn how to follow a basic pattern and to correct mistakes in this program that requires some basic knitting skills.
Steveston Community Centre
Jan 9-Mar 5 .......................... 5:15-6:15pm .......... $65.20/9 sess ........... 2752488

LEADERSHIP EXPLORATION
Combine leadership and life skills with fun demonstrations, challenges and competitions all designed to inspire and motivate participants in this afterschool program.
Anderson School (City Centre)
Jan 21-Mar 10 .......................... 2:45-5:30pm .......... $115.50/8 sess ........... 2754944
General Currie School (City Centre)
Jan 17-Mar 13 .......................... 2:45-5:30pm .......... $115.50/8 sess ........... 2754951
Lang Centre (City Centre)
Jan 22-Mar 11 .......................... 3:15-5:30pm .......... $94.50/8 sess ........... 2754950

LICENSED OUT OF SCHOOL CARE
Programs are designed with age appropriate activities, transportation to and from school and morning and afternoon snacks. Some facilities have childcare programming for Professional Development Days, early dismissals and winter and spring break. To register or for program information, phone the individual centre below. Registration for 2019/2020 is ongoing.

<table>
<thead>
<tr>
<th>Community Centre</th>
<th>Serves:</th>
<th>604-238-8388</th>
<th>Services:</th>
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<tbody>
<tr>
<td>Cambie Community Centre</td>
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<td>West Richmond Community Centre</td>
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<td>Quilchena Schools</td>
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PRETEEN HANGOUT
Join others in these social and recreational sessions that include snacks, playing video games and billiards, theme nights and more. Drop-ins welcome at City Centre Community Centre if space permits.
City Centre Community Centre
Jan 16-Mar 12 ....Th .......................... 6:45-8:45pm .......... $23.85/9 sess or $2.65/Drop-in ........... 2756782
South Arm Community Centre
Jan 10-Mar 13 .......................... 6:00-8:00pm .......... $2.65/Drop-in
Thompson Community Centre
Jan 17-Mar 13 .......................... 5:30-7:30pm .......... $2.65/Drop-in
West Richmond Community Centre
Jan 17-Mar 13 .......................... 6:00-8:00pm .......... $2.65/Drop-in

PRO-D DAY CAMP: AT THE PARK
Spend the day away from school at this beautiful, local park connecting with nature, meeting live animals and undertaking fun science experiments.
Richmond Nature Park
Jan 27 .......................... M .......................... 9:00am-3:00pm .......... $35.00/1 sess ........... 2753034
Feb 14 .......................... F .......................... 9:00am-3:00pm .......... $35.00/1 sess ........... 2753035

AFTER CAMP CARE
Extend the camp day with crafts and games in these post-camp sessions.
Richmond Nature Park
Jan 27 .......................... M .......................... 3:00-5:00pm .......... $6.80/1 sess ........... 2753026
Feb 14 .......................... F .......................... 3:00-5:00pm .......... $6.80/1 sess ........... 2753027

PRO-D DAY: HANGOUT
Spend a school free day meeting new kids, playing games and having fun with youth leaders.
City Centre Community Centre
Feb 14 .......................... F .......................... 9:00am-3:00pm .......... $31.50/1 sess ........... 2753345

STAY SAFE WORKSHOP
Find out how to deal with emergencies, stay safe at home and around the neighbourhood and learn some basic First Aid in these Red Cross-certified sessions that cover a variety of different real-life situations. A $10 manual fee added when registering.
City Centre Community Centre
Feb 1 .......................... Sa .......................... 10:00am-2:00pm .......... $20.00/1 sess ........... 2756779
Steveston Community Centre
Jan 27 .......................... M .......................... 10:00am-3:00pm .......... $25.00/1 sess ........... 2757596
Thompson Community Centre
Jan 25 .......................... Sa .......................... 10:00am-3:00pm .......... $25.00/1 sess ........... 2752327
West Richmond Community Centre
Feb 14 .......................... F .......................... 10:00am-3:00pm .......... $25.00/1 sess ........... 2756137
**WRITING ADVENTURES**
Learn to write with confidence and create engaging, short stories with the help of an author from Blue Moku Publishing. This program aims to build skills in character development, story planning and structure. A notebook is required for the first class.

- **Cambie Community Centre** 8-13yrs
  - Jan 7-Feb 4 Tu 3:30-5:00pm $75.00/5 sess 2756310
- **Thompson Community Centre** 9-13yrs
  - Jan 3-Feb 7 F 3:30-5:00pm $90.00/6 sess 2754590
- **West Richmond Community Centre** 8-13yrs
  - Feb 14-Mar 13 F 3:30-5:00pm $75.00/5 sess 2756942

**Languages**

**KOREAN FUN FOR KIDS: BEGINNER**
Learn this popular language through art, games and language activities offered in a social and supportive environment.

- **Steveston Community Centre** 6-12yrs
  - Jan 14-Mar 3 Tu 4:00-5:30pm $87.85/8 sess 2755996

**KOREAN FUN FOR KIDS: INTERMEDIATE**
Continue learning this popular language through art, games and language activities offered in a social and supportive environment. Recommended pre-requisite: Korea Fun for Kids: Beginner.

- **Steveston Community Centre** 6-12yrs
  - Jan 14-Mar 3 Tu 5:45-7:15pm $87.85/8 sess 2755996

**MANDARIN FOR KINDERGARTEN/GRADE 1**
Discover the exciting world of Chinese culture through music, sing-alongs, art and stories and start to learn this popular language.

- **City Centre Community Centre** 5-7yrs
  - Jan 17-Mar 13 F 3:45-4:45pm $65.90/9 sess 2754554
  - Jan 17-Mar 13 F 5:00-6:00pm $65.90/9 sess 2756197

**SPANISH**
Buenos dias! Learn basic Spanish through games, songs, crafts and play.

- **City Centre Community Centre** 7-10yrs
  - Jan 20-Mar 9 M 3:45-5:15pm $76.85/7 sess 2754555

**SPANISH FOR KINDERGARTEN/GRADE 1**
Start to learn this beautiful language and discover the exciting world of Latin culture through music, dance, sing-a-longs, art and storytelling.

- **City Centre Community Centre** 5-6yrs
  - Jan 15-Mar 11 W 5:30-7:00pm $89.80/9 sess 2756333

**Martial Arts**

**KARATE: BEGINNER**
Kick, punch and play games in a fun and safe environment that emphasizes physical activity.

- **City Centre Community Centre** 5-8yrs
  - Jan 13-Mar 9 M 6:30-7:30pm $51.20/8 sess 2757437
  - Jan 13-Mar 9 M 8:00-9:00pm $51.20/8 sess 2757440

**KARATE: GOJU-RYU**
Incorporate self-defence, fitness and proper sparring practices demonstrated by an instructor with over 35 years of teaching experience. Enrol for one or both days. This program is instructed by Kuyukai.

- **City Centre Community Centre** 8-18yrs
  - Jan 11-Mar 7 Sa 10:00-11:30am $75.00/9 sess 2756566
  - Jan 14-Mar 10 Tu 6:30-8:00pm $75.00/9 sess 2756567

**KI-AIKIDO**
Calm Mind | Concentration | Be Positive | Be Confident

Children and youth learn the martial art of Ki-Aikido in an active and cooperative learning environment.

- Learn how to apply lessons to daily activities: study, play, sports, relationships, and more.

VKS is a BC registered non-profit organization.

Vancouver Ki Society
Richmond Main Dgos 11031 Bridgeport Road Unit 104
Also @ Richmond Olympic Oval

www.vks.ca | 604.250.2134 | info@vks.ca
**KARATE: SHITO-RYU**

Learn this traditional style of martial arts in a fun and safe environment. Uniform and safety gear is required. Additional fees required for membership, belt grading (optional), uniform and safety equipment.

**KARATE: SHITO-RYU: BEGINNER**

Cambie Community Centre
Jan 10-Mar 13, 6+ yrs
Jan 10-Mar 13, F, 6:30-7:30pm, $64/10 sess 2754151

East Richmond Community Hall (Cambie)
Jan 10-Mar 13, 6+ yrs
Jan 10-Mar 13, W, 6:30-7:30pm, $64/10 sess 2754152

Sea Island School (Ses Island)
Jan 12-Mar 8, Su, 10:30am-12:30pm, $102.40/8 sess 2753892

**KARATE: SHITO-RYU: BEGINNER/INTERMEDIATE**

Cambie Community Centre
Jan 7-Mar 10, 6+ yrs
Jan 7-Mar 10, Tu, 6:45-7:45pm, $64.00/10 sess 2754153
Jan 7-Mar 10, Tu, 7:45-9:15pm, $96.00/10 sess 2754154
Jan 10-Mar 13, F, 7:00-8:00pm, $64/10 sess 2754155

East Richmond Community Hall (Cambie)
Jan 8-Mar 11, W, 7:00-8:00pm, $64.00/10 sess 2754156

**KARATE: SHITO-RYU: INTERMEDIATE/ADVANCED**

Cambie Community Centre
Jan 10-Mar 13, 6+ yrs
Jan 10-Mar 13, F, 8:00-9:30pm, $96.00/10 sess 2754158

East Richmond Community Hall (Cambie)
Jan 8-Mar 11, W, 8:00-9:30pm, $96.00/10 sess 2754157

**KARATE: SHITO-RYU: ADVANCED**

Sea Island School (Ses Island)
Jan 12-Mar 8, Su, 10:30am-12:30pm, $102.40/8 sess 2753891

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**SELF DEFENSE KRAV-JITSU**

Build confidence, have fun, get fit and earn street and bully proofing life skills along with belt advancement. This program is led by multi-black belt instructors (female and male) with all physical abilities welcome. Registration is ongoing. This program is instructed by Hit and Run Self Defense.

**City Centre Community Centre**
Jan 6-Mar 9, M, 5:45-6:30pm, $99.00/9 sess 2754562
Jan 6-Mar 9, M, 6:30-7:15pm, $99.00/9 sess 2754560

**South Arm Community Centre**
Jan 6-Mar 9, M, 7:15-8:15pm, $99.00/9 sess 2754558
Jan 8-Mar 11, W, 6:30-7:30pm, $110.00/10 sess 2754559
Jan 8-Mar 11, W, 7:30-8:30pm, $110.00/10 sess 2754561

**TAEKWONDO: BEGINNER**

Learn the art of self-defence with an emphasis on control, kicking and punching moves all in a safe environment.

**Cambie Community Centre**
Jan 11-Mar 14, Sa, 4:15-5:15pm, $57.60/9 sess 2754312

**South Arm Community Centre**
Jan 6-Mar 9, M, 4:00-5:00pm, $57.60/9 sess 2756843
Jan 6-Mar 9, M, 5:00-6:00pm, $57.60/9 sess 2756844

**Steveston Community Centre**
Jan 6-Mar 9, M, 6:00-7:00pm, $64.00/10 sess 2756845

**West Richmond Community Centre**
Jan 16-Mar 12, Th, 4:15-5:15pm, $57.60/9 sess 2754789

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**TAEKWONDO: INTERMEDIATE**

Focus on higher level kicking and punching with a continuation of self-defence. Pre-requisite: Instructor approval.

**Cambie Community Centre**
Jan 11-Mar 14, Sa, 5:15-6:15pm, $57.60/9 sess 2754314

**South Arm Community Centre**
Jan 6-Mar 9, M, 6:00-7:00pm, $57.60/9 sess 2756847
Jan 6-Mar 9, M, 7:00-8:00pm, $57.60/9 sess 2756848
Jan 10-Mar 13, F, 6:00-7:00pm, $64.00/10 sess 2756849
Jan 10-Mar 13, F, 5:00-6:00pm, $64.00/10 sess 2756850
Jan 10-Mar 13, F, 7:00-8:00pm, $64.00/10 sess 2756851

**Thompson Community Centre**
Jan 7-Mar 10, Tu, 6:15-7:15pm, $64.00/10 sess 2755515
Jan 7-Mar 10, Tu, 7:15-8:15pm, $64.00/10 sess 2755516
Jan 9-Mar 12, Th, 6:00-7:00pm, $64.00/10 sess 2755517
Jan 9-Mar 12, Th, 7:00-8:00pm, $64.00/10 sess 2755518

**West Richmond Community Centre**
Jan 16-Mar 12, Th, 5:15-6:15pm, $57.60/9 sess 2754790
**TAEKWONDO: ADVANCED**
Practice advanced skills and techniques with a continued emphasis on control and discipline. Pre-requisite: Instructor approval.
Cambie Community Centre 6+yrs  
Jan 11-Mar 14........Sa ........ 6:15-7:15pm ........... $57.60/9 sess ........... 2754311
South Arm Community Centre 6+yrs  
Jan 11-Mar 14........Sa ........ 1:30-2:30pm ........... $57.60/9 sess ........... 2756842

**TAEKWONDO: BLACK BELT**
Practice advanced skills and techniques with experienced instructors who emphasize control and discipline. Pre-requisite: Instructor approval.
Cambie Community Centre 6+yrs  
Jan 11-Mar 14........Sa ........ 7:15-8:15pm ........... $57.60/9 sess ........... 2754313
South Arm Community Centre 6+yrs  
Jan 11-Mar 14........Sa ........ 2:30-3:30pm ........... $57.60/9 sess ........... 2756846

**WUSHU MARTIAL ARTS: BEGINNER**
Improve flexibility, balance, strength, stamina, agility and self-defence with this modern combination of fighting styles developed over the centuries in China.
City Centre Community Centre 5-17yrs  
Jan 13-Mar 9.........M ........ 4:00-5:00pm ........... $57.60/9 sess ........... 2756040

**WUSHU MARTIAL ARTS: ADVANCED**
Further improve strength and stamina while blending performance elements in this unique form of physical activity developed in China.
City Centre Community Centre 5-17yrs  
Jan 13-Mar 9.........M ........ 4:00-5:00pm ........... $57.60/9 sess ........... 2756039

**BEYOND 4 WALLS**
Explore, prepare food, garden, build shelters and spend time in this stunning northwest park. Each jam-packed session is filled with a variety of activities that engage children in the natural world.

**BEYOND 4 WALLS: HOME LEARNERS**
Join a Terra Nova Nature School Educator for this inquiry-based program that focuses on an outdoor curriculum connecting students to the natural world.

**BEYOND 4 WALLS**
Create take-home technologies to find solutions for real-world problems using the art of design and an engineering approach. STEAM is an integrated approach to Science, Technology, Engineering, Art and Math taught by university experts. This program is instructed by STEM Aces.

**STEM SMARTS**
Design and invent personal take-home technologies while finding solutions for real-world problems using an engineering approach. STEAM is an integrated approach to Science, Technology, Engineering and Math taught by university experts. This program is instructed by STEM Aces.
**BADMINTON**
Focus on serving techniques, forehand and backhand grips, rules and basic game concepts to improve both single and doubles play at all skill levels.

**BADMINTON: BEGINNER**
Learn various serves, forehand and backhand grips plus other badminton basics in these fun and active sessions.

**BADMINTON: INTERMEDIATE**
Master more basic skills plus footwork along with an introduction about the rules of singles and doubles play. Pre-requisite: the ability to play a game of badminton.

**TABLE TENNIS: BEGINNER**
Practice serves, volleys and top spins to play games in friendly games.

**TABLE TENNIS: INTERMEDIATE**
Mature skills with more technical instruction, further practice opportunities and competition in fun games. Pre-requisite: previous Table Tennis experience.

**TENNIS: PARENT AND CHILD (1.0-2.0)**
Double the fun! Develop ball control skills, hand-eye coordination and fundamental movement skills in a relaxed atmosphere. Parent participation required. Racquets available for use at no charge.

**TENNIS: BEGINNER (1.0-2.0)**
Focus on the fundamentals of this racquet sport and have fun using low-pressure balls to accelerate development.
**TENNIS: INTERMEDIATE (2.0-3.0)**
Develop basic ball control, ground strokes, volleys and serves and take tennis skills to the next level. Also learn scoring and how to play out points.

**Steveston Community Centre**

- **6-9yrs**
  - Jan 11-Mar 7 Sa 12:30-1:30pm $113.90/8 sess 2752617
  - Jan 12-Mar 8 Su 2:30-3:30pm $113.90/8 sess 2752618
  - Jan 14-Mar 10 Tu 4:30-5:30pm $128.15/9 sess 2752615
  - Jan 15-Mar 11 W 3:30-5:00pm $192.25/9 sess 2752616
  - Jan 16-Mar 12 Th 3:30-4:30pm $128.15/9 sess 2752620
  - Jan 17-Mar 13 F 3:30-4:30pm $113.90/8 sess 2752619

- **9-12yrs**
  - Jan 11-Mar 7 Sa 4:30-5:30pm $113.90/8 sess 2752626
  - Jan 13-Mar 9 M 3:30-5:00pm $170.90/8 sess 2752622
  - Jan 14-Mar 10 Tu 5:30-6:30pm $128.15/9 sess 2752623
  - Jan 16-Mar 12 Th 4:30-5:30pm $128.15/9 sess 2752621
  - Jan 17-Mar 13 F 5:30-6:30pm $113.90/8 sess 2755993

**TENNIS: ADVANCED (3.0-4.0)**
Develop basic ball control, ground strokes, volleys and serves and take tennis skills to the next level. Also learn scoring and how to play out points.

**Steveston Community Centre**

- **9-12yrs**
  - Jan 12-Mar 8 Su 3:30-4:30pm $123.30/8 sess 2755995
  - Jan 15-Mar 11 W 5:00-6:00pm $208.05/9 sess 2752577
  - Jan 16-Mar 12 Th 5:30-6:30pm $138.70/9 sess 2752576

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**BASEBALL: BEGINNER**
Develop basic physical skills that include throwing, catching and running that build strength, coordination and a better understanding of this popular sport followed with friendly games.

**Hamilton Community Centre**
8-12yrs
- Jan 13-Mar 9 M 5:30-6:30pm $42.00/8 sess 2757559

**McNeely School (Cambie)**
6-8yrs
- Jan 15-Mar 11 W 6:00-7:00pm $42.00/8 sess 2754029

**9-12yrs**
- Jan 15-Mar 11 W 7:00-8:00pm $42.00/8 sess 2754030

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Richmond Little League is registering boys and girls ages 6 - 14 for Baseball Season. All skill levels welcome! Register now at: richmondlittleleague.ca

"Building Community Through Baseball"
**BASKETBALL**

Practice dribbling, passing and shooting skills followed by friendly games.

**Blundell School (City Centre)**
- **Ages:** 6-8yrs
- **Dates:** Jan 15-Mar 11
- **Days & Times:** W 5:45-6:45pm
- **Cost:** $47.25/9 sess
- **Contact:** 2756044

**Cambie Community Centre**
- **Ages:** 6-8yrs
- **Dates:** Jan 11-Mar 14
- **Days & Times:** Sa 10:15-11:15am
- **Cost:** $47.25/9 sess
- **Contact:** 2754032

**General Currie School (City Centre)**
- **Ages:** 6-8yrs
- **Dates:** Jan 16-Mar 12
- **Days & Times:** Th 6:05-7:05pm
- **Cost:** $47.25/9 sess
- **Contact:** 2754750

**Hamilton Community Centre**
- **Ages:** 5-8yrs
- **Dates:** Jan 15-Mar 12
- **Days & Times:** Tu 4:30-5:30pm
- **Cost:** $47.25/9 sess
- **Contact:** 2754731

**South Arm Community Centre**
- **Ages:** 8-10yrs
- **Dates:** Jan 13-Mar 9
- **Days & Times:** M 6:00-7:00pm
- **Cost:** $42.00/8 sess
- **Contact:** 2754648

**Thompson Community Centre**
- **Ages:** 5-7yrs
- **Dates:** Jan 11-Mar 14
- **Days & Times:** Sa 11:15am-12:15pm
- **Cost:** $52.50/10 sess
- **Contact:** 2754351

**BASKETBALL CONT’D**

**Thompson Community Centre**
- **Ages:** 6-8yrs
- **Dates:** Jan 7-Mar 10
- **Days & Times:** Tu 3:30-4:30pm
- **Cost:** $52.50/10 sess
- **Contact:** 2754346
- **Dates:** Jan 9-Mar 12
- **Days & Times:** Th 3:30-4:30pm
- **Cost:** $52.50/10 sess
- **Contact:** 2754352

**Cambie Community Centre**
- **Ages:** 6-8yrs
- **Dates:** Jan 11-Mar 14
- **Days & Times:** Sa 12:15-1:15pm
- **Cost:** $52.50/10 sess
- **Contact:** 2754350

**Blundell School (City Centre)**
- **Ages:** 8-10yrs
- **Dates:** Jan 7-Mar 10
- **Days & Times:** Tu 4:30-5:30pm
- **Cost:** $52.50/10 sess
- **Contact:** 2754347
- **Dates:** Jan 9-Mar 12
- **Days & Times:** Th 4:30-5:30pm
- **Cost:** $52.50/10 sess
- **Contact:** 2754353

**West Richmond Community Centre**
- **Ages:** 6-8yrs
- **Dates:** Jan 13-Mar 9
- **Days & Times:** M 5:00-6:00pm
- **Cost:** $42.00/8 sess
- **Contact:** 2754748

**BASKETBALL: GIRLS ONLY**

Learn the fundamentals of basketball that include ball handling, passing, shooting and basic offensive and defensive principles - in a group setting.

**Hamilton Community Centre**
- **Ages:** 9-12yrs
- **Dates:** Jan 16-Mar 12
- **Days & Times:** Th 4:30-5:30pm
- **Cost:** $47.25/9 sess
- **Contact:** 2757554

**West Richmond Community Centre**
- **Ages:** 9-12yrs
- **Dates:** Jan 13-Mar 9
- **Days & Times:** M 6:00-7:00pm
- **Cost:** $42.00/8 sess
- **Contact:** 2754721

This program covers a minimum of one of the Fundamental Movement Skills and includes a warm up activity with Physical Literacy elements. Find more information about the City’s Physical Literacy initiative on page 72.
# CHILDREN DROP-IN GYM SCHEDULE – JANUARY 1 – MARCH 31

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<th>Mon</th>
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<td>Open Gym Parent and Child 6-12yrs 10:00-11:30am Jan 4, 11 Feb 15 Mar 21, 28</td>
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<td>Hamilton Community Centre</td>
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<td></td>
<td>Family Open Gym 6+ yrs 1:00-2:30pm</td>
<td>Open Gym Parent and Child 6-12yrs 11:30am-1:00pm</td>
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<tr>
<td>Steveston Community Centre</td>
<td>Pickleball Parent and Child 6-12yrs 5:00-6:30pm</td>
<td>Open Gym Parent and Child 6-12yrs 12:30-2:30pm</td>
<td>Badminton All Ages 2:30-3:30pm</td>
<td>Family Fun Time Table Tennis Parent and Child 6-12yrs 1:00-2:30pm</td>
<td>Family Fun Time Table Tennis Parent and Child 6-12yrs 2:30-4:00pm</td>
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<td>Thompson Community Centre</td>
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<td>Open Gym Preteens 9-12yrs 2:30-4:00pm</td>
<td>Badminton All Ages 6-12yrs 3:30-5:00pm</td>
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<td></td>
<td>Open Gym Preteens 9-12yrs 6:00-8:00pm</td>
<td>Badminton Parent and Child 6-12yrs 7:45-9:15pm</td>
<td></td>
</tr>
</tbody>
</table>

**Sports Drop-In Fees:**
- Children $2.65
- Family (per person) $2.65

_**Schedule subject to change.**_

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**WHY GREAT COURSES GET CANCELLED ....**

Great courses can be cancelled if everyone leaves it to the last minute to register. Programming staff have to ensure minimum participation levels are met for each course. If there are not enough registrants, the course may be cancelled. So, please register early to assist us and avoid disappointment.
RICHMOND YOUTH BASKETBALL LEAGUE (RYBL)

RYBL JUMP BASKETBALL
Develop basketball skills, game awareness and fitness skills from experienced instructors in this integrated program that follows a balanced plan of speed, power, agility, coordination and balance for a stronger presence on the court. Players are split into appropriate ability levels for instruction and games. Find details at www.rybl.ca.

Debeck School (South Arm)
Jan 20-Mar 16......M........6:30-7:30pm..............$49.50/8 sess ......2757837
     8-10yrs
Jan 13-Mar 9........M........7:40-8:40pm..............$49.50/8 sess ......2757843
McRoberts School (South Arm)
Jan 19-Mar 8........Su.......10:30-11:30am...........$49.50/8 sess ......2757839
     10-12yrs
Jan 19-Mar 15......Su.......11:40am-12:40pm........$49.50/9 sess ......2757841
Whiteside School (South Arm)
Jan 17-Mar 6.......F........6:30-7:30pm..............$49.50/8 sess ......2757838
     10-12yrs
Jan 17-Mar 6.......F........7:40-8:40pm..............$49.50/8 sess ......2757842

RYBL SMALL BALL
Develop basketball related skills, concepts and fundamental movement skills in this developmentally-appropriate program that follows the guidelines found in Canada's Long Term Athlete Development Plan (LTAD). Find details at www.rybl.ca.

Debeck School (South Arm)
Jan 17-Mar 6........F ...........6:00-6:55pm...............$60.00/8 sess ......2757853
     4-6yrs
Jan 17-Mar 6........F ...........7:10-8:05pm...............$60.00/8 sess ......2757854
Mitchell School (South Arm)
Jan 20-Mar 9........M ...........6:00-6:55pm ..........$52.00/7 sess ......2757855
     5-7yrs
Jan 20-Mar 9........M ...........7:00-7:55pm ..........$52.00/7 sess ......2757856
     7-9yrs

Get your GRADE 5 ACTIVE! PASS for free admission to a variety of drop-in programs.
www.richmond.ca/grade5pass

FLOOR HOCKEY
Learn the basics of this popular indoor sport that provides a great foundation for fun, teamwork and fitness.
Cambie Community Centre 8-13yrs
Jan 17-Mar 6........F ........ 4:30-5:45pm............ $45.95/7 sess ........... 2754116
Hamilton Community Centre 6-9yrs
Jan 13-Mar 9.........M ........ 4:30-5:30pm............ $42.00/8 sess ........... 2757413
South Arm Community Centre 9-12yrs
Jan 17-Mar 13........F ........ 4:30-6:00pm............ $70.90/9 sess .......... 2756511
West Richmond Community Centre 6-8yrs
Jan 15-Mar 11........W ........ 5:15-6:15pm........... $47.25/9 sess .......... 2755448

GYM SPORTS AND GAMES
Play a new sport or game organized each week including basketball, soccer, volleyball and more.
Hamilton Community Centre 5-8yrs
Jan 14-Mar 10.......Tu ....... 4:00-5:00pm............ $47.25/9 sess ........... 2757416
Jan 14-Mar 10.......Tu ....... 5:00-6:00pm............ $47.25/9 sess ........... 2757417
Hamilton Community Centre 9-12yrs
Jan 14-Mar 10.......Tu ....... 5:00-6:00pm............ $47.25/9 sess ........... 2757417

GYMNASTICS
Practice tumbling, jumping, balancing and other gymnastic skills all taught by a certified instructor.
Steveston Community Centre 7-10yrs
Jan 20-Mar 9.........M ........ 4:30-5:25pm............ $91.00/7 sess ........... 2752464

GYMNASTICS: KINDERGYM
Develop social skills, gymnastics fundamentals and some of the movement patterns of sport that include locomotion, rotation, swing, balance and spring in this fun and safe circuit-based program.
Steveston Community Centre 5-6yrs
Jan 20-Mar 9.........M ........ 3:30-4:25pm............ $91.00/7 sess ........... 2752466

GYMNASTICS: KIDS CANMOVE™
Add to healthy life skills in these gymnastics-based sessions that cover the seven Fundamental Movement patterns of rotations, swings, springs, landings, stationary positions and object manipulation.
West Richmond Community Centre 6-8yrs
Jan 18-Mar 14........Sa ....... 12:30-1:30pm............ $63.90/8 sess ........... 2755528
Jan 17-Mar 13........F ........ 4:30-5:30pm............ $71.90/9 sess .......... 2755526

MULTISPORT
Learn the basic fundamental movement skills for improved participation in basketball, hockey, soccer, volleyball and baseball.
Boyd School (West Richmond) 6-8yrs
Jan 18-Mar 14.......Sa ....... 12:00-1:00pm............ $42.00/8 sess ........... 2755940
**MULTISPORT: GIRLS ONLY**
Improve game play by learning basic fundamental movement skills in basketball, hockey, soccer volleyball and other sports.

- **Cambie Community Centre** 8-13yrs
  - Jan 16-Mar 5: 4:45-5:45pm $24.00/8 sess 2755442

**SOCCER**
Dribble, pass and kick in this fun, non-competitive atmosphere.

- **Anderson School (City Centre)** 6-8yrs
  - Jan 11-Mar 7: Sa 11:35am-12:35pm $47.25/9 sess 2756050
  - 8-10yrs
  - Jan 11-Mar 7: Sa 12:40-1:40pm $47.25/9 sess 2756051
  - 9-12yrs
  - Jan 11-Mar 7: Sa 1:45-2:45pm $47.25/9 sess 2756052

- **Cambie Community Centre** 8-12yrs
  - Jan 16-Mar 3: Tu 4:45-5:45pm $42.00/8 sess 2755440

- **Steveston Community Centre** 5-7yrs
  - Jan 11-Mar 7: Sa 10:00-11:00am $42.00/8 sess 2752539
  - 8-11yrs
  - Jan 11-Mar 7: Sa 11:15am-12:15pm $42.00/8 sess 2752540

- **Thompson Community Centre** 5-7yrs
  - Jan 6-Mar 9: M 3:30-4:30pm $47.25/9 sess 2754358
  - 8-10yrs
  - Jan 6-Mar 9: M 4:30-5:30pm $47.25/9 sess 2754359

- **West Richmond Community Centre** 6-8yrs
  - Jan 16-Mar 12: Th 5:30-6:30pm $47.25/9 sess 2755456
  - 9-12yrs
  - Jan 16-Mar 12: Th 6:30-7:30pm $47.25/9 sess 2755453

**SOCCER DEVELOPMENT**
Learn fundamental movement and sport skills through this popular sport. This program is instructed by the Richmond Football Club.

- **Hamilton Community Centre** 7-9yrs
  - Jan 5-Mar 8: Su 9:00-10:00am $170.00/10 sess 2757214
  - 9-12yrs
  - Jan 5-Mar 8: Su 10:00-11:00am $170.00/10 sess 2757215

**SOCCER SKILLS: GIRLS ONLY**
Learn sport-specific skills in a fun and welcoming environment. This program is run in partnership with the Richmond Girls Soccer Association.

- **West Richmond Community Centre** 5-7yrs
  - Jan 16-Mar 12: Th 4:30-5:30pm $47.25/9 sess 2755589

**SPORTBALL®: MULTISPORT**
Learn the basics of eight core sports using developmentally-appropriate skills while reinforcing the benefits of teamwork to gain the confidence and develop the social skills necessary to help succeed in sports. This program is instructed by Sportball®.

- **Thompson School (Thompson)** 5.5-8yrs
  - Jan 11-Mar 7: Sa 11:45am-12:45pm $124.80/8 sess 2755520

**TOP SHELF FLOOR HOCKEY**
Learn the basics of this sport and then further develop skills in these inclusive, fun and small group sessions.

- **Thompson Community Centre** 9-12yrs
  - Jan 10: F 4:30-5:30pm $5.25/1 sess 2752333
  - Jan 17-Mar 13: F 4:30-5:30pm $47.25/9 sess 2755284

**TRACK AND FIELD: INTRODUCTION**
Develop fundamental movement skills in the this fun and active indoor activity that teaches the skills of running, jumping and throwing and the technical skill progressions for track and field events.

- **West Richmond Community Centre** 6-8yrs
  - Jan 19-Mar 15: Su 12:00-1:00pm $42.00/8 sess 2755592

**VOLLEYBALL**
Improve game play in these professionally-designed sessions that include mini games and a fun and non-competitive atmosphere.

- **Boyd School (West Richmond)** 6-8yrs
  - Jan 18-Mar 14: Sa 1:15-2:15pm $42.00/8 sess 2755941
  - 9-12yrs
  - Jan 18-Mar 14: Sa 2:15-3:15pm $42.00/8 sess 2755943

- **Cambie Community Centre** 8-12yrs
  - Jan 15-Mar 4: W 4:45-5:45pm $42.00/8 sess 2755438

- **Hamilton Community Centre** 9-12yrs
  - Jan 17-Mar 13: F 3:30-4:30pm $47.25/9 sess 2757449
  - Jan 17-Mar 13: F 4:30-5:30pm $47.25/9 sess 2757562

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**Try TRACK AND FIELD!**

**Ages 9 to 13**

**JUNIOR DEVELOPMENT**

Year-round program

Tues and Thursday

Indoor Training – Jan to March

Outdoor Competitive – Apr to July

Cross Country – Sept to Oct

**RUN, JUMP, THROW!**

**Track 101 Spring Break Camps**

Week-long camps at Clement Track, Minoru

Learn basics of Run, Jump, Throw

Fun Mini-meet competition at end

**www.kajaks.ca**

ARTS – DANCE

CONTEMPORARY AND LYRICAL DANCE
Connect the body, mind and soul through the fluid movements of modern, jazz and classical ballet. Drop-ins welcome if space permits.

Thompson Community Centre
11-16yrs
Jan 11-Mar 14Sa 1:45-2:45pm $73.20/10 sess 2754584

HIP HOP
Move to the newest beats in these easy-going and social sessions.

Cambie Community Centre
13-18yrs
Jan 15-Mar 4W 4:15-5:15pm $58.55/8 sess 2757571
City Centre Community Centre
11-16yrs
Jan 17-Mar 6F 5:15-6:15pm $51.25/7 sess 276048
Thompson Community Centre
13-18yrs
Jan 10F 6:05-7:05pm $7.30/1 sess 2755286
Jan 17-Feb 28F 6:05-7:05pm $51.25/7 sess 2753340

HOUSE DANCE
Learn footwork and body movements to experiment with this unique style of street dance primarily done to house music.

