



SOUTH ARM COMMUNITY CENTRE

# FALL 2024 PROGRAMS



8880 WILLIAMS ROAD  
604-238-8060



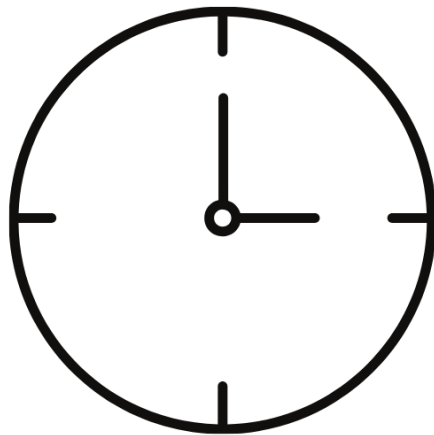
# GENERAL INFORMATION

## SOUTH ARM COMMUNITY ASSOCIATION

### OUR MISSION:

South Arm Community Association aims to provide effective and enjoyable leisure opportunities for people so that they may grow and develop socially, emotionally, intellectually and physically.

We strive to create an inviting place where the community can come for information, to learn specific skills, to relax and to get into shape



### FALL FACILITY HOURS

MONDAY-FRIDAY

6:00AM-10:00PM

SATURDAY-SUNDAY

7:30AM-9:00PM

## HOW TO REGISTER

1) IN-PERSON DURING FACILITY HOURS

2) REGISTRATION CALL CENTRE

604-276-4300 MON-FRI 8:30AM-5:00PM

3) ONLINE AT [WWW.RICHMOND.CA/REGISTER](http://WWW.RICHMOND.CA/REGISTER)

FOR MORE INFORMATION, PLEASE VISIT OUR  
WEBSITE AT [WWW.RICHMOND.CA/SOUTHARM](http://WWW.RICHMOND.CA/SOUTHARM)

## CONNECT WITH US



South Arm Community  
Centre (SACC)



@SouthArmCC



@SouthArmCC &  
@SouthArmCCYouth



[southarm@richmond.ca](mailto:southarm@richmond.ca)

## SOUTH ARM COMMUNITY CENTRE

# PRESCHOOL REGISTRATION 2024/2025

REGISTRATION ONGOING

### **CHILD'S WORLD PRESCHOOL**

**MON/WED/FRI - #312826**  
9:00AM-1:00PM  
4 YEARS (BORN IN 2020)  
\$350.20/MONTH

**TUES/THURS- #312828**  
9:00AM-1:00PM  
3/4 YEARS (BORN IN 2020/2021)  
\$251.60/MONTH

### **PRESCHOOL PARADE**

**MON/WED/FRI - #312821**  
9:00AM-12:00PM  
4 YEARS (BORN IN 2020)  
\$262.65/MONTH

**TUES/THURS - #312820**  
9:00-11:30AM  
3/4 YEARS (BORN IN 2020/2021)  
\$157.25/MONTH



## HOW TO REGISTER

- 1) IN-PERSON DURING FACILITY HOURS
- 2) REGISTRATION CALL CENTRE  
604-276-4300 MON-FRI 8:30AM-5:00PM
- 3) ONLINE AT  
[WWW.RICHMOND.CA/REGISTER](http://WWW.RICHMOND.CA/REGISTER)

Please ensure your child has a MyRichmond account set up prior to registration. Registration will be completed on a first come first serve basis and includes a \$50.00 non-refundable registration fee.

**For more information, please contact:**

Preschool Coordinator  
Beth Hume  
604-238-8063  
[BHume@richmond.ca](mailto:BHume@richmond.ca)



**SOUTH ARM COMMUNITY CENTRE**  
8880 WILLIAMS ROAD  
604-238-8060





# PRESCHOOL (0-5 YEARS)

## ARTS - DANCE

### BALLET - PARENT AND TOT - PRESCHOOLERS

Sep 13-Oct 25	Fri	5:15-6:00pm	\$46.20/7 sess	2-3yrs	00337193
Sep 13-Oct 25	Fri	6:00-6:45pm	\$46.20/7 sess	2-3yrs	00337185
Nov 1-Dec 20	Fri	5:15-6:00pm	\$52.80/8 sess	2-3yrs	00337187
Nov 1-Dec 20	Fri	6:00-6:45pm	\$52.80/8 sess	2-3yrs	00337184

### CREATIVE MOVEMENT - PARENT AND TOT - PRESCHOOLERS

Sep 11-Oct 23	Wed	1:00-1:45pm	\$46.20/7 sess	2-3yrs	00337316
Sep 13-Oct 25	Fri	1:00-1:45pm	\$46.20/7 sess	2-3yrs	00337311
Sep 13-Oct 18	Fri	2:30-3:15pm	\$39.60/6 sess	2-3yrs	00337312
Nov 1-Dec 20	Fri	1:00-1:45pm	\$52.80/8 sess	2-3yrs	00337310

### DANCE COMBO - PRESCHOOLERS

Sep 11-Oct 23	Wed	3:15-4:00pm	\$46.20/7 sess	3-5yrs	00337196
Sep 11-Oct 23	Wed	2:00-2:45pm	\$46.20/7 sess	3-5yrs	00337308
Oct 30-Dec 18	Wed	3:15-4:00pm	\$52.80/8 sess	3-5yrs	00337293
Oct 30-Dec 18	Wed	2:00-2:45pm	\$52.80/8 sess	3-5yrs	00337306
Jan 2-Jan 3	Thurs-Fri	1:00-1:45pm	\$13.20/2 sess	3-5yrs	00336987

### JAZZ DANCING - PRESCHOOLERS

Sep 9-Oct 7	Mon	3:15-4:00pm	\$26.40/4 sess	3-5yrs	00337133
Oct 21-Dec 16	Mon	3:15-4:00pm	\$52.80/8 sess	3-5yrs	00337140

## ARTS-MUSIC

### MUSIC - PARENT AND TOT - PRESCHOOLERS

Oct 21-Dec 16	Mon	10:00-10:30am	\$35.20/8 sess	2-5yrs	00337302
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## ARTS-PERFORMING