City Centre Community Centre
13-18yrs
Feb 13-Mar 12Th 6:30-7:30pm $36.60/5 sess 2756781

K-POP DANCING
Dance to up-tempo music and learn choreography to match with this fun, social and popular dance style with quick, repetitive movements done in synchronicity.

City Centre Community Centre
13-18yrs
Jan 13-Mar 2M 4:00-5:00pm $51.25/7 sess 2753411
West Richmond Community Centre
13-18yrs
Jan 15-Mar 11W 3:30-4:30pm $65.90/9 sess 2755270

ARTS – VISUAL

GLASS PAINTING
Create unique and beautiful glass jars with this contemporary and fun technique that is derived from the age-old art of stained glass painting.

City Centre Community Centre
13-18yrs
Feb 6-Feb 20Th 5:30-7:30pm $43.90/3 sess 2757305

COMICS AND MANGA
Learn storytelling by drawing a self-made comic or manga. These sessions are led by Cartoon Katie. Drawing supplies and ruler required at each class.

Thompson Community Centre
13-18yrs
Jan 13M 5:50-6:50pm $7.30/1 sess 2756905
Jan 20-Mar 9M 5:50-6:50pm $51.25/7 sess 2753745
FREE Feb 17M 3:15-4:45pm Free/1 sess 2757055

CARTOONING AND ANIMATION
Create original and imaginative pieces by exploring a variety of materials and subject matter that bring characters to life.

Thompson Community Centre
13-18yrs
Jan 16Th 4:00-5:00pm $7.30/1 sess 2755988
Jan 23-Feb 13Th 4:00-5:00pm $29.30/4 sess 2756904
FREE Feb 17M 3:15-4:45pm Free/1 sess 2757055

SONGWRITING WORKSHOP
Develop basic skills by learning the fundamentals and tools needed to creatively write lyrics and make up musical compositions.

Thompson Community Centre
12-19yrs
Feb 8Sa 12:00-2:00pm $25.00/1 sess 2752198

ARTS – MUSIC

GUITAR: LEVEL 1
Start to learn basic guitar skills with up to six other students in these group sessions. Guitar required at each class.

Thompson Community Centre
9-18yrs
Jan 3-Feb 7F 4:35-5:35pm $43.90/6 sess 2752189

GUITAR: LEVEL 2
Continue learning more musical skills in these group sessions that are perfect for musicians with some guitar playing experience. Guitar required at each class. Pre-requisite: Guitar: Level 1 or instructor approval.

Thompson Community Centre
9-18yrs
Jan 3-Feb 7F 3:30-4:30pm $43.90/6 sess 2752191

Internet Registration: www.richmond.ca/register
Computers, Technology and Social Media

CODING ALGORITHMS: INTRODUCTION
Improve foundational skills learning coding skills and programming techniques.
City Centre Community Centre  
Jan 11-Feb 8 ..........Sa ...... 10:00-11:00am .......... $50.00/5 sess .......... 2754375

CODING CLUB
Gain the skills to design games, animations and websites with a gradual introduction to coding concepts and languages that include HTML, Python and Scratch.
City Centre Community Centre 13-18yrs
Jan 11-Feb 8 .............. Sa ...... 11:15am-12:15pm ...... $50.00/5 sess .......... 2754409

CODING: GIRLS ONLY
Learn fundamental computer science concepts that include loops, variables, conditional functions while also building teamwork and leadership skills.
City Centre Community Centre 11-16yrs
Feb 16 ......................Su ...... 1:00-5:00pm .......... $40.00/1 sess .......... 2753192
Feb 22-Mar 14 ..........Sa ...... 10:00-11:00am .......... $40.00/4 sess .......... 2754422

TAKE CONTROL: AN ESPORT CLUB
Compete with other youth on various console games and computer systems while learning to work as a team in a fun environment.
City Centre Community Centre 11-16yrs
Jan 10-Mar 13 ..........F .......... 7:00-8:30pm .......... $70.90/9 sess .......... 2755022

Cooking

BASIC COOKING SKILLS
Whip up fun and tasty dishes while learning some easy culinary tips and tricks.
City Centre Community Centre 13-18yrs
Feb 23-Mar 15 ..............Su ...... 11:00am-12:30pm ...... $79.20/4 sess .......... 2755967

DELECTABLE DESSERTS
Design, make and enjoy a new delicious dessert every day including cakes, cupcakes, pastries and more.
City Centre Community Centre 13-18yrs
Jan 19-Feb 9 ..............Su ...... 11:00am-12:30pm ...... $79.20/4 sess .......... 2755971

IRON CHEF COOKING
Build creative cooking skills from an experienced instructor to prepare for a full-on competition with other students on the final day.
South Arm Community Centre 11-16yrs
Jan 18-Feb 8 ..........Sa ...... 12:30-2:00pm .......... $79.20/4 sess .......... 2756482
Feb 22-Mar 14 ..........Sa ...... 12:30-2:00pm .......... $79.20/4 sess .......... 2756483
Thompson Community Centre 11-16yrs
Jan 21-Feb 11 ..........Tu ...... 4:30-6:00pm .......... $79.20/4 sess .......... 2752343
Feb 18-Mar 10 ..........Tu ...... 4:30-6:00pm .......... $79.20/4 sess .......... 2752344

Fitness

YOUTH IN THE FITNESS CENTRE
Those 13 to 17 year olds are encouraged and welcome to use City of Richmond recreation fitness facilities. The following are required:

• submission of a completed and signed Parental Consent Form and PARQ+ Form found at www.richmond.ca/fitness
• completion of a Youth Orientation session

13 to 15 year olds are required to take this session regardless of previous weight training experience. A session is not required for 16 to 17 year olds with previous weight training experience if noted on the signed Parental Consent Form, however, a meeting with a Fitness Attendant to read and sign a Fitness Centre Etiquette Form is mandatory.

Sessions are free with admission and can be booked at any facility. Find facilities on pages 5-6.

Note: Parental Consent Forms and Youth Orientations need to be completed only once and are transferrable to all City of Richmond recreation fitness centres.

ATHLETIC TRAINING FOR BASKETBALL
Learn specific exercises and movements to improve muscular and cardio strength, endurance, speed and agility along with coordination and power to improve skills needed for this court sport.
South Arm Community Centre 13-17yrs
Jan 11-Feb 29 ..........Sa ...... 11:30am-12:30pm ...... $50.75/7 sess .......... 2755667

FREE GIRLS ONLY FITNESS
Try different physical activities and routines aimed to develop and improve self-esteem, reduce stress and build confidence along with other aspects of fitness and overall health. These sessions are led by certified instructors. Sessions at West Richmond are free with a Youth Facility Pass.
West Richmond Community Centre 13-18yrs
Jan 14-Mar 13 ..........Tu/Th ... 3:15-4:00pm .......... Free/17 sess .......... 2756857
GROUP WEIGHT TRAINING: BOYS AND GIRLS
Learn to weight train and properly use machines, free weights, medicine balls and strength tubes all in a supervised setting.
Thompson Community Centre 13-17yrs
Jan 14-Mar 10 .......... Tu .......... 4:00-5:00pm ............... $85.95/8 sess .......... 2755774

GROUP WEIGHT TRAINING: BOYS ONLY
Learn to weight train and properly use machines, free weights, medicine balls and strength tubes all in a supervised setting. Some sessions may be held outdoors. Maximum class size: 6-8 (West Richmond), 10 (South Arm).
South Arm Community Centre 13-17yrs
Jan 7-Mar 10  .......... Tu .......... 3:45-4:45pm ............... $52.10/10 sess .......... 2755672

GROUP WEIGHT TRAINING: GIRLS ONLY
Learn to weight train and properly use machines, free weights, medicine balls and strength tubes all in a supervised setting. Some sessions held outdoors. Maximum class size: 6-8.
West Richmond Community Centre 13-17yrs
Mar 3-Mar 24 ......... Tu .......... 4:00-5:00pm ............... $42.95/4 sess .......... 2752858

YOGA: FOR YOUTH
Incorporate poses, breathing techniques and positive affirmations that help improve coordination, strength and flexibility for sports and other activities.
Thompson Community Centre 12-18yrs
Jan 13-Mar 9 .......... M .......... 4:45-5:45pm ............... $41.70/8 sess .......... 2755793

YOGA: GIRLS ONLY
Gain flexibility, strength and confidence in these private and non-intimidating sessions.
South Arm Community Centre 13-18yrs
Jan 7-Mar 10 .......... Tu .......... 3:45-4:45pm ............... $52.10/10 sess .......... 2755672

GENERAL INTEREST

FREE ➤ ALLWAYS
Try awesome activities and projects in this safe space for youth of all identities. Weekly meetings are made up of conversation, guest speakers, out trip activities and more exploring gender, identity and acceptance. Drop-in and join at any time. Email myip@richmond.ca for details.
City Centre Community Centre 13-24yrs
W .................................................. 4:00-6:00pm

FREE ➤ CREATING A SMALL BUSINESS WORKSHOP
Find out what's needed to turn a hobby or an idea into a small business in this interactive and insightful session. Registration required.
Sea Island Community Centre 13-18yrs
Mar 15 ............. Su ........ 10:00-11:00am ........ Free/1 sess .......... 2756873

FREE ➤ FINANCIAL LITERACY: BUDGETING
Work to achieve financial goals that might include paying for post-secondary school or buying a car by learning how to spend and save wisely in this social program specifically designed for youth. This session is led by a financial specialist. Registration required.
South Arm Community Centre 11-18yrs
Feb 26 ............... W .......... 3:30-4:30pm ........ Free/1 sess .......... 2756481

FREE ➤ FINANCIAL LITERACY: ENTREPRENEURSHIP
Start to develop entrepreneurial skills by learning about the processes, challenges, risks and rewards of starting a business in this program designed specifically for youth. This session is led by a financial specialist. Registration required.
South Arm Community Centre 11-18yrs
Jan 29 ............... W .......... 3:30-4:30pm ........ Free/1 sess .......... 2756499

FREE ➤ FINANCIAL LITERACY: INVESTING
Learn the essentials of investing, investment options and what asset allocation is in this social program that covers some of the rules that turn money into more money. This session is led by a financial specialist. Registration required.
City Centre Community Centre 13-18yrs
Feb 11 .............. Tu .......... 4:00-5:00pm ........ Free/1 sess .......... 2755972
Sea Island Community Centre 13-18yrs
Jan 12 .............. Su .......... 10:00-11:00am ........ Free/1 sess .......... 2756872

Internet Registration: www.richmond.ca/register
FOODSAFE PROGRAM CERTIFICATION
Receive this accreditation in comprehensive food safety training to work in restaurants, school cafeterias and food fairs. Bring a snack and lunch. Price includes all supplies.

West Richmond Community Centre 13-18yrs
Mar 20 ...............F ..........9:00am-5:00pm ..........$79.00/1 sess ..........2755285

FRIDAY NIGHT HANGOUT: DROP-IN
Stop by and play games, sing karaoke, have snacks and more.

Cambie Community Centre 13-18yrs
Jan 10-Mar 13........F ........................................2:45-8:00pm
City Centre Community Centre 13-18yrs
Jan 10-Mar 13........F ........................................8:30-11:30pm

SKATEBOARDING WORKSHOP
Start to gain the basics of this super popular activity along with skate safety from instructor-led demos, instructions and hands-on practice. Skateboard and all safety equipment including helmet required.

Thompson Community Centre 9-12yrs
Feb 21 ...............F ........4:30-5:30pm ...........$5.25/1 sess ..........2752338
Mar 6 ...............F ........4:30-5:30pm ...........$5.25/1 sess ..........2752340

STEVESTON UNITED PEERS
Develop social skills in this program for youth with developmental disabilities and delays and build confidence participating in fun activities and community outings. These sessions are offered with the Richmond Society for Community Living.

Thompson Community Centre 13-18yrs
Jan 7-Mar 12........Tu/Th ...3:00-6:00pm ...........$200.00/20 sess ..........2752549

KNITTING: BEGINNER AND BEYOND
Learn or continue to develop knitting skills in this fun and friendly program. Price includes supplies.

Steveston Community Centre 13-17yrs
Jan 9-Mar 5........Th ..........5:15-6:15pm ..........$65.90/9 sess ..........2755998

POCKET BILLIARDS: BEGINNER
Build some basic skills and techniques in this program perfect for first time or less-experienced billiards players.

Steveston Community Centre 13-18yrs
Jan 18-Mar 14........Sa ..........3:00-4:00pm ..........$63.90/8 sess ..........2757025

FREE » PRACTICE INTERVIEW SKILLS
Learn interview skills and tips and tricks that include good posture, eye contact and how to highlight relevant experience to a potential employer. Registration required.

Sea Island Community Centre 13-18yrs
Mar 15 ...............Su ..........11:00am-12:00pm ..........Free/1 sess ..........2756874

FREE » RESUME AND INTERVIEW SKILL BUILDING
Learn ways to update a resume, review job postings and learn fundamental interview tips and tricks to get noticed by a potential employer. Bring a personal resume to class. Registration required.

South Arm Community Centre 13-18yrs
Jan 22 ...............W ..........3:30-4:30pm ..........Free/1 sess ..........2756484

YOUTH INTEGRATION
Check out this program tailored to high functioning youth with cognitive delays or social impairment that offers fun, social outings and activities focused on the development of positive social interactions. Call 604-238-8379 or email orajan@richmond.ca for more information.

East Richmond Community Hall (Cambie) 13-25yrs
Jan 13-Mar 9........M ..........6:30-8:30pm ..........$130.00/8 sess ..........2754342

BE AWARE, START WITH SELF-CARE
Learn about essential life skills and self-care with topics that include skincare, nutrition, physical activity and mental wellness. Price includes instruction and activity supplies.

City Centre Community Centre 13-18yrs
Jan 11-Feb 1 ...........Sa ..........11:00am-12:00pm ..........$21.00/4 sess ..........2754788
FREE SELF-CARE FOR MENTAL HEALTH WORKSHOP
Join in this engaging, hands-on session that includes creating a personal wellness toolkit and encourages youth to consider different strategies for managing life's ups and downs.
Thompson Community Centre 13-19yrs
Feb 19 .................................. W .................. 5:00-6:00pm ......... Free/1 sess ............... 2753729

SELF-CARE SERIES
Gain a better understanding of how to take better care mentally, emotionally and physically in this engaging, weekly program that introduces new activities and strategies for youth to improve and maintain personal wellness.
South Arm Community Centre 12-18yrs
Jan 14-Mar 10 ...... Tu ........ 3:30-4:30pm ............... $47.25/9 sess ............... 2756869

FREE TOOLS TO MANAGE STRESS WORKSHOP
Consider different strategies for managing life's up and downs in this session that encourages inclusion and new friendships and experiences. Develop social, leadership and communication skills along with ways to reduce stress and manage emotions while taking this opportunity to connect with youth from other areas of Richmond.
Thompson Community Centre 13-19yrs
Jan 29 .................................. W ............. 5:00-6:00pm ......... Free/1 sess ............... 2753728

Leadership

FREE BLAIR AFTERSCHOOL MENTORSHIP
Gain mentorship, leadership and group facilitation skills as a volunteer in this after-school program that aims to engage elementary school students with school work, STEAM activities (science, technology, engineering, art and math) and leadership. Recruitment is ongoing. Email myip@richmond.ca for details.
Blair School (Thompson) 14-18yrs
Tu ............................................................... 3:00-5:00pm

CITY CENTRE YOUTH LEADERSHIP TEAMS
Find meaningful and rewarding volunteer experiences and learn what it takes to be a community leader. Email myip@richmond.ca for details.
City Centre Community Centre 13-18yrs
Footprints (Arts, Culture and Music) ................................................................. 5:15-6:15pm
C-Change (Social responsibility and Mental Wellness) ......................................... 6:15-7:15pm
Beta U (Business, Entrepreneurship and Human Resource Development) ............... 7:15-8:15pm
CCR (Youth Engagement and Physical Activity) .................................................... 3:45-4:45pm

CITY CENTRE YOUTH MENTORSHIP TEAMS
Develop mentorship, leadership and group facilitation skills as a volunteer in this after-school program that aims to engage elementary school students with school work, STEAM activities (science, technology, engineering, art and math) and leadership. Recruitment is ongoing. Email myip@richmond.ca for details.
Anderson School (City Centre) 14-18yrs
Tu ............................................................... 3:30-6:00pm
Th ............................................................... 3:30-6:00pm
Lang Centre (City Centre) 14-18yrs
W ............................................................... 3:30-6:00pm
General Currie School (City Centre) 14-18yrs
F ............................................................... 3:30-6:00pm

FREE GLITTER
Come learn about LGBTQ+ related issues, gain leadership skills and connect with other LGBTQ youth in Richmond in this leadership and volunteer opportunity. Email rmurao@richmond.ca for details.
South Arm Community Centre 13-24yrs
Tu ............................................................... 4:00-6:00pm

FREE PAINT
Meet people and talk about gender, identity and acceptance in this peer-led, drop-in club that is a safe space for LGBTQ2S+ youth and allies. Go on out trips, benefit from guest speaker presentations and learn about available leadership opportunities.
Cambie Community Centre 13-24yrs
Th ............................................................... 4:00-6:00pm

SOUTH ARM YOUTH COUNCIL
Gain valuable volunteer experience, develop important leadership skills and make an impact in the community. Attend weekly meetings that consist of planning and organizing youth events and initiatives. New members welcome! Email rmurao@richmond.ca for details.
South Arm Community Centre 13-18yrs
M ............................................................... 3:30-4:30pm

STEVESTON YOUTH COUNCIL
Develop leadership skills, gain volunteer experience and give back to the community as part of this program. New members are always welcome. All councillors are eligible to receive volunteer hours. Phone 604-238-8087 or email iwong2@richmond.ca for more details.
Steveston Community Centre 13-18yrs
Th ............................................................... 3:30-4:30pm

Internet Registration: www.richmond.ca/register
THOMPSON YOUTH COUNCIL
Create new and fun community initiatives and events while making an impact in the community working with this volunteer Leadership and Engagement Team. New members always welcome. Phone 604-238-8432 or email dasuncan@richmond.ca for more details.

Thompson Community Centre 13-18yrs
Th.................................................................3:30-4:30pm

YOUTH IN ACTION
Help plan and run events and projects in the community and gain leadership skills at the same time in this youth-led group. Phone 604-238-8416 or email bwalker@richmond.ca for details.

West Richmond Community Centre 13-18yrs
Th.................................................................3:45-4:45pm

YOUTH TAKING CHARGE
Develop leadership skills, gain volunteer experience and give back to the community as part of this program. New members are always welcome. All councillors are eligible to receive volunteer hours. Email orajan@richmond.ca for details.

Cambie Community Centre 13-18yrs
Th.................................................................3:30-4:30pm

Nature and Science

FREE COMMUNITY GARDEN GROUP
Join this special group for hands-on projects that include planting, weeding and harvesting a variety of fruits, vegetables and flowers. Participants also cook and eat some of the food grown in the garden.

South Arm Community Centre 13-18yrs
Jan 8-Mar 11.........W ..........3:30-4:30pm ..........Free/10 sess ..........2756497

Outdoor Trips and Tours

INDOOR ROCK CLIMBING TRIP
Try this great mental and physical challenge at a Lower Mainland facility. Price includes gear rental, activity cost and transportation. Bring beverages and snacks.

South Arm Community Centre 11-16yrs
Feb 14......................F ........10:00am-2:30pm ..........$31.35/1 sess ..........2756871

Racquet Sports

BADMINTON
Focus on serving techniques, forehand and backhand grips, rules and basic game concepts to improve both single and doubles play at all skill levels.

Thompson Community Centre 11-16yrs
Jan 11-Mar 14........Sa ..........3:30-4:30pm ..........$51.20/10 sess ..........2754362

BADMINTON: BEGINNER
Learn various serves, forehand and backhand grips plus other badminton basics. Combine the skills and knowledge learned in this class to play this fun and interactive game!

Anderson School (City Centre) 13-18yrs

BADMINTON: INTERMEDIATE
Apply the strategy, speed and placement skills learned in practices to high-energy games. Basic and refined strokes are covered along with control and consistency. Pre-requisite: previous badminton experience.

Anderson School (City Centre) 13-18yrs
Jan 12-Mar 8.........Su ..........11:30am-12:30pm ...........$46.10/9 sess ..........2756735

General Currie School (City Centre) 13-18yrs
Jan 11-Mar 7.........Sa ..........10:45-11:45am ...........$47.25/9 sess ..........2757005

South Arm Community Centre 13-18yrs
Jan 8-Mar 11.........W ..........3:30-4:30pm ..........$51.20/10 sess ..........2756492

STEVESTON COMMUNITY CENTRE 13-18yrs
Jan 16-Mar 12.........Th ..........5:30-7:00pm ..........$69.10/9 sess ..........2752415

Nature and Science

FREE COMMUNITY GARDEN GROUP
Join this special group for hands-on projects that include planting, weeding and harvesting a variety of fruits, vegetables and flowers. Participants also cook and eat some of the food grown in the garden.

South Arm Community Centre 13-18yrs
Jan 8-Mar 11.........W ..........3:30-4:30pm ..........Free/10 sess ..........2756497

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BADMINTON: BEGINNER
Learn various serves, forehand and backhand grips plus other badminton basics. Combine the skills and knowledge learned in this class to play this fun and interactive game!

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Jan 12-Mar 8.........Su ..........11:30am-12:30pm ...........$46.10/9 sess ..........2756735

General Currie School (City Centre) 13-18yrs
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South Arm Community Centre 13-18yrs
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STEVESTON COMMUNITY CENTRE 13-18yrs
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Nature and Science

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South Arm Community Centre 13-18yrs
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South Arm Community Centre 11-16yrs
Feb 14......................F ........10:00am-2:30pm ..........$31.35/1 sess ..........2756871

Racquet Sports

BADMINTON
Focus on serving techniques, forehand and backhand grips, rules and basic game concepts to improve both single and doubles play at all skill levels.

Thompson Community Centre 11-16yrs
Jan 11-Mar 14........Sa ..........3:30-4:30pm ..........$51.20/10 sess ..........2754362
**TENNIS: INTERMEDIATE (2.0-3.0)**
Build on the fundamentals of this racquet sport using progressive instruction, practicing matches and expanding on rules and scoring knowledge.

Steveston Community Centre 13-18yrs
Jan 11-Mar 7...........Sa ........ 1:30-2:30pm ........... $113.90/8 sess .......... 2752630
Jan 12-Mar 8...........Su ........ 4:30-5:30pm ........... $113.90/8 sess .......... 2752629
Jan 14-Mar 10.........Tu ........ 6:00-7:00pm ........... $192.25/9 sess .......... 2752627
Jan 15-Mar 11.......W ........ 6:30-7:30pm ........... $128.15/9 sess .......... 2752628

**TENNIS: ADVANCED (3.0-4.0)**
Achieve consistent rallying skills, serves and volleys along with strategies for singles and doubles play.

Steveston Community Centre 13-18yrs
Jan 11-Mar 7...........Sa ........ 2:30-4:30pm ........... $246.55/8 sess .......... 2752579
Jan 13-Mar 9.........M ........ 5:00-6:30pm ........... $184.90/8 sess .......... 2752578
Jan 17-Mar 13.......F ........ 4:30-6:30pm ........... $246.55/8 sess .......... 2752580

**BASKETBALL DEVELOPMENT**
Improve skill and fitness levels with a focus on intermediate skills with instructor-led offensive and defensive techniques and drills.

McRoberts School (South Arm) 13-18yrs
Jan 18-Mar 7..........Sa ....... 9:30-11:00am .......... $55.15/7 sess .......... 2756474
Thompson Community Centre 11-16yrs
Jan 7-Mar 10.........Tu ........ 5:45-6:45pm .......... $52.50/10 sess .......... 2752187

**BASKETBALL: RYBL LEAGUE**
Develop skills in a game environment. Sessions include a team forming night, regular season play and playoff games for players in grades 8, 9 and 10. Price includes a RYBL t-shirt. Find details at www.rybl.ca.

**RYBL JUMP BASKETBALL**
Develop basketball skills and concepts while bringing skills to the next level. Players are split into appropriate ability levels for instruction and games. Find details at www.rybl.ca.

**VOLLEYBALL: ALL LEVELS**
Improve skills and techniques and have fun playing this court sport.

McRoberts School (South Arm) 13-18yrs
Jan 18-Mar 7..........Sa ....... 11:30am-1:00pm ........... $55.15/7 sess .......... 2756403
Steveston Community Centre 13-18yrs
Jan 18-Mar 14........Sa ...... 4:30-5:30pm ........... $42/8 sess .......... 2756405

Find Try-It! programs on page 110.

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**YOUTH DROP-IN GYM SCHEDULE – JANUARY 2 – MARCH 31**

<table>
<thead>
<tr>
<th>Facility</th>
<th>Mon</th>
<th>Tue</th>
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<tbody>
<tr>
<td>Cambie Community Centre</td>
<td>Open Gym</td>
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<td>South Arm Community Centre</td>
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## YOUTH DROP-IN GYM SCHEDULE – JANUARY 2 – MARCH 31 CONT’D

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<th>Facility</th>
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<tbody>
<tr>
<td>Steveston Community Centre</td>
<td><strong>Open Gym</strong> 13-18yrs 3:00-4:30pm</td>
<td><strong>Open Gym Girls Only</strong> 13-18yrs 3:30-5:30pm</td>
<td><strong>Volleyball</strong> 13-18yrs 3:30-5:30pm</td>
<td><strong>Badminton All Ages</strong> 3:30-5:00pm</td>
<td><strong>Open Gym</strong> 13-18yrs 5:45-7:45pm</td>
<td><strong>Table Tennis</strong> 13-18yrs 8:30-10:00pm</td>
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<tr>
<td>Thompson Community Centre</td>
<td><strong>Multisport Intramurals</strong> 13-18yrs 12:30-1:30pm</td>
<td><strong>Open Gym</strong> 13-18yrs 12:30-1:30pm</td>
<td><strong>Open Gym</strong> 13-18yrs 12:30-1:30pm</td>
<td><strong>Open Gym</strong> 13-18yrs 5:30-8:00pm</td>
<td><strong>Friday Night Basketball</strong> 13-18yrs 8:00-11:00pm</td>
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<td>West Richmond Community Centre</td>
<td><strong>Open Gym</strong> 13-18yrs 12:30-1:30pm</td>
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<td><strong>Volleyball</strong> 13-18yrs 5:45-7:45pm</td>
<td><strong>Basketball</strong> 13-18yrs 2:00-4:00pm</td>
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<tr>
<td>Gym Drop-In Fees:</td>
<td><strong>Youth (13-18yrs) Facility Pass</strong></td>
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<td><strong>Friday Night Basketball</strong> 13-18yrs 8:00-11:30pm</td>
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<td>Adults (19+yrs) $5.25</td>
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<td><strong>Friday Night Basketball</strong> 13-18yrs 8:00-11:30pm</td>
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<tr>
<td>Friday Night Basketball and Volleyball Fees:</td>
<td><strong>Youth (13-18yrs) $2.65</strong></td>
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<td>Adults (19+yrs) $5.25</td>
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<td><strong>Friday Night Basketball Hours (13-25yrs)</strong></td>
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<td><strong>Cambie Community Centre</strong> 9:00-11:45pm</td>
<td><strong>South Arm Community Centre</strong> 8:15-11:15pm</td>
<td><strong>Steveston Community Centre</strong> 8:00-11:30pm</td>
<td><strong>Thompson Community Centre</strong> 8:00-11:00pm</td>
<td><strong>West Richmond Community Centre</strong> 8:00-11:00pm</td>
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</table>
**ADAPTIVE DANCE**  
Improve strength, mobility and balance with moves learned in this unique dance program designed for those with Parkinson's or other mobility challenges.  
Minoru Centre for Active Living  

**BALLET**  
Work on coordination, strength and flexibility by learning techniques that include pirouettes, jumps, ports de bras and adage.  
Steveston Martial Arts Centre (Steveston)  
Jan 13-Mar 9 .......... M .......... 1:00-2:00pm .......... $58.55/8 sess .......... 2752419

**BELLYDANCING: BEGINNER**  
Focus on posture, stamina, coordination and flexibility in this fun, easy-to-follow and stress-free exercise and fitness regimen.  
West Richmond Community Centre  
Jan 16-Mar 12 .......... Th .......... 8:00-9:00pm .......... $65.90/9 sess .......... 2757295

**BOLLYWOOD DANCE**  
Perform high energy and fun dance moves to upbeat Indian Bollywood music in this program that covers fundamental choreography and techniques.  
Cambie Community Centre  
Jan 15-Feb 5 .......... W .......... 10:45-11:45am .......... $29.30/4 sess .......... 2757049  

**CONTEMPORARY AND LYRICAL DANCE**  
Connect the body, mind and soul in this genre-expressive dance with fluid movements of modern, jazz and classical ballet. Drop-ins welcome if space permits.  
City Centre Community Centre  

**HIP HOP**  
Cover fundamental choreography, technique and freestyle in this positive and fun class that includes grooving, pop and locking, krumping and street jazz movements.  
City Centre Community Centre  
Jan 16-Mar 12 .......... Th .......... 6:30-7:30pm .......... $65.90/9 sess .......... 2757098

**HIP HOP: BEGINNER**  
Learn the basics of musicality, team work and conditioning through easy-to-learn routines.  
Thompson Community Centre  
Jan 11-Mar 14 .......... Sa .......... 12:30-1:30pm .......... $73.20/10 sess .......... 2754580

**LATIN FUNK*: BEGINNER**  
Incorporate a mix of seven Latin dance styles all with a splash of Hip Hop, Afro Funk and Jazz in this original, high-energy dance fitness class. No partner required. Drop-ins welcome if space permits.  
City Centre Community Centre  
Jan 14-Mar 10 .......... Tu .......... 6:00-7:00pm .......... $90.00/9 sess .......... 2754598

**LATIN FUNK*: ADVANCED**  
Learn more complex steps in this unique, high-energy dance fitness class. No partner required. Drop-ins welcome if space permits.  
West Richmond Community Centre  
Jan 11-Mar 21 .......... Sa .......... 10:30-11:30am .......... $100.00/10 sess .......... 2752861

**OLD TIME DANCING**  
Move to the same standardized 16 bar sequences at the same time in this forerunner to today's ballroom dancing. No partner or dance experience required. Drop-ins welcome.  
Tomsett School (Cambie)  
Jan 8-Apr 22 .......... W .......... 7:30-10:00pm .......... $81.20/14 sess .......... 2754191

**SCOTTISH COUNTRY DANCING**  
Discover this popular class that is colourful, lively and includes irresistible music. No partner or dance experience required. Drop-ins welcome.  
Tomsett School (Cambie)  
Jan 9-Apr 23 .......... Th .......... 7:30-10:00pm .......... $81.20/14 sess .......... 2754290

Find additional Arts Centre adult dance classes on pages 19-20.

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**Arts – Music**

**TAIKO DRUMMING: LEVEL 1**  
Release stress and tension while learning different patterns and rhythms in this uplifting and unique group playing experience.  
South Arm Community Centre  
Jan 14-Mar 24 .......... Tu .......... 6:30-7:30pm .......... $80.50/11 sess .......... 2757492

**TAIKO DRUMMING: LEVEL 2**  
Perfect new skills, engage in more vocal shouts and drills and learn pieces with complex rhythms all in this fun, energetic and creative environment. Pre-requisite: Taiko Drumming: Level 1.  
South Arm Community Centre  
Jan 14-Mar 24 .......... Tu .......... 7:30-8:30pm .......... $80.50/11 sess .......... 2757493
TAIKO DRUMMING: LEVEL 3
Create a new mind-enriching repertoire with musical pieces that focus on challenging patterns and the beauty of movements and music. Pre-requisite: Taiko Drumming: Level 2.
South Arm Community Centre  18+yrs
Jan 14-Mar 24........ Tu........ 6:30-7:30pm ............ $80.50/11 sess ............ 2757494

TAIKO DRUMMING: LEVEL 4
Learn the art of soloing, become a more confident player and be challenged with the composition of new musical pieces learned as a group. Pre-requisite: Taiko Drumming: Level 3.
South Arm Community Centre  18+yrs
Jan 14-Mar 24........ Tu........ 5:15-6:15pm ............ $80.50/11 sess ............ 2757497
Jan 14-Mar 24........ Tu........ 7:30-8:30pm ............ $80.50/11 sess ............ 2757496

FREE  ART CAFÉ: DROP-IN
Create an artistic piece while enjoying light refreshments and music with other artists in the community.
City Centre Community Centre  18+yrs
Ongoing........ Tu........ 7:30-9:30pm .......................... Free/9 sess

CHINESE BRUSH PAINTING: BEGINNER
Explore this ancient art and create beautiful pieces by practicing basic techniques and experimenting with various exercises.
City Centre Community Centre  18+yrs
Jan 15-Mar 4........ W........ 6:00-7:30pm ............ $87.85/8 sess ............ 2757223

FROM DRAWING TO WATERCOLOUR
Create a personal masterpiece from start to finish with step-by-step instruction.
City Centre Community Centre  18+yrs
Jan 13-Mar 9........ M........ 10:00am-12:00pm ........ $117.10/8 sess ............ 2757195

GLASS PAINTING
Create unique and beautiful glass jars with this contemporary and fun technique that is derived from the age old art of stained glass painting.
City Centre Community Centre  18+yrs
Feb 4-Feb 18........ Tu........ 6:00-8:00pm ............ $43.90/3 sess ............ 2757304

PAINT NIGHT
Recreate a famous painting to take home with step-by-step instruction. No experience required. This program is instructed by Party with Laura.
East Richmond Community Hall (Cambie)  18+yrs
Feb 13............... Th........ 6:00-8:30pm ............ $35.00/1 sess ............ 2757086
Mar 26............... Th........ 6:00-8:30pm ............ $35.00/1 sess ............ 2757087

PAINTING: ACRYLIC PAINTING
Learn basic applications and techniques through detailed demonstrations and the process of building an acrylic painting from start to finish.
City Centre Community Centre  18+yrs
Jan 8-Mar 4........ W........ 10:00am-12:00pm ........ $117.10/8 sess ............ 2757550

PHOTOGRAPHY: FUNDAMENTALS: LEVEL 1
Explore a camera’s functions and learn some basic photographic techniques. A digital camera and instruction book are required at each class.
City Centre Community Centre  18+yrs
Jan 26-Feb 16 ........ Su........ 9:30-11:30am ............ $58.55/4 sess ............ 2757590
Jan 29-Feb 19 ........ W........ 6:30-8:30pm ............ $58.55/4 sess ............ 2757297

PHOTOGRAPHY: FUNDAMENTALS: LEVEL 2
Build on the essentials of photography and learn intermediate tips on composition, lighting and exposures. A digital camera and instruction book are required at each class. Pre-requisite: Photography Fundamentals Level 1.
City Centre Community Centre  18+yrs
Feb 23-Mar 29 ........ Su........ 9:30-11:30am ............ $87.85/6 sess ............ 2757299
Feb 26-Mar 25 ........ W........ 6:30-8:30pm ............ $73.20/5 sess ............ 2757592

PHOTOGRAPHY: FUNDAMENTALS: LEVEL 3
Learn how advanced photographic techniques that include depth of field, composition, lighting and exposure come together to create unique images. A digital camera and instruction book are required at each class. Pre-requisite: Photography Fundamentals: Level 2.
City Centre Community Centre  18+yrs
Feb 26-Apr 1 ........ W........ 1:30-3:30pm ............ $87.85/6 sess ............ 2757301

COOKING AT HAMILTON
Cover a wide range of culinary topics in this hands-on class. Call 604-718-8055 for specific class details. Price includes all supplies.
Hamilton Community Centre  18+yrs
Jan 15-Feb 5 ........ W........ 6:30-8:00pm ............ $79.20/4 sess ............ 2757556

Find private guitar, piano, violin and ukulele lessons on pages 74–75.
PIZZA MAKING
Make unique and personal pies that might include vegetarian, dessert and unique crust pizzas. Price includes all ingredients and lots of samples.
East Richmond Community Hall (Cambie) 18+yrs
Feb 6 .................. Th ........ 11:00am-1:00pm .... $26.40/1 sess .............. 2755335

SOUPS AND STEWS
Discover different techniques to make healthy, hearty, delicious meals using fresh ingredients and also take home easy-to-learn recipes.
East Richmond Community Hall (Cambie) 18+yrs
Jan 16 .................. Th ........ 11:00am-1:00pm .... $26.40/1 sess .............. 2754411

SOURDOUGH BREAD MAKING
Learn to make a basic sourdough bread loaf using wild yeast and whole grain flours. Bring a loaf pan to take the dough home from class.
South Arm Community Centre 18+yrs
Jan 21-Jan 28 ...... Tu ........ 6:00-8:00pm ........ $52.80/2 sess .............. 2757486
Mar 3-Mar 10 ...... Tu ........ 6:00-8:00pm ........ $52.80/2 sess .............. 2757487

FREE FAMILY DAY BREAKFAST
Enjoy a pancake breakfast complete with fruit, juice, coffee and other tasty items. Registration required.
Steveston Community Centre All Ages
Feb 17 ................. M ........ 9:00-10:30am .......... Free/1 sess .............. 2752457

CPR C AND AED: BASIC RESCUE RECERTIFICATION
Review, reinforce and get recertified to perform lifesaving procedures on babies, children and adults that are choking or experiencing breathing issues or cardiac arrest. Training on two-person CPR procedures with an automatic external defibrillator also reviewed.
Minoru Centre for Active Living 13+yrs
Jan 20 ................. M ........ 4:00-7:30pm ........ $49.10/1 sess .............. 2756885
Feb 24 ................. M ........ 4:00-7:30pm ........ $49.10/1 sess .............. 2756885
Mar 23 ................. M ........ 4:00-7:30pm ........ $49.10/1 sess .............. 2756885
Watermania 13+yrs
Jan 15 ................. W ........ 9:00am-12:30pm .... $49.10/1 sess .............. 2752927
Feb 22 ................. Sa ........ 9:00am-12:30pm .... $49.10/1 sess .............. 2752927
Mar 21 ................. Sa ........ 9:00am-12:30pm .... $49.10/1 sess .............. 2752927

EMERGENCY FIRST AID, CPR C AND AED
Learn lifesaving skills that include how to use an automatic external defibrillator.
Minoru Centre for Active Living 13+yrs
Jan 6-Jan 8 .......... M/W ........ 5:00-9:00pm .... $93.00/2 sess .............. 2756865
Feb 3-Feb 5 .......... M/W ........ 5:00-9:00pm .... $93.00/2 sess .............. 2756865
Mar 2-Mar 4 .......... M/W ........ 5:00-9:00pm .... $93.00/2 sess .............. 2756865
Thompson Community Centre 13+yrs
Feb 2 ................. Su ........ 9:00am-5:00pm .... $93.00/1 sess .............. 2754490
Watermania 13+yrs
Jan 18 ................. Sa ........ 9:00am-5:00pm .... $93/1 sess .............. 2752907
Feb 8 ................. Sa ........ 9:00am-5:00pm .... $93/1 sess .............. 2752908
Feb 19 ................. W ........ 9:00am-5:00pm .... $93/1 sess .............. 2752909
Mar 7 ................. Sa ........ 9:00am-5:00pm .... $93/1 sess .............. 2752911
Mar 18 ................. W ........ 9:00am-5:00pm .... $93/1 sess .............. 2752910

EMERGENCY FIRST AID, CPR C AND AED RECERT
Review, reinforce and get recertified in lifesaving skills and how to use an automatic external defibrillator.
Minoru Centre for Active Living 13+yrs
Jan 20 ................. M ........ 4:00-9:00pm .... $60.80/1 sess .............. 2756487
Feb 24 ................. M ........ 4:00-9:00pm .... $60.80/1 sess .............. 2756488
Mar 23 ................. M ........ 4:00-9:00pm .... $60.80/1 sess .............. 2756489
Thompson Community Centre 13+yrs
Feb 2 ................. Su ........ 9:00am-1:00pm .... $60.80/1 sess .............. 2754491
Watermania 13+yrs
Jan 15 ................. W ........ 9:00am-2:30pm .... $60.80/1 sess .............. 2752927
Jan 26 ................. Su ........ 9:00am-2:30pm .... $60.80/1 sess .............. 2752928
Feb 22 ................. Sa ........ 9:00am-2:30pm .... $60.80/1 sess .............. 2752924
Mar 21 ................. Sa ........ 9:00am-2:30pm .... $60.80/1 sess .............. 2752925

CPR C AND AED
Learn lifesaving procedures to perform on babies, children and adults along with two-person CPR techniques with an automatic external defibrillator.
Minoru Centre for Active Living 13+yrs
Jan 6-Jan 8 .......... M/W ........ 5:00-9:00pm .... $78.00/2 sess .............. 2756461
Feb 3-Feb 5 .......... M/W ........ 5:00-9:00pm .... $78.00/2 sess .............. 2756462
Mar 2-Mar 4 .......... W ........ 5:00-9:00pm .... $78.00/2 sess .............. 2756463
Thompson Community Centre 13+yrs
Feb 22 ................. Sa ........ 10:00am-3:00pm .... $78.00/1 sess .............. 2754489
Watermania 13+yrs
Jan 18 ................. Sa ........ 9:00am-2:30pm .... $78.00/1 sess .............. 2752902
Feb 8 ................. Sa ........ 9:00am-2:30pm .... $78/1 sess .............. 2752905
Feb 19 ................. W ........ 9:00am-2:30pm .... $78.00/1 sess .............. 2752906
Mar 7 ................. Sa ........ 9:00am-2:30pm .... $78/1 sess .............. 2752903
Mar 18 ................. W ........ 9:00am-2:30pm .... $78.00/1 sess .............. 2752904

First Aid

FAMILY DAY BREAKFAST
EMERGENCY FIRST AID, CPR C AND AED
EMERGENCY FIRST AID, CPR C AND AED RECERT
INFANT AND CHILD CPR BASICS
Gain skills and the confidence to help a child or infant when needed in this program taught by Primary Care First Aid. This is not a certification course.
Thompson Community Centre 16+yrs
Jan 22 ................. W ....... 6:30-8:00pm .......... $40.00/1 sess .......... 2754492
Mar 14 ................. Sa ....... 1:30-3:00pm .......... $40.00/1 sess .......... 2754494

STANDARD FIRST AID, CPR C AND AED
Learn lifesaving procedures to perform on babies, children and adults along with two-person CPR techniques with an automatic external defibrillator.
Minoru Centre for Active Living 13+yrs
Jan 6-Jan 15 .......... M/W .... 5:00-9:00pm .......... $147.65/4 sess .......... 2756452
Feb 3-Feb 12 ........... M/W .... 5:00-9:00pm .......... $147.65/4 sess .......... 2756453
Mar 2-Mar 11 .......... M/W .... 5:00-9:00pm .......... $147.65/4 sess .......... 2756454

STANDARD FIRST AID, CPR C AND AED RECERT
Renew lifesaving procedures to perform on babies, children and adults along with two-person CPR technique with an automatic external defibrillator. This course is for professionals with current Standard First Aid completed within the past three years.
Minoru Centre for Active Living 13+yrs
Jan 20-Jan 22 .......... M ........ 4:00-8:00pm .......... $67.75/2 sess .......... 2756475
W ........ 5:00-8:00pm
Feb 24-Feb 26 .......... M ........ 4:00-8:00pm .......... $67.75/2 sess .......... 2756476
W ........ 5:00-8:00pm
Mar 23-Mar 25 .......... M ........ 4:00-8:00pm .......... $67.75/2 sess .......... 2756477
W ........ 5:00-8:00pm

Watermania 13+yrs
Jan 18-Jan 19 .......... Sa-Su .... 9:00am-5:00pm .......... $148.00/2 sess .......... 2752912
Jan 26 .......... Su ....... 9:00am-5:00pm .......... $67.75/1 sess .......... 2752913
Feb 22 .......... Su ....... 9:00am-5:00pm .......... $67.75/1 sess .......... 2752920
Mar 21 .......... Sa ........ 9:00am-5:00pm .......... $67.75/1 sess .......... 2752921
Adults

Fitness

Drop-In Fitness

Boost overall fitness and energy in a fun and social drop-in fitness class. These specialty classes address all components of fitness including cardiovascular endurance, muscular strength and endurance, and flexibility. Classes are designed for all fitness levels from the “new-to-fitness” to the seasoned steppers, and from teens to older adults. For the safe and enjoyment of participants, admittance is not permitted after the first five minutes of class.

Classes are offered at the following community recreation facilities:

- Cambie Community Centre
- City Centre Community Centre
- Hamilton Community Centre
- Minoru Centre for Active Living
- South Arm Community Centre
- Steveston Community Centre
- Thompson Community Centre
- Watermania
- West Richmond Community Centre

Find location addresses on pages 4-6.

Each facility offers a unique complement of classes. Here are just some of the classes offered:

- Abs and Back
- Boot Camp
- Fit and Functional
- Fit Ball Workouts
- Functional Training
- Kardio Kick Box
- Low Impact
- Power Dance
- Power Pedal
- Rise ‘n Ride
- Spin ‘n Yoga
- Spin and Core
- Group Cycling
- Step
- Tabata
- Total Body Conditioning
- Yoga

Find individual schedules at recreation facilities or online: www.richmond.ca/fitnessschedules

www.richmond.ca/fitnessschedules

Internet Registration: www.richmond.ca/register
THE PAR-Q+ (PHYSICAL ACTIVITY READINESS QUESTIONNAIRE)

When taking part in any fitness activity at a City facility, it's required to either complete a printed version of the PAR-Q+ Form or to read the large poster version of the form. Download and print the form from www.richmond.ca/fitness, or confirm completion online at www.eparmedx.com. This form is designed to identify people for whom exercise may pose a risk.

PERSONAL TRAINING

Registered personal trainers work with individuals to plan and help reach fitness goals safely and effectively. To book appointments, or to learn more about the fitness benefits of personal training, phone any fitness centre listed at the beginning of this section.

PERSONAL TRAINING – INDIVIDUAL

1 (1 hour) session ................................................................. $53.95
3 (1 hour) sessions .............................................................. $153.75
5 (1 hour) sessions .............................................................. $242.80
10 (1 hour) sessions .............................................................. $458.60
10 (30 minute) sessions ............................................................ $242.80
20 (30 minute) sessions ............................................................ $458.60
Taxes included.

PERSONAL TRAINING – GROUP

For 2 to 3 people per session with the cost split between clients. Sessions are 60 minutes.
1 session .............................................................................. $80.90
3 sessions ............................................................................. $230.65
5 sessions ............................................................................. $363.95
10 sessions ............................................................................. $657.85
Taxes included.

Personal training sessions are not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

Registration Call Centre: 604-276-4300
FITNESS ASSESSMENT OR BODY COMPOSITION AT SOUTH ARM COMMUNITY CENTRE
These services include fitness and lifestyle counseling, body weight, weight distribution, girth measurements and consultation. Appointment required. Phone 604-238-8488 for details.

TEAM CROSS TRAINING AT SOUTH ARM AND STEVESTON COMMUNITY CENTRES
This series of group cycling classes (spinning) is for athletes and coaches of various sporting teams including hockey, football, soccer and lacrosse. Led by an instructor, these workouts are geared to suit the needs of each team and keeps members in super shape all season long. For details phone:
- South Arm Community Centre: 604-238-8484
- Steveston Community Centre: 604-238-8097

FITNESS CENTRE ORIENTATION
In this session, a registered weight trainer covers proper techniques for equipment use and reviews fitness centre etiquette. Phone the specific community centre to book an appointment. Drop-in fee applies.

YOUTH IN THE FITNESS CENTRES
Youth 13 to 17 year olds are encouraged and welcome to use City of Richmond recreation fitness facilities with the following requirements:
- submission of a completed and signed Parental Consent Form and PARQ+ Form found at www.richmond.ca/fitness
- completion of a Youth Orientation session

Note: Parental Consent Forms and Youth Orientations only need to be completed once and are transferrable to all City of Richmond recreation fitness centres.

YOUTH IN THE FITNESS CENTRES

ADAPTED FITNESS
Improve mobility, strength, flexibility and coordination in this program designed for people with physical challenges that may include head injuries, symptoms from a stroke or MS. Drop-ins welcome if space permits.
South Arm Community Centre 18+yrs
Jan 9-Feb 13 ......... Th ........ 1:30-2:30pm ............... $26.40/6 sess .......... 2753501
Feb 20-Mar 19 ......... Th ........ 1:30-2:30pm ............... $22.00/5 sess .......... 2753503

BARRE FITNESS
Tone, strengthen and sculpt the entire body using movements based on ballet barre work that improves posture, alignment and body awareness. No dance experience required.
City Centre Community Centre 16+yrs
Jan 6-Feb 10 .......... M ........ 6:45-7:45pm ............... $43.50/6 sess .......... 2756579
Feb 24-Mar 30 ......... M ........ 6:45-7:45pm ............... $43.50/6 sess .......... 2756580

BARRE MOVES
Strengthen and soar in this unique exercise class that combines elements of ballet, Pilates, functional movement and stretching to challenge the core, tone muscles and have fun.
Minoru Centre for Active Living 18+yrs
Jan 8-Mar 25 ............ W ........ 7:15-8:15pm ............... $97.30/12 sess .......... 2755480
Jan 13-Mar 30 ............ M ........ 7:30-8:30pm ............... $89.20/11 sess .......... 2755296

BOLLY X®
Jump into this Bollywood-inspired dance-fitness program that combines dynamic choreography with popular global music.
South Arm Community Centre 18+yrs
Jan 7-Feb 11 ............ Tu ........ 6:45-7:45pm ............... $43.50/6 sess .......... 2753504
Feb 18-Mar 17 ............ Tu ........ 6:45-7:45pm ............... $36.25/5 sess .......... 2753505

BOOT CAMP
Add intensity to working out in this circuit-style class that includes the use of fitness equipment for an efficient and effective fitness challenge.
West Richmond Community Centre 18+yrs
Jan 7-Mar 10 ............ Tu ........ 7:30-8:30pm ............... $72.50/10 sess .......... 2752810

BOXING VS. STRENGTH AND CONDITIONING
Switch back and forth between boxing pad work and weights in this full body workout led by two specialty instructors teaching simultaneously.
South Arm Community Centre 18+yrs
Jan 5-Mar 8 ............ Su ........ 11:00am-12:00pm ............... $65.25/9 sess .......... 2753506

CARDIO SALSA
Work out to recognizable Latin rhythms that include the Salsa, Reggeaton, Cumbia and Merengue in this high-energy fitness dance class. No partner required. This class was formerly called Ethno-Fusion.
West Richmond Community Centre 18+yrs
Jan 8-Mar 11 ............ W ........ 6:00-7:00pm ............... $72.50/10 sess .......... 2752365
**FUNCTIONAL TRAINING: KNEES AND HIPS**
Improve joint health while working on balance, agility and endurance in this class that includes indoor cycling and use of TRX and other small equipment.

**Steveston Community Centre** 18+yrs
Jan 7-Feb 13 ..........Tu/Th ..........2:45-3:45pm .......... $87.00/12 sess ..........2756177
Feb 18-Mar 26 ..........Tu/Th ..........2:45-3:45pm .......... $87.00/12 sess ..........2756178

**GROUP WEIGHT TRAINING: BEGINNER**
Learn to weight train and properly use machines, free weights, medicine balls and strength tubes all in a supervised setting.

**City Centre Community Centre** 16+yrs
Jan 3-Feb 7 ..........F ..........6:00-7:00pm .......... $64.45/6 sess ..........2756585
Jan 4-Feb 8 ..........W ..........6:00-7:00pm .......... $64.45/6 sess ..........2756587
Jan 8-Feb 12 ..........W ..........6:00-11:00am .......... $64.45/6 sess ..........2756589
Feb 14-Mar 20 ..........W ..........6:00-7:00pm .......... $64.45/6 sess ..........2756586
Feb 15-Mar 21 ..........W ..........6:00-7:00pm .......... $64.45/6 sess ..........2756588
Feb 19-Mar 25 ..........W ..........10:00-11:00am .......... $64.45/6 sess ..........2756590

**GROUP WEIGHT TRAINING: POWER AND LIFT**
Learn how to correctly lift weights with correct alignment and posture to then develop a powerful weightlifting routine.

**Steveston Community Centre** 13+yrs
Jan 14-Feb 18 ..........Tu ..........8:00-9:00pm .......... $64.45/6 sess ..........2757412
Feb 25-Mar 31 ..........Tu ..........8:00-9:00pm .......... $64.45/6 sess ..........2757414

**GROUP WEIGHT TRAINING: FOR WOMEN: BEGINNER**
Learn to properly use machines, free weights, medicine balls and strength tubes all in a supervised setting.

**Thompson Community Centre** 16+yrs
Jan 14-Mar 4 ..........Tu ..........5:30-6:30pm .......... $85.95/8 sess ..........2755781
Jan 15-Mar 4 ..........W ..........6:00-7:00pm .......... $85.95/8 sess ..........2755780
Jan 15-Mar 4 ..........W ..........7:00-8:00pm .......... $85.95/8 sess ..........2755778

**H.I.I.T. BURN AND TRANSFORM**
Burn calories and have fun in this intense, guided workout that substantially boosts the resting metabolic rate, improves cardiovascular function, builds muscle and may increase endorphin release.

**Steveston Community Centre** 14+yrs
Jan 9-Mar 26 ..........Th ..........7:30-8:20pm .......... $128.90/12 sess ..........2756503

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**FUNCTIONAL TRAINING: FOR WOMEN**
Build strength, knowledge and confidence while progressing through 10 weeks of kettlebell, medicine ball and other equipment training. This program includes working with a Personal Trainer to develop a personalized program for further empowerment and reaching goals.

**Thompson Community Centre** 16+yrs
Jan 13-Mar 9 ..........M ..........6:45-7:45pm .......... $58.00/8 sess ..........2755772
HEART AND DIABETES WELLNESS
Improve cardiovascular and metabolic health in this social and supportive setting led by certified exercise professionals who create and accommodate individually-paced workouts using treadmills, other cardio machines and light resistance apparatus. These unique programs support life-long physical activity by transitioning from a medical to community-based fitness program after cardiovascular surgery. They are also suitable for those with heart-health risk factors and/or diabetes who have been recommended to exercise by a health care professional. Phone 604-238-8010 for details.

Garratt Wellness Centre 18+yrs
Jan 2-Mar 31 ........ Th/Tu ... 8:00-9:00am ........ $123.75/26 sess .... 2754613
Jan 2-Mar 31 ........ Th/Tu ... 9:05-10:05am ......... $123.75/26 sess .... 2754611
Jan 2-Mar 31 ........ Th/Tu ... 10:10-11:10am ....... $123.75/26 sess .... 2754612
Jan 6-Mar 27 ........ M/W/F ... 8:00-9:00am .......... $185.40/35 sess .... 2757144
Jan 6-Mar 27 ........ M/W/F ... 9:05-10:05am ......... $185.40/35 sess .... 2757143
Jan 6-Mar 27 ........ M/W/F ... 10:10-11:10am ...... $185.40/35 sess .... 2757145

JOINT REPLACEMENT RECOVERY (JR2)
Improve range of motion and muscular strength following total hip or knee replacement in this post-operative recovery program. This program includes exercise in a fitness centre environment followed by 30 minutes of exercise in the water. Phone 604-238-8010 for details.

Watermania 18+yrs
Feb 19-Mar 30 ........ W/M ... 1:00-2:15pm .......... $95.40/12 sess .... 2757172
Jan 6-Feb 12 ........ M/W/F ... 1:00-2:15pm .......... $95.40/12 sess .... 2757170
Jan 6-Feb 12 ........ M/W/F ... 1:30-2:45pm .......... $95.40/12 sess .... 2757171
Feb 19-Mar 30 ........ W/M ... 1:00-2:15pm .......... $95.40/12 sess .... 2757173

JR2: SMALL GROUP TRAINING: INTRODUCTION
Build strength, stability and range of motion following a joint replacement or in preparation for surgery. Learn suitable exercises in a Fitness Centre environment followed by 30 minutes of exercise in the water. Medical screening is required before registration. Phone 604-238-8010 for details.

Watermania 18+yrs
Jan 6-Feb 12 ........ M/W/F ... 11:45am-1:00pm ... $128.90/12 sess .... 2757149
Jan 6-Feb 12 ........ M/W/F ... 12:15-1:30pm ... $128.90/12 sess .... 2757150
Feb 19-Mar 30 ........ W/M ... 11:45am-1:00pm ... $128.90/12 sess .... 2757157
Feb 19-Mar 30 ........ W/M ... 12:15-1:30pm ... $128.90/12 sess .... 2757169

KARDIO KICK BOX
Focus on boxing techniques, punches and kicks in this intense class that combines cardio drills (may include step) and a strength component.
Thompson Community Centre 13+yrs
Jan 15-Mar 4 ........ W ...... 7:15-8:15pm .......... $58.00/8 sess .......... 2755824

KETTLEBELL/TRX TRAINING
Work with a trainer and learn correct alignment for a safe and effective workout with a cast-iron ball and suspension training that leverages gravity and the user’s body weight.
South Arm Community Centre 18+yrs
Jan 4-Mar 7 ........ Sa ... 4:30-5:30pm .......... $65.25/9 sess .......... 2754756
Jan 8-Feb 12 ........ W ...... 9:45-10:45am .......... $43.50/6 sess .......... 2754754
Feb 19-Mar 11 ........ W ...... 9:45-10:45am .......... $29.00/4 sess .......... 2754755

KICK BOXING: DRILLS AND SKILLS
Improve cardiovascular strength and conditioning using a variety of boxing equipment and techniques for a full body workout. All fitness levels welcome.
Cambie Community Centre 16+yrs
Jan 8-Feb 12 ........ W ...... 6:45-7:45pm .......... $43.50/6 sess .......... 2757224
Feb 19-Mar 25 ........ W ...... 6:45-7:45pm .......... $43.50/6 sess .......... 2757225
South Arm Community Centre 18+yrs
Jan 4-Mar 7 ........ Sa ... 3:00-4:00pm .......... $65.25/9 sess .......... 2754758
Thompson Community Centre 13+yrs
Jan 12-Mar 1 ........ Su ... 3:30-4:30pm .......... $58.00/8 sess .......... 2755807

KICK BOXING: DRILLS AND SKILLS: ADVANCED
Further improve cardiovascular strength and conditioning using a variety of boxing equipment and higher-level techniques for an even more intense full body workout.
Thompson Community Centre 16+yrs
Jan 12-Mar 1 ........ Su ... 4:45-5:45pm .......... $58.00/8 sess .......... 2755837

METABOLIC BOOSTER 1
Use body weight and light equipment in this guided progressive circuit training that is fun and boosts metabolic systems.
Steveston Community Centre 14+yrs
Jan 9-Mar 12 ........ Th .... 10:30-11:15am .......... $72.50/10 sess .......... 2756519

PILATES
Create long, lean and toned muscles and improve posture by focusing on core movements, a full range of motion and adding strength in these non-impact classes performed on mats. Drop-ins welcome at City Centre and West Richmond if space permits.
City Centre Community Centre 16+yrs
Jan 8-Feb 12 ........ W ...... 5:30-6:30pm .......... $48.65/6 sess .......... 2756610
Feb 19-Mar 25 ........ W ...... 5:30-6:30pm .......... $48.65/6 sess .......... 2756611
Thompson Community Centre 16+yrs
Jan 10-Mar 13 ........ F ... 1:00-2:00pm .......... $81.10/10 sess .......... 2755799
West Richmond Community Centre 18+yrs
Jan 6-Mar 16 ........ M ...... 7:15-8:15pm .......... $81.10/10 sess .......... 2752371

PILATES AND YOGA COMBINATION
Combine Pilates mat exercises and various yoga postures in this unique class that offers a great non-impact, balanced and full body workout.
Steveston Martial Arts Centre (Steveston) 18+yrs
Jan 6-Mar 23 ........ M ...... 9:30-10:30am .......... $89.20/11 sess .......... 2752524
Jan 8-Mar 25 ........ W ...... 9:15-10:15am .......... $121.65/12 sess .......... 2752525

Internet Registration: www.richmond.ca/register
PILATES ESSENTIALS
Improve posture, strength, flexibility and body awareness by targeting core muscles in this introduction to basic mat Pilates.
Steveston Community Centre 14+yrs
Jan 10-Mar 27........F........ 9:30-10:30am ...........$97.35/12 sess ............2756485

PILATES: FIT BALL FUSION
Condition the whole body doing exercises using a Swiss ball and light weights in this unique class. Tone and improve core stability and balance while having fun.
Steveston Martial Arts Centre (Steveston) 18+yrs
Jan 10-Mar 27........F........ 10:45-11:45am ...........$97.35/12 sess ............2756889

PILATES: INTERMEDIATE
Increase strength, endurance and core stability with these advanced mat exercises. Pre-requisite: Pilates: Beginner.
Thompson Community Centre 16+yrs
Jan 6-Mar 9.............M........ 5:30-6:30pm ...........$73.00/9 sess ............2755769
Jan 8-Mar 11..........W........ 6:00-7:00pm ...........$81.10/10 sess ............2755768

PILATES: IRON
Focus on improving core strength, balance and flexibility through Pilates while using light weights and other fitness equipment.
Thompson Community Centre 16+yrs
Jan 7-Mar 10.........Tu........ 5:15-6:15pm ...........$73.00/9 sess ............2755782

PILATES PLUS
Combine weights, tubes, fit ball and yoga in this unique class that strengthens the core and improves flexibility.
Thompson Community Centre 16+yrs
Jan 6-Mar 9.............M........ 6:45-7:45pm ...........$73.00/9 sess ............2755770
Jan 9-Mar 12.........Th........ 6:00-7:00pm ...........$81.10/10 sess ............2755771

POUND™
Feel the music instead of listening to the music in this exhilarating program that uses Ripstix® lightly-weighted drumsticks that transform drumming into an effective workout for all levels.
South Arm Community Centre 13+yrs
Jan 8-Feb 12 ..........W........ 7:00-8:00pm ...........$43.50/6 sess ............2754795
Feb 26-Mar 18 ......W........ 7:00-8:00pm ...........$29.00/4 sess ............2754796

SIMPLY STRETCH
Improve flexibility and reduce stress in this class that offers basic total body stretching. All levels welcome.
Steveston Community Centre 18+yrs
Jan 7-Mar 24.........Tu........ 7:00-8:00pm ...........$87.00/12 sess ............2752536

SMALL GROUP TRAINING: ROLL IT OUT
Release tense muscles and mobilize fascia, experience relief from muscle tightness and improve joint mobility by fighting the effects of inactivity and repetitive motion with foam roller techniques and other rolling apparatus.
Steveston Community Centre 14+yrs
Jan 9-Feb 13 .......Th........ 7:15-8:00pm ...........$64.45/6 sess ............2757343
Feb 20-Mar 26 ......Th........ 7:15-8:00pm ...........$64.45/6 sess ............2757344

SMALL GROUP TRAINING: SWING IT UP
Incorporate strength, agility and balance work in these circuit-based Kettlebell-style sessions that offer new ways to transform and streamline workouts and improve strength base with more personalized training.
Steveston Community Centre 14+yrs
Jan 6-Feb 10 .........M........ 8:45-9:30pm ...........$64.45/6 sess ............2756516
Feb 24-Mar 30 .......M........ 8:45-9:30pm ...........$64.45/6 sess ............2756517

SMALL GROUP TRAINING: TONE IT UP
Maximize workout time building core strength and endurance in these energetic bodyweight and light-equipment-based sessions with more personalized training.
Steveston Community Centre 14+yrs
Feb 26-Mar 10 .......M........ 7:30-8:30pm ...........$64.45/6 sess ............2756548

SPIN AND STRENGTH
Combine cycling and strength training to become stronger, more balanced and energized in this results-oriented class.
South Arm Community Centre 18+yrs
Jan 10-Feb 14 .......F........ 5:15-6:15pm ...........$43.50/6 sess ............2754797
Feb 21-Mar 20 .......F........ 5:15-6:15pm ...........$36.25/5 sess ............2754798

Steveston Community Centre 18+yrs
Jan 6-Mar 23 .......M........ 7:15-8:15pm ...........$79.75/11 sess ............2752542
Jan 8-Mar 25 .......W........ 7:15-8:15pm ...........$87.00/12 sess ............2752543

West Richmond Community Centre 13+yrs
Jan 7-Mar 10 .......Tu........ 6:00-7:00pm ...........$72.50/10 sess ............2752369
Jan 9-Mar 12 .......Th........ 6:30-7:30pm ...........$72.50/10 sess ............2752368

SPIN ‘N YOGA CORE
Incorporate 30 minutes of basic spin drills with core work and Hatha yoga to help release muscle tension and encourage relaxation. Drop-ins welcome if space permits.
South Arm Community Centre 18+yrs
Jan 20-Mar 16 .......M........ 9:30-10:30am ...........$58.00/8 sess ............2754800
Jan 22-Mar 18 .......W........ 9:30-10:30am ...........$65.25/9 sess ............2754799

West Richmond Community Centre 18+yrs
Jan 7-Mar 10 .......Tu........ 7:15-8:15pm ...........$72.50/10 sess ............2752370

SPORTMEDBC 10K INTRAINING PROGRAM
Reach fitness and health goals in these safe and supportive sessions designed by Lynn Kanuka, SportMedBC’s RunWalk coach and Olympian. Gradually develop strength and stamina for an injury-free 10K distance. Price includes 13 guided run/walk sessions with trained leaders, an online logbook with training plan, exclusive Intraining garment and nutrition tips. Find more details at www.sportmedbc.com.
Japanese Canadian Cultural Centre (Steveston) 13+yrs
Jan 19-Apr 12 .......Su........ 8:30-10:30am ...........$99.00/13 sess ............2752552

West Richmond Community Centre 13+yrs
Jan 18-Apr 11 .......Sa........ 9:30-11:00am ...........$99.00/13 sess ............2753188
STRENGTH TRAINING FOR WOMEN: INTERMEDIATE
Receive expert advice and coaching from a trainer in a supervised setting in how to properly use machines, free weights, barbells, the TRX suspension training system and other equipment. Pre-requisite: Must have one year experience in strength training.

South Arm Community Centre 18+ yrs
Jan 11-Feb 22 .......Sa ....... 1:15-2:15pm ............ $43.50/6 sess ............ 2757064
Jan 26-Mar 8 .......Su ....... 12:30-1:30pm ............ $43.50/6 sess ............ 2757063

STRENGTH TRAINING: FOR WOMEN
Learn to train safely with body and free weights. Combine strength training education, a warm up, a progressive program and a stretch for a complete workout.

Steveston Community Centre 18+yrs
Feb 20-Mar 19 ....... $64.45/6 sess ............ 2756838
Jan 9-Feb 13 ....... $64.45/6 sess ............ 2755767
South Arm Community Centre 18+ yrs
Feb 6-Feb 27 ....... $64.45/6 sess ............ 2756838
Steveston Community Centre 18+yrs
Feb 24-Mar 30 ....... $64.45/6 sess ............ 2755767
Jan 6-Feb 10 ....... $64.45/6 sess ............ 2756838
City Centre Community Centre 16+yrs
Jan 5-Jan 26 ....... $85.95/8 sess ............ 2752553
Thompson Community Centre All Ages
Jan 15-Mar 4 ....... $42.95/4 sess ............ 2756886

SUSPENSION TRAINING WITH TRX
Develop strength, balance, flexibility and core stability simultaneously in these sessions that leverage gravity and the user’s body weight for an effective full body workout.