### MUSICAL THEATRE - PRESCHOOLERS

Sep 13-Oct 25	Fri	3:00-3:45pm	\$46.20/7 sess	3-5yrs	00337179
Nov 1-Dec 20	Fri	3:00-3:45pm	\$52.80/8 sess	3-5yrs	00337175

## ARTS-VISUAL

### ART FOR TWOS - PARENT AND TOT - PRESCHOOLERS

Sep 11-Oct 23	Wed	9:45-10:30am	\$46.20/7 sess	2-3yrs	00336982
Sep 15-Oct 27	Sun	9:00-9:45am	\$46.20/7 sess	2-3yrs	00337167
Oct 30-Dec 18	Wed	9:45-10:30am	\$52.80/8 sess	2-3yrs	00336983
Nov 3-Dec 15	Sun	9:00-9:45am	\$46.20/7 sess	2-3yrs	00337173
Dec 23-Dec 27	Mon-Fri	9:00-9:45am	\$19.80/3 sess	2-3yrs	00337062

# PRESCHOOL (0-5 YEARS)

## ARTS-VISUAL

### ART ADVENTURES - PRESCHOOLERS

Sep 9-Oct 7	Mon	9:45-10:30am	\$26.40/4 sess	3-5yrs	00336977
Sep 11-Oct 23	Wed	11:00-11:45am	\$46.20/7 sess	3-5yrs	00336979
Oct 21-Dec 16	Mon	9:45-10:30am	\$52.80/8 sess	3-5yrs	00336978
Oct 30-Dec 18	Wed	11:00-11:45am	\$52.80/8 sess	3-5yrs	00336980
Dec 23-Dec 27	Mon-Fri	10:30-11:15am	\$19.80/3 sess	3-5yrs	00337059
Dec 30-Jan 3	Mon-Fri	9:00-9:45am	\$26.40/4 sess	3-5yrs	00337056

## NATURE AND SCIENCE

### WACKY SCIENCE - PRESCHOOLERS

Sep 9-Oct 7	Mon	11:00-11:45am	\$26.40/4 sess	3-5yrs	00336975
Oct 21-Dec 16	Mon	11:00-11:45am	\$52.80/8 sess	3-5yrs	00336976
Dec 30-Jan 3	Mon-Fri	10:30-11:15am	\$26.40/4 sess	3-5yrs	00337054

## SPORTS

### ADAPTED SPORT AND PLAY - PRESCHOOLERS

Sep 7-Dec 14	Sat	11:00-11:45am	\$63.95/13 sess	3-5yrs	00336981
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### SPORTBALL® - SOCCER - PARENT AND TOT - PRESCHOOLERS

Sep 8-Oct 27	Sun	9:30-10:15am	\$108/6 sess	2-3yrs	00335973
Nov 3-Dec 15	Sun	9:30-10:15am	\$108/6 sess	2-3yrs	00335975

### SPORTBALL® - SOCCER - PRESCHOOLERS

Sep 8-Oct 27	Sun	10:15-11:15am	\$108/8 sess	3-5yrs	00335972
Nov 3-Dec 15	Sun	10:15-11:15am	\$108/6 sess	3-5yrs	00335970



# CHILDREN (6-12 Years)

## ARTS - DANCE

### JAZZ DANCING - CHILDREN

Sep 13-Oct 25	Fri	3:45-4:45pm	\$61.60/7 sess	6-9yrs	00336896
Nov 1-Dec 20	Fri	3:45-4:45pm	\$70.40/8 sess	6-9yrs	00336899
Jan 2-Jan 3	Thurs-Fri	3:15-4:15pm	\$17.60/2 sess	6-9yrs	00336985

### JAZZ DANCING - PRETEENS

Sep 9-Oct 7	Mon	4:00-5:00pm	\$35.20/4 sess	9-12yrs	00336907
Oct 21-Dec 16	Mon	4:00-5:00pm	\$70.40/8 sess	9-12yrs	00336910
Jan 2-Jan 3	Thurs-Fri	4:30-5:30pm	\$17.60/2 sess	9-12yrs	00336984

## ARTS - MUSIC

### MUSICAL EXPRESSIONS - GUITAR OR UKULELE PRIVATE LESSONS - ALL AGES

Lessons are available in 30 minute timeslots from 9:30-10:35am & 2:55-9:15pm on Wednesdays and 3:30-7:30pm on Fridays. Please visit [www.richmond.ca./register](http://www.richmond.ca./register) or visit the South Arm Community Centre front desk to inquire about session availability.

### MUSICAL EXPRESSIONS - PIANO PRIVATE LESSONS - ALL AGES

Lessons are available in 30 minute timeslots from 3:30-7:30pm on Tuesdays, from 4:05-7:30pm on Thursdays, and from 9:30am-4:40pm on Saturday. Please visit [www.richmond.ca./register](http://www.richmond.ca./register) or visit the South Arm Community Centre front desk to inquire about session availability.

## ARTS - PERFORMING

### CREATIVE DRAMA - CHILDREN

Sep 13-Oct 25	Fri	4:00-5:00pm	\$61.60/7 sess	8-12yrs	00336958
Nov 1-Dec 20	Fri	4:00-5:00pm	\$70.40/8 sess	8-12yrs	00336956

### MUSICAL THEATRE - CHILDREN

Sep 13-Oct 25	Fri	5:00-6:00pm	\$61.60/7 sess	6-9yrs	00336336
Nov 1-Dec 20	Fri	5:00-6:00pm	\$70.40/8 sess	6-9yrs	00336337
Jan 2-Jan 3	Thurs-Fri	2:00-3:00pm	\$17.60/2 sess	6-9yrs	00336986

## ARTS - VISUAL

### CRAFT COMBO - CHILDREN

Sep 13-Oct 25	Fri	3:45-5:00pm	\$77/7 sess	6-12yrs	00336952
Oct 29-Dec 17	Tues	3:45-5:00pm	\$88/8 sess	6-12yrs	00336918