City Centre Community Centre 16+yrs
Jan 4-Feb 8 ........Sa ........ 10:30-11:30am ............ $64.45/6 sess ............ 2756614
Jan 8-Feb 12 .......W ........ 6:30-7:30pm ............ $64.45/6 sess ............ 2756615
Feb 15-Mar 21 .......Sa ........ 10:30-11:30am ............ $64.45/6 sess ............ 2756616
Feb 19-Mar 25 .......W ........ 6:30-7:30pm ............ $64.45/6 sess ............ 2756617
Steveston Community Centre 18+yrs
Jan 6-Feb 10 .......M ........ 6:15-7:05pm ............ $64.45/6 sess ............ 2752553
Feb 24-Mar 30 .......M ........ 6:15-7:05pm ............ $64.45/6 sess ............ 2752554
Thompson Community Centre 16+yrs
Jan 17-Mar 6 ........F ........ 7:00-8:00pm ............ $85.95/8 sess ............ 2755802

TRX PLUS
Maximize the burn, maximize the fun in this high-energy circuit that includes TRX suspension, dumbbells, Kettlebells, Bosu trainer, ropes, medicine balls and more.

South Arm Community Centre 18+yrs
Jan 9-Feb 13 .......Th ........ 6:15-7:15pm ............ $43.50/6 sess ............ 2754802
Feb 20-Mar 19 .......Th ........ 6:15-7:15pm ............ $36.25/5 sess ............ 2754803

TRX/H.I.I.T.
Amplify the fat burn by working on strength, balance, core and an exercise strategy that alternates short bursts of intense exercise with recovery periods using the TRX suspension device.

South Arm Community Centre 18+yrs
Jan 6-Feb 3 ..........M .......... 12:00-1:00pm ............ $36.25/5 sess ............ 2754804
Feb 10-Mar 16 ..........M .......... 12:00-1:00pm ............ $36.25/5 sess ............ 2754805

FREE TRY-IT!: KICK BOXING: DRILLS AND SKILLS
Improve cardiovascular strength and conditioning using a variety of boxing equipment and techniques for a full body workout. This one-time session is designed for all fitness levels. Registration required.

South Arm Community Centre 18+yrs
Jan 12 .............Su ........ 12:15-1:15pm ............ $8.75/1 sess ............ 2757066
Jan 14 .............Tu ........ 8:00-9:00pm ............ $8.75/1 sess ............ 2757067

FREE TRY-IT!: KICK BOXING: FAMILY DAY
Improve cardiovascular strength and conditioning using a variety of boxing equipment and techniques for a full body workout. This one-time session is designed for all fitness levels. Registration required.

Thompson Community Centre All Ages
Feb 16 .............Su ........ 2:00-3:00pm ............ Free/1 sess ............ 2756841

FREE TRY-IT!: YOGA: FAMILY DAY
Incorporate poses, breathing techniques and positive affirmations in this one-time session that aims to improve coordination, strength and flexibility. This program is designed for all fitness and skill levels. Registration required.

Thompson Community Centre All Ages
Feb 15 .............Sa ........ 12:45-1:45pm ............ Free/1 sess ............ 2756838

FREE TRY-IT!: ZUMBA®: FAMILY DAY
Move to zesty Latin and international music in this dance fitness program that offers a great cardiovascular workout with easy-to-follow routines. This one-time session is designed for all fitness and skill levels. Registration required.

Thompson Community Centre All Ages
Feb 17 .............M ........ 10:45-11:45am ............ Free/1 sess ............ 2756839

WEIGHT TRAIN SMARTER
Train smarter, not longer in this small, group personal training setting that focuses on the principles of total body and muscle toning. Each session includes a short theory session, warm up and practice and a 40-minute high-powered workout.

South Arm Community Centre 18+yrs
Jan 4-Jan 25 .......Sa ........ 12:00-1:00pm ............ $42.95/4 sess ............ 2754807
Jan 5-Jan 26 .......Su ........ 2:30-3:30pm ............ $42.95/4 sess ............ 2754807
Jan 6-Jan 27 .......M ........ 10:30-11:30am ............ $42.95/4 sess ............ 2754811
Jan 9-Jan 30 .......Th ........ 10:30-11:30am ............ $42.95/4 sess ............ 2754810
Feb 6-Feb 27 .......Th ........ 10:30-11:30am ............ $42.95/4 sess ............ 2754812
Steveston Community Centre 14+yrs
Jan 11-Feb 29 .......Sa ........ 2:30-3:30pm ............ $85.95/8 sess ............ 2756886
Jan 15-Mar 4 .......W ........ 7:30-8:30pm ............ $85.95/8 sess ............ 2756887
Jan 17-Mar 6 .......F ........ 7:30-8:30pm ............ $85.95/8 sess ............ 2756888
Thompson Community Centre 16+yrs
Jan 13-Mar 9 .......M ........ 5:30-6:30pm ............ $85.95/8 sess ............ 2755767

Find more Try-It! programs on pages 66 (Preschoolers), 79 (Adults) and 138 (55+yrs).
IYENGAR YOGA: LEVEL 1
Use a variety of yoga props in this safe and systematic progression of postures that help to achieve proper alignment of bones, muscles and joints. This level builds the foundation to higher practices in Iyengar Yoga: Level 2.

City Centre Community Centre 16+ yrs
Jan 6-Feb 10 ........M ..........10:30am-12:00pm ..........$73.00/6 sess ..........2756620
South Arm Community Centre 18+yrs
Jan 9-Feb 13 ........Th .........7:00-8:30pm ..........$73.00/6 sess ..........2755659

IYENGAR YOGA: LEVEL 2
Get energized in this unique class that progressively and safely covers a variety of basic and more advanced postures to improve mobility, strength and breathe awareness. Pre-requisite: Iyengar: Level 1.

South Arm Community Centre 18+yrs
Jan 8-Feb 12 ........W ..........6:30-8:00pm ..........$73.00/6 sess ..........2756660
Feb 19-Mar 25 ........W ..........6:30-8:00pm ..........$73.00/6 sess ..........2756661

YOGA
Incorporate poses, breathing techniques and positive affirmations that help boost the immune system and improve coordination, strength and flexibility for sports and other activities. Drop-ins welcome if space permits.

Richmond Arts Centre 18+yrs
Jan 6-Mar 9 ..........M .........12:00-1:00pm ..........$79.20/9 sess ..........2756063
Jan 8-Mar 11 ..........M .........12:00-1:00pm ..........$79.20/9 sess ..........2756064

Sea Island Community Centre 16+yrs
Jan 6-Mar 30 ..........M .........5:30-6:30pm ..........$97.30/12 sess ..........2753878
Jan 8-Mar 25 ..........W .........5:30-6:30pm ..........$97.30/12 sess ..........2753879

YOGA: CORE
Strengthen the core and increase flexibility to work towards a mind/body balance.

Cambie Community Centre 16+yrs
Jan 6-Mar 16 ..........M .........6:45-7:45pm ..........$81.10/10 sess ..........2757196
Steveston Martial Arts Centre (Steveston) 18+yrs
Jan 10-Mar 27 ..........F .........9:30-10:30am ..........$97.35/12 sess ..........2752656

YOGA: FOR ATHLETES
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.

Steveston Community Centre 18+yrs
Jan 8-Mar 25 ..........W .........6:45-8:00pm ..........$111.50/11 sess ..........2752658

YOGA: FOR WOMEN
Improve flexibility, reduce stress and tone up in this basic flow yoga class held in a completely private studio.

Cambie Community Centre 18+yrs
Jan 7-Mar 10 ..........Tu ..........10:30-11:30am ..........$81.10/10 sess ..........2754337

YOGA: HATHA STYLE
Aim to achieve a healthier body and clearer mind in this slower-paced and stretching-focused class that covers breathing techniques and meditation.

West Richmond Community Centre 13+yrs
Jan 8-Mar 11 ..........W .........7:30-8:45pm ..........$101.35/10 sess ..........2752367
Thompson Community Centre 16+yrs
Jan 12-Mar 1 ..........Su .........1:30-2:30pm ..........$64.90/8 sess ..........2755820

YOGA: ON THE DOCK
Relax and take in breathtaking views from the Britannia Shipyards docks during this unique yoga class. Alternative space provided during inclement weather. All fitness and yoga levels welcome.

Britannia Shipyards 18+yrs
Jan 7-Mar 10 ..........Tu .........5:30-6:30pm ..........$81.10/10 sess ..........2754606

YOGA: RESTORATIVE
Experience a more relaxed body and mind in this gentle class of supported postures that decreases stress and helps with post rehabilitation issues.

Japanese Canadian Cultural Centre (Steveston) 18+yrs
Jan 6-Mar 23 ..........M .........6:20-7:35pm ..........$111.50/11 sess ..........2752661
Jan 7-Mar 24 ..........Tu .........9:15-10:30am ..........$121.65/12 sess ..........2752662

YOGA: RESTORATIVE WORKSHOP
Enjoy a day of deep relaxation for the body, mind and spirit using a combination of restorative yoga, pranayama and meditation. Price includes snacks, a vegetarian lunch and props. Yoga mat required.

Britannia Shipyards 18+yrs
Jan 24 ..........F ..........9:30am-2:30pm ..........$65.00/1 sess ..........2754608
Feb 21 ..........F ..........9:30am-2:30pm ..........$65.00/1 sess ..........2754662
Mar 13 ..........F ..........9:30am-2:30pm ..........$65.00/1 sess ..........2754664

YOGA: THERAPY BALL ROLLING
Target self-massage trigger points by using specially designed high grip rubber balls and focused movement routines that help penetrate through layers of skin and muscle to deeply massage high tension areas. All levels welcome. Drop-ins welcome if space permits and available up until five minutes before class start time.

Richmond Arts Centre 18+yrs
Jan 6-Mar 9 ..........M .........10:30-11:45am ..........$99.00/9 sess ..........2756065

YOGA: WALL HATHA
Use walls in this Hatha-style class for greater stability and mobility allowing for a slower practice that focuses on posture, alignment and connection to the breath.

Steveston Community Centre 18+yrs
Jan 13-Mar 2 ..........M ..........11:30am-12:30pm ..........$64.90/8 sess ..........2757347
**YOGA: YIN STYLE**

Practice stretching the connective tissues and holding poses longer for better balance, stillness and calmness.

- Minoru Centre for Active Living 18+yrs
  - Jan 8-Mar 25........... M ........... 6:00-7:00pm ........... $97.30/12 sess ........... 2755363
  - Jan 8-Mar 18........... W ........... 6:00-9:00pm ........... $79.75/11 sess ........... 2754444
- Steveston Community Centre 18+yrs
  - Jan 9-Mar 26........... Th........... 7:15-8:30pm ........... $121.65/12 sess ........... 2752663

**YOGA: YIN YOGA**

Learn to stretch connective tissues and hold poses longer than traditional yoga to connect with the body’s physical, mental, emotional and energetic systems. All fitness levels and abilities welcome.

- South Arm Community Centre 18+yrs
  - Jan 6-Mar 16........... M ........... 7:00-8:15pm ........... $101.40/10 sess ........... 2755662

**ZUMBA®**

Move to zesty Latin and international music in this dance fitness program that offers a great cardiovascular workout with easy-to-follow routines.

- Cambie Community Centre 13+yrs
  - Jan 6-Mar 16........... M ........... 8:00-9:00pm ........... $72.50/10 sess ........... 2754343
  - Jan 8-Mar 18........... W ........... 8:00-9:00pm ........... $79.75/11 sess ........... 2754444
- City Centre Community Centre 16+yrs
  - Jan 10-Feb 14 ........... F ........... 6:00-7:00pm ........... $43.50/6 sess ........... 2756621
  - Feb 21-Mar 27 ........... F ........... 6:00-7:00pm ........... $43.50/6 sess ........... 2756622
- Hamilton Community Centre 16+yrs
  - Jan 15-Mar 11.......... W ........... 6:20-7:20pm ........... $65.25/9 sess ........... 2757434
- Minoru Centre for Active Living 18+yrs
  - Jan 7-Mar 17........... Tu........... 6:30-7:30pm ........... $79.75/11 sess ........... 2755169
  - Jan 9-Mar 26 .......... Th........... 5:30-6:30pm ........... $72.50/10 sess ........... 2754626
  - Jan 11-Mar 21.......... Sa........... 11:00am-12:00pm .... $79.75/11 sess ........... 2755289
- South Arm Community Centre 13+yrs
  - Jan 4-Feb 8 ........... Sa.......... 10:00-11:00am ........... $43.50/6 sess ........... 2755663
  - Feb 22-Mar 21 ........... Sa.......... 10:00-11:00am ........... $36.25/5 sess ........... 2755664
- Steveston Community Centre 14+yrs
  - Jan 8-Mar 11........... W ........... 6:00-7:00pm ........... $72.50/10 sess ........... 2756787
- Steveston Martial Arts Centre (Steveston) 18+yrs
  - Jan 9-Mar 26........... Th........... 9:15-10:15am ........... $87.00/12 sess ........... 2752665
- Thompson Community Centre 16+yrs
  - Jan 14-Mar 3 ........... Tu........... 6:30-7:30pm ........... $50.75/7 sess ........... 2755783
  - Jan 19-Mar 8 ........... Su........... 10:30-11:30am .... $50.75/7 sess ........... 2755786
- West Richmond Community Centre 18+yrs
  - Jan 10-Mar 13 .......... F ........... 6:15-7:15pm ........... $72.50/10 sess ........... 2752366

**ZUMBA® STRONG BY ZUMBA®**

Train to the beat and let the music drive every squat, lunge and burpee helping to make those last few reps. This program combines body weight, muscle conditioning, cardio and plyometric training.

- Minoru Centre for Active Living 18+yrs
  - Jan 7-Mar 10.......... Tu........... 7:45-8:15pm ........... $72.50/10 sess ........... 2755299

**ZUMBA®: TONING**

Use toning sticks to help torch calories in this dance and strength training combination class that offers a great cardiovascular workout with easy-to-follow routines.

- City Centre Community Centre 16+yrs
  - Jan 10-Feb 14 ........... F ........... 7:15-8:15pm ........... $43.50/6 sess ........... 2756625
  - Feb 21-Mar 27 ........... F ........... 7:15-8:15pm ........... $43.50/6 sess ........... 2756626
- South Arm Community Centre 18+yrs
  - Jan 9-Feb 13 .......... Th........... 6:15-7:15pm ........... $43.50/6 sess ........... 2755665
  - Feb 20-Mar 19 .......... Th........... 6:15-7:15pm ........... $36.25/5 sess ........... 2755666

**D.I.Y. (DO-IT-YOURSELF) PROJECTS**

Design and create crafts and projects in these one-day wonder formats with a new theme every day, ranging from bath bombs, body products, tea cup planters, photo canvas and sketch book décor.

- Hamilton Community Centre 18+yrs
  - Jan 12-Feb 2 ........... Su.......... 12:00-1:30pm ........... $31.50/4 sess ........... 2757582
  - Mar 1-Mar 22 .......... Su.......... 12:00-1:30pm ........... $31.50/4 sess ........... 2757583

**FREE** **FINANCIAL LITERACY: RRIFS VERSUS ANNUITIES**

Learn the difference between these two investment opportunities with topics that cover examining traditional RRIF portfolios, understanding of annuities, benefits offered for enhanced cash flow and an introduction on segregated funds. This session is led by a financial specialist. Registration required.

- Cambie Community Centre 18+yrs
  - Mar 18 ........... W ........... 6:30-8:00pm ........... Free/1 sess ........... 2757072

**FREE** **FINANCIAL LITERACY: UNDERSTANDING CREDIT OPTIONS**

Learn about the different types of credit loans, credit reports and how to prepare when applying for a variety of loans.

- Cambie Community Centre 18+yrs
  - Feb 11 ........... Tu........... 6:30-8:00pm ........... Free/1 sess ........... 2757564

**FRIDAY NIGHT SOCIAL**

Mix and mingle at these outings designed for high-functioning, cognitively-impaired adults.

- South Arm Community Centre 18+yrs
  - Jan 10-Mar 27 .......... F ........... 6:30-9:00pm ........... $120.00/12 sess ........... 2756515

**KNITTING: BEGINNER**

Construct simple, individual projects in this fun and relaxed setting.

- Steveston Community Centre 18+yrs
  - Jan 8-Mar 4 ........... W ........... 7:00-8:30pm ........... $98.80/9 sess ........... 2752486

Internet Registration: www.richmond.ca/register
FREE  SPEAKER SERIES: HEALTH AND WELLNESS
Learn how to reduce headaches, stress, pain, arthritis symptoms, anxiety and insomnia along with ways to improve memory through Neuroplasticity and mind exercises. This series is presented by a health care provide with Vancouver Neurotherapy Health Services.
East Richmond Community Hall (Cambie)  18+ yrs
Jan 30 9:30-11:00am Free/1 sess  2756532

FREE  CONVERSATION CIRCLE FOR NEWCOMERS
Practice conversational English with Chinese-speaking immigrant parents and grandparents to learn how to navigate the school system, many family resources and organizations available in Richmond. Pre-registration recommended. Drop-ins welcome if space permits.
Thompson Community Centre  18+ yrs
Jan 16-Mar 12 9:30-11:00am Free/9 sess  2754978

SPANISH TEA TIME
Sip tea, try different Latin snacks and learn some Spanish in this social environment. These sessions are suitable for those that can carry a basic to intermediate conversation in Spanish.
City Centre Community Centre  19+ yrs
Jan 20-Mar 9 2:00-3:00pm $76.85/7 sess  2754602

Adults

Martial Arts

SELF DEFENSE KRAV-JITSU
Build confidence, get fit and have fun with two multi-black belt instructors (female and male) in this program designed for women and men of all ages and physical abilities. Become empowered through real-life scenarios, escape, diffusion, weapons safety and counter attacks. This program is instructed by Hit and Run Self Defense.
City Centre Community Centre 15+ yrs
Jan 6-Mar 9 8:15-9:15pm $117.00/9 sess  2754603

TAI CHI: 42 FORM: BEGINNER
Designed specifically for beginners, this is an excellent introduction to this Chinese martial art.
West Richmond Community Centre 18+ yrs
Jan 9-Mar 19 7:30-9:00pm $105.60/11 sess  2752862

KI-AIKIDO
Learn to move the waves of the mind infinitely rapidly to experience the feeling of infinite calm. By applying Ki Meditation & Ki Aikido to your life, you will be able to:
- Reduce stress
- Increase energy and be more positive
- Improve posture and movement
- Stay calm and focused under pressure
Try a free class for
- Adults
- Seniors
- Children
- Youth
- Family Class!

The flow of living energy, or Ki, is strong in a healthy body. By unifying mind and body, we can use the techniques of Kiatsu to maintain that flow, or restore it when the body becomes weakened due to illness, injury, or overuse.
- Book a free trial class today! For ages 21+

VKS is a BC registered non-profit organization.

Vancouver Ki Society
Richmond Main Dojo: 11031 Bridgeport Road Unit 104
Also @ Richmond Olympic Oval
www.vks.ca | 604.250.2134 | info@vks.ca

KIATSU®
Racquet Sports

STEVESTON COMMUNITY CENTRE RACQUET SPORTS COURT BOOKING POLICY

- All participants reserving courts are asked to be mindful that numerous patrons are competing for a limited number of courts.
- No refunds or credits issued after a booking is made; only re-scheduling permitted within 7 days of cancellation made.
- A cancelled court booking may be re-booked within 7 days if 24 hours advance notice is provided.
- Courts can only be re-booked/re-scheduled once.

BOOKING PROCEDURES AND POLICIES

The following applies to all facilities unless otherwise stated:

- All players must have a valid City of Richmond Client ID number.
- Proper clothing required including non-marking soled shoes only. No jeans or black-soled shoes permitted.
- Bookings permitted up to 7 days in advance.
- Payment required at time of booking.
- Use of court permitted only during time booked.
- For a refund or credit, 24 hours’ notice is required. There are no refunds or credits for less than 24 hours notice.'
- A maximum of two courts are permitted to be booked per day, per person.
- All court rentals are for public use. For the safety and enjoyment of all participants, private lessons are restricted to those operated by the Association/Society.
- Schedules subject to change.

'Note: No refunds or credits at Steveston Community Centre.

Racquetball and Squash

Proper clothing required including non-marking soled shoes only. No jeans or black-soled shoes permitted.

<table>
<thead>
<tr>
<th>RACQUETBALL AND SQUASH</th>
<th>SOUTH ARM COMMUNITY CENTRE</th>
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<tbody>
<tr>
<td>Phone number</td>
<td>604-238-8060</td>
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<tr>
<td>Prime time court rental</td>
<td>M-F 5:00-9:30pm</td>
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<td>$9.63 + tax/45 min</td>
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<tr>
<td>Non-prime time court rental</td>
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<td>$5.93 + tax/45 min</td>
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<td>Racquet rental</td>
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<td>Free goggle rental</td>
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<tr>
<td>SQUASH Phone number</td>
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<td>Racquet rental</td>
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<tr>
<td>Ball rental</td>
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<td>Cambie Community Centre</td>
<td>Badminton 18+yrs 11:45am-2:30pm</td>
<td>Badminton 18+yrs 11:45am-2:30pm</td>
<td>Pickleball 18+yrs 9:00-11:30am (2 courts)</td>
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<td>Pickleball Advanced 18+yrs 6:30-8:15pm (Anderson School)</td>
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<td>Badminton Family 7:15-9:15pm</td>
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<td>Tennis Social: Women 18+yrs 9:30-11:30am</td>
<td>Tennis Social: Women 18+yrs 9:30-11:30am</td>
<td>Tennis Social: Mornings 18+yrs 9:30-11:30am</td>
<td>Tennis Social: Nights 18+yrs 7:30pm-12:00am</td>
<td>Badminton: Parent &amp; Child 6+yrs 2:30-3:30pm</td>
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<td>Thompson Community Centre</td>
<td>Recreational Pickleball 18+yrs 6:30-9:00pm</td>
<td>Pickleball 55+yrs 12:00-1:30pm</td>
<td>Pickleball 55+yrs 1:30-3:00pm</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>West Richmond Community Centre</td>
<td>Urban Pickleball 18+yrs 12:15-3:00pm</td>
<td>Urban Pickleball 18+yrs 6:30-9:15pm</td>
<td>Urban Pickleball 18+yrs 6:30-9:15pm</td>
<td>Urban Pickleball Family 7:45-9:15pm</td>
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</tr>
</tbody>
</table>

**Badminton Drop-In Fees:**  
Children (under 3yrs) Free; Children/Youth (3-18yrs) $2.65; Adults (19-54yrs) $5.25; Seniors (55+yrs) $4.20; Family (per person) $2.65.

**Pickleball Drop-In Fees:**  
Adults (19-54yrs) $5.25; Seniors (55+yrs) $4.20; Family (per person) $2.65

**Tennis Drop-In Fees:**  
Tennis Social: Women $7.85; Tennis Social: Mornings $7.85; Tennis Social: Nights $17.60.

Schedule subject to change.
## Table Tennis

### TABLE TENNIS SCHEDULE – JANUARY 1 – MARCH 31

<table>
<thead>
<tr>
<th>Facility</th>
<th>Mon, Tue, Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Steveston Community Centre</strong></td>
<td>Drop-In All Ages 6:15-9:00am</td>
<td>Drop-In All Ages 6:15am-1:30pm</td>
<td>Drop-In All Ages 6:15am-5:15pm</td>
<td>Drop-In All Ages 6:15am-1:30pm</td>
<td>Drop-In All Ages 7:45-9:00am</td>
</tr>
<tr>
<td>Table Rentals 9:15-10:45am</td>
<td>Table Rentals 1:45-3:15pm</td>
<td>Table Rentals 5:30-7:00pm</td>
<td>Table Rentals 1:45-3:15pm</td>
<td>Drop-In Youth 13-18yrs 8:30-10:00pm</td>
<td>Table Rentals 9:15-10:45am</td>
</tr>
<tr>
<td>Drop-In All Ages 11:00am-9:45pm</td>
<td>Drop-In All Ages 3:30-9:45pm</td>
<td>Drop-In All Ages 7:15-9:45pm</td>
<td>Drop-In All Ages 3:30-9:45pm</td>
<td>Drop-In All Ages 11:00am-12:45pm</td>
<td>Drop-In Family Fun Time All Ages 2:30-4:00pm</td>
</tr>
<tr>
<td>Drop-In All Ages 2:45-5:45pm</td>
<td>Drop-In All Ages 7:15-9:45pm</td>
<td>Drop-In All Ages 3:30-9:45pm</td>
<td>Drop-In All Ages 11:00am-12:45pm</td>
<td>Drop-In All Ages 2:30-4:00pm</td>
<td>Drop-In All Ages 4:15-5:45pm</td>
</tr>
</tbody>
</table>

Find up-to-date information by phoning the Steveston Community Centre Racquet Sports Coordinator at 604-238-8089. Schedule subject to change.
### TABLE TENNIS: INTERMEDIATE

Improve skills by practicing serves, volleys and top spins. All games are played in a friendly and fun environment.

**City Centre Community Centre**  
18+yrs  
Jan 11-Mar 7..............Sa ........ 9:30-11:00am .............. $123.60/8 sess .............2756793  
Jan 11-Mar 7..............Sa ........ 11:00am-12:30pm .............. $123.60/8 sess .............2756795  
Jan 12-Mar 8..............Su ........ 9:30am-12:30pm .............. $123.60/8 sess .............2756794

Table tennis is offered at six community centres. See schedule below for Steveston. Tables at Cambie, City Centre, South Arm, Thompson and West Richmond community centres are available for 20-minute intervals if other participants are waiting. If no one is waiting, playing time is unlimited.

### TABLE TENNIS FEES AND DROP-IN FEES – JANUARY 1 – MARCH 31

<table>
<thead>
<tr>
<th>Community Centre</th>
<th>Fee</th>
<th>Schedule</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cambie Community Centre</strong> - 1 table</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Annual Games Room Pass - Children (3-18yrs)</td>
<td>$7.00</td>
<td>F..........................7:30pm-12:00am</td>
<td>604-238-8089</td>
</tr>
<tr>
<td>Annual Games Room Pass - Adult (18+yrs)</td>
<td>$13.00</td>
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<td></td>
</tr>
<tr>
<td><strong>South Arm Community Centre</strong> - 1 table</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>45 minutes prime time</td>
<td>$10.10</td>
<td>F..........................7:30pm-12:00am</td>
<td>604-238-8089</td>
</tr>
<tr>
<td>45 minutes non-prime time</td>
<td>$6.25</td>
<td></td>
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<tr>
<td><strong>City Centre Community Centre</strong> - 2 tables</td>
<td></td>
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</tr>
<tr>
<td>45 minutes non-prime time</td>
<td>$6.25</td>
<td>F..........................7:30pm-12:00am</td>
<td>604-204-8588</td>
</tr>
<tr>
<td>Phone 604-204-8588 for schedule or visit <a href="http://www.richmond.ca/citycentre">www.richmond.ca/citycentre</a></td>
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<tr>
<td><strong>Steveston Community Centre</strong> - 2 tables</td>
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<tr>
<td>Child (6-12yrs)</td>
<td>$2.65</td>
<td>Tu........................9:30-11:30am</td>
<td>604-238-8422</td>
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<tr>
<td>Youth (13-18yrs)</td>
<td>$2.65</td>
<td></td>
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<tr>
<td>Adult (19-54yrs)</td>
<td>$5.25</td>
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<tr>
<td>Senior (55+yrs)</td>
<td>$4.20</td>
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<td></td>
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<tr>
<td>Family (per person)</td>
<td>$2.65</td>
<td></td>
<td></td>
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<tr>
<td>Year Pass - Adult/Senior (19+yrs)</td>
<td>$102.00</td>
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<tr>
<td>Table rental 45 minutes</td>
<td>$6.25</td>
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<tr>
<td><strong>Thompson Community Centre</strong> - 5 tables</td>
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<tr>
<td>Child/Youth (6-18yrs)</td>
<td>$2.65</td>
<td></td>
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<tr>
<td>Adult (19-54yrs)</td>
<td>$5.25</td>
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<tr>
<td>Senior (55+yrs)</td>
<td>$4.20</td>
<td></td>
<td></td>
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<tr>
<td>Family (per person)</td>
<td>$2.65</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year Pass - Adult/Senior (19+yrs)</td>
<td>$102.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone 604-238-8422 for schedule or visit <a href="http://www.richmond.ca/thompson">www.richmond.ca/thompson</a>.</td>
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</tr>
</tbody>
</table>

**TENNIS SOCIALS**

Come and find a partner(s) to rally or play games against. These are adult sessions for participants 18+ years. For more information, please call the Racquet Sports Coordinator (Stephen Thom) at 604-238-8089.

**TENNIS SOCIAL MORNINGS: DROP-IN**

Come and find a partner(s) to rally or play games against in this co-ed program for single or doubles players of all skill and fitness levels. Tennis Social Mornings Visit Card: $62.65/10 visits.

Steveston Community Centre  
18+yrs  
F..........................9:30-11:30am | $7.83/Drop-in |

**TENNIS SOCIAL NIGHTS: DROP-IN**

Come and find a partner(s) to rally or play games against in this co-ed program for single or doubles players of all skill and fitness levels. A Socials Facilitator will be present to organize participants. Tennis Social Nights Visit Card: $141.00/10 visits.

Steveston Community Centre  
18+yrs  
F..........................7:30pm-12:00am | $17.62/Drop-in |

**TENNIS SOCIALS FOR WOMEN: DROP-IN**

Come and find a partner(s) to rally or play games against in this ladies only program for single or doubles players of all skill and fitness levels. Tennis Social Mornings Visit Card: $62.65/10 visits.

Steveston Community Centre  
18+yrs  
Tu........................9:30-11:30am | $7.83/Drop-in |

**TENNIS SOCIALS**

Come and find a partner(s) to rally or play games against in this co-ed program for single or doubles players of all skill and fitness levels. All games are played in a friendly and fun environment. Rules and scoring are covered. Racquets are available for use at no charge.

**TENNIS: BEGINNER (1.0-2.0)**

Develop ball control skills, hand eye co-ordination and fundamental movement skills in a fun environment. Rules and scoring are covered. Racquets available for use at no charge.

**Steveston Community Centre**  
18+yrs  
Jan 11-Mar 7..............Sa ........ 9:30-11:30am .............. $113.90/8 sess .............2752586  
Jan 13-Mar 9..............M ........ 9:30-11:00am .............. $170.90/8 sess .............2752582  
Jan 14-Mar 10..............Tu ........ 9:30-11:00am .............. $128.15/9 sess .............2752585  
Jan 15-Mar 11..............W ........ 9:30-11:00am .............. $192.25/9 sess .............2752581  
Jan 15-Mar 11..............W ........ 9:30-11:00am .............. $128.15/9 sess .............2752584  
Jan 16-Mar 12..............Th ........ 1:30-2:30pm .............. $128.15/9 sess .............2752589  
Jan 16-Mar 12..............Th ........ 6:30-7:30pm .............. $128.15/9 sess .............2752588  
Jan 17-Mar 13..............F ........ 11:00am-12:30pm .............. $192.25/9 sess .............2752587

FOLLOW US  
@Richmond_BC  
#RichmondBC
**Tennis**

**TENNIS: INTERMEDIATE (2.0-3.0)**
Build on existing skills while working on strategy and game play in a fun and exciting environment.

**Steveston Community Centre**

<table>
<thead>
<tr>
<th>Groundstrokes</th>
<th>Return of Serve</th>
<th>Net Play</th>
<th>Serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.0</td>
<td>I am just starting to play tennis.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.5</td>
<td>I have been introduced to the game, but have difficulty playing due to my lack of consistent rallying and serving.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.0</td>
<td>I can get to the ball, but lack control so my rallying is inconsistent. I often choose forehand instead of backhand.</td>
<td>I have inconsistent returns and tend to position myself to protect my weaknesses.</td>
<td>In singles I am reluctant to come to the net. In doubles I understand the basic positions and am comfortable with forehand volleys (but avoid backhand volleys and overhead shots).</td>
</tr>
<tr>
<td>2.5</td>
<td>I can consistently rally 10 balls in a row over the net at moderate speed with an arced trajectory (especially forehand shots).</td>
<td>In singles, I can consistently return shots to the middle of the court. In doubles, I have difficulty returning cross-court to start the point.</td>
<td>I am at ease at the net during practice, but still uncomfortable during a game.</td>
</tr>
<tr>
<td>3.0</td>
<td>I can consistently rally 10 balls in a row using forehands and backhands. I am able to maintain a moderately paced rally when receiving high, wide or short balls.</td>
<td>I can control the direction of the ball when receiving moderately paced serves.</td>
<td>I am very consistent on moderately paced balls to my forehand, but still inconsistent on my backhand. I have overall difficulty with low and wide balls.</td>
</tr>
<tr>
<td>3.5</td>
<td>I can make my opponent move around the court, hit harder when I receive easier balls and perform approach shots with more than 50% consistency.</td>
<td>I can return fast or well-placed serves defensively, return an easier serve with pace or placement and approach the net in doubles.</td>
<td>I am becoming consistent on volley and overheads requiring moderate movement. I can direct forehand volleys and control backhand volleys with little offense, but have general difficulty putting volleys away.</td>
</tr>
<tr>
<td>4.0</td>
<td>I am able to develop points consistently by using a combination of shots; however, I am erratic when attempting a passing shot or a quality shot from a fast or well-placed ball.</td>
<td>I have difficulty returning very fast or spin serves, but can hit a good shot or exploit my opponent’s weakness on moderately paced serves. In doubles, I can vary returns effectively on moderately paced serves.</td>
<td>I can follow an approach shot to net, poach on weak returns and put away easy overheads. In doubles I can receive a variety of balls and volley offensively.</td>
</tr>
</tbody>
</table>

**TENNIS: ADVANCED (3.0-4.0)**
Work on strategies for singles and doubles play. Players must be able to demonstrate consistent rallying skills, serves, return of serves, volleys and overhead returns.

**Steveston Community Centre**

<table>
<thead>
<tr>
<th>Groundstrokes</th>
<th>Return of Serve</th>
<th>Net Play</th>
<th>Serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.0</td>
<td>I am just starting to play tennis.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.5</td>
<td>I have been introduced to the game, but have difficulty playing due to my lack of consistent rallying and serving.</td>
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</tr>
<tr>
<td>2.0</td>
<td>I can get to the ball, but lack control so my rallying is inconsistent. I often choose forehand instead of backhand.</td>
<td>I have inconsistent returns and tend to position myself to protect my weaknesses.</td>
<td>In singles I am reluctant to come to the net. In doubles I understand the basic positions and am comfortable with forehand volleys (but avoid backhand volleys and overhead shots).</td>
</tr>
<tr>
<td>2.5</td>
<td>I can consistently rally 10 balls in a row over the net at moderate speed with an arced trajectory (especially forehand shots).</td>
<td>In singles, I can consistently return shots to the middle of the court. In doubles, I have difficulty returning cross-court to start the point.</td>
<td>I am at ease at the net during practice, but still uncomfortable during a game.</td>
</tr>
<tr>
<td>3.0</td>
<td>I can consistently rally 10 balls in a row using forehands and backhands. I am able to maintain a moderately paced rally when receiving high, wide or short balls.</td>
<td>I can control the direction of the ball when receiving moderately paced serves.</td>
<td>I am very consistent on moderately paced balls to my forehand, but still inconsistent on my backhand. I have overall difficulty with low and wide balls.</td>
</tr>
<tr>
<td>3.5</td>
<td>I can make my opponent move around the court, hit harder when I receive easier balls and perform approach shots with more than 50% consistency.</td>
<td>I can return fast or well-placed serves defensively, return an easier serve with pace or placement and approach the net in doubles.</td>
<td>I am becoming consistent on volley and overheads requiring moderate movement. I can direct forehand volleys and control backhand volleys with little offense, but have general difficulty putting volleys away.</td>
</tr>
<tr>
<td>4.0</td>
<td>I am able to develop points consistently by using a combination of shots; however, I am erratic when attempting a passing shot or a quality shot from a fast or well-placed ball.</td>
<td>I have difficulty returning very fast or spin serves, but can hit a good shot or exploit my opponent’s weakness on moderately paced serves. In doubles, I can vary returns effectively on moderately paced serves.</td>
<td>I can follow an approach shot to net, poach on weak returns and put away easy overheads. In doubles I can receive a variety of balls and volley offensively.</td>
</tr>
</tbody>
</table>

**Internet Registration:** [www.richmond.ca/register](http://www.richmond.ca/register)
ASSESSMENTS
Instructors assess an individual’s tennis skill level at the start of a program. If the set requirements are not met, participants will be withdrawn from the course with staff providing assistance in registering in an appropriate program if one is available.

<table>
<thead>
<tr>
<th>Facility</th>
<th>Booking phone #</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steveston - Net Shed</td>
<td>604-238-8080</td>
<td>$19.30/hour</td>
</tr>
</tbody>
</table>

**TENNIS INDOOR COURT RENTALS**

**TENNIS PRIVATE LESSONS FEES – JANUARY 1 – MARCH 31**

<table>
<thead>
<tr>
<th>Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>$53.17 (+ tax)/hour</td>
</tr>
<tr>
<td>Semi-private (2 people)</td>
<td>$29.23 (+ tax)/hour</td>
</tr>
<tr>
<td>Semi-private (3 people)</td>
<td>$23.91 (+ tax)/hour</td>
</tr>
<tr>
<td>Semi-private (4 people)</td>
<td>$18.59 (+tax)/hour</td>
</tr>
</tbody>
</table>

**BADMINTON: INTERMEDIATE**
Apply the strategy, speed and placement skills learned in practices to high-energy games. Basic and refined strokes are covered along with control and consistency. Pre-requisite: Previous badminton experience.

* Cambie Community Centre 18+yrs
  * Jan 11-Mar 14 ...... Sa .......... 9:15-10:45am .......... $70.90/9 sess .......... 2754020

**BASKETBALL**
Join these non-instructional pick-up games. Drop-ins welcome if space permits.

* South Arm Community Centre 18+yrs
  * Jan 6-Mar 30 .......... M .......... 8:00-9:45pm .......... $63.00/12 sess .......... 2755991

**FLOOR HOCKEY**
Join this co-ed, non-instructional indoor activity that is recreational and fun-based play.

* Thompson Community Centre 18+yrs
  * Jan 7-Mar 31 .......... Tu .......... 7:30-9:30pm .......... $68.25/13 sess .......... 2754345

**SOCCER**
Play indoor games in this recreational, co-ed and non-instructional program.

* Thompson Community Centre 18+yrs
  * Jan 9-Mar 26 .......... Th .......... 7:45-9:30pm .......... $63.00/12 sess .......... 2755103

**SOCCER: FOR WOMEN**
Develop skills in this indoor, instructional program for all skill and fitness levels. Drop-ins welcome if space permits.

* Boyd School (West Richmond) 18+yrs
  * Jan 13-Mar 9 .......... M .......... 7:30-9:00pm .......... $63.00/8 sess .......... 2754720

**VOLLEYBALL**
Team up with new players every week in this non-instructional program that welcomes all skill and fitness levels.

* South Arm Community Centre 18+yrs
  * Jan 8-Mar 25 .......... W .......... 8:15-9:45pm .......... $63.00/12 sess .......... 2755992

**VOLLEYBALL TOURNAMENT**
Register a team for these one-day tournaments for all skill and fitness abilities. Captains are responsible for the teams, roster and payment. Phone Cambie Sports at 604-241-1343 for details.

* Cambie Community Centre 18+yrs
  * Feb 16 ................. Su .......... 9:00am-2:30pm .......... $95.25/1 sess .......... 2754325

**VOLLEYBALL LEAGUE**
Play in this recreational league that is open to teams of all skills and fitness abilities. The two leagues are Sundays 6s and Monday Reverse 4s. Phone 604-233-8399 or Cambie Sports at 604-241-1343 for details.

**VOLLEYBALL LEAGUE REVERSE 4S**
Join this two co-ed reverse 4s recreational leagues that welcomes teams of all skill and fitness abilities. Phone Cambie Sports at 604-241-1343 for details.
## Sports

### Adults Drop-In Gym Schedule – January 1 – March 31

<table>
<thead>
<tr>
<th>Facility</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
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<th>Sat</th>
<th>Sun</th>
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<tbody>
<tr>
<td>Cambie Community Centre</td>
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<td>City Centre Community Centre</td>
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<tr>
<td>Hamilton Community Centre</td>
<td>Floor Hockey: Women 18+yrs</td>
<td>Floor Hockey: Women 18+yrs</td>
<td>Basketball 18+yrs 1:15-4:15pm</td>
<td>Basketball 18+yrs 6:00-9:00pm (Garden City School)</td>
<td>Basketball 18+yrs 6:00-9:00pm (Garden City School)</td>
<td>Basketball 18+yrs 6:00-9:00pm (Garden City School)</td>
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<td>7:45-9:15pm</td>
<td>8:00-9:15pm</td>
<td>1:15-4:15pm</td>
<td>6:00-9:00pm (Garden City School)</td>
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<td>South Arm Community Centre</td>
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<td>West Richmond Community Centre</td>
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<tr>
<td>Drop-In Fees:</td>
<td>Adults (19-54yrs) $5.25</td>
<td>Seniors (55+yrs) $4.20</td>
<td>Friday Night Basketball (13-18yrs) $2.65</td>
<td>Friday Night Basketball (19-25yrs) $5.25</td>
<td>Schedule subject to change.</td>
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### GET CONNECTED AND SUBSCRIBE TODAY

The City of Richmond has launched a Community Services e-Newsletter. Sign up today to receive exclusive ‘insider’ information on all the great programs, events and resources available to you. Subscribe online at www.richmond.ca/enews.
Facility Passes and Activities

Annual Passes offer a great value for a low yearly fee and include the opportunity to participate in any of the activities listed in the following Facility Pass Activities charts. Choices include Woodworking at Minoru Centre for Active Living, Tai Chi at Cambie Community Centre and Hamilton Community Centre, Drama Group at City Centre Community Centre, Book Club at South Arm Community Centre, Drumming Circle at Steveston Community Centre, Luk Tung Kuen at Thompson Community Centre, Ukulele Circle at West Richmond Community Centre and more!

Clubs and Groups are offered at the following community recreation facilities:

- Cambie Community Centre, 604-238-8399
- City Centre Community Centre, 604-204-8588
- Hamilton Community Centre, 604-238-8055
- Minoru Centre for Active Living, 604-238-8450
- Sea Island Community Centre, 604-718-8000
- South Arm Community Centre, 604-238-8060
- Steveston Community Centre, 604-238-8080
- Thompson Community Centre, 604-238-8422
- West Richmond Community Centre, 604-238-8400

Find location addresses on pages 4-6.

- Minoru Centre for Active Living – Facility Pass - $28
- Minoru Centre for Active Living – Billiard Room Pass - $36
- Minoru Centre for Active Living – Table Tennis Pass - $36
- Minoru Centre for Active Living – Woodworking Pass - $36
- Minoru Centre for Active Living – Wood Carving Pass - $36
- Cambie Community Centre - $13
- City Centre Community Centre - $14
- Hamilton Community Centre - $14
- South Arm Community Centre - $14
- Steveston Community Centre - $14
- Thompson Community Centre - $14
- West Richmond Community Centre - $14
## FACILITY PASS ACTIVITIES

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<tr>
<td>Billiards-Women’s Only</td>
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<td>Wood Working</td>
<td>8:30am-1:00pm</td>
<td>Woodcarvers</td>
<td>8:30am-1:00pm</td>
<td>Wood Working</td>
<td>8:30am-1:00pm</td>
<td>Wood Working</td>
<td>Model Walkers</td>
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<tr>
<td>Knitting: Busy Fingers</td>
<td>9:00am-12:30pm</td>
<td>Walking</td>
<td>8:45am-12:00pm</td>
<td>Mahjong</td>
<td>9:30am-5:00pm</td>
<td>Mahjong</td>
<td>Biking</td>
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<tr>
<td>English Social for Chinese Seniors</td>
<td>10:00-11:30am</td>
<td>Diabetic Support (1st &amp; 3rd Tue/mth)</td>
<td>10:00-11:30am</td>
<td>Biking</td>
<td>10:00am-12:00pm</td>
<td>Computer Assist</td>
<td>Bridge: Duplicate</td>
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<tr>
<td>Happy Chorus</td>
<td>10:00am-12:30pm</td>
<td>Poker</td>
<td>11:30am-3:30pm</td>
<td>Happy Chorus</td>
<td>10:00am-12:30pm</td>
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<td>Billiards</td>
<td>12:00-9:00pm</td>
<td>Carpet Bowling</td>
<td>12:30-2:45pm</td>
<td>Crib</td>
<td>1:00-3:30pm</td>
<td>Scrabble</td>
<td>12:30-3:30pm</td>
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<td>Crib</td>
<td>1:00-3:30pm</td>
<td>Amateur Writers (1st &amp; 3rd Tu/mth)</td>
<td>1:00-3:00pm</td>
<td>Bridge Contract</td>
<td>1:00-4:30pm</td>
<td>Knitters and Natters (Mandarin and Cantonese)</td>
<td>1:00-3:00pm</td>
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<tr>
<td>Bridge Contract</td>
<td>1:00-4:30pm</td>
<td>Musical Interludes</td>
<td>1:30-3:00pm</td>
<td>Parkinson Caregivers Support (3rd/mth)</td>
<td>2:00-3:30pm</td>
<td>Woodcarvers</td>
<td>Chinese Folk Dance</td>
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<tr>
<td>Photography (2nd &amp; 4th/mth)</td>
<td>1:30-3:30pm</td>
<td>Kingsland Chinese Calligraphy</td>
<td>1:45-4:45pm</td>
<td>Glee</td>
<td>2:00-4:00pm</td>
<td>Ballroom Dance</td>
<td>3:30-5:15pm</td>
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<tr>
<td>Artists Open Studio (1st &amp; 3rd/mth)</td>
<td>2:00-4:00pm</td>
<td>Platinum Players Drama Group</td>
<td>2:00-4:30pm</td>
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<td>6:15-9:00pm</td>
<td>Chinese Folk Dance</td>
<td>4:30-6:30pm</td>
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Note: Minoru Centre for Active Living Pass activities are subject to change.

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### CAFETERIA AND CATERING SERVICES AT MINORU CENTRE FOR ACTIVE LIVING

Enjoy the full service cafeteria:
- Mon-Thru 8:30am-4:00pm, Fri 8:30am-7:00pm and Sat 10:00am-2:00pm
- Hot lunch service daily Mon-Fri, 11:30am-2:00pm and Friday night dinners 4:30-6:00pm
- Lunch $7.00 + tax for Facility Pass holders; $9.50 + tax for non-Facility Pass holders
- Friday night dinner $9.00/$11.75 + tax.
## FACILITY PASS ACTIVITIES CONT'D

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<thead>
<tr>
<th>Facility</th>
<th>Mon</th>
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<tbody>
<tr>
<td>Cambie Community Centre</td>
<td>Coffee and Tea 11:00am-1:00pm</td>
<td>Tai Chi: 24 Form practice¹ 8:00-8:45am (no instruction) #2753463</td>
<td>Tai Chi: 48 Form¹ 8:30-10:00am #2753464</td>
<td>Indoor Walking¹ 10:00-11:00am (Cambie Gym) #2753468</td>
<td>Tai Chi: 24 Form¹ 8:30-9:30am #2753463</td>
<td>Table Tennis 9:00-10:30am</td>
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<td>Tai Chi: 24 Form practice¹ 8:45-9:30am (no instruction) #2753464</td>
<td>Book Club¹ 10:00-11:30am (1st/mth) #2753438</td>
<td>Luk Tung Kuen¹ 12:00-12:45pm #2753455</td>
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<td>Table Tennis 9:00-10:30am</td>
<td>Tai Chi: Sword-Yang Style¹ 10:15-11:15am #2753466</td>
<td>Knitting Group 10:00am-12:00pm</td>
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<td>Karaoke (1st &amp; 3rd/mth) 9:00-11:00am</td>
<td>Luk Tung Kuen¹ 11:20am-12:10pm #2753453</td>
<td>Luk Tung Kuen¹ 11:20am-12:10pm #2753454</td>
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<td></td>
<td>Mahjong¹ (2nd Tues) 9:45-11:45am #2753456-2753457 (no instructor)</td>
<td>Crib and Coffee 12:00-2:00pm</td>
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¹Registration required.
Note: Programs held at East Richmond Community Hall.

### City Centre Community Centre

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<tr>
<td>Karaoke in English 10:00am-12:00pm</td>
<td>Singing Group 10:00am-1:00pm</td>
<td>Poetry Appreciation Group 1:00-3:00pm</td>
<td>Karaoke (Cantonese/ Mandarin) 10:00am-1:00pm</td>
<td>Drama Group (Cantonese) 12:30-2:30pm</td>
<td>Technology Help 3:30-5:00pm</td>
<td>English Conversation Group 3:00-4:30pm</td>
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Note: City Centre's Facility Pass activities do not run on statuary holidays.

### Hamilton Community Centre

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<tbody>
<tr>
<td>Tai Chi: Advanced 7:30-8:30am</td>
<td>Tai Chi: Advanced 7:30-8:30am</td>
<td>Tai Chi: Advanced 7:30-8:30am</td>
<td>Tai Chi: Advanced 7:30-8:30am</td>
<td>Tai Chi: Advanced 7:30-8:30am</td>
<td>Tai Chi: Beginner 8:30-9:30am</td>
<td>Line Dancing 10:00-11:00am</td>
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<td>Chinese Seniors Circle Group 9:30-11:00am</td>
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<td>Sing-A-Long 11:00am-12:00pm</td>
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<td>Mahjong 11:00am-12:00pm</td>
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<td>South Arm Community Centre</td>
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<td>Luk Tung Kuen</td>
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<tr>
<td>Learn English and Immigrant Support Group</td>
<td>9:00-11:30am</td>
<td>Social Coffee and Tea Morning Group</td>
<td>9:30-11:00am</td>
<td>Seniors Monthly Meeting (1st/mth)</td>
<td>10:00-11:00am</td>
<td>Friendship Group Tea</td>
<td>8:30-9:30am</td>
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<td>Scramble Social</td>
<td>10:00am-12:00pm</td>
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<td>Milap Group (various Mon)</td>
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<td>Carpet Bowling</td>
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<tr>
<td>Chinese Multicultural Group</td>
<td>9:00-11:30am</td>
<td>Steveston Seniors’ Circle</td>
<td>12:30-2:30pm</td>
<td>Chronic Pain Management Support Group</td>
<td>(3rd/mth) 9:00-11:30am</td>
<td>Chinese Multicultural Group</td>
<td>9:00-11:30am</td>
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<td>Drumming Circle</td>
<td>1:00-3:00pm</td>
<td>Ukulele Ensemble</td>
<td>6:00-8:00pm</td>
<td>Low Vision Support Group (2nd/mth)</td>
<td>10:00am-12:00pm</td>
<td>Japanese Tablet Club</td>
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<td>Japanese Crafts Group</td>
<td>(2nd, 3rd, 4th/mth)</td>
<td>Japanese Crafts Group</td>
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<td>Japanese Crafts Group</td>
<td>(2nd, 3rd, 4th/mth)</td>
<td>iPad Club (English)</td>
<td>1:00-2:30pm</td>
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## FACILITY PASS ACTIVITIES CONT’D

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<tr>
<td>Thompson Community Centre</td>
<td>Luk Tung Kuen</td>
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<td>(2nd/mth) 1:00-4:30pm</td>
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<td>Coffee and Games</td>
<td>Luk Tung Coffee</td>
<td>English Tutoring</td>
<td>Coffee and Games</td>
<td>Karaoke</td>
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<td>9:00-11:45am</td>
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<td>Taiji Qigong</td>
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<td>West Richmond Community Centre</td>
<td>French Conversation</td>
<td>Textiles Club</td>
<td>Ukulele Circle</td>
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<td>10:00am-12:00pm (not on stat holidays)</td>
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### Arts – Dance

#### BALLET: FUNDAMENTALS

Improve mobility, posture, coordination and energy levels while learning introductory ballet techniques including barre work and dance combinations. Exercises are modified for individual needs in this fun and supportive environment.

Minoru Centre for Active Living
Jan 7-Mar 24...... Tu...... 9:15-10:15am ......... $65.90/12 sess...... 2752347

#### BALLET: INTERMEDIATE

Continue to develop ballet technique including barre and centre work, jumps and combinations. Increase musicality and strength while improving mobility, posture and coordination. Exercises are modified to suit participants needs. Pre-requisite: two years of ballet.

Minoru Centre for Active Living
Jan 6-Mar 16...... M...... 9:15-10:15am ......... $54.90/10 sess...... 2752348

#### BALLROOM DANCE

Learn the fundamentals of specific dance styles including the Cha Cha, the Waltz and more. Singles and pairs welcome. Drop-ins welcome if space permits. This program is instructed by Imperial Ballroom.

City Centre Community Centre 16+yrs
Jan 17-Mar 13 .... F....... 10:45-11:45am ......... $108.00/9 sess ...... 2754591

### FREE BALLROOM DANCE SOCIAL: DROP-IN

Prepare for a casual afternoon of dancing a variety of styles and socializing. No instruction. No partner required.

Thompson Community Centre
Feb 17 ................. M....... 11:00am-12:30pm ... Free/1 sess ........ 2756062

#### BALLROOM DANCE: BEGINNER

Cover the basic steps of the Jive, Cha Cha, Waltz and Foxtrot. Singles and pairs welcome.

Minoru Centre for Active Living
Jan 8-Mar 25 ...... W ...... 6:30-7:45pm .......... $82.35/12 sess ...... 2752349

#### FREE BALLROOM DANCE: INTERMEDIATE

Acquire even more Jive, Cha Cha, Waltz and Foxtrot dance skills in this class that welcomes singles and pairs. Pre-requisite: Ballroom Dance: Beginner.

Minoru Centre for Active Living
Jan 11-Mar 28 .... Sa...... 1:30-3:00pm .......... $98.80/12 sess ...... 2752350
BOLLYWOOD DANCE
Perform high energy and fun dance moves to upbeat Indian Bollywood music in this program that covers fundamental choreography and techniques.
Cambie Community Centre
Jan 15–Feb 5 ..... W ..... 10:45–11:45am .......... $29.30/4 sess .......... 2758587
Feb 12–Mar 4 ..... W ..... 10:45–11:45am .......... $29.30/4 sess .......... 2758588

BROADWAY JAZZ
Explore the theatrical dance styles and choreography inspired by Broadway Musicals set to favourite songs. This is also an opportunity to work on developing coordination, improving balance and building jazz dance technique. Open to all levels. Beginners welcome.
Minoru Centre for Active Living
Jan 7–Mar 24 ...... Tu ..... 10:20–11:20am .......... $65.90/12 sess .......... 2752351

BROADWAY JAZZ: INTERMEDIATE
Continue to develop techniques specific to this type of dancing that includes more advanced combinations with a focus on musicality and individual expression in a fun and supportive environment. Jazz dance experience required.
Minoru Centre for Active Living
Jan 6–Mar 23 ...... M ...... 10:40–11:40am .......... $60.40/11 sess .......... 2752352

CONDITIONING THROUGH DANCE
Improve overall health and body conditioning through a combination of ballet techniques and jazz dancing that focuses on core strength, posture, flexibility and increasing cardio health. No dance experience required.
Minoru Centre for Active Living
Jan 6–Mar 23 ...... M ...... 12:00–1:00pm .......... $60.40/11 sess .......... 2752353

HAWAIIAN HULA DANCING: BEGINNER
Learn and practice the basic techniques and rhythmic patterns of this graceful and expressive cultural dance form that engages the body, mind and spirit. Some dance movements may be performed sitting down.
Minoru Centre for Active Living
Jan 14–Mar 31 .... Tu ....... 4:00–5:00pm ........... $65.90/12 sess .......... 2757089
Steveston Martial Arts Centre (Steveston)
Jan 10–Mar 27 .... F ....... 1:00–2:00pm ........... $65.90/12 sess .......... 2752471

LINE DANCING VARIETY (MANDARIN AND CANTONESE)
Try this new class that focuses on the fundamental steps of line dancing and that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Drop-ins welcome if space permits. This course is conducted in Cantonese and Mandarin.
Minoru Centre for Active Living
Jan 6–Mar 23 ...... M ...... 3:00–4:00pm .......... $60.40/11 sess .......... 2752358
Jan 8–Mar 25 ...... W ...... 3:00–4:00pm .......... $65.90/12 sess .......... 2752357

LINE DANCING VARIETY: BEGINNER
Try this new class that focuses on the fundamental steps of line dancing and that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Drop-ins welcome if space permits.
Thompson Community Centre
FREE  Jan 8 ...... W ...... 10:45–11:45am .......... Free/1 sess ............ 2756188
Jan 15–Mar 11 ...... W ...... 10:45–11:45am .......... $49.40/9 sess .......... 2756190
FREE  Feb 17 ... M ...... 12:45–1:45pm .......... Free/1 sess ............ 2756840

LINE DANCING: BEGINNER
Practice and learn the basic moves that make up current line dancing today. It's easy and fun! No dance experience required. Drop-ins welcome if space permits at Steveston Community Centre.
City Centre Community Centre
Jan 8–Mar 18 ...... W ...... 1:05–2:05pm .......... $60.40/11 sess .......... 2755304
Minoru Centre for Active Living
Jan 7–Mar 24 ...... Tu ...... 2:15–3:15pm .......... $65.90/12 sess .......... 2752359
South Arm Community Centre
Jan 6–Mar 23 ...... M ...... 2:00–3:00pm .......... $60.40/11 sess .......... 2753893
Steveston Community Centre
Jan 9–Mar 12 ...... Th ...... 2:00–3:00pm .......... $54.90/10 sess .......... 2752492

LINE DANCING: INTERMEDIATE
Improve beginner moves and learn more advanced ones in this social and physically active class. Pre-requisite: Previous line dancing experience. Drop-ins welcome if space permits at Steveston Community Centre.
City Centre Community Centre
Jan 8–Mar 18 ...... W ...... 2:20–3:20pm .......... $60.40/11 sess .......... 2755305
Minoru Centre for Active Living
Jan 7–Mar 24 ...... Tu ...... 3:30–4:30pm .......... $65.90/12 sess .......... 2752360
South Arm Community Centre
Jan 6–Mar 23 ...... M ...... 1:00–2:00pm .......... $60.40/11 sess .......... 2753898
Steveston Community Centre
Jan 9–Mar 12 ...... Th ...... 3:15–4:15pm .......... $54.90/10 sess .......... 2752493

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Internet Registration: www.richmond.ca/register
NEW \hspace{1cm} \textbf{LINE DANCING: ADVANCED} \\
Build on intermediate moves and learn more advanced ones in this social and physically active class. Pre-requisite: Line Dancing: Intermediate. \\
Minoru Centre for Active Living \\
Jan 11-Mar 28... Sa..... 12:10-1:30pm .......... $106.60/12 sess .... 2757342

\textbf{MODERN SWING AND JIVE DANCING} \\
Combine swing and jive with Jazz and tap in short, easy-to-learn and exciting routines suitable for social dancing. Partners are not required as dancing is done in solo formation. \\
Minoru Centre for Active Living \\
Jan 7-Mar 24...... Tu ..... 1:45-2:45pm .......... $65.90/12 sess ...... 2757587

\textbf{TAP DANCE: CHOREOGRAPHY} \\
Learn both jazzy Broadway musical show numbers (often danced with hats or canes) and Night Club Style group formation numbers featuring popular social dance styles that include Swing and Latin. \\
Minoru Centre for Active Living \\
Jan 8-Mar 25 ...... W ..... 11:00am-12:00pm ... $65.90/12 sess ...... 2752361

\textbf{TAP DANCING: BEGINNER} \\
Tap into some fun and get some great exercise at the same time. No dance experience required. \\
Minoru Centre for Active Living \\
Jan 8-Mar 25 ...... W ..... 9:00-10:00am .......... $65.90/12 sess ...... 2752362

\textbf{TAP DANCING: INTERMEDIATE} \\
Combine previously learned steps with new moves in this social class that also offers a fun work out. Pre-requisite: Tap dancing experience. \\
Minoru Centre for Active Living \\
Jan 8-Mar 25...... W ..... 10:00-11:00am .......... $65.90/12 sess ...... 2752363

\hspace{1cm} \textbf{Steveston Community Centre} \\
Jan 7-Mar 24...... Tu ..... 1:15-2:15pm ............ $65.90/12 sess ...... 2752566

\textbf{AFRICAN DRUMMING: INTERMEDIATE} \\
Continue to learn how to emphasize the hand placement of Djembe drumming. Previous African drumming experience required. \\
West Richmond Community Centre \\
Jan 13-Feb 10 .... M....... 6:30-7:30pm ............ $27.45/5 sess ...... 2754974
Feb 24-Mar 23 ... M....... 6:30-7:30pm ............ $27.45/5 sess ...... 2754975

\hspace{1cm} \textbf{MUSIC THERAPY AND MOVEMENT: AWAKENING MEMORIES} \\
Listen to familiar tunes, connect with others and engage with memories through various movements using balls and playing along on drums and other various instruments led by a certified Musical Therapist. This program is designed for people living with early-stage memory loss and other cognitive-related issues. \\
South Arm Community Centre \\
\textbf{FREE} → Feb 13 .. Th..... 2:15-3:15pm .......... Free/1 sess .............. 2755434
Feb 20-Mar 26 ... Th..... 2:15-3:15pm .......... $32.95/6 sess ........ 2754979

\hspace{1cm} \textbf{INTRODUCTION TO PIANO} \\
- Forty-five (45) minute private lesson offered by qualified volunteer instructors. \\
- An individual curriculum is designed specifically around the ability of each participant. Piano available for use in class. \\
- Classes are suitable for beginners up to Level 5. \\
- Certifications for piano level advancements are not available. \\
- In addition to English, select classes can be taught in Cantonese or Mandarin. \\
- Phone City Centre at 604-204-8588 for additional lesson times. \\
- No refunds for withdrawals 7 day prior to or after the start date of the program. \\
- \textbf{Note}: Private and semi-private lessons are not eligible for support through the Recreation Fee Subsidy Program. Find details at \url{www.richmond.ca/subsidy}. \\

\begin{center}
\begin{tabular}{|c|c|c|c|}
\hline
\textbf{Day} & \textbf{Time (45 min/lessons)} & \textbf{Date} & \textbf{Price} \\
\hline
M & 3:45-6:30pm & Jan 13-Mar 16 & $50.65/9 sess \\
Th & 11:00am-12:45pm & Jan 9-Mar 12 & $56.30/10 sess \\
F & 1:00-5:00pm & Jan 10-Mar 13 & $56.30/10 sess \\
Sa & 9:00am-2:45pm & Jan 11-Mar 14 & $50.65/9 sess \\
Su & 9:00am-4:45pm & Jan 12-Mar 15 & $50.65/9 sess \\
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Register one of three ways: in person at the facility, phone 604-276-4300 or visit \url{www.richmond.ca/register}. 