### CARTOON WITH A DISNEY ANIMATOR - CHILDREN

Sep 14-Oct 26	Sat	9:30-10:30am	\$126/7 sess	6-8yrs	00336888
Nov 2-Dec 14	Sat	9:30-10:30am	\$126/7 sess	6-8yrs	00336889

### CHARACTER DESIGN - CHILDREN

Sep 14-Oct 26	Sat	12:00-1:00pm	\$126/7 sess	7-10yrs	00336890
Nov 2-Dec 14	Sat	12:00-1:00pm	\$126/7 sess	7-10yrs	00336891

### COMICS AND CARTOONING - PRETEENS

Sep 15-Oct 27	Sun	1:30-2:45pm	\$77/7 sess	9-12yrs	00336945
Nov 3-Dec 15	Sun	1:30-2:45pm	\$77/7 sess	9-12yrs	00336948

### CLAY HANDBUILDING - PRETEENS

Sep 13-Oct 25	Fri	7:00-8:00pm	\$61.60/7 sess	9-12yrs	00336333
Nov 1-Dec 20	Fri	7:00-8:00pm	\$70.40/8 sess	9-12yrs	00336335

# CHILDREN (6-12 Years)

## ARTS - VISUAL

### DRAWING AND PAINTING - CHILDREN

Sep 15-Oct 27	Sun	10:30-11:30am	\$61.60/7 sess	6-9yrs	00336937
Nov 7-Dec 19	Thurs	3:30-4:30pm	\$61.60/7 sess	6-9yrs	00336935
Dec 30-Jan 3	Mon-Fri	12:00pm-1:00pm	\$35.20/4 sess	6-9yrs	00337052

### ILLUSTRATING ANIMALS - CHILDREN

Sep 21-Oct 12	Sat	4:45-6:00pm	\$44/4 sess	6-8yrs	00337076
Dec 23-Dec 27	Mon-Fri	2:00-3:15pm	\$33/3 sess	6-8yrs	00337071

### ILLUSTRATING ANIMALS - PRETEENS

Nov 2-Dec 14	Sat	4:45-6:00pm	\$77/7 sess	9-12yrs	00337073
Dec 23-Dec 27	Mon-Fri	3:45-5:00pm	\$33/3 sess	9-12yrs	00337063

### NATURE JOURNALING - CHILDREN

Sep 28-Oct 12	Sat	2:00-4:00pm	\$52.80/3 sess	6-12yrs	00337079
Nov 2-Dec 14	Sat	2:00-3:00pm	\$88/5 sess	6-12yrs	00337082

### ART MEETS NATURE - CHILDREN

Sep 15-Oct 27	Sun	11:45am-1:00pm	\$77/7 sess	6-12yrs	00336941
Nov 3-Dec 15	Sun	11:45am-1:00pm	\$77/7 sess	6-12yrs	00336939

### ACRYLIC PAINTING - CHILDREN

Sep 12-Oct 24	Thurs	3:30-4:30pm	\$61.60/7 sess	6-9yrs	00336936
Nov 3-Dec 15	Sun	10:30-11:30am	\$61.60/7 sess	6-9yrs	00336938
Nov 3-Dec 15	Sun	3:45-4:45pm	\$61.60/7 sess	6-9yrs	00336949
Dec 30-Jan 3	Mon-Fri	2:00-3:00pm	\$35.20/4 sess	6-9yrs	00337051

### ART JAM WITH A DISNEY ANIMATOR - CHILDREN

Sep 14-Oct 26	Sat	10:45-11:45am	\$126/7 sess	4-6yrs	00336892
Nov 2-Dec 14	Sat	10:45-11:45am	\$126/7 sess	4-6yrs	00336894

### D.I.Y. (DO-IT-YOURSELF) PROJECTS - PRETEENS

Sep 12-Oct 24	Thurs	6:00-7:15pm	\$77/7 sess	8-12yrs	00336943
Nov 7-Dec 19	Thurs	6:00-7:15pm	\$77/7 sess	8-12yrs	00336944

## FITNESS

### YOGA - CHILDREN

Sep 12-Oct 24	Thurs	3:45-4:45pm	\$70.75/7 sess	6-12yrs	00335952
Nov 7-Dec 19	Thurs	3:45-4:45pm	\$70.75/7 sess	6-12yrs	00335949

### ZUMBA® KIDS - CHILDREN

Sep 11-Oct 23	Wed	6:00-7:00pm	\$61.90/7 sess	7-12yrs	00335954
Oct 30-Dec 18	Wed	6:00-7:00pm	\$70.70/8 sess	7-12yrs	00335955

## GENERAL INTEREST

### PRETEEN HANGOUT - PRETEENS

Sep 12-Oct 24	Thurs	4:30-6:30pm	\$24.50/7 sess	9-13yrs	00335956
Nov 7-Dec 19	Thurs	4:30-6:30pm	\$24.50/7 sess	9-13yrs	00335959

# CHILDREN (6-12 Years)

## MARTIAL ARTS

### TAEKWONDO - BEGINNER - CHILDREN

Sep 7-Dec 14	Sat	2:30-3:30pm	\$108/12 sess	6-12yrs	00346961
Sep 9-Dec 16	Mon	3:30-4:30pm	\$108/12 sess	6-12yrs	00346958
Sep 9-Dec 16	Mon	4:30-5:30pm	\$108/12 sess	6-12yrs	00346960
Sep 13-Dec 13	Fri	5:30-6:30pm	\$126/14 sess	6-12yrs	00346959

### TAEKWONDO - INTERMEDIATE - CHILDREN

Sep 9-Dec 16	Mon	5:30-6:30pm	\$108/12 sess	6-18yrs	00336040
Sep 9-Dec 16	Mon	6:30-7:30pm	\$108/12 sess	6-18yrs	00336034
Sep 13-Dec 13	Fri	3:30-4:30pm	\$126/14 sess	6-18yrs	00335997
Sep 13-Dec 13	Fri	4:30-5:30pm	\$126/14 sess	6-18yrs	00335999
Sep 13-Dec 13	Fri	6:30-7:30pm	\$126/14 sess	6-18yrs	00335940

## NATURE AND SCIENCE

### SLIME-MAKING WORKSHOP - CHILDREN

Sep 21	Sat	2:30-3:30pm	\$8.80/1 sess	6-9yrs	00336920
Sep 21	Sat	3:45-4:45pm	\$8.80/1 sess	6-9yrs	00336921
Oct 19	Sat	2:30-3:30pm	\$8.80/1 sess	6-9yrs	00336925
Oct 19	Sat	3:45-4:45pm	\$8.80/1 sess	6-9yrs	00336926
Nov 16	Sat	2:30-3:30pm	\$8.80/1 sess	6-9yrs	00336929
Nov 16	Sat	3:45-4:45pm	\$8.80/1 sess	6-9yrs	00336930
Nov 30	Sat	2:30-3:30pm	\$8.80/1 sess	6-9yrs	00336932
Nov 30	Sat	3:45-4:45pm	\$8.80/1 sess	6-9yrs	00336931

### WACKY SCIENCE - CHILDREN

Sep 9-Oct 7	Mon	3:45-5:00pm	\$44/4 sess	6-12yrs	00336961
Sep 10-Oct 22	Tues	3:45-5:00pm	\$77/7 sess	6-12yrs	00336913
Oct 21-Dec 16	Mon	3:45-5:00pm	\$99/9 sess	6-12yrs	00336962
Dec 23-Dec 27	Mon-Fri	12:00-1:15pm	\$33/3 sess	6-12yrs	00337058

## RACQUET SPORTS

### BADMINTON - INTERMEDIATE - PRETEENS

Sep 11-Oct 23	Wed	4:20-5:20pm	\$45.90/7 sess	9-12yrs	00336912
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## SPORTS

### GIRLS AT BAT - CHILDREN

Sep 12-Dec 19	Thurs	3:15-4:15pm	\$91.85/14 sess	6-9yrs	00335946
Sep 16-Dec 16	Mon	4:15-5:15pm	\$72.15/11 sess	9-12yrs	00334888



# CHILDREN (6-12 Years)

## SPORTS

### BASKETBALL - CHILDREN

Sep 9-Dec 16	Mon	5:45-6:45pm	\$78.70/12 sess	8-10yrs	00336934
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### BASKETBALL - PRETEENS

Sep 9-Dec 16	Mon	7:00-8:00pm	\$78.70/12 sess	10-12yrs	00336924
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### BASKETBALL - RYBL - SMALL BALL - GRADES K/1 - CHILDREN

Sep 16-Dec 2	Mon	6:15-7:00pm	\$115.00/9 sess	5-6yrs	00337181
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### BASKETBALL - RYBL - SMALL BALL - GRADES 2/3 - CHILDREN

Sep 16-Dec 2	Mon	7:15-8:00pm	\$115.00/9 sess	6-8yrs	00337182
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### BASKETBALL - RYBL - JUMP - GRADES 4/5 - CHILDREN

Sep 26-Dec 05	Thurs	06:15-07:15 PM	\$120/10 sess	8-10yrs	00334829
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### BASKETBALL - RYBL - JUMP - GRADES 6/7 - CHILDREN

Sep 26-Dec 05	Thurs	07:30-08:30 PM	\$120/10 sess	10-12yrs	00334830
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### BASKETBALL - RYBL - JUMP - GRADES 4/5 - CHILDREN

Sep 27-Nov 29	Fri	06:15-07:15 PM	\$120/10 sess	8-10yrs	00334831
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### BASKETBALL - RYBL - JUMP - GRADES 6/7 - CHILDREN

Sep 27-Nov 29	Fri	07:30-08:30 PM	\$120/10 sess	10-12yrs	00334832
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### BASKETBALL - RYBL - LEAGUE - GRADES 4/5 - CO-ED - CHILDREN

Oct 5 – Mar 1	Tues/Sat	10:30-11:30am	\$265/16 sess	8-10yrs	00336731
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### BASKETBALL - RYBL - LEAGUE - GRADES 6/7 - CO-ED - CHILDREN

Oct 19 – Mar 1	Wed/Sat	11:45am-12:45pm	\$265/15 sess	10-12yrs	00336720
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### SPORTBALL® - SOCCER - CHILDREN

Sep 8-Oct 27	Sun	11:15am-12:15pm	\$108/6 sess	5-7yrs	00335968
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Nov 3-Dec 15	Sun	11:15am-12:15pm	\$108/6 sess	5-7yrs	00335966
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### VOLLEYBALL - BEGINNER - PRETEENS

Sep 12-Dec 19	Thurs	4:45-5:45pm	\$91.85/14 sess	9-12yrs	00336906
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### VOLLEYBALL - INTERMEDIATE - PRETEENS

Sep 12-Dec 19	Thurs	5:45-6:45pm	\$91.85/14 sess	9-12yrs	00336898
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**SOUTH ARM COMMUNITY CENTRE**

# **CHILDREN'S BIRTHDAY PARTIES**

Celebrate a child's special occasion with provided indoor and outdoor age-appropriate toys, games, craft activities and a variety of sports led by party leaders.

**SATURDAYS**

**3:00-5:00PM**

**SUNDAYS**

**11:00AM-1:00PM**

**3:00-5:00PM**

**Register online at [www.richmond.ca/register](http://www.richmond.ca/register) or by phone at 604-276-4300 or in-person during facility hours**



**SOUTH ARM COMMUNITY CENTRE  
8880 WILLIAMS ROAD  
604-238-8060**



# YOUTH (13-18 YEARS)

## ARTS - DANCE

### HIP HOP - YOUTH

Oct 3-Oct 24	Thurs	7:15-8:30pm	\$35.20/4 sess	13-18yrs	00337084
Nov 7-Dec 5	Thurs	7:30-8:45pm	\$44/5 sess	13-18yrs	00337085

## COOKING

### IRON CHEF COOKING - YOUTH

Sep 15-Oct 27	Sun	12:30-2:00pm	\$165.25/7 sess	11-16yrs	00337157
Nov 3-Dec 15	Sun	12:30-2:00pm	\$165.25/7 sess	11-16yrs	00337178