\textbf{Arts – Music and Performing}
**FREE** **SING-A-LONG CIRCLE**
Join the Lulu Island Strummers and others for a fun and relaxed musical session. Registration required.
East Richmond Community Hall (Cambie)
Mar 5 .......................... Th ..... 6:30-8:00pm ................ Free/1 sess ........... 2753460

**SINGING: BEGINNER**
Improve vocal range, develop breathing techniques and explore pop, jazz, folk and Musical Theatre to learn some foundations to become a better singer.
Minoru Centre for Active Living
Jan 9–Mar 26...... Th ..... 1:30-2:45pm ............ $82.35/12 sess .......... 2752364

**TAIKO DRUMMING: LEVEL 1**
Release stress and tension while learning different patterns and rhythms in this uplifting and unique group playing experience. No previous experience required.
South Arm Community Centre
Jan 14–Mar 24.... Tu ..... 6:30-7:30pm ........... $60.40/11 sess ...... 2754563

**TAIKO DRUMMING: LEVEL 2**
Perfect new skills, engage in more vocal shouts and drills and learn pieces with complex rhythms in a fun, energetic and creative environment. Pre-requisite: Taiko Drumming: Level 1.
South Arm Community Centre
Jan 14–Mar 24.... Tu ..... 6:30-7:30pm ........... $60.40/11 sess ...... 2754564

**TAIKO DRUMMING: LEVEL 3**
Create a new mind-enriching repertoire with musical pieces that focus on challenging patterns and the beauty of movements and music. Pre-requisite: Taiko Drumming: Level 2.
South Arm Community Centre
Jan 14–Mar 24.... Tu ..... 6:30-7:30pm ........... $60.40/11 sess ...... 2754565

**TAIKO DRUMMING: LEVEL 4**
Learn the art of soloing, become a more confident player and be challenged with the composition of new musical pieces learned as a group. Pre-requisite: Taiko Drumming: Level 3.
South Arm Community Centre
Jan 14–Mar 24.... Tu ..... 5:15-6:15pm ........... $60.40/11 sess ...... 2754567
Jan 14–Mar 24.... Tu ..... 7:30-8:30pm ........... $60.40/11 sess ...... 2754566

**UKULELE ENSEMBLE**
Enjoy new ways of making music with others playing pieces from a variety of genres written in two or more parts. Pre-requisite: Ukulele: Beginner and ability to read tablature.
West Richmond Community Centre
Jan 14–Feb 4 ...... Tu ...... 6:30–7:30pm ............. $21.95/4 sess ...... 2756374

**UKULELE ENSEMBLE WORKSHOP**
Learn to read tablature and musical notation and understand time signatures and rhythm values to take part in multi-part music-making with others. Pre-requisite: Ukulele: Beginner.
Japanese Canadian Cultural Centre (Steveston)
Jan 16–Jan 30...... Th ...... 6:00–8:00pm ........... $32.95/3 sess ...... 2756789

**UKULELE: BEGINNER**
Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukulele purchase not required at City Centre.
City Centre Community Centre
Jan 13–Mar 9 ...... M ...... 2:30–3:30pm ........... $43.90/8 sess ...... 2754787
Minoru Centre for Active Living
Jan 9–Mar 26 ...... Th ...... 10:00–11:00am ........ $65.90/12 sess ...... 2752865

**UKULELE: INTERMEDIATE**
Learn more skills and pieces to play on this fun instrument. Ukulele required at each class. Pre-requisite: Ukulele: Beginner.
Minoru Centre for Active Living
Jan 9–Mar 26 ...... Th ...... 11:05am–12:05pm ... $65.90/12 sess ...... 2752866

**UKULELE: ADVANCED**
Continue to learn even more advanced skills and pieces to play on this string instrument. Ukulele required at each class. Pre-requisite: Ukulele: Intermediate.
Minoru Centre for Active Living
Jan 9–Mar 26 ...... Th ...... 12:15–1:15pm ........ $65.90/12 sess ...... 2752864

**UKULELE: MUSIC LITERACY FOR BEGINNERS 1**
Explore the fundamentals of music while learning to play melodies, harmonies and a variety of musical traditions with this versatile instrument. No previous experience required. Ukulele required at each class. A non-refundable $18 resource book is added when registering.
Japanese Canadian Cultural Centre (Steveston)
Jan 7–Feb 11 ...... Tu ...... 1:00–2:30pm ........... $49.40/6 sess ...... 2758338
Feb 24–Mar 30 .... M ...... 10:00–11:30am .......... $49.40/6 sess ...... 2752648
UKULELE: MUSIC LITERACY FOR BEGINNERS 2
Build on the basics, expand knowledge of the fretboard with new scales and understand chord structure and more complex rhythms while exploring new repertoires. Ukulele required at each class. A non-refundable $18 resource book is added when registering. Pre-requisite: Ukulele: Music Literacy for Beginners 1.
Japanese Canadian Cultural Centre (Steveston)
Jan 6-Feb 10 ..... M...... 10:00-11:30am .......... $49.40/6 sess .......... 2755470

UKULELE: MUSIC LITERACY FOR BEGINNERS 3
Advance melodic skill development and increase fundamental knowledge while adding strumming and chording to new songs for solo play and group music making. Ukulele required at each class. A non-refundable $18 resource book is added when registering. Pre-requisite: Ukulele: Music Literacy for Beginners 2.
Japanese Canadian Cultural Centre (Steveston)
Jan 6-Feb 10 ..... M...... 1:00-2:30pm ........... $49.40/6 sess ........... 2755472
Feb 24-Mar 30 ... M...... 1:00-2:30pm ........... $49.40/6 sess ........... 2755478

UKULELE: THEORY
Learn how scales work, what chords to play in any given key and how a working knowledge of music theory on this popular instrument leads to more confident and skillful playing. Ukulele required at each class.
West Richmond Community Centre
Feb 11-Mar 3 ..... Tu ..... 6:30-7:30pm ........... $21.95/4 sess ........ 2756378

Arts – Visual

CHINESE BRUSH PAINTING
Explore this beautiful ancient art through exercises that focus on basic techniques. A non-refundable $15 supplies fee is added when registering.
Minoru Centre for Active Living
Jan 6-Mar 30 ...... M....... 9:30-11:30am ........... $148.50/13 sess .... 2752869

CHINESE BRUSH PAINTING (CANTONESE)
Explore this beautiful ancient art through exercises that focus on basic techniques. A non-refundable $15 supplies fee is added when registering. This course is conducted in Cantonese.
Minoru Centre for Active Living
Jan 17-Mar 27 .... F....... 10:00am-12:00pm ... $125.60/11 sess .... 2757092

DIGITAL STORYTELLING
Reflect on past experiences to bring a memory to life by weaving images, music and narrative together into a short digital video. This program is instructed by Simon Fraser University.
Minoru Centre for Active Living
Jan 21-Mar 24 .... Tu ...... 10:00am-12:00pm ... $50.00/10 sess ...... 2757591

DRAWING: BASICS
Capture on paper simple objects, images and still lifes while learning basic concepts and techniques to eventually progress to drawing from imagination with improved understanding and confidence.
Minoru Centre for Active Living
Jan 8-Mar 25 ...... W ...... 12:30-2:30pm ............ $131.75/12 sess .... 2752871

DRAWING: PORTRAITS
Create lifelike portraits that capture character and emotion using a variety of media including ink, graphite and charcoal. Using a photograph as a starting point, explore proportion, shape and expression.
Minoru Centre for Active Living
Jan 8-Mar 25 ...... W ...... 3:00-5:00pm ............. $131.75/12 sess .... 2755139

EXPRESSIVE MEDITATIVE ART
Explore personal expression while moving from a technical approach to a creative and inspiring one that immerses the artist in colour, paint and the process of making art. All levels welcome.
Minoru Centre for Active Living
Jan 8-Jan 22 ...... W ...... 6:00-8:00pm ............. $32.95/3 sess ........ 2755140
LEARN TO KNIT
Make a market or shopping bag and learn skills that include casting on, knit stitch, purl stitch, sewing a seam and creating a hem and binding off. Suitable for beginners.
Minoru Centre for Active Living
Jan 6-Feb 10 ...... M...... 9:30-11:00am .......... $49.40/6 sess .. 2755141

PAINT NIGHT
Recreate a famous painting to take home with step-by-step instruction. No experience required. This program is instructed by Party with Laura.
East Richmond Community Hall (Cambie)
Feb 13 ................. Th...... 6:00-8:30pm .......... $35.00/1 sess .... 2755144
Mar 26 ................. Th...... 6:00-8:30pm .......... $35.00/1 sess .... 2755145

PAINTING: BASICS
Pick up a brush and start creating with step-by-step and supportive instruction that provides the ability and confidence to paint simple subjects including still life images.
Minoru Centre for Active Living
Jan 8-Mar 25 ...... W ..... 10:00am-12:00pm ....... $131.75/12 sess .... 2755184

PAINTING: FUN WITH ACRYLICS: INNER ARTIST DISCOVERY
Receive step-by-step tips and instruction on how to mix colours, grey scale and blend to create a simple project in this beginner class. Supplies not included.
South Arm Community Centre
FREE   Jan 28 ....... Tu ...... 1:00-3:00pm .......... Free/1 sess .......... 2755433
Feb 4-Mar 17 ...... Tu ...... 1:00-3:00pm .......... $76.85/7 sess .......... 2755432

PAINTING: OPEN STUDIO: ACRYLICS
Work on projects to further develop personal voice, style and techniques in these loosely structured, enriching and supportive studio sessions.
Minoru Centre for Active Living
Jan 6-Mar 23 ...... M ...... 6:00-8:00pm ........... $120.80/11 sess ...... 2755186

PAINTING: OPEN STUDIO: WATERCOLOUR
Work on personal projects to further develop voice and style in these loosely structured, enriching and supportive studio sessions. All levels welcome. Suggested supply list available upon request.
Minoru Centre for Active Living
Jan 9-Feb 13 ...... Th ...... 3:30-5:30pm .......... $65.90/6 sess ...... 2755316
Feb 20-Mar 26 .... Th ...... 3:30-5:30pm .......... $65.90/6 sess ...... 2755317

PAINTING: WATERCOLOUR TECHNIQUES AND STYLES
Explore still lifes, landscapes and figure studies using different styles and a variety of brushes in this class suitable for all experience level painters. Supplies not included.
Japanese Canadian Cultural Centre (Steveston)
Jan 13-Mar 9 ...... M...... 12:30-2:00pm .......... $65.90/8 sess ...... 2755466

SKETCHING
Create landscapes, figure drawings and still life sketches using a variety of materials that include charcoal, oil pastels and chalk along with different drawing styles and techniques. Supplies not included.
Japanese Canadian Cultural Centre (Steveston)
Jan 13-Mar 9 ...... M...... 10:00am-12:00pm ...... $87.85/8 sess ...... 2755463

SOFT PASTELS: INTRODUCTION
Develop confidence and skill working with this medium and create a new painting through a step-by-step process each session. Basic drawing skills recommended.
Minoru Centre for Active Living
Jan 7-Jan 28 ...... Tu ...... 9:30am-12:30pm ..... $65.90/4 sess ...... 2755329

TAKE HOME FLORAL ARRANGEMENT
Design and make a unique floral arrangement in this fun, creative and social session. This course is taught by an experienced florist. Price includes vase, flowers and light refreshments.
South Arm Community Centre
Feb 8 .................. Sa ...... 1:30-3:30pm .......... $11.00/1 sess ........ 2753709

Computers, Technology and Social Media

IPADS: THE INS AND OUTS
Learn to navigate better and feel more comfortable using the iPad camera, downloading apps and adjusting the settings. Device required at each class. Class maximum size: 6.
Minoru Centre for Active Living
Jan 12-Jan 19 ...... Su ...... 2:45-4:45pm .......... $26.65/2 sess ...... 2755336
**IPhones: The Ins and Outs**
Master the basics of a chosen Mac device ranging from taking pictures to navigating the screen and adjusting settings. Device required at each class. Class maximum size: 6.

Minoru Centre for Active Living
Feb 2-Feb 9 .......... Su ...... 2:45-4:45pm .............. $26.65/2 sess .......... 2755338

**FREE** **Smartphone Photography: Learn From A Youth**
Learn how to use a smartphone for taking, saving and sending photos to family and friends along with tricks that include how to airdrop and edit photos.

West Richmond Community Centre
Feb 11 ............... Tu ...... 3:30-5:00pm .............. Free/1 sess .......... 2755427

**FREE** **Smartphones and Tablets: Learn From A Youth**
Meet one-on-one and get help from a friendly and informative youth member to learn about text messaging, apps, GPS and Skype. Personal device required at each class. Facility Pass is not required. Registration required.

West Richmond Community Centre
Jan 21 ............... Tu ...... 3:30-5:00pm .............. Free/1 sess .......... 2753903

**FREE** **Smartphones, Tablets and Laptops: Learn From A Youth**
Meet one-on-one and get help from a friendly and informative youth member to learn about text messaging, apps, GPS and Skype. Registration required.

West Richmond Community Centre
Jan 29 ................ W ...... 3:30-4:00pm ............ Free/1 sess .......... 2756129
Jan 29 ................ W ...... 4:00-4:30pm ............ Free/1 sess .......... 2756130
Jan 29 ................ W ...... 4:30-5:00pm ............ Free/1 sess .......... 2756131
Jan 29 ................ W ...... 5:00-5:30pm ............ Free/1 sess .......... 2756132
Feb 26 ................ W ...... 3:30-4:00pm ............ Free/1 sess .......... 2756133
Feb 26 ................ W ...... 4:00-4:30pm ............ Free/1 sess .......... 2756134
Feb 26 ................ W ...... 4:30-5:00pm ............ Free/1 sess .......... 2756135
Feb 26 ................ W ...... 5:00-5:30pm ............ Free/1 sess .......... 2756136

**FREE** **Social Media Tips and Tricks: Learn From A Youth**
Learn how to stay connected to family, friends and the world through Facebook, Instagram and Snapchat. This session includes creating accounts and using different social media sites. Registration required.

West Richmond Community Centre
Mar 10 ............... Tu ...... 3:30-5:00pm .............. Free/1 sess .......... 2755428

**FREE** **Tech Buddies: Technology Tips and Tricks**
Enhance technology skills, knowledge and abilities through dialogue with peers. This program is facilitated by the City of Richmond Library. Personal device (iPhone or iPad) required at each class. Registration required.

South Arm Community Centre
Jan 14-Mar 31 ....... Tu ...... 11:00am-12:00pm ... Free/11 sess .......... 2753704

**FREE** **Technology and Aging Workshop**
Connect with family, access assistance when needed and better manage the demands of daily living with easy-to-learn technology tips. This workshop is presented by Council of Senior Citizens’ Organizations of BC (COSCO). Registration required.

Thompson Community Centre
Jan 17 ............... F ...... 2:00-3:00pm .............. Free/1 sess .......... 2757047

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**Cooking**

**French Cooking**
Learn to make French onion soup and escargot in this hands-on, specialty class that includes lots of samples and cooking tips.

Thompson Community Centre
Mar 14 ............... Sa ...... 4:00-6:00pm .............. $26.40/1 sess .......... 2757346

**Healthy Cooking and Baking**
Learn to make a variety of baked goods that feature whole grains and natural sweeteners in this hands-on class.

Thompson Community Centre
Jan 22 ............... W ...... 6:00-8:00pm .............. $26.40/1 sess .......... 2756184

**Holistic Nutrition: Gluten-Free Cooking**
Make delicious food that doesn’t taste gluten-free! This hands-on program is led by a certified holistic nutritionist and includes mouth-watering demos.

Thompson Community Centre
Jan 29 ............... W ...... 6:00-8:00pm .............. $26.40/1 sess .......... 2756760

**Japanese Cooking**
Learn to roll sushi and make simple teriyaki chicken in this hands-on class that focuses on basic skills.

Thompson Community Centre
Feb 5 ............... W ...... 6:00-8:00pm .............. $26.40/1 sess .......... 2756761
**MY HOLISTIC KITCHEN: COOKING FOR ALLERGIES**
Join this interactive workshop on allergies followed by cooking and tasting simple egg-free and nut-free dishes.
**Thompson Community Centre**
Feb 29 ............... Sa .... 4:00-6:00pm .......... $26.40/1 sess .......... 2757419

**MY HOLISTIC KITCHEN: COOKING FOR DIABETES**
Learn how to better manage diabetes with simple dietary and lifestyle changes in this session that includes an interactive discussion followed by cooking and tasting simple and healthy dishes.
**Thompson Community Centre**
Mar 7 ............... Sa .... 4:00-6:00pm .......... $26.40/1 sess .......... 2756879

**MY HOLISTIC KITCHEN: COOKING FOR OBESITY**
Learn the risks associated with being overweight in this interactive discussion followed by cooking and tasting simple and healthy dishes beneficial for people struggling with weight loss.
**Thompson Community Centre**
Feb 22 ............... Sa .... 4:00-6:00pm .......... $26.40/1 sess .......... 2757093

**PIZZA MAKING**
Make unique and personal pies that might include vegetarian, dessert and unique crust pizzas. Price includes all ingredients and lots of samples to try.
**East Richmond Community Hall (Cambie)**
Feb 6 ............... Th .... 11:00am-1:00pm .......... $26.40/1 sess .......... 2755334

**SENIORS COMMUNITY KITCHEN**
Learn some basic cooking techniques, try new recipes, make new friends and share a meal together. This program is offered in partnership with Family Services of Greater Vancouver.
**Steveston Community Centre**
Jan 13 ............... M .... 10:00am-12:00pm .......... $9.00/1 sess .......... 2752529
Jan 27 ............... M .... 10:00am-12:00pm .......... $9.00/1 sess .......... 2752530
Feb 10 ............... M .... 10:00am-12:00pm .......... $9.00/1 sess .......... 2752531
Feb 24 ............... M .... 10:00am-12:00pm .......... $9.00/1 sess .......... 2752532
Mar 9 ............... M .... 10:00am-12:00pm .......... $9.00/1 sess .......... 2752533
Mar 23 ............... M .... 10:00am-12:00pm .......... $9.00/1 sess .......... 2752534

**SOUPS AND STEWS**
Discover different techniques to make healthy, hearty, delicious meals using fresh ingredients and take home easy-to-learn recipes.
**East Richmond Community Hall (Cambie)**
Jan 9 ............... Th .... 11:00am-1:00pm .......... $26.40/1 sess .......... 2754402
**Thompson Community Centre**
Feb 12 ............... W .... 6:00-8:00pm .......... $26.40/1 sess .......... 2756762

**Events**

**CHEF’S DINNER**
Indulge in a delicious four-course meal that rivals any top restaurant. Prepared by the Minoru Centre for Active Living chef, the food promises to be outstanding and the ambience elegant.
**Minoru Centre for Active Living**
Mar 19 ............... Th .... 5:00-8:30pm .......... $33.35/1 sess .......... 2757566

**DESSERT AND MOVIE**
Savour a decadent dessert followed by a themed movie in a social environment. Coffee or tea included.
**Minoru Centre for Active Living**
Feb 19 ............... W .... 5:30-8:00pm .......... $10.00/1 sess .......... 2757607

**DINNER AND DANCE SOCIAL**
Enjoy a fabulous buffet meal and the chance to socialize and dance at this Caribbean themed evening. A cash bar is available for wine and beer purchases.
**Minoru Centre for Active Living**
Feb 13 ............... Th .... 5:00-8:30pm .......... $28.55/1 sess .......... 2757568

**FREE LOADS OF MUSIC: SENIORS MUSIC SHOW**
Enjoy favourite melodies from this local South Delta senior’s band. Registration required.
**Thompson Community Centre**
Mar 12 ............... Th .... 1:00-2:00pm .......... Free/1 sess .......... 2756252

**NEW SATURDAY DANCE SOCIAL**
Move, socialize and have fun with others at this special event that includes live music, a casual atmosphere and light refreshments.
**Minoru Centre for Active Living**
Jan 18 ............... Sa .... 6:00-8:00pm .......... $14.30/1 sess .......... 2757572
Feb 22 ............... Sa .... 6:00-8:00pm .......... $14.30/1 sess .......... 2757573
Mar 28 ............... Sa .... 6:00-8:00pm .......... $14.30/1 sess .......... 2757574

**ST. PATRICK’S DAY LUNCH**
Celebrate this popular Irish holiday with a delicious homemade meal, lively and local entertainment and wearing lots of green.
**Japanese Canadian Cultural Centre (Steveston)**
Mar 19 ............... Th .... 12:00-2:00pm .......... $10.00/1 sess .......... 2752546
FREE • CHORUS MUSIC SOCIAL: YOU CAN’T STOP THE BEAT
Sing, dance and enjoy an hour of music combined with fun moves and effervescent energy! From Broadway to folk, to pop and a little bit of rock ‘n roll, the choir ‘Carbonated Pop’ has a little something for everyone. Registration required. South Arm Community Centre
Mar 7 ......... Sa ..... 1:30-3:00pm ......... Free/1 sess ...... 2757054

BALANCE AND FALLS PREVENTION
Learn static and dynamic balance exercises and safe and structured agility and strength training to help prevent injuries. The program is led by trained instructors and includes instructions for at-home exercises. Steveston Martial Arts Centre (Steveston)
Jan 7-Mar 24 ...... Tu ..... 11:45am-12:45pm ... $52.80/12 sess ...... 2752416
Jan 9-Mar 26 ...... Th ..... 11:45am-12:45pm ... $52.80/12 sess ...... 2752417

BETTER BACKS AND BALANCE
Learn ways to strengthen the mid-section and lower back to improve balance. This program is also suitable for those living with osteoporosis. South Arm Community Centre
Jan 8-Mar 18 ..... W ..... 10:00-11:00am ......... $44.00/10 sess ...... 2753489

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 fitness or aquafit classes. Forms are available at all facilities or at www.physicalactivityline.com and should be renewed annually.

WEST RICHMOND SENIORS’ FITNESS CIRCUIT
Improve flexibility, balance, strength and endurance at this outdoor amenity that includes 14 exercise stations. While designed for seniors in the community, people of all ages are welcome to enjoy the benefits of using the equipment. Each piece of equipment is simple to operate with accompanying instructional signs. Phone 604-238-8400 for details and to schedule an orientation.

FITNESS ORIENTATION FOR 55+ YEARS
Find out how working out in a weight room can be a part of a healthier lifestyle with a free overview by a registered Fitness Attendant that includes covering how to use key pieces of weight room equipment. Appointment required.

AGILITY MOBILITY BALANCE STRENGTH (AMBS)
Combine ‘personalize’ with ‘socialize’ in this small group training that focuses on these four areas and the core with instruction and programming at personal fitness levels. South Arm Community Centre
Jan 8-Feb 12 ...... W ..... 1:15-2:15pm ........... $34.80/6 sess ......... 2757937
Jan 8-Feb 12 ...... W ..... 12:00-1:00pm ........... $34.80/6 sess ......... 2753485
Feb 19-Mar 18 ..... W ..... 12:00-1:00pm ........... $29.00/5 sess ...... 2753486
Feb 19-Mar 18 ..... W ..... 1:15-2:15pm ........... $29.00/5 sess ...... 2757938

FIT4LIFE
Develop a base of strength while improving cardio, balance and agility in this unique total body workout. Minoru Centre for Active Living
Jan 9-Mar 26 ...... Th ..... 9:00-10:00am ......... $69.60/12 sess ...... 2754610

EXERCISES FOR THOSE WITH PARKINSON’S
Improve function and reduce some of the physical limitations with instructor-led exercises taught specifically for those with this degenerative neurological disorder. Minoru Centre for Active Living
Jan 9-Mar 20 ...... Th ..... 2:00-3:00pm ........... $52.80/12 sess ...... 2758138
Steveston Martial Arts Centre (Steveston)
Jan 7-Mar 24 ...... Tu ..... 1:00-2:00pm ........... $52.80/12 sess ...... 2752455

EXPLORATORY BUS TRIPS - SUMMER 2019
South Arm Community Centre
Feb 14-Mar 16 ....... W ..... 1:30-3:00pm ......... $62.00/6 sess ...... 2758545
Feb 21-Mar 28 ...... W ..... 1:30-3:00pm ......... $62.00/6 sess ...... 2758545

EXPLORATORY BUS TRIPS | WINTER 2019
Minoru Centre for Active Living
Feb 3-Mar 14 ...... Th ..... 9:00-11:00am ...... $79.60/6 sess ...... 2754610
March 20-Apr 17 ....... Th ..... 9:00-11:00am ...... $79.60/6 sess ...... 2754610

EXPLORATORY BUS TRIPS | WINTER 2019 (Continued)
Steveston Martial Arts Centre
Feb 6-Mar 13 ...... Tu ..... 1:00-2:00pm ...... $79.60/6 sess ...... 2757938
March 19-May 22 ....... Tu ..... 1:00-2:00pm ...... $79.60/6 sess ...... 2757938

EXPLORATORY BUS TRIPS - SUMMER 2019 (Continued)
South Arm Community Centre
Jun 1-Jul 24 ......... W ..... 1:30-3:00pm ...... $62.00/6 sess ...... 2758545
Jun 25-Aug 13 ...... W ..... 1:30-3:00pm ...... $62.00/6 sess ...... 2758545

EXPLORATORY BUS TRIPS | FALL 2019
Minoru Centre for Active Living
Aug 29-Sep 18 ...... Th ..... 9:00-11:00am ...... $79.60/6 sess ...... 2754610
Oct 15-Nov 12 ...... Th ..... 9:00-11:00am ...... $79.60/6 sess ...... 2754610

EXPLORATORY BUS TRIPS | FALL 2019 (Continued)
Steveston Martial Arts Centre
Aug 30-Sep 21 ...... Tu ..... 1:00-2:00pm ...... $79.60/6 sess ...... 2757938
Oct 14-Nov 13 ...... Tu ..... 1:00-2:00pm ...... $79.60/6 sess ...... 2757938

EXPLORATORY BUS TRIPS - WINTER 2020 (Continued)
South Arm Community Centre
Jan 6-Feb 28 ...... W ..... 1:30-3:00pm ...... $62.00/6 sess ...... 2758545
Feb 1-Mar 26 ...... W ..... 1:30-3:00pm ...... $62.00/6 sess ...... 2758545

EXPLORATORY BUS TRIPS - SUMMER 2020
Minoru Centre for Active Living
Jun 1-Jul 24 ...... W ..... 1:30-3:00pm ...... $62.00/6 sess ...... 2754610
GROUP WEIGHT TRAINING: BEGINNER
Learn to weight train and properly use machines, free weights, medicine balls and strength tubes all in a supervised setting.
Steveston Community Centre
Jan 10-Jan 31 ... F ... 11:00am-12:00pm ... $42.95/4 sess ....... 2756167
Feb 21-Mar 13 ... F ... 11:00am-12:00pm ... $42.95/4 sess ....... 2756168

INDOOR CYCLING FOR THOSE WITH PARKINSON’S
Try this new type of stationary bike that may provide symptomatic relief. All sessions are led by cycling coaches that specialize in Parkinson’s Disease.
Steveston Community Centre
Jan 7-Feb 11 ..... T ...... 10:30-11:30am .......... $26.40/6 sess ........ 2752481
Feb 21-Mar 31 ... T ...... 10:30-11:30am .......... $26.40/6 sess ........ 2755986

JOINT MOVES
Increase range of motion, strength and flexibility in these trainer-led classes designed for people with arthritis seeking ways to minimize stiffness and pain.
Minoru Centre for Active Living
Jan 7-Mar 31 ..... T ...... 10:15-11:10am .......... $57.20/13 sess ........ 2754614
Jan 9-Mar 26 ..... Th ...... 10:15-11:10am .......... $52.80/12 sess ........ 2754615
Jan 11-Mar 28 ..... S ...... 10:00-10:50am .......... $52.80/12 sess ........ 2756751

M.I.I.T. (MODERATE INTENSITY INTERVAL TRAINING)
Reach new fitness levels with this specific training that works on functional strength and has shown to increase resting metabolic rates for up to 24 hours after a workout. This program is based on High Intensity Interval Training (H.I.I.T) but adapted for older adults or those new to this type of training.
South Arm Community Centre
Jan 6-Feb 10 ..... M ...... 10:45-11:45am .......... $34.80/6 sess ........ 2753490
Feb 24-Mar 16 ..... M ...... 10:45-11:45am .......... $23.20/4 sess ........ 2753491

MINDS IN MOTION
Enjoy light exercise conducted by a certified fitness instructor followed by activities or games and social time in a relaxed atmosphere. This program is designed for people living with early-stage memory loss due to Alzheimer’s disease and other dementias and a friend, family member or care partner. Light refreshments provided. PAR-Q+ form must be completed at the start of the program. Price is for one person with dementia and one care partner.
East Richmond Community Hall (Cambie)
Jan 8-Mar 25 ..... W ...... 1:30-3:30pm .......... $67.80/12 sess ........ 2753459
South Arm Community Centre
Jan 7-Feb 11 ..... T ...... 1:30-3:30pm .......... $33.90/6 sess ........ 2753492
Feb 18-Mar 31 ... T ...... 1:30-3:30pm .......... $39.55/7 sess ........ 2753493

OSTEOFIT FOR BETTER BONES
Improve balance and muscular strength to help protect against possible fractures in this program designed specifically for those living with osteoporosis.
City Centre Community Centre
Jan 9-Feb 13 ..... Th ...... 10:00-11:00am .......... $26.40/6 sess ........ 2756597
Feb 20-Mar 26 ... Th ...... 10:00-11:00am .......... $26.40/6 sess ........ 2756728

OSTEOFIT FOR BETTER BONES (CANTONESE)
Improve balance and muscular strength to help protect against possible fractures in this program designed specifically for those living with osteoporosis. This course is conducted in Cantonese.
City Centre Community Centre
Jan 4-Feb 8 ..... S ...... 10:25-11:25am .......... $26.40/6 sess ........ 2756595
Feb 15-Mar 28 ... S ...... 10:25-11:25am .......... $30.80/7 sess ........ 2756596
OSTEOFIT FOR LIFE (CANTONESE)
Reinforce important lifestyle habits introduced in Osteofit: Level 1 while enhancing muscular strength and balance to support bone health through resistance work and agility games. Pre-requisite: Osteofit for Better Bones. This course is conducted in Cantonese.

City Centre Community Centre
Jan 4-Feb 8 ...... Sa ...... 10:00-11:00am ........ $26.40/6 sess ...... 2756601
Jan 5-Feb 9 ...... Su ...... 10:00-11:00am ........ $26.40/6 sess ...... 2756602
Jan 7-Feb 11 ...... Tu ...... 11:15am-12:15pm ...... $26.40/6 sess ...... 2756598
Jan 7-Feb 11 ...... Tu ...... 12:15-1:15pm ........ $26.40/6 sess ...... 2756604
Feb 15-Mar 28 ... Sa ...... 9:20-10:20am .......... $30.80/7 sess ...... 2756601
Feb 16-Mar 29 ... Su ...... 10:00-11:00am .......... $30.80/7 sess ...... 2756603
Feb 18-Mar 31 ... Tu ...... 11:15am-12:15pm ....... $30.80/7 sess ...... 2756599
Feb 18-Mar 31 ... Tu ...... 12:15-1:15pm .......... $30.80/7 sess ...... 2756605

OSTEOFIT: GET UP & GO! (CANTONESE)
Work towards a more active lifestyle with this specially-designed program designed for those with balance and mobility impairments. Support workers are welcome at no charge. This course is conducted in Cantonese.

City Centre Community Centre
Jan 4-Feb 8 ...... Sa ...... 11:30am-12:30pm .... $26.40/6 sess ...... 2756606
Feb 15-Mar 28 ... Sa ...... 11:30am-12:30pm .... $30.80/7 sess ...... 2756607

PARKINSON’S EXERCISE AND EDUCATION
Develop specific exercise strategies to work on at home or in a gym setting that improve function and reduce some of the physical limitations caused by symptoms of this neurodegenerative disease.

West Richmond Community Centre
Jan 10-Mar 13.... F ...... 10:00am-11:00am .... $44.00/10 sess ...... 2752835

SIT AND BE FIT
Manage chronic conditions and pain better with simple exercises learned in this basic fitness class designed for older and physically-limited adults. Transportation is available for an extra fee.

East Richmond Community Hall (Cambie)
Jan 7-Feb 11 ...... Tu ...... 1:00-2:00pm ........ $26.40/6 sess ...... 2753461
Feb 18-Mar 24 ... Tu ...... 1:00-2:00pm ........ $26.40/6 sess ...... 2753462

STAY STEADY
Build strength and confidence to help stay safe, active and independent with specially-designed balance and mobility exercises taught by a qualified exercise specialist.

Minoru Centre for Active Living
Jan 6-Mar 30 .... M ...... 11:45am-12:45pm .... $52.80/12 sess ...... 2754622
Jan 10-Mar 27 .... F ...... 11:00-11:55am .... $52.80/12 sess ...... 2754621
Steveston Martial Arts Centre (Steveston)
Jan 7-Mar 24 ... Tu ...... 10:30-11:30am .... $57.20/12 sess ...... 2752547
Jan 9-Mar 26 ..... Th ...... 10:30-11:30am .... $57.20/12 sess ...... 2752548

STAY STRONG FOR LIFE
Feel stronger and healthier with various resistance training each week. Experience a full body workout that emphasizes specific muscle groups week to week. Handouts and educational tips are included to ensure goals are reached.

South Arm Community Centre
Jan 9-Feb 13 ...... Th ...... 1:30-2:30pm .......... $34.80/6 sess ...... 2753494
Feb 27-Mar 26 ... Th ...... 1:30-2:30pm .......... $29.00/5 sess ...... 2753495

FREE WALK RICHMOND
Guided walks are for all ages, are approximately one hour in length and include a warm up, cool down and stretch. Rain or shine. No registration required. Find walk details at www.richmond.ca/walk.

King George Park/Resolution Walk
Jan 4 ................ Sa ............................................. 10:00am

Garry Point Park/West Dyke
Jan 11 ................ Sa ............................................. 10:00am

Minoru Park
Jan 25 ................ Sa ............................................. 10:00am

South Dyke Trail (dog-friendly walk)
Feb 8 ................ Sa ............................................. 10:00am

South Arm Park
Feb 22 ................ Sa ............................................. 10:00am

Shore Road Trail (dog-friendly walk)
Mar 7 ................ Sa ............................................. 10:00am

Hugh Boyd and Outdoor Fitness Circuit
Mar 21 .............. Sa ............................................. 10:00am

BRING YOUR DOG TO A WALK!
Dogs are welcome to join the walks on Feb 8 and Mar 7. Dogs must be well socialized and kept on a leash at all times.

BECOME A VOLUNTEER WALK LEADER!
Do you like being active and socializing? Would you like to make a difference in the community and explore more of Richmond? Then become a volunteer walk leader! Email walking@richmond.ca or visit www.richmond.ca/walk for details. Training is provided.