## FITNESS

### GROUP WEIGHT TRAINING - YOUTH

Sep 13-Oct 4	Fri	4:00-4:45pm	\$54.70/4 sess	13-18yrs	00336883
Oct 18-Nov 8	Fri	4:00-4:45pm	\$54.70/4 sess	13-18yrs	00336884
Nov 15-Dec 6	Fri	4:00-4:45pm	\$54.70/4 sess	13-18yrs	00336885

### KICKBOXING - DRILLS AND SKILLS - FOR GIRLS - YOUTH

Sep 7-Oct 26	Sat	12:15-1:00pm	\$61.90/7 sess	13-18yrs	00336482
Nov 2-Dec 14	Sat	12:15-1:00pm	\$61.90/7 sess	13-18yrs	00336487

### KICKBOXING - DRILLS AND SKILLS - YOUTH

Sep 7-Oct 26	Sat	11:30am-12:15pm	\$61.90/7 sess	13-18yrs	00336463
Nov 2-Dec 14	Sat	11:30am-12:15pm	\$61.90/7 sess	13-18yrs	00336469

## GENERAL INTEREST

### INTRODUCTION TO LEADERSHIP - YOUTH

Sep 17-Dec 17	Tues	3:45-5:00pm	Free/14 sess	13-18yrs	00337086
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### RESUME AND INTERVIEW SKILL BUILDING - YOUTH

Oct 9-Oct 23	Wed	3:45-4:45pm	Free/3 sess	13-18yrs	00337151
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### PEEK INTO BUSINESS WORKSHOP - YOUTH

Oct 4-Oct 25	Fri	5:15-6:30pm	Free/4 sess	11-16yrs	00337134
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## RACQUET SPORTS

### BADMINTON - INTERMEDIATE - YOUTH

Sep 11-Dec 18	Wed	3:15-4:15pm	\$98.40/15 sess	13-18yrs	00336991
Sep 11-Dec 18	Wed	5:25-6:25pm	\$98.40/15 sess	13-18yrs	00336990



**SOUTH ARM COMMUNITY CENTRE**

# **DROP-IN SCHEDULE**

## **BADMINTON DROP IN - 55+**

**55+YRS  
MONDAYS/FRIDAYS  
9:30AM-12:00PM  
\$5.00/SESS**

## **PICKLEBALL DROP IN - 18+**

**18+YRS  
MONDAYS  
12:15-2:30PM  
\$6.25/SESS**

## **BADMINTON DROP IN - FAMILY**

**ALL AGES  
THURSDAYS  
7:15-9:15PM  
\$3.50/SESS (0-18YRS)  
\$6.25/SESS (19-54YRS)  
\$5.00/SESS (55+YRS)**

## **PLAYTIME: OPEN GYM - 0-5YRS**

**0-5YRS  
WED/THURS  
9:30-11:00AM  
\$3.10/SESS**



**South Arm Community Centre  
8880 Williams Road  
604-238-8060**





# GENERAL SWAP MEET



**SATURDAY, SEPTEMBER 21**  
**10:00AM - 2:00PM**  
**FREE TO ATTEND**

VENDOR TABLES AVAILABLE FOR (\$23.70 +TAX)  
REGISTRATION OVER THE PHONE AT 604-238-8060  
OR IN PERSON AT SOUTH ARM COMMUNITY CENTRE

# CHRISTMAS CRAFT FAIR



VENDOR TABLES AVAILABLE FOR (\$66.15 +TAX)  
REGISTRATION OVER THE PHONE AT 604-238-8060  
OR IN PERSON AT SOUTH ARM COMMUNITY CENTRE

**SATURDAY, NOVEMBER 16**  
**10:00AM - 2:00PM**  
**FREE TO ATTEND**



**SOUTH ARM COMMUNITY CENTRE**  
**8880 WILLIAMS ROAD**  
**604-238-8060**



# ADULTS (18+ YEARS)

## ARTS - VISUAL

### DRAWING AND PAINTING - ADULTS

Sep 10-Oct 22	Tues	6:00-7:15pm	\$77/7 sess	18yrs+	00336964
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### PAINT NIGHT - ADULTS

Sep 21	Sat	6:30-8:00pm	\$13.20/1 sess	18yrs+	00336967
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Oct 19	Sat	6:30-8:00pm	\$13.20/1 sess	18yrs+	00336968
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Nov 16	Sat	6:30-8:00pm	\$13.20/1 sess	18yrs+	00336970
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## FITNESS

### ADAPTED FITNESS - ADULTS

Sep 12-Oct 24	Thurs	1:30-2:30pm	\$42.05/7 sess	18yrs+	00335806
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Nov 7-Dec 19	Thurs	1:30-2:30pm	\$42.05/7 sess	18yrs+	00335811
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### EXPRESS FIT - ADULTS

Sep 15-Oct 27	Sun	10:45-11:30am	\$61.50/6 sess	16yrs+	00336999
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Nov 3-Dec 8	Sun	10:45-11:30am	\$61.50/6 sess	16yrs+	00337000
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### FULL BODY CIRCUIT WORKOUT - ADULTS

Sep 12-Oct 24	Thurs	6:30-7:30pm	\$61.90/7 sess	16yrs+	00335815
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Nov 7-Dec 19	Thurs	6:30-7:30pm	\$61.90/7 sess	16yrs+	00335817
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### FUNDAMENTALS OF FITNESS - LEVEL 1 - ADULTS

Sep 10-Oct 1	Tues	10:00-11:00am	\$54.70/4 sess	16yrs+	00336824
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Oct 8-Oct 29	Tues	10:00-11:00am	\$54.70/4 sess	16yrs+	00336828
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Nov 5-Nov 26	Tues	10:00-11:00am	\$54.70/4 sess	16yrs+	00336830
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### FUNDAMENTALS OF FITNESS - LEVEL 2 - ADULTS

Sep 12-Oct 3	Thurs	10:00-11:00am	\$54.70/4 sess	16yrs+	00336996
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Oct 10-Oct 31	Thurs	10:00-11:00am	\$54.70/4 sess	16yrs+	00336845
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Nov 7-Nov 28	Thurs	10:00-11:00am	\$54.70/4 sess	16yrs+	00336856
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### POUND® - ADULTS