WALKING HAS ITS REWARDS
Join the Frequent Walker Rewards Program and earn points towards a complimentary pass for swimming, skating, community recreation and pitch and putt.
YOGA (JAPANESE)
Increase flexibility, strength and balance to stay active and fit in this gentle yoga class. This course is conducted in Japanese.
Steveston Martial Arts Centre (Steveston)
Jan 7-Mar 24...... Tu ...... 1:30-2:30pm ............ $62.55/12 sess ...... 2752655

YOGA: CHAIR
Find length in the spine in this unique fitness program that opens the hips and moves the shoulders and necks. This class is recommended for people with mobility challenges.
Minoru Centre for Active Living
Jan 9-Mar 26...... Th ...... 11:15am-12:15pm ... $62.50/12 sess ...... 2754623

YOGA: GENTLE
Incorporate gentle poses, breathing techniques and positive affirmations that help boost the immune system and improve coordination, strength and flexibility for sports and other activities.
Thompson Community Centre
Jan 16-Mar 5...... Th ...... 1:15-2:15pm ............ $41.70/8 sess ...... 2755789

ZUMBA®: GOLD
Move gently in this class with low impact exercises designed for older adults with slight mobility issues. Experience all of the fun, zesty Latin music and easy-to-follow routines of traditional Zumba! All fitness levels welcome.
Minoru Centre for Active Living
Jan 7-Mar 31...... Tu ...... 12:30-1:30pm ............ $67.70/13 sess ...... 2754627
Jan 10-Mar 27 ...... F ...... 12:30-1:30pm ............ $69.60/12 sess ...... 2755209
South Arm Community Centre
Jan 8-Feb 12 ...... W ...... 11:30am-12:30pm ... $34.80/6 sess ...... 2753496
Jan 9-Feb 13 ...... Th ...... 10:45-11:45am ........ $34.80/6 sess ...... 2753498
Feb 19-Mar 18 ...... W ...... 11:30am-12:30pm ... $29.00/5 sess ...... 2753497
Feb 20-Mar 19 ...... Th ...... 10:45-11:45am ........ $29.00/5 sess ...... 2753499
Thompson Community Centre
Jan 11-Feb 29 ...... Sa ...... 11:15am-12:15pm ... $41.70/8 sess ...... 2755808
Jan 13-Mar 9...... M ...... 10:45-11:45am ........ $41.70/8 sess ...... 2755766

ZUMBA® GOLD: CHAIR
Groove and move to zesty Latin music while sitting for a fun, easy-to-follow Zumba® Gold workout. This fitness class is designed for those with physical limitations.
Minoru Centre for Active Living
Jan 7-Mar 17 ...... Tu ...... 1:45-2:30pm ............ $57.30/11 sess ...... 2755291
Jan 10-Mar 20 ...... F ...... 1:45-2:30pm ............ $57.30/11 sess ...... 2755292

General Interest

FREE ARMCHAIR TRAVEL
View photographs, learn travel tips and hear tales of interesting places from around the world. Registration required.
East Richmond Community Hall (Cambie)
Mar 24 ............. Tu ...... 10:00-11:30am ........ Free/1 sess ............ 2756749
Thompson Community Centre
Mar 2 ............. M ...... 1:30-2:45pm ............ Free/1 sess ............ 2756837

BILLIARDS LESSONS
Learn basic skills and techniques in small groups perfect for first time or less experienced billiards players.
South Arm Community Centre
Feb 10-Mar 13 .... M/F .. 10:00-11:00am .......... $45.00/10 sess ...... 2753701

BIRTHDAY LUNCH FOR EVERYONE
Celebrate a full year of birthdays at one party with delightful festive food, fun, interactive games and delicious birthday cake.
Japanese Canadian Cultural Centre (Steveston)
Jan 16 ............. Th ...... 12:00-2:00pm ............ $10.00/1 sess ...... 2752427

BRIDGE: BEGINNER
Learn the basics of this very popular, classic and group card game that offers a wonderful social opportunity. No previous experience required.
Minoru Centre for Active Living
Jan 6-Mar 23 ...... M ...... 9:00-10:30am .......... $74.25/11 sess ...... 2757605

BRIDGE: INTERMEDIATE
Build on the basics of Contract Bridge, playing with partners and gaining confidence through hands-on experience. Pre-requisite: Bridge: Beginner.
Minoru Centre for Active Living
Jan 6-Mar 23 ...... M ...... 1:30-3:00pm .......... $74.25/11 sess ...... 2757606

BRIDGE: FACILITATED: DROP-IN
Gain confidence and build on the basics of this card game while learning specific Duplicate Bridge skills that includes playing with partners. Each session covers theory and offers hands-on experience. Pre-requisite: Bridge: Beginner. No class Feb 17.
Minoru Centre for Active Living
Jan 6-Mar 30 ...... M ...... 3:00-5:00pm ............... $11.15/Drop-in

Internet Registration: www.richmond.ca/register
BRIDGE: SOCIAL
All skill levels and drop-ins welcome. No partner required.
Facility Pass and registration required.
South Arm Community Centre
Jan 8-Mar 25 ..... W ..... 12:15-3:00pm ..... 12 sess ................. 2754568

FREE  CHRONIC DISEASE SELF-MANAGEMENT (MANDARIN)
Learn to cope with the physical and emotional challenges that result from ongoing health issues. These workshops are conducted in Mandarin offering information and strategies proven to increase confidence. Caregivers welcome. Registration required.
City Centre Community Centre
Feb 21-Mar 27 ... F ..... 9:30am-12:00pm ..... Free/6 sess .............. 2757227

FREE  CITY CENTRE TOUR AND PROGRAM ORIENTATION
Take a guided tour and see this facility’s public art, music rooms, fitness centre and multipurpose room while learning about a variety of 55+ programs. Registration required. Call 604-204-8588 for additional tour request and tours in other languages.
City Centre Community Centre
Jan 17 ............ F ....... 10:30am-12:00pm ..... Free/1 sess .......... 2755311
Feb 21 ............ F ....... 2:00-3:30pm ........ Free/1 sess .......... 2755312
Mar 20 ............ F ....... 2:30-4:00pm ........ Free/1 sess .......... 2755313

FREE  CONNECTING GENERATIONS
Connect with preschool age children and collaborate on fun and memorable projects that include crafts, reading and circle time. Registration required.
West Richmond Community Centre
Jan 15-Mar 11 .... W .... 9:30-11:00am .......... Free/3 sess .......... 2757234

FREE  FINANCIAL LITERACY: BUSINESS SUCCESSION
Review the important role identifying and developing new leaders plays in the success of small business owners’ retirement. This session is led by a financial specialist. Registration required.
Minoru Centre for Active Living
Feb 29 ............ Sá ..... 9:30-11:30am ........ Free/1 sess .......... 2757688

FREE  FINANCIAL LITERACY: RRIFS VERSUS ANNUITIES
Learn the difference between these two investment opportunities with topics that cover examining traditional RRIF portfolios, understanding of annuities, benefits offered for enhanced cash flow and an introduction on segregated funds. This session is led by a financial specialist. Registration required.
Cambie Community Centre
Mar 18 ............ W ..... 6:30-8:00pm ........ Free/1 sess .......... 2757069

FREE  FINANCIAL LITERACY: UNDERSTANDING CREDIT OPTIONS
Learn about the different types of credit loans, credit reports and how to prepare when applying for any type of loan. This session is led by a financial specialist. Registration required.
Cambie Community Centre
Feb 11 ............ Tu ..... 6:30-8:00pm ........ Free/1 sess .......... 2757563

FREE  FINANCIAL LITERACY: WHY YOU NEED AN ESTATE PLAN
Understand the important role a well-executed estate plan can play in ensuring strategic financial planning aligns with family goals and a secure future. This session is led by a financial specialist. Registration required.
Minoru Centre for Active Living
Mar 14 ............ Sa ..... 9:30-11:30am .......... Free/1 sess .......... 2757689

FREE  FRAUDS AND SCAMS WORKSHOP
Review a variety of ways to avoid common scams, counterfeit bank notes and financial abuse. This session is led by an RCMP officer. Registration required.
Minoru Centre for Active Living
Jan 15 ............ W ..... 1:00-2:30pm ........ Free/1 sess .......... 2756966
Jan 15 ............ W ..... 7:00-8:30pm ........ Free/1 sess .......... 2756967

FRIDAY NIGHT LIVE: DROP-IN
Mix and mingle with new friends singing, dancing and watching special guest performances. Phone 604-238-8450 or visit the centre for more details.
Minoru Centre for Active Living
6:00-8:00pm ..... F .................................................................. $4.20/Drop-in
IKI IKI SOCIAL (JAPANESE AND ENGLISH)
Socialize and enjoy easier-paced and culturally-familiar activities in this safe and engaging program for older adults with mild to moderate dementia. This course conducted in Japanese and English. Price includes program supplies and lunch.
Japanese Canadian Cultural Centre (Steveston)
Jan 9-Mar 26...... Th..... 12:00-4:00pm ......... $300.00/12 sess .... 2752480

FREE PROJECT CONNECT INTERGENERATIONAL PROGRAM
Try this unique program that offers an opportunity to learn something new, share experiences, provide mentorship and give back to the community. Activities are facilitated by Richmond Family Place and vary from baking, chair yoga and gardening. Registration required.
South Arm Community Centre
Jan 15-Mar 18..... W..... 12:15-1:45pm ......... Free/10 sess .... 2755436

FREE MAHJONG INSTRUCTIONAL CLASS
Play this tile-based game that originated in China and is similar to the Western card game rummy. Led by a volunteer instructor, this social and popular game includes skill, strategy and calculation and involves a degree of chance.
South Arm Community Centre
Jan 28-Feb 27 .... Tu/Th...10:00-11:30am ...... Free/10 sess .... 2753698

FREE MEET, SOCIALIZE AND LEARN
Learn about the different opportunities for seniors at South Arm Community Centre, build community and socialize over light refreshments. An educational and interactive presentation follows each session. Registration required.
South Arm Community Centre
Jan 8 .............. W ..... 10:00am-12:00pm ... Free/1 sess ........... 2753693
Feb 5 .............. W ..... 10:00am-12:00pm ... Free/1 sess ........... 2753695
Mar 4 .............. W ..... 10:00am-12:00pm ... Free/1 sess ........... 2753694

MEMOIR WRITING WORKSHOP
Explore various approaches to personal/family memoir writing and receive invaluable instructor feedback on individual projects. Facility Pass and registration required. Classes run the third and fourth Wednesday of the month.
East Richmond Community Hall (Cambie)
Jan 15-Mar 25.... W ..... 10:00am-12:00pm ... 6 sess .................. 2753458

MEMOIR WRITING: PLACING THE PAST TO PRESENT ON PAPER
Delve through past experiences and create a memoir while learning lessons on plot, character and imagery in these sessions led by a local writer.
West Richmond Community Centre
Jan 15-Mar 4...... W ..... 1:30-2:30pm ............ $36.00/8 sess ....... 2754004

FREE SENIORS LEGAL CLINICS
Access legal help from Seniors First BC with this service is for older adults not able to access legal help elsewhere due to low income or other barriers. Clinics offered the fourth Thursday of each month. Phone 604-336-5653 to make an appointment for a 30-minute legal consultation.
Minoru Centre for Active Living
Jan 23, Feb 27, Mar 26. Th ......................................................2:00-4:00pm

FREE TED TALKS: BE INSPIRED!
Prepare to be inspired, engaged and entertained watching this online presentation of TED (Technology, Entertainment, Design) Talks that focus on the topic of ‘Ideas Worth Spreading’. Registration required.
South Arm Community Centre
Jan 17 .............. F ...... 10:30-11:30am ........ Free/1 sess ........... 2754571
Mar 20 .............. F ...... 10:30-11:30am ........ Free/1 sess ........... 2754573

FREE TRY-IT!: MEMOIR WRITING
Delve through past experiences and create a memoir while learning lessons on plot, character and imagery in these sessions led by a local writer. Registration required.
West Richmond Community Centre
Jan 8 .............. W ..... 1:30-2:30pm ........ Free/1 sess ........... 2755435

Internet Registration: www.richmond.ca/register
Health and Wellness

FREE ACID REFLUX AND G.E.R.D. WORKSHOP
Discover ways to optimize digestion to help prevent heartburn and Gastro Esophageal Reflux Disease (G.E.R.D) and how nutrition and other lifestyle changes can reduce some of the symptoms. Registration required.
South Arm Community Centre
Mar 18 .............. W ..... 1:00-2:30pm .......... Free/1 sess .......... 2757057
Thompson Community Centre
Feb 27 .............. Th ..... 1:30-2:30pm .......... Free/1 sess .......... 2757229

FREE BRAIN HEALTH SERIES
This series is offered by Vancouver Coastal Health and Richmond Addictions Services Society.

AGING AND SOCIAL LIFE
Learn how to adapt to and embrace personal and life changes with each unique chapter in life. Registration required.
Minoru Centre for Active Living
Jan 16 .............. Th ...... 1:30-3:30pm .......... Free/1 sess .......... 2757690

MEDITATION MADE EASY
Relax the mind, increase mental alertness and recognize the rhythm and quality of breath patterns. Registration required.
Minoru Centre for Active Living
Mar 19 .............. Th ...... 1:30-3:30pm .......... Free/1 sess .......... 2757091

MUSIC IN MOTION
Improve memory, coordination, self-confidence and brain health by learning simple dance steps in this therapeutic session. Registration required.
Minoru Centre for Active Living
Feb 20 .............. Th ...... 1:30-3:30pm .......... Free/1 sess .......... 2757090

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FREE  CAREGIVER SERIES
This series is presented by the Alzheimer Society of BC and is for caregivers only.

LIFE IN LONG-TERM CARE
Learn ways to adjust as a caregiver after a person with dementia has moved to long-term care. Additional areas covered include strategies for working more effectively with a care team and acting as patient advocate. Registration required.

Minoru Centre for Active Living
Feb 25 .................Tu .......... 6:00-8:30pm ............Free/1 sess ............2755465

FREE  DEPRESSION: BEYOND THE BLUES
Find out the meaning of depression along with the causes and associated challenges while learning ways to reduce its affects from a holistic perspective. This session is presented by naturopathic doctor, Dr. Romi Fung. Registration required.

South Arm Community Centre
Jan 15 .................. W .......... 1:00-2:30pm ............Free/1 sess ............2756508

FREE  EAT, PLAY, LOVE WITH GREEN (CANTONESE)
Learn how to prepare simple and low-cost nutritious meals, tips to grow herbs, how to make eco-friendly do-it-yourself products and about resources for gardening at home and in the community. This course is conducted in Cantonese. Registration required.

South Arm Community Centre
Jan 29–Mar 4 ...... W ..... 11:30am-12:30pm ... Free/6 sess ............2754588

FOOT CARE CLINIC
Keep feet healthy with a 30-minute assessment of the lower legs, feet and nails and receive a treatment for corns, calluses, ingrown, fungal or thickened toenails. Assessments are carried out by a professional nurse.

East Richmond Community Hall (Cambie)
Jan 27 ................. M ...... 9:00am-3:00pm ...... $40.00/1 sess ........ 2753443
Feb 10 ................. M ...... 9:00am-3:00pm ...... $40.00/1 sess ........ 2753445
Mar 9 ................. M ...... 9:00am-3:00pm ...... $40.00/1 sess ........ 2753446

FREE  GARDENING WITH ARTHRITIS
Make gardening manageable and enjoyable by learning how to protect joints using equipment modifications and techniques. Registration required.

West Richmond Community Centre
Mar 12 .................. Th ...... 10:00am-12:00pm ... Free/1 sess ........ 2753904

FREE  HEALTHY AGING SERIES
This series presented by health professionals from Vancouver Coastal Health (VCH).

FREE  HEALTHY AGING SERIES: MANAGING MEDICATIONS
Learn how medications can play a role in aging well along with vital tips such as how to ensure medication benefits are being fully realized. Registration required.

Japanese Canadian Cultural Centre (Steveston)
Mar 18 .................. W ....... 10:00am-12:00pm .....Free/1 sess ........ 2757062

FREE  HEALTHY AGING: FALLS PREVENTION
Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Registration required.

Japanese Canadian Cultural Centre (Steveston)
Feb 19 .................. W ....... 10:00am-12:00pm .....Free/1 sess ........ 2756883

FREE  HEALTHY HEART PRESENTATION
Learn how stress can increase blood pressure and contribute to the development of heart disease and strokes. This session includes time for questions and tips on strategies for support through nutrition and lifestyle adjustments. This presentation is led by a naturopathic doctor. Registration required.

South Arm Community Centre
Feb 26 .................. W ....... 1:00-2:30pm ............Free/1 sess ........ 2756510

FREE  HEARING CLINICS
Register for a clinic offered the fourth Monday of each month. Phone 604-238-8450 to make a hearing test appointment.

Minoru Centre for Active Living
Jan 27, Feb 24, Mar 23 ...... M ................. Free .......... 2:20-4:20pm

Internet Registration: www.richmond.ca/register
FREE HEART FAILURE WORKSHOP
Gain an understanding of the causes, risk factors, signs and symptoms of heart failure and how to better manage and live well with this chronic condition. This session is presented by Vancouver Coastal Health. Registration required.
Japanese Canadian Cultural Centre (Steveston)
Jan 29 .................... W .... 10:00am-12:00pm ... Free/1 sess ............ 2756884

FREE HYPERTENSION AND ACTIVITY WORKSHOP
Understand the positive impact and health benefits active living can have on blood pressure and get tips on how to get started and stay motivated. Registration required.
West Richmond Community Centre
Mar 25 .................... W .... 10:00am-12:00pm ... Free/1 sess ............ 2753902

FREE HYPERTENSION AND NUTRITION WORKSHOP
Learn how to make healthy diet changes that can lower blood pressure in this interactive workshop led by a registered dietitian. Registration required.
West Richmond Community Centre
Feb 26 .................... W .... 10:00am-12:00pm ... Free/1 sess ............ 2753900

FREE HYPERTENSION AND SELF-MANAGEMENT PRESENTATION
Learn about the causes and risk factors of high blood pressure, how to monitor it at home, what the numbers mean and when it's time to see a doctor to plan lifestyle changes. This session is presented by Vancouver Coastal Health. Registration required.
West Richmond Community Centre
Jan 22 .................... W .... 10:00am-12:00pm ... Free/1 sess ............ 2753899

FREE HYPERTENSION AND STRESS PRESENTATION
Learn how stress affects health as a risk factor for hypertension, complete a Stress Index and find out three effective ways to manage symptoms. Registration required. This session is presented by Vancouver Coastal Health. Registration required.
West Richmond Community Centre
Mar 11 .................... W .... 10:00am-12:00pm ... Free/1 sess ............ 2753901

FREE I.B.S. AND SMALL INTESTINAL BACTERIAL WORKSHOP
Learn about the signs and symptoms of Irritable Bowel Syndrome and Small Intestinal Bacterial Overgrowth, common and chronic intestinal disorders. This session is led by a naturopathic doctor. Registration required.
East Richmond Community Hall (Cambie)
Feb 20 .................... Th ..... 1:00-2:30pm ........... Free/1 sess ............ 2758855
Thompson Community Centre
Jan 30 .................... Th ..... 1:30-2:30pm ........... Free/1 sess ............ 2757228

FREE JUST FOR MEN: HEALTH TALK
Support healthy aging with community connection, relevant presentations by healthcare providers and practical information designed specifically for senior men. Registration required.
Japanese Canadian Cultural Centre (Steveston)
Jan 21 .................... Tu ..... 10:00am-12:00pm ... Free/1 sess ............ 2752484
Feb 18 .................... Tu ..... 10:00am-12:00pm ... Free/1 sess ............ 2756790
Mar 24 .................... Tu ..... 10:00am-12:00pm ... Free/1 sess ............ 2756791
West Richmond Community Centre
Mar 19 .................... Th ..... 10:00am-12:00pm ... Free/1 sess ............ 2754977

FREE LET'S GET WALKING
Walk the loops around South Arm Park with a Walk Richmond Leader. This park includes an outdoor swimming pool, soccer fields, baseball diamonds, tennis courts and an inviting playground. Warm up and cool down time included. Registration required.
South Arm Community Centre
Mar 25 .................... W .... 11:00am-12:00pm ... Free/1 sess ............ 2753703

LIVING WELL WITH DEMENTIA
Connect and keep active with other seniors experiencing early to mid-stage dementia through brain games, trivia, arts activities and exercise in a safe, social setting. Caregivers welcome.
Minoru Centre for Active Living
Jan 20-Mar 16 .... M ..... 10:00am-12:00pm ... $106.55/8 sess ........ 2757613

MIND BODY BALANCE
De-stress and find balance with meditation, breathing techniques and chair yoga flow to integrate all aspects of breathing and physical movement.
Minoru Centre for Active Living
Jan 11-Mar 14 .... Sa ..... 11:15am-12:00pm ... $52.10/10 sess .......... 2757601
MEDITATION: COOL THE FIRES OF ANXIETY AND STRESS
Enjoy this integrated class that combines deep breathing techniques, guided meditation and gentle stretches to enhance wellbeing, reduce worries and improve inner peace, health and quality of life.
Minoru Centre for Active Living
Jan 7-Feb 18 .......................... Tu ........ 5:30-7:00pm ............... $47.25/7 sess ........................ 2757608
South Arm Community Centre
Jan 13-Mar 9 .......................... M ........ 1:30-2:30pm ............... $36.00/8 sess ........................ 2755673

MEDITATION MADE EASY
Learn basic meditation techniques and simple breathing exercises in this entirely chair-based class.
Japanese Canadian Cultural Centre (Steveston)
Jan 29 ......................... W ........ 10:00-11:00am ............... $4.50/1 sess ..................... 2752494
Feb 26 ......................... W ........ 10:00-11:00am ............... $4.50/1 sess ..................... 2752495
Mar 25 ......................... W ........ 10:00-11:00am ............... $4.50/1 sess ..................... 2752496
West Richmond Community Centre
Jan 16 ........................... Th ..... 2:45-3:45pm ............... $4.50/1 sess ..................... 2753293
Feb 20 ........................... Th ..... 2:45-3:45pm ............... $4.50/1 sess ..................... 2753296
Mar 19 ........................... Th ..... 2:45-3:45pm ............... $4.50/1 sess ..................... 2753297

FREE MEMORY AND AGING WORKSHOP
Discover tips for maintaining and improving memory as aging occurs along with information about when to seek professional help. This workshop is presented by Council of Senior Citizens’ Organizations of BC (COSCO). Registration required.
Thompson Community Centre
Mar 13 ............................. F ........ 2:00-3:00pm ............... Free/1 sess ................. 2756767

OBSTACLE RACE TRAINING
Build the endurance, strength and mental fortitude required to conquer a short course using a combination of circuit training, running and an obstacle course. Minimum basic aerobic fitness level required.
Steveston Community Centre .............................. 14+ yrs
Jan 11-Mar 28 ........................ Sa ........ 9:15-10:15am ............... $87.00/12 sess ........................ 2756520

QIGONG FOR HEALTH: BEGINNER
Maintain health, increase vitality and experience inner peace and healing with this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation. These sessions are led by a certified Qigong instructor.
Minoru Centre for Active Living
Jan 8-Mar 25 ........................ W ...... 8:50-9:50am ............... $46.60/9 sess ........................ 2757610
Jan 10-Mar 27 ........................ F ...... 9:00-10:00am ............... $62.15/12 sess ........................ 2757609

FREE RELAX, RECHARGE, RESET DINNERS
Unwind with other caregivers and connect over a shared meal at this event hosted by Richmond Cares, Richmond Gives as part of the Relax, Recharge, Reset Caregiver Workshop Series. The cost of dinner is extra. Registration required.
Minoru Centre for Active Living
Jan 10 ............................. F ........ 5:00-6:15pm ............... Free/1 sess ........................ 2757441
Jan 24 ............................. F ........ 5:00-6:15pm ............... Free/1 sess ........................ 2757442
Feb 7 ............................. F ........ 5:00-6:15pm ............... Free/1 sess ........................ 2757444
Feb 21 ............................. F ........ 5:00-6:15pm ............... Free/1 sess ........................ 2757445
Mar 6 ............................. F ........ 5:00-6:15pm ............... Free/1 sess ........................ 2757447
Mar 20 ............................. F ........ 5:00-6:15pm ............... Free/1 sess ........................ 2757448

FREE SLEEP WORKSHOP
Explore some of the reasons behind sleep challenges and learn remedies for improvement. This workshop is presented by Council of Senior Citizens’ Organizations of BC (COSCO). Registration required.
Thompson Community Centre
Feb 21 ............................. F ........ 2:00-3:00pm ............... Free/1 sess ................. 2756769

SOARING CRANE QIGONG: DROP-IN
Practice this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation led by a certified Qigong volunteer.
Minoru Centre for Active Living
Tu .............. 10:00-11:30am ........................................ $4.20/Drop-in

FREE SPEAKER SERIES: HEALTH AND WELLNESS
Learn how to reduce headaches, stress, pain, arthritis symptoms, anxiety and insomnia along with ways to improve memory through Neuroplasticity and mind exercises. This series is presented by a health care provider with Vancouver Neurotherapy Health Services. Registration required.
East Richmond Community Hall (Cambie)
Jan 30 ........................... Th ..... 9:30-11:00am ............... Free/1 sess ................. 2756531

TONARI GUMI GENKI WELLNESS PROGRAM (JAPANESE)
Socialize, learn and have fun with brain-training exercises, tea time and other activities that promote physical and mental well-being (Genki). This program is offered in partnership with Tonari Gumi and is conducted in Japanese.
Japanese Canadian Cultural Centre (Steveston)
Jan 6-Mar 30 ........................ M ...... 10:00am-12:00pm ... $54.00/12 sess ........................ 2755469

Internet Registration: www.richmond.ca/register
WELLNESS CLINIC: HAND OR FOOT TREATMENT
Relax with one of these treatments that include soaking, nail shaping, cuticle care, moisturizer application and buffing.

West Richmond Community Centre
Jan 22 12:00-12:30pm $18.60/1 sess 2753305
Jan 22 12:30-1:00pm $18.60/1 sess 2753306
Jan 22 1:00-1:30pm $18.60/1 sess 2753307
Jan 22 1:30-2:00pm $18.60/1 sess 2753308
Jan 22 2:00-2:30pm $18.60/1 sess 2753309
Jan 22 2:30-3:00pm $18.60/1 sess 2753310
Feb 26 12:00-12:30pm $18.60/1 sess 2753312
Feb 26 12:30-1:00pm $18.60/1 sess 2753311
Feb 26 1:00-1:30pm $18.60/1 sess 2753313
Feb 26 1:30-2:00pm $18.60/1 sess 2753314
Feb 26 2:00-2:30pm $18.60/1 sess 2753315
Feb 26 2:30-3:00pm $18.60/1 sess 2753316
Mar 25 12:00-12:30pm $18.60/1 sess 2753317
Mar 25 12:30-1:00pm $18.60/1 sess 2753318
Mar 25 1:00-1:30pm $18.60/1 sess 2753322
Mar 25 1:30-2:00pm $18.60/1 sess 2753319
Mar 25 2:00-2:30pm $18.60/1 sess 2753320
Mar 25 2:30-3:00pm $18.60/1 sess 2753321

WELLNESS CONNECTIONS
Connect with others in this outreach program designed to reintegrate frail, at risk and isolated seniors back into the community. Price includes special programming, lunch and transportation. Registration and intake interview required. Call the Seniors Wellness Coordinator at 604-238-8460 for details.

Minoru Centre for Active Living
Jan 14-Mar 3 Tu 10:30am-12:30pm $170.00/8 sess 2757070
Jan 16-Mar 5 Th 10:30am-12:30pm $170.00/8 sess 2757071

WELLNESS MOVE AND SOCIAL
Improve physical and social wellness through gentle exercises and activities in this outreach session designed to support isolated seniors. These sessions are led by a volunteer facilitator. Transportation is available.

Minoru Centre for Active Living
Mar 10 Tu 10:30am-12:00pm $13.30/1 sess 2757691
Mar 12 Th 10:30am-12:00pm $13.30/1 sess 2757693
Mar 17 Tu 10:30am-12:00pm $13.30/1 sess 2757692
Mar 19 Th 10:30am-12:00pm $13.30/1 sess 2757694

SHIATSU
Relieve stress and pain with this form of massage that uses kneading, pressing, soothing, tapping and stretching techniques all performed in a specialty ergonomically designed portable chair.

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time(s) (20 minute sessions)</th>
<th>Date(s)</th>
<th>Price</th>
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<tr>
<td>Hamilton Community Centre</td>
<td>W</td>
<td>10:00am-1:55pm</td>
<td>Jan 15; Feb 5; Feb 19; Mar 4; Mar 18</td>
<td>$11.25/1 sess</td>
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HOLIDAY PROGRAMS

CHINESE NEW YEAR CELEBRATION
Watch colourful and festive lion dancing and Tai Chi demonstrations followed by a delicious Chinese lunch.

East Richmond Community Hall (Cambie)
Jan 16 11:00am-1:00pm $10.00/1 sess 2753441

Thompson Community Centre
Jan 28 Tu 11:00am-1:00pm $10.00/1 sess 2756170

CHINESE NEW YEAR PARTY
Celebrate this annual cultural event with an entertainment-filled show of dance, music and cultural food.

City Centre Community Centre
Jan 22 W 10:30am-1:00pm $10.00/1 sess 2755319

VALENTINE’S DAY LUNCH
Sing along with others to nostalgic golden oldies and dine on a wonderful homemade lunch.

Japanese Canadian Cultural Centre (Steveston)
Feb 20 Th 12:00-2:00pm $10.00/1 sess 2752651

LANGUAGES

CONVERSATIONAL MANDARIN
Practice general phases, daily conversations and basic Mandarin learned in these relaxing and social sessions.

Minoru Centre for Active Living
Jan 12-Mar 22 Su 1:00-2:30pm $77.20/11 sess 2757632
CONVERSATIONAL SPANISH
Meet others and converse in these fun and interactive sessions. Pre-requisite: Minimum basic knowledge of Spanish.
Minoru Centre for Active Living
Jan 8-Feb 12 ...... W ...... 12:30-2:00pm .......... $42.10/6 sess .......... 2757633
Feb 19-Mar 25 ...... W ...... 12:30-2:00pm .......... $42.10/6 sess .......... 2757634

ENGLISH: BEGINNER
Learn new English vocabulary and phrases and practice correct pronunciation in these themed lessons.
City Centre Community Centre
Jan 18-Mar 14 .... Sa .... 10:00-11:30am .......... $56.15/8 sess .......... 2757194

EVERYDAY ENGLISH FOR MANDARIN SPEAKING SENIORS
Learn common phrases and build confidence speaking English in these interactive sessions that that focuses on easy-to-learn language useful in daily situations.
Minoru Centre for Active Living
Jan 6-Feb 24 ...... M ...... 12:30-2:00pm .......... $49.05/7 sess .......... 2757635

FREE GET-TO-KNOW YOUR SPANISH INSTRUCTOR
Meet this facility’s instructor and learn about the variety of Spanish classes offered. Registration required.
Thompson Community Centre
Jan 10 .............. F ........ 1:15-2:45pm .............. Free/1 sess .............. 2756758

SPANISH FOR TRAVELLERS
Gain basic conversational skills and phrases for a more interesting cultural experience while travelling abroad.
Thompson Community Centre
Jan 17-Mar 13 .... F ........ 3:00-4:30pm .......... $63.20/9 sess .......... 2754718

SPANISH LANGUAGE LESSONS
Practice speaking with others after a fun and social class led by a fluent Spanish-speaking instructor.
Hamilton Community Centre
Jan 15-Mar 11 .... W ...... 6:15-7:45pm .......... $63.20/9 sess .......... 2757557

SPANISH: BEGINNER 1
Learn basic sentences using correct words, intonations and interactive methods to develop some conversational fluency in this popular language.
Thompson Community Centre
Jan 17-Mar 13 .... F ........ 1:15-2:45pm .......... $63.20/9 sess .......... 2754716

SPANISH: BEGINNER 2
Build on skills to develop a better understanding of basic sentences, vocabulary and intonation. Pre-requisite: Spanish: Beginner 1.
Minoru Centre for Active Living
Jan 24-Mar 27 .... F ...... 10:30am-12:00pm .......... $63.20/9 sess .......... 2757637

SPANISH: INTERMEDIATE 1
Practice simple conversational skills with a fluent Spanish instructor and interact with peers to further improve speaking this beautiful language. A $30 non-refundable supply fee for the course book is payable at time of registration. Pre-requisite: Spanish: Beginner 2.
Minoru Centre for Active Living
Jan 24-Mar 27 .... F ...... 12:00-1:30pm .......... $63.20/9 sess .......... 2757638

SPANISH: INTERMEDIATE 2
Build on conversational skills to further improve speaking this beautiful language. Pre-requisite: Spanish: Intermediate 1.
Minoru Centre for Active Living
Jan 24-Mar 27 .... F ...... 9:00-10:30am .......... $63.20/9 sess .......... 2757639

Martial Arts

HEALTH QIGONG: YI JIN JING
Focus on the upper body, arms and spine to learn harmonious standing movements. Along with breathing techniques, these exercises help to strengthen muscles and tendons and improve flexibility and balance. These sessions are led by a certified Qigong instructor. Drop-ins welcome if space permits.
City Centre Community Centre
FREE Jan 10 .... F ........ 10:00-11:00am .......... Free/1 sess ............ 2755325
Jan 17-Mar 27 .... F ........ 10:00-11:00am .......... $57.00/11 sess .......... 2755324

TAI CHI
Increase flexibility, relaxation and balance with this popular form of martial arts.
City Centre Community Centre
FREE Jan 15-Mar 18 .... W ...... 11:00am-12:00pm .......... $46.60/9 sess .......... 2758287
Japanese Canadian Cultural Centre (Steveston)
Jan 9-Mar 26 ...... Th ...... 10:00-11:00am .......... $62.15/12 sess .......... 2755455
TAI CHI: 10 FORM: BEGINNER
Improve coordination, balance and lower body strength while learning the health benefits of this 10-movement introductory class that includes exercises that focus on the development of the whole body system.

Minoru Centre for Active Living
Jan 9-Mar 19....... Th..... 7:00-8:00pm .......... $57.00/11 sess ...... 2757640

TAI CHI: ADAPTED
Learn and practice these low impact, simplified movements of Tai Chi while seated. These sessions are taught by a long time, qualified instructor and are suitable for those with mobility issues.

Minoru Centre for Active Living
FREE  Jan 11 ... Sa..... 2:00-3:00pm .......... Free/1 sess ........... 2757641
Jan 18-Mar 21 .... Sa...... 2:00-3:00pm .......... $51.80/10 sess ...... 2757642

TAI CHI: BEGINNER
Learn basic movements in this Yang-style class.

Minoru Centre for Active Living
Jan 7-Mar 24...... Tu..... 11:30am-12:30pm ... $62.15/12 sess ...... 2757646
Jan 11-Mar 21 .... Sa..... 11:15am-12:15pm ... $57.00/11 sess ...... 2757645

TAI CHI: ADVANCED
Experience improved balance, increased flexibility and relaxation in this Yang-style class. Pre-requisite: Previous Tai Chi experience.

Minoru Centre for Active Living
Jan 10-Mar 20.... F....... 11:30am-12:30pm ... $57.00/11 sess ...... 2757643
Jan 11-Mar 21 .... Sa..... 10:00-11:00am ........ $57.00/11 sess ...... 2757644

Outdoor Trips and Tours

• No refunds if cancellations are within seven days of trip date, unless otherwise stated.
• No refunds for theatre trips if cancellations are within 30 days of theatre trip date.
• Remember to review receipt for list of items to bring e.g., lunch, hat, proper clothing, health insurance, valid ID, BC Gold Card, etc.
• Gratuities are not accepted for drivers.
• Tours and trips are subject to date and time changes due to unforeseen circumstances.
• Home drop off ($3) services for Richmond residents available where indicated. Payment due at time of registration if service is required.
• Many of the locations visited have a scent free policy. Out of consideration for those with scent allergies and sensitivities, refrain from wearing fragrances of any kind during out trips.

January

CHINESE TEA 101
Learn about the culture and customs surrounding tea during a guided tasting of Chinese tea at a local eatery. Prince includes tea, light snacks and transportation.