Sep 10-Oct 22	Tues	5:30-6:30pm	\$61.90/7 sess	16yrs+	00335860
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Nov 5-Dec 17	Tues	5:30-6:30pm	\$61.90/7 sess	16yrs+	00335864
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### POWERBUILDING 101 - ADULTS

Sep 11-Oct 16	Wed	6:15-7:15pm	\$82/6 sess	16yrs+	00336833
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Nov 6-Dec 11	Wed	6:15-7:15pm	\$82/6 sess	16yrs+	00336997
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### TRX® PLUS - ADULTS

Sep 13-Oct 11	Fri	11:30am-12:30pm	\$68.35/5 sess	16yrs+	00336873
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Oct 18-Nov 15	Fri	11:30am-12:30pm	\$68.35/5 sess	16yrs+	00336875
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Nov 22-Dec 20	Fri	11:30am-12:30pm	\$68.35/5 sess	16yrs+	00336876
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### WOMEN ON WEIGHTS - ADULTS

Sep 15-Oct 27	Sun	9:30-10:30am	\$82/6 sess	16yrs+	00336878
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Nov 3-Dec 8	Sun	9:30-10:30am	\$82/6 sess	16yrs+	00336880
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### CYCLE AND STRENGTH - ADULTS

Sep 9-Oct 28	Mon	9:00-10:00am	\$53.05/6 sess	16yrs+	00335979
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Nov 4-Dec 16	Mon	9:00-10:00am	\$53.05/6 sess	16yrs+	00335980
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### CYCLE AND YOGA - ADULTS

Sep 11-Oct 30	Wed	9:30-10:30am	\$70.70/8 sess	16yrs+	00335974
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Nov 6-Dec 18	Wed	9:30-10:30am	\$61.90/7 sess	16yrs+	00335976
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# ADULTS (18+ YEARS)

## CYCLE H.I.I.T. BOOT CAMP - ADULTS

Sep 7-Oct 26	Sat	8:15-9:15am	\$61.90/7 sess	16yrs+	00336428
Sep 7-Oct 26	Sat	9:30-10:30am	\$61.90/7 sess	16yrs+	00336437
Nov 2-Dec 14	Sat	8:15-9:15am	\$61.90/7 sess	16yrs+	00336432
Nov 2-Dec 14	Sat	9:30-10:30am	\$61.90/7 sess	16yrs+	00336440

## ZUMBA® - ADULTS

Sep 11-Oct 23	Wed	7:15-8:15pm	\$61.90/7 sess	16yrs+	00335822
Oct 30-Dec 11	Wed	7:15-8:15pm	\$61.90/7 sess	16yrs+	00335826

## ZUMBA® - TONING - ADULTS

Sep 12-Oct 24	Thurs	7:15-8:15pm	\$61.90/7 sess	16yrs+	00335843
Nov 7-Dec 19	Thurs	7:15-8:15pm	\$61.90/7 sess	16yrs+	00335849

## CARDIO PILATES - ADULTS

Sep 7-Nov 2	Sat	12:00-1:00pm	\$80.90/8 sess	16yrs+	00336515
Sep 12-Oct 31	Thurs	6:15-7:15pm	\$80.90/8 sess	16yrs+	00335965
Sep 13-Nov 1	Fri	6:15-7:15pm	\$80.90/8 sess	16yrs+	00336500
Nov 7-Dec 19	Thurs	6:15-7:15pm	\$70.75/7 sess	16yrs+	00335967
Nov 8-Dec 20	Fri	6:15-7:15pm	\$70.75/7 sess	16yrs+	00336504
Nov 9-Dec 21	Sat	12:00-1:00pm	\$70.75/7 sess	16yrs+	00336523

## GENTLE YIN YOGA - ADULTS

Sep 9-Oct 7	Mon	5:00-6:00pm	\$40.45/4 sess	16yrs+	00335885
Nov 4-Dec 16	Mon	5:00-6:00pm	\$60.65/6 sess	16yrs+	00335900

## GENTLE YOGA - ADULTS

Sep 10-Oct 15	Tues	7:15-8:15pm	\$60.65/6 sess	16yrs+	00335953
Nov 5-Dec 17	Tues	7:15-8:15pm	\$70.75/7 sess	16yrs+	00335958

## IYENGAR® YOGA - LEVEL 1 - ADULTS

Sep 10-Oct 29	Tues	9:15-10:45am	\$121.30/8 sess	16yrs+	00335943
Nov 5-Dec 17	Tues	9:15-10:45am	\$106.15/7 sess	16yrs+	00335944

## IYENGAR® YOGA - LEVEL 2 - ADULTS

Sep 11-Oct 30	Wed	6:45-8:15pm	\$121.30/8 sess	16yrs+	00335947
Nov 6-Dec 18	Wed	6:45-8:15pm	\$106.15/7 sess	16yrs+	00335950

## PILATES - ADULTS

Sep 10-Oct 29	Tues	5:45-6:45pm	\$80.90/8 sess	16yrs+	00335926
Sep 12-Oct 31	Thurs	5:00-6:00pm	\$80.90/8 sess	16yrs+	00335961
Nov 5-Dec 17	Tues	5:45-6:45pm	\$70.75/7 sess	16yrs+	00335927
Nov 7-Dec 19	Thurs	5:00-6:00pm	\$70.75/7 sess	16yrs+	00335962

## STRENGTH AND FLEX YOGA - ADULTS

Sep 9-Oct 7	Mon	6:15-7:15pm	\$40.45/4 sess	16yrs+	00336567
Nov 4-Dec 16	Mon	6:15-7:15pm	\$60.65/6 sess	16yrs+	00336578

## VINYASA YOGA - ADULTS

Sep 12-Oct 17	Thurs	9:15-10:15am	\$60.65/6 sess	16yrs+	00335969
Nov 7-Dec 12	Thurs	9:15-10:15am	\$60.65/6 sess	16yrs+	00335971



# ADULTS (18+ YEARS)

## HEALTH AND WELLNESS

### HEALTHY FEET WORKSHOP - ADULTS

Sep 23	Mon	8:00-9:00pm	Free/1 sess	16yrs+	00337113
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## RACQUET SPORTS

### PICKLEBALL - BEGINNERS - ADULTS

Sep 07-Dec 14	Sat	8:45-10:15am	\$127.90/13 sess	19yrs+	00336942
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## SPORTS

### BASKETBALL - ADULTS

Sep 9-Dec 16	Mon	8:15-9:45pm	\$78.70/12 sess	18yrs+	00336969
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### VOLLEYBALL - ADULTS

Sep 11-Dec 18	Wed	7:30-9:30pm	\$98.40/15 sess	18yrs+	00336957
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# SENIORS (55+ YEARS)

## ARTS - DANCE

### ULTIMATE BALLROOM DANCING - 55+

Sep 18-Oct 30	Wed	5:30-6:30pm	\$70/7 sess	55yrs+	00341641
Nov 6-Dec 11	Wed	5:30-6:30pm	\$60/6 sess	55yrs+	00341657

### LINE DANCING - BEGINNER - 55+

Sep 11-Nov 27	Wed	3:45-4:45pm	\$78.35/12 sess	55yrs+	00341624
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### LINE DANCING - BEGINNER - IMPROVER - 55+

Sep 11-Nov 27	Wed	2:30-3:30pm	\$78.35/12 sess	55yrs+	00335833
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### LINE DANCING VARIETY - NEW BEGINNER (CANTONESE AND MANDARIN) - 55+

Sep 3-Oct 22	Tues	2:00-3:00pm	\$52.25/8 sess	55yrs+	00337208
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## ARTS - MUSIC

### TAIKO DRUMMING - LEVEL 1 - 55+

Sep 16-Dec 9	Mon	5:30-6:30pm	\$65.30/10 sess	55yrs+	00337974
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### TAIKO DRUMMING - LEVEL 2 - 55+

Sep 16-Dec 9	Mon	6:30-7:30pm	\$65.30/10 sess	55yrs+	00338008
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### TAIKO DRUMMING - LEVEL 3 - 55+

Sep 16-Dec 9	Mon	7:30-8:30pm	\$65.30/10 sess	55yrs+	00338013
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## ARTS- VISUAL

### PAINTING FUN WITH ACRYLICS - ABSTRACT PAINTING - 55+

Sep 10-Oct 1	Tues	10:30am-12:00pm	\$39.20/4 sess	55yrs+	00336459
Oct 15-Nov 5	Tues	10:30am-12:00pm	\$39.20/4 sess	55yrs+	00336465
Nov 12-Dec 3	Tues	10:30am-12:00pm	\$39.20/4 sess	55yrs+	00336477

### D.I.Y. (DO-IT-YOURSELF) MULTI-STRANDS NECKLACE WORKSHOP - 55+

Sep 16	Mon	1:30-3:00pm	\$9.80/1 sess	55yrs+	00337820
Oct 7	Mon	1:30-3:00pm	\$9.80/1 sess	55yrs+	00337822
Nov 4	Mon	1:30-3:00pm	\$9.80/1 sess	55yrs+	00337823

### D.I.Y. (DO-IT-YOURSELF) REAL GEMSTONES CHARM BRACELET WORKSHOP - 55+

Sep 23	Mon	1:30-3:00pm	\$9.80/1 sess	55yrs+	00337826
Oct 21	Mon	1:30-3:00pm	\$9.80/1 sess	55yrs+	00337827
Nov 18	Mon	1:30-3:00pm	\$9.80/1 sess	55yrs+	00337828

### D.I.Y. (DO-IT-YOURSELF) SWAROVSKI CRYSTALS AND PEARL EARRING WORKSHOP - 55+

Sep 9	Mon	1:30-3:00pm	\$9.80/1 sess	55yrs+	00337829
Oct 28	Mon	1:30-3:00pm	\$9.80/1 sess	55yrs+	00337830
Nov 25	Mon	1:30-3:00pm	\$9.80/1 sess	55yrs+	00337831

### THANKSGIVING CENTREPIECE MAKING WORKSHOP - 55+

Oct 10	Thurs	10:30am-12:00pm	\$9.80/1 sess	55yrs+	00335090
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# SENIORS (55+ YEARS)

## COMPUTERS, TECHNOLOGY, AND SOCIAL MEDIA

### SMART PHONES, TABLETS AND LAPTOPS - LEARN FROM A YOUTH - 55+

Oct 3	Thurs	3:30-4:00pm	Free/1 sess	55yrs+	00331490
Oct 3	Thurs	4:00-4:30pm	Free/1 sess	55yrs+	00331491
Oct 3	Thurs	4:30-5:00pm	Free/1 sess	55yrs+	00331492
Oct 17	Thurs	3:30-4:00pm	Free/1 sess	55yrs+	00331549
Oct 17	Thurs	4:00-4:30pm	Free/1 sess	55yrs+	00331548
Oct 17	Thurs	4:30-5:00pm	Free/1 sess	55yrs+	00331550
Nov 7	Thurs	3:30-4:00pm	Free/1 sess	55yrs+	00332907
Nov 7	Thurs	4:00-4:30pm	Free/1 sess	55yrs+	00332908
Nov 7	Thurs	4:30-5:00pm	Free/1 sess	55yrs+	00332909
Nov 21	Thurs	3:30-4:00pm	Free/1 sess	55yrs+	00332910
Nov 21	Thurs	4:00-4:30pm	Free/1 sess	55yrs+	00332911
Nov 21	Thurs	4:30-5:00pm	Free/1 sess	55yrs+	00332912

## COOKING

### HEALTHY BATCH COOKING - 55+

Sep 29-Oct 27	Sun	9:30-11:30am	\$125.90/4 sess	55yrs+	00334316
Nov 3-Dec 1	Sun	9:30-11:30am	\$125.90/4 sess	55yrs+	00336960

### GET BAKING WORKSHOP - 55+

Sep 5-Sep 26	Thurs	11:00am-12:30pm	\$94.45/4 sess	55yrs+	00334916
Oct 3-Oct 24	Thurs	11:00am-12:30pm	\$94.45/4 sess	55yrs+	00337147
Nov 7-Nov 28	Thurs	11:00am-12:30pm	\$94.45/4 sess	55yrs+	00337150
Dec 5-Dec 19	Thurs	11:00am-12:30pm	\$70.85/3 sess	55yrs+	00337152