Minoru Centre for Active Living
Jan 8 ................. W ..... 12:45-3:30pm ........ $38.35/1 sess ........ 2757240
AUDAIN ART MUSEUM AND WHISTLER TRIP  
Experience this extraordinary new museum in Whistler that features a vast collection of West Coast art. This trip includes time to shop and have lunch in Whistler Village. Price includes transportation and admission.  
Thompson Community Centre  
Jan 13 ................. M...... 9:00am-5:00pm ....... $59.15/1 sess ........ 2757426

JJ’S RESTAURANT LUNCH TRIP  
Dine on a gourmet lunch prepared and served by culinary students of this Vancouver Community College restaurant. Price includes transportation only.  
Cambie Community Centre  
Jan 15 ................. W ...... 10:50am-3:10pm ....... $23.50/1 sess ........ 2756533

HART HOUSE RESTAURANT TRIP  
Dine on eclectic West Coast cuisine at this casually elegant and idyllic lakeside estate setting in Burnaby. Price includes transportation only.  
South Arm Community Centre  
Jan 21 ................. Tu ...... 10:30am-2:00pm ....... $17.50/1 sess ........ 2753706

CLANCY’S TEA COSY LUNCH TRIP  
Enjoy a lingering lunch at this charming tea house in White Rock that includes an elegant mini-High Tea and delicious homemade soup. Price includes lunch and transportation.  
Steveston Community Centre  
Jan 22 ................. W ...... 11:00am-3:00pm ....... $43.40/1 sess ........ 2752429

THE CABIN RESTAURANT TRIP  
Enjoy excellent food and service at this Crescent Beach eatery with a fun and friendly ambiance that boasts delicious Pacific Northwest cuisine. Price includes transportation only.  
Minoru Centre for Active Living  
Jan 22 ................. W ...... 4:15-8:00pm .......... $19.40/1 sess ........ 2757236

SCOTTISH SUPPER AND CELEBRATION TRIP  
Celebrate Robbie Burns Day at the Vancouver Scottish Cultural Centre with live music, bagpipes and dinner including traditional haggis. Price includes transportation, admission and dinner. Home drop off ($3) available.  
Thompson Community Centre  
Jan 25 ................. Sa ...... 5:00-10:00pm .......... $48.00/1 sess ........ 2755765

BOSA FOODS SHOPPING TRIP  
Shop for hard-to-find, Mediterranean and Italian specialty foods in this landmark East Vancouver store. After shopping, there’s time to enjoy some of the freshly prepared items from the deli section. Price includes transportation only.  
Cambie Community Centre  
Jan 31 ................. F ....... 9:15am-12:15pm ....... $38.50/1 sess ........ 2757237

February

DINNER AND A PLAY AT GATEWAY THEATRE  
Discover local theatre at its best with 'Straight White Men', a comedy and satire from Broadway about three brothers who return home for Christmas to visit their recently widowed father. Price includes transportation only. Home drop off ($3) available.  
Minoru Centre for Active Living  
Feb 6 ................. Th ...... 5:30-9:45pm .......... $78.00/1 sess ........ 2757242

VANCOUVER ART GALLERY TRIP  
Wander through this popular institution that boasts contemporary and historic presentations from BC, Canadian and international artists. Price includes transportation and admission.  
South Arm Community Centre  
Feb 7 ................. F ...... 10:00am-3:00pm .......... $38.50/1 sess ........ 2753708

TEAHOUSE IN STANLEY PARK LUNCH TRIP  
Dine at this iconic restaurant located in the heart of Stanley Park with fresh west coast cuisine and spectacular views. Price includes transportation only.  
South Arm Community Centre  
Feb 13 ................. Th ...... 10:00am-2:15pm .......... $18.50/1 sess ........ 2753727

VSO: TEA AND TRUMPETS MATINEE SERIES TRIP  
Enjoy tea and cookies followed by a performance featuring beloved classics, entertaining stories and narration from Vancouver’s very own Bard, Christopher Gaze. Price includes transportation and admission.  
Minoru Centre for Active Living  
Feb 13 ................. Th ...... 12:15-4:45pm .......... $58.75/1 sess ........ 2755873
UNCLE BUCK’S FISHBOWL AND GRILL LUNCH TRIP
Dine on casual fare in this truly unique atmosphere that features a huge salt water aquarium right next to a bowling alley with an underwater theme. This trip includes time for bowling or shopping at this Tsawwassen destination. Price includes transportation only.
Thompson Community Centre
Feb 18 11:00am-4:00pm $17.00/1 sess

JJ’S RESTAURANT LUNCH TRIP
Dine on a gourmet lunch prepared and served by culinary students of this Vancouver Community College restaurant. This trip includes a stop at The Gourmet Warehouse, a unique specialty food and housewares emporium. Price includes transportation only.
Steveston Community Centre
Feb 19 10:30am-3:30pm $23.50/1 sess

SEASONS IN THE PARK TRIP
Take in the stunning view of Queen Elizabeth Park and the City skyline while dining at one of Vancouver’s most famous restaurants. Price includes transportation only.
Minoru Centre for Active Living
Feb 23 9:45am-1:00pm $19.65/1 sess

THE DINER RESTAURANT TRIP
Dine on classic British food surrounded by British knick-knacks at this West Point Grey restaurant that has been in business for 54 years! Price includes transportation only. Home drop off ($3) available.
Steveston Community Centre
Feb 28 3:45-8:15pm $22.00/1 sess

METRO THEATRE TRIP: THE GAZEBO
Discover community theatre at its best with this production of 'The Gazebo', the wonderful 1950s comic/thriller hit starring Debbie Reynolds and Glenn Ford. Price includes transportation and admission.
South Arm Community Centre
Feb 29 12:45-6:15pm $49.50/1 sess

March

LOMBARDO’S RESTAURANT TRIP
Tantalize the senses with Italian favourites at this family-owned Vancouver restaurant that serves up wood oven pizzas, house made pastas and other authentic dishes. Price includes transportation only. Home drop off ($3) available.
Minoru Centre for Active Living
Mar 2 4:15-7:30pm $19.65/1 sess

HIGH SCHOOL BASKETBALL TOURNAMENT TRIP
Support high school basketball programs by coming out to watch the classic BC High School Boys Basketball Tournament at Langley Events Centre. Price includes transportation and admission.
Thompson Community Centre
Mar 4 11:00am-4:00pm $22.50/1 sess

ONE UNDER GOLF TRIP
Drive away the winter blues 'playing' some of the world’s top courses in this Vancouver venue that boasts six industry-leading golf simulation bays, bar and eatery. Price includes transportation and two hours in a golf simulator bay.
Thompson Community Centre
Mar 9 11:30am-4:30pm $34.50/1 sess

VANCOUVER WELSH MEN’S CHOIR AT CELTICFEST TRIP
Enjoy favourite melodies from the war years and music from the golden age of cinema in Vancouver’s beautiful Christ Church Cathedral. Price includes transportation and admission. Home drop off ($3) available.
Thompson Community Centre
Mar 14 5:00-10:00pm $43.25/1 sess

AN EVENING AT THE SHADBOLT THEATRE
Enjoy a fun evening watching ‘Kim’s Convenience’, which follows a Korean shopkeeper’s journey with his changing family dynamics and growing neighbourhood. Price includes transportation and admission.
Minoru Centre for Active Living
Mar 15 6:30-10:30pm $65.90/1 sess
DICKEKS SWEETS AND BRITISH MUSEUM TRIP
Explore over 10,000 square feet of this Chilliwack destination that features all things British including a grocery store, museum, bakery and sweet shop. Lunch is available at the on-site Tea Room. Price includes transportation only.
Cambie Community Centre
Mar 18 ............... W ...... 10:20am-3:10pm ...... $27.00/1 sess ...... 2756534
West Richmond Community Centre
Mar 18 ............... W ...... 10:00am-3:30pm ...... $27.00/1 sess ...... 2755980

ROGERS ARENA TOUR
Take this rare and behind-the-scenes tour of the home of the Vancouver Canucks and through the venue on the day of a home game. Price includes transportation and admission.
Thompson Community Centre
Mar 18 ............... W ...... 9:00am-1:00pm ...... $36.50/1 sess ...... 2756185

BIRDLING IN STANLEY PARK TRIP
Take in the annual and natural phenomenon of the Great Blue Heron’s arrival and nest building in Vancouver’s Stanley Park. Bring a bag lunch. Price includes transportation and hot beverages.
Steveston Community Centre
Mar 20 ............... F....... 9:45am-2:30pm ...... $23.75/1 sess ...... 2752426
West Richmond Community Centre
Mar 20 ............... F....... 9:30am-2:15pm ...... $23.75/1 sess ...... 2757231

OWL SANCTUARY TRIP
Learn how owls are rescued, rehabilitated and released on this guided tour of this delightful sanctuary in South Delta. Price includes transportation and admission. Bring a lunch.
South Arm Community Centre
Mar 21 ............... Sa...... 10:30am-1:00pm ...... $23.50/1 sess ...... 2753887

BIG BEND AND MARKET CROSSING SHOPPING AND LUNCH TRIP
Explore this Burnaby shopping area with fashion, restaurant and food outlets with time for lunch at Romer’s Restaurant nearby on the Vancouver riverfront. Price includes transportation only.
Thompson Community Centre
Mar 23 ............... M...... 11:00am-4:30pm ...... $17.50/1 sess ...... 2756518

LANGLEY AVIATION ADVENTURE TRIP
Combine a guided tour of the Canadian Museum of Flight followed by lunch at Adrian’s, a popular Greek restaurant that overlooks the Langley Airport runways. Price includes transportation and museum admission.
Steveston Community Centre
Mar 25 ............... W ...... 10:30am-3:30pm ...... $32.15/1 sess ...... 2756881

REIFEL BIRD SANCTUARY TRIP
Bring binoculars, walking shoes and questions for this introduction to birding at Boundary Bay’s premier bird habitat. The tour is led by an experienced naturalist. Rain or shine. Bring a bag lunch. Registration required. Price includes transportation and tour.
Richmond Nature Park
Mar 25 ............... W ...... 9:00am-1:30pm ...... $25.00/1 sess ...... 2753036

HORIZONS ON BURNABY MOUNTAIN TRIP
Savour a delicious West Coast meal prepared by an award-winning chef combined with a spectacular view of the city. Price includes transportation only. Home drop off ($3) available.
South Arm Community Centre
Mar 26 ............... Th...... 5:00-8:30pm .......... $18.50/1 sess ...... 2753705

VSO: TEA AND TRUMPETS MATINEE SERIES TRIP
Enjoy tea and cookies followed by a performance featuring beloved classics, entertaining stories and narration from Vancouver’s very own Bard, Christopher Gaze. Price includes transportation and admission.
Cambie Community Centre
Mar 26 ............... Th...... 12:15-4:45pm .......... $58.75/1 sess ...... 2756535
Minoru Centre for Active Living
Mar 26 ............... Th...... 12:00-5:00pm .......... $58.75/1 sess ...... 2755874

SALMON HOUSE BRUNCH TRIP
Dine on a fabulous West Coast meal perched on this West Vancouver hillside with undeniably spectacular views. Price includes transportation only.
Minoru Centre for Active Living
Mar 28 ............... Sa...... 10:00am-2:00pm ...... $19.50/1 sess ...... 2755875

HORSESHOE BAY FOR THE DAY TRIP
Travel to this northwest and popular area of West Vancouver to explore the area independently after a delicious lunch at Trolls Fish n’ Chips. Price includes transportation only.
South Arm Community Centre
Mar 31 ............... Tu...... 10:00am-3:30pm ...... $24.50/1 sess ...... 2753707
Racquet Sports

BADMINTON: DROP-IN
Get active, have fun and socialize in these sessions, No instruction provided.
South Arm Community Centre
M ................. 9:30am-12:00pm .......................$4.20/Drop-in
F ................. 9:30am-12:00pm .......................$4.20/Drop-in
Thompson Community Centre
Su ................. 9:30am-12:30pm .......................$4.20/Drop-in
Steveston Community Centre
Su ................. 3:30pm-5:00pm .......................$4.20/Drop-in

PICKLEBALL: DROP-IN
Use wooden paddles and a plastic wiffle ball to play this simple mini tennis game on a badminton size court
Anderson School (City Centre)
W ................. 6:30-9:00pm .......................$4.20/Drop-in
Cambie Community Centre
F ................. 9:00-11:30am .......................$4.20/Drop-in
Sa ................. 11:30-2:30pm .......................$4.20/Drop-in
South Arm Community Centre
M ................. 12:15-2:15pm .......................$4.20/Drop-in
Thompson Community Centre
Tu ................. 12:00-1:30pm .......................$4.20/Drop-in
Th ................. 1:30-3:00pm .......................$4.20/Drop-in
Su ................. 1:00-3:30pm .......................$4.20/Drop-in
Su ................. 4:00-6:00pm .......................$4.20/Drop-in
Steveston Community Centre
Tu ................. 6:30-9:00pm .......................$4.20/Drop-in
Th ................. 12:45-2:45pm .......................$4.20/Drop-in

PICKLEBALL: INTRODUCTION: LEVEL 1
Learn the rules and basic techniques of this increasingly popular game that combines ping pong, tennis and badminton on a badminton-size court utilizing wooden paddles and a plastic wiffle ball. This fun, simple and fast-paced program is designed for beginners.
Thompson Community Centre
Jan 30-Mar 12 .... Th ...... 1:15-2:45pm ......... $44.10/7 sess ....... 2755477

PICKLEBALL: SKILLS AND DRILLS
Improve shots using a drilling format to move to the next level of play and learn intermediate skills, techniques and strategies along with rules and etiquette.
Thompson Community Centre
Jan 2-Jan 16 .... Th ...... 1:15-2:45pm ......... $18.90/3 sess ....... 2755477

TABLE TENNIS: DROP-IN
Socialize and have fun during these sessions. One table only. Facility Pass required for Cambie.
East Richmond Community Hall (Cambie)
Tu/F .................. 9:00-10:30am .......................Free with Facility Pass
South Arm Community Centre (Drop-in times vary by day) .. $4.20/Drop-in
Steveston Community Centre (Drop-in times vary by day) .. $4.20/Drop-in

FREE 55+ BC GAMES TRY-IT SERIES: PICKLEBALL
Participate in a pickleball demonstration and learn about the multi-sport annual 55+ BC Games coming to Richmond in 2020. This activity is a part of the Try-It series for the 55+ BC Games. Registration required.
Thompson Community Centre
Jan 23 .......... Th ...... 1:15-2:45pm ......... Free/1 sess ....... 2755476

Sports

BASKETBALL: DROP-IN
Socialize, have fun and get active in this court sport. No instruction provided.
South Arm Community Centre
1:15-3:00pm ...... Tu/F .. ........................................ $4.20/Drop-in

COMMUNITY LEISURE TRANSPORTATION
This service ensures that seniors, youth, persons with disabilities and all other Richmond residents have a transportation option to community programs, services and special events. This affordable transportation option for community organizations offers a fleet of buses that can accommodate 16 to 22 passengers. For more information or to make a booking, phone 604-238-8456 or email jneufeld@richmond.ca.

SHOPPING BUS SERVICE
This service offers access to local shopping at reasonable rates with pickups and drop offs at nine different independent seniors housing locations.
Mondays .................. Lansdowne Mall ($2 per round trip) Walmart, Garden City ($2 per round trip)
Thursdays ................. Seafair Centre ($2 per round trip)
For a full schedule of designated pick up locations and times, phone 604-238-8456.
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<tr>
<th>SPORTS ORGANIZATIONS</th>
<th>MORE INFORMATION</th>
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<tbody>
<tr>
<td>KidSport Richmond</td>
<td><a href="http://www.kidsport.ca">www.kidsport.ca</a>; <a href="mailto:richmondbc@kidsportcanada.ca">richmondbc@kidsportcanada.ca</a></td>
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<tr>
<td>Richmond Community Sports</td>
<td><a href="http://www.richmondsports.ca">www.richmondsports.ca</a></td>
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<tr>
<td>Richmond Sports Council</td>
<td><a href="http://www.richmondsportscouncil.com">www.richmondsportscouncil.com</a>; 604-277-1400</td>
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<tr>
<td>Richmond Special Olympics</td>
<td><a href="http://www.sobcrichmond.com">www.sobcrichmond.com</a>; 604-266-5760</td>
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<tr>
<td><strong>SWIMMING</strong></td>
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<tr>
<td>LIT First Aid &amp; Lifeguard Training</td>
<td><a href="http://www.litaquatics.com">www.litaquatics.com</a>; 604-536-6410</td>
</tr>
<tr>
<td>Lower Mainland Waterpolo</td>
<td><a href="http://www.bcwaterpolo.com">www.bcwaterpolo.com</a></td>
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<tr>
<td>Richmond Kigoos</td>
<td><a href="http://www.kigoos.com">www.kigoos.com</a></td>
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<tr>
<td>Richmond Rapids Swim Club</td>
<td><a href="http://www.richmondrapids.com">www.richmondrapids.com</a>; 604-275-7946</td>
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<tr>
<td>Steveston Athletic Association</td>
<td><a href="http://www.thesaa.ca">www.thesaa.ca</a>; <a href="mailto:membership@thesaa.ca">membership@thesaa.ca</a></td>
</tr>
<tr>
<td>VPW Synchronized Swimming Team</td>
<td><a href="http://www.vpw.bc.ca">www.vpw.bc.ca</a>; <a href="mailto:info@vpw.bc.ca">info@vpw.bc.ca</a>; 604-216-7444</td>
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<tr>
<td><strong>SKATING</strong></td>
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<tr>
<td>Coast Hockey League</td>
<td><a href="http://www.coasthockey.com">www.coasthockey.com</a>; 604-585-4625</td>
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<tr>
<td>Connaught Skating Club</td>
<td><a href="http://www.connaughtsc.com">www.connaughtsc.com</a>; 604-273-3443</td>
</tr>
<tr>
<td>Richmond Arenas Community Association</td>
<td><a href="http://www.richmondarenas.ca">www.richmondarenas.ca</a>; <a href="mailto:arenas@richmond.ca">arenas@richmond.ca</a>; 604-448-5366</td>
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<tr>
<td>Richmond Jets Minor Hockey Association</td>
<td><a href="http://www.richmondjetsmha.com">www.richmondjetsmha.com</a></td>
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<tr>
<td>Richmond Ravens Female Hockey</td>
<td><a href="http://www.richmondravenshockey.ca">www.richmondravenshockey.ca</a>; 604-277-6840</td>
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<tr>
<td>Richmond Ringette</td>
<td><a href="http://www.richmondringette.com">www.richmondringette.com</a></td>
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<tr>
<td>Richmond Rockets Speed Skating Club</td>
<td><a href="http://www.richmondrockettes.org">www.richmondrockettes.org</a></td>
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<td>Richmond Sockeyes Hockey Club</td>
<td><a href="http://www.richmondsockeyes.com">www.richmondsockeyes.com</a></td>
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<td><strong>RACQUET SPORTS</strong></td>
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<tr>
<td>Canadian Chinese Table Tennis Federation</td>
<td><a href="http://www.ccttf.org">www.ccttf.org</a></td>
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<tr>
<td>Richmond Tennis Club</td>
<td><a href="http://www.richmondtennisclub.com">www.richmondtennisclub.com</a>; <a href="mailto:info@richmondtennisclub.com">info@richmondtennisclub.com</a>; 604-273-3631</td>
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<tr>
<td><strong>INDOOR SPORTS</strong></td>
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<tr>
<td>Developmentally Challenged Youth Basketball Association (DCYBA)</td>
<td>604-241-0667</td>
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<tr>
<td>Richmond Air Attack Volleyball</td>
<td><a href="http://www.airattack.ca">www.airattack.ca</a></td>
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<tr>
<td>Richmond Ball Hockey Association</td>
<td><a href="http://www.rbha.ca">www.rbha.ca</a></td>
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<tr>
<td>Richmond Cosom Floor Hockey Association Boys &amp; Girls (5-18yrs)</td>
<td><a href="http://www.rcfha.org">www.rcfha.org</a></td>
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<tr>
<td>Richmond Curling Club</td>
<td><a href="http://www.richmondcurling.com">www.richmondcurling.com</a></td>
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<tr>
<td>Richmond Gymnastics Club</td>
<td><a href="http://www.richmondgymnastics.com">www.richmondgymnastics.com</a></td>
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<tr>
<td>Richmond Rod and Gun Club Air Gun and Archery</td>
<td><a href="http://www.richmondrodandgunclub.com">www.richmondrodandgunclub.com</a></td>
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<tr>
<td><strong>MARTIAL ARTS</strong></td>
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<tr>
<td>Karate Go Ju Ryu–Steveston</td>
<td><a href="http://www.uchiage-kai.com">www.uchiage-kai.com</a>; 604-272-4660</td>
</tr>
<tr>
<td>Karate Go Ju Ryu–Steveston (Women Only)</td>
<td>604-272-4660</td>
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<tr>
<td>Steveston Judo Club</td>
<td><a href="http://www.stevestonjudo.org">www.stevestonjudo.org</a>; <a href="mailto:StevestonJudo@shaw.ca">StevestonJudo@shaw.ca</a>; <a href="mailto:nakajima@dccnet.com">nakajima@dccnet.com</a></td>
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<tr>
<td>Steveston Kendo Club</td>
<td><a href="http://www.stevestonkendo.ca">www.stevestonkendo.ca</a></td>
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<tr>
<td>FIELD SPORTS</td>
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<tr>
<td>Richmond Baseball</td>
<td><a href="http://www.richmondlittleleague.ca">www.richmondlittleleague.ca</a>; 604-250-3432</td>
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<tr>
<td>Richmond City Baseball (5-21yrs)</td>
<td><a href="http://www.richmondcitybaseball.com">www.richmondcitybaseball.com</a></td>
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<tr>
<td>Richmond Field Hockey Club</td>
<td><a href="http://www.rfhc.ca">www.rfhc.ca</a></td>
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<tr>
<td>Richmond Girls Soccer (5-18yrs)</td>
<td><a href="http://www.richmondgirlsoccer.com">www.richmondgirlsoccer.com</a></td>
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<td>Richmond Girls Softball (5-22yrs)</td>
<td><a href="http://www.rgsa.ca">www.rgsa.ca</a></td>
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<tr>
<td>Richmond Kajaks Track &amp; Field Club</td>
<td><a href="http://www.kajaks.ca">www.kajaks.ca</a></td>
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<td>Richmond Lacrosse</td>
<td><a href="http://www.richmondlacrosse.com">www.richmondlacrosse.com</a></td>
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<tr>
<td>Richmond Lawn Bowling Club</td>
<td>604-276-2695</td>
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<tr>
<td>Richmond Minor Football (5-20yrs)</td>
<td><a href="http://www.raidersfootball.ca">www.raidersfootball.ca</a></td>
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<tr>
<td>Richmond Rugby</td>
<td><a href="http://www.richmondrugby.ca">www.richmondrugby.ca</a></td>
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<tr>
<td>Richmond Senior Soccer Association (18+yrs)</td>
<td><a href="http://www.rasasoccer.ca">www.rasasoccer.ca</a></td>
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<tr>
<td>Richmond Youth Soccer (5-17yrs)</td>
<td><a href="http://www.richmondfc.ca">www.richmondfc.ca</a></td>
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<tr>
<td>John M.S. Lecky UBC Boathouse</td>
<td><a href="http://www.ubcboathouse.com">www.ubcboathouse.com</a></td>
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<th>ETHNO CULTURAL GROUPS</th>
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<tr>
<td>Richmond Chinese Community Society</td>
<td><a href="http://www.rccs.ca">www.rccs.ca</a>; 604-270-7222</td>
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<tr>
<td>Steveston Japanese Language School</td>
<td><a href="http://www.sjls.ca">www.sjls.ca</a>; <a href="mailto:ngakko@telus.net">ngakko@telus.net</a>; 604-274-4374</td>
</tr>
<tr>
<td>Ukrainian Community Society of Ivan Franko</td>
<td><a href="http://www.ivanfranko.ca">www.ivanfranko.ca</a>; <a href="mailto:ucsif@telus.net">ucsif@telus.net</a>; 604-274-4119</td>
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<th>ARTS</th>
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<tr>
<td>Community Arts, Council of Richmond</td>
<td><a href="http://www.richmondartscouncil.com">www.richmondartscouncil.com</a>; <a href="mailto:cacrinformation@shaw.ca">cacrinformation@shaw.ca</a></td>
</tr>
<tr>
<td>Richmond Art Gallery Association</td>
<td><a href="http://www.richmondartgallery.org">www.richmondartgallery.org</a>; <a href="mailto:gallery@richmond.ca">gallery@richmond.ca</a>; 604-247-8300</td>
</tr>
<tr>
<td>Richmond Arts Coalition</td>
<td><a href="http://www.richmondartscoalition.com">www.richmondartscoalition.com</a>; <a href="mailto:rac@richmondartscoalition.com">rac@richmondartscoalition.com</a></td>
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<tr>
<th>RICHMOND ARTS CENTRE</th>
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<tr>
<td>Cathay Photographic Society</td>
<td><a href="mailto:cathayphotoclubca@yahoo.com">cathayphotoclubca@yahoo.com</a>; 604-518-5449</td>
</tr>
<tr>
<td>Richmond Artists’ Guild</td>
<td><a href="http://www.richmondartistsguild.com">www.richmondartistsguild.com</a></td>
</tr>
<tr>
<td>Richmond Chinese Artist Club</td>
<td><a href="mailto:rcac1116@gmail.com">rcac1116@gmail.com</a>; <a href="mailto:sampegca@gmail.com">sampegca@gmail.com</a>; 604-271-8003</td>
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<tr>
<td>Richmond Chinese Calligraphy &amp; Painting Club</td>
<td><a href="mailto:rhdccpclub@gmail.com">rhdccpclub@gmail.com</a>; 778-689-7628</td>
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<tr>
<td>Richmond Gem and Mineral Club</td>
<td><a href="mailto:darhowe1@gmail.com">darhowe1@gmail.com</a>; 604-274-4893</td>
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<tr>
<td>Richmond Photo Club</td>
<td><a href="http://www.meetup.com/richmondphotoclub">www.meetup.com/richmondphotoclub</a></td>
</tr>
<tr>
<td>Richmond Potters Club</td>
<td><a href="mailto:info@richmondpottersclub.com">info@richmondpottersclub.com</a></td>
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<tr>
<td>Richmond Reelers Scottish Country Dance Group</td>
<td><a href="mailto:cathiebk@shaw.ca">cathiebk@shaw.ca</a>; 604-277-3398</td>
</tr>
<tr>
<td>Richmond Weavers and Spinners Guild</td>
<td><a href="mailto:smkrichards@hotmail.com">smkrichards@hotmail.com</a>; 604-272-8117</td>
</tr>
<tr>
<td>Riverside Arts Circle</td>
<td><a href="mailto:pthornson@shaw.ca">pthornson@shaw.ca</a>; <a href="mailto:klein2518@gmail.com">klein2518@gmail.com</a></td>
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<tr>
<td>Textile Arts Guild of Richmond</td>
<td><a href="http://www.textileartsrichmond.ca">www.textileartsrichmond.ca</a>; <a href="mailto:info@textileartsrichmond.ca">info@textileartsrichmond.ca</a></td>
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## Community Partners

### HERITAGE

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<tbody>
<tr>
<td>Britannia Heritage Shipyard Society</td>
<td><a href="http://www.britanniashipyard.ca">www.britanniashipyard.ca</a>; <a href="mailto:BHSSprograms@gmail.com">BHSSprograms@gmail.com</a>; 604-718-8038</td>
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<tr>
<td>London Heritage Farm Society</td>
<td><a href="http://www.richmond.ca/londonfarm">www.richmond.ca/londonfarm</a>; <a href="mailto:londonhf@telus.net">londonhf@telus.net</a>; 604-271-5220</td>
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<tr>
<td>Richmond Heritage Commission</td>
<td>604-276-4279</td>
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<td>Richmond Museum Society</td>
<td><a href="http://www.richmondmuseum.ca">www.richmondmuseum.ca</a>; <a href="mailto:museum@richmond.ca">museum@richmond.ca</a>; 604-247-8300</td>
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<tr>
<td>Scotch Pond Heritage Cooperative</td>
<td><a href="mailto:budsakamoto@hotmail.com">budsakamoto@hotmail.com</a>; 604-274-4799</td>
</tr>
<tr>
<td>Sea Island Heritage Society</td>
<td><a href="http://www.seaislandhome.org">www.seaislandhome.org</a>; 604-278-4359 or 604-589-3611</td>
</tr>
<tr>
<td>Steveston Historical Society</td>
<td><a href="http://www.richmond.ca/stevestonmuseum">www.richmond.ca/stevestonmuseum</a>; 604-718-8439</td>
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### RECREATION

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<th>Organization</th>
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<tr>
<td>City Centre Community Association</td>
<td><a href="http://www.richmond.ca/citycentre">www.richmond.ca/citycentre</a>; <a href="mailto:citycentre@richmond.ca">citycentre@richmond.ca</a>; 604-204-8588</td>
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<tr>
<td>East Richmond Community Association</td>
<td><a href="http://www.richmond.ca/cambie">www.richmond.ca/cambie</a>; <a href="mailto:cambie@richmond.ca">cambie@richmond.ca</a>; 604-238-8399</td>
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<tr>
<td>Hamilton Community Association</td>
<td><a href="http://www.richmond.ca/hamilton">www.richmond.ca/hamilton</a>; <a href="mailto:hamilton@richmond.ca">hamilton@richmond.ca</a>; 604-238-8055</td>
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<tr>
<td>Minoru Seniors Society</td>
<td><a href="http://www.richmond.ca/seniors">www.richmond.ca/seniors</a>; <a href="mailto:seniors@richmond.ca">seniors@richmond.ca</a>; 604-238-8450</td>
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<tr>
<td>Richmond Fitness and Wellness Association</td>
<td><a href="http://www.richmond.ca/fitness">www.richmond.ca/fitness</a>; <a href="mailto:fitness@richmond.ca">fitness@richmond.ca</a>; 604-238-8004</td>
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<tr>
<td>Sea Island Community Association</td>
<td><a href="http://www.richmond.ca/seaisland">www.richmond.ca/seaisland</a>; <a href="mailto:seaisland@richmond.ca">seaisland@richmond.ca</a>; 604-238-8000</td>
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<td>South Arm Community Association</td>
<td><a href="http://www.richmond.ca/southarm">www.richmond.ca/southarm</a>; <a href="mailto:southarm@richmond.ca">southarm@richmond.ca</a>; 604-238-8060</td>
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<td>Steveston Community Society</td>
<td><a href="http://www.richmond.ca/steveston">www.richmond.ca/steveston</a>; <a href="mailto:stevestoncc@richmond.ca">stevestoncc@richmond.ca</a>; 604-238-8080</td>
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<td>Thompson Community Association</td>
<td><a href="http://www.richmond.ca/thompson">www.richmond.ca/thompson</a>; <a href="mailto:thompson@richmond.ca">thompson@richmond.ca</a>; 604-238-8422</td>
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<tr>
<td>West Richmond Community Association</td>
<td><a href="http://www.richmond.ca/westrichmond">www.richmond.ca/westrichmond</a>; <a href="mailto:westrich@richmond.ca">westrich@richmond.ca</a>; 604-238-8400</td>
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### PARKS AND NATURE

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<tr>
<td>Community Gardens</td>
<td><a href="http://www.richmond.ca/parks">www.richmond.ca/parks</a>; 604-244-7377</td>
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<tr>
<td>Partners for Beautification</td>
<td><a href="http://www.richmond.ca/parks">www.richmond.ca/parks</a>; 604-244-1208</td>
</tr>
<tr>
<td>Partners in Parks</td>
<td><a href="http://www.richmond.ca/parks">www.richmond.ca/parks</a>; 604-244-1208</td>
</tr>
<tr>
<td>Richmond Nature Park Society</td>
<td><a href="http://www.richmond.ca/naturepark">www.richmond.ca/naturepark</a>; <a href="mailto:nature@richmond.ca">nature@richmond.ca</a>; 604-238-6188</td>
</tr>
</tbody>
</table>

### COMMUNITY SAFETY

<table>
<thead>
<tr>
<th>Organization</th>
<th>More Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Police Station – City Centre</td>
<td>140-5671 No. 3 Rd; 604-207-4761</td>
</tr>
<tr>
<td>Community Police Station – South Arm</td>
<td>8880 Williams Rd; 604-713-2300</td>
</tr>
<tr>
<td>Community Police Station – Steveston</td>
<td>4371 Moncton St; 604-713-2323</td>
</tr>
<tr>
<td>Richmond Fire-Rescue</td>
<td><a href="http://www.richmond.ca">www.richmond.ca</a></td>
</tr>
<tr>
<td>Fire Extinguisher Training</td>
<td>604-303-2726</td>
</tr>
<tr>
<td>Richmond RCMP Block Watch</td>
<td><a href="mailto:blockwatch@richmond.ca">blockwatch@richmond.ca</a>; 604-713-2340</td>
</tr>
<tr>
<td>Richmond RCMP Residential Break and Enter Alerts</td>
<td><a href="http://www.richmond.ca/crime">www.richmond.ca/crime</a>; <a href="mailto:blockwatch@richmond.ca">blockwatch@richmond.ca</a></td>
</tr>
<tr>
<td>Business Link</td>
<td><a href="mailto:RCMP_Business_Link@richmond.ca">RCMP_Business_Link@richmond.ca</a>; <a href="mailto:RCMP_Business_Watch@richmond.ca">RCMP_Business_Watch@richmond.ca</a>; 604-207-4790</td>
</tr>
<tr>
<td>Emergency Management Program</td>
<td><a href="http://www.richmond.ca/emergency">www.richmond.ca/emergency</a>; <a href="mailto:emergencyprograms@richmond.ca">emergencyprograms@richmond.ca</a>; 604-233-3333</td>
</tr>
</tbody>
</table>
ADOPT a Street, Trail, Garden or Park and help keep Richmond beautiful!

The Partners for Beautification program is a unique opportunity for Richmond residents of all ages, community groups, service clubs and businesses to take action to protect, enhance and beautify our community for current and future generations.

Here’s how you can help:
- Picking up litter
- Removing invasive species
- Planting and watering trees
- Planting and maintaining garden beds
- Protecting natural areas

Here’s some of the rewards:
- Exercising in the outdoors
- Meeting new people
- Protecting natural habitats for wildlife
- Helping build community
- Preserving Richmond’s environmentally-sensitive areas

Find details at richmond.ca/beautification or call the City of Richmond Parks Department at 604-244-1208.
MOVIE MORE, FEEL GREAT!

Work out at one of 9 community recreation facilities with:
- friendly and knowledgeable fitness professionals
- complimentary fitness orientations
- welcoming fitness centres with cardio, strength and functional training equipment
- upbeat and motivating fitness classes for all interests and levels

Physical activity...
- boosts energy
- improves mood, memory and thinking skills
- promotes better sleep
- supports weight management
- combats health conditions and diseases
- is fun!

Walk, run, or wheel to your local community recreation facility today.
Find all locations, rates, schedule and details at www.richmond.ca/fitnessschedules.