## FITNESS

### BETTER BACKS AND BALANCE - BEGINNER - 55+

Oct 9-Dec 11	Wed	10:30-11:30am	\$60.10/10 sess	55yrs+	00335821
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### ACTIVE AND FIT - 55+

Sep 3-Oct 29	Tues	11:00am-12:00pm	\$48.50/7 sess	55yrs+	00335977
Nov 5-Dec 17	Tues	11:00am-12:00pm	\$48.50/7 sess	55yrs+	00335978
Sep 5-Oct 24	Thurs	11:00am-12:00pm	\$55.45/8 sess	55yrs+	00343632

### M.I.I.T. (MODERATE INTENSITY INTERVAL TRAINING) - 55+

Sep 9-Oct 28	Mon	10:30-11:30am	\$41.60/6 sess	55yrs+	00335987
Nov 4-Dec 16	Mon	10:30-11:30am	\$41.60/6 sess	55yrs+	00335994

### MINDS IN MOTION - 55+

Sep 12-Oct 17	Thurs	1:30-3:00pm	\$34.80/6 sess	55yrs+	00337811
Oct 31-Dec 12	Thurs	1:30-3:00pm	\$40.60/7 sess	55yrs+	00337812

### WOMEN ON WEIGHTS - 55+

Sep 3-Oct 29	Tues	12:30-1:30pm	\$75.05/7 sess	55yrs+	00343600
Nov 5-Dec 17	Tues	12:30-1:30pm	\$75.05/7 sess	55yrs+	00343601

### ZUMBA® - GOLD - 55+

Sep 13-Oct 25	Fri	10:30-11:30am	\$48.50/7 sess	55yrs+	00335916
Nov 1-Dec 13	Fri	10:30-11:30am	\$48.50/7 sess	55yrs+	00335920

# SENIORS (55+ YEARS)

## GENERAL INTEREST

### HALLOWEEN MONSTER BASH - 55+

Oct 29	Tues	6:00-7:30pm	\$22.00/1 sess	55yrs+	00334906
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### FESTIVE WREATH MAKING WORKSHOP - 55+

Dec 6	Fri	5:00-6:30pm	\$9.80/1 sess	55yrs+	00331648
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### SENIORS MONTHLY SOCIAL SERIES - HARVEST MOON THEME 55+

Sep 24	Tues	10:30am-1:00pm	Free/1 sess	55yrs+	00334315
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### SENIORS MONTHLY SOCIAL SERIES - THANKSGIVING THEME 55+

Oct 15	Tues	10:30am-1:00pm	Free/1 sess	55yrs+	00334319
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### SENIORS MONTHLY SOCIAL SERIES - DIWALI THEME 55+

Nov 12	Tues	10:30am-1:00pm	Free/1 sess	55yrs+	00334320
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### SENIORS MONTHLY SOCIAL SERIES - SNOWFLAKES AT SOUTH ARM 55+

Dec 17	Tues	10:30am-1:00pm	Free/1 sess	55yrs+	00336989
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## HEALTH AND WELLNESS

### ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM (PUNJABI) - 55+

Sep 7-Oct 26	Sat	12:00-2:30pm	Free/6 sess	55yrs+	00333599
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### CHRONIC CONDITION SELF-MANAGEMENT PROGRAM - 55+

Sep 4-Oct 9	Wed	10:00am-12:30pm	Free/6 sess	55yrs+	00333576
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### HOLISTIC HEALTH SERIES - BONE HEALTH WORKSHOP - 55+

Nov 4	Mon	1:00-2:30pm	Free/1 sess	55yrs+	00337128
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### WELLNESS CLINICS: REFLEXOLOGY - 55+

Reflexology sessions are available in 20 minute timeslots from 9:30am-2:00pm on every second Friday of the month. Please visit [www.richmond.ca/register](http://www.richmond.ca/register) or visit the South Arm Community Centre front desk to inquire about session availability.

### FOOT CARE CLINIC - 55+

Foot care clinic sessions are available in 20 minute timeslots from 8:30am-2:00pm on every second Friday of the month. Please visit [www.richmond.ca/register](http://www.richmond.ca/register) or visit the South Arm Community Centre front desk to inquire about session availability.



# SENIORS (55+ YEARS)

## MARTIAL ARTS

### WING CHUN - BEGINNER - 55+

Sep 4-Oct 9	Wed	10:45-11:45am	\$38.85/6 sess	55yrs+	00337235
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## OUT TRIPS AND TOURS

### MONOVA MUSEUM AND LONSDALE QUAY LUNCH TRIP - 55+

Sep 12	Thurs	11:00am-3:00pm	\$31/1 sess	55yrs+	00332560
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### WHITE ROCK FARMERS' MARKET TRIP - 55+

Sep 15	Sun	10:15am-3:15pm	\$24/1 sess	55yrs+	00331694
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### WEST COAST EXPRESS TO MISSION AND DINNER TRIP - 55+

Sep 25	Wed	2:45-8:15pm	\$38/1 sess	55yrs+	00332559
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### CAPILANO SALMON HATCHERY AND LUNCH TRIP - 55+

Oct 3	Thurs	10:00am-3:00pm	\$20/1 sess	55yrs+	00332561
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### SYLVIA HOTEL BRUNCH TRIP - 55+

Oct 19	Sat	10:00am-2:00pm	\$25/1 sess	55yrs+	00331473
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### BRUNCH IN THE PARK AND WINTER MARKET TRIP - 55+

Dec 7	Sat	10:15am-2:45pm	\$25/1 sess	55yrs+	00331431
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### VANDUSEN GARDENS FESTIVAL OF LIGHTS TRIP - 55+

Dec 18	Wed	6:00-10:00pm	\$45.10/1 sess	55yrs+	00331467
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## RACQUET SPORTS

### PICKLEBALL - BEGINNER - 55+

Sep 3-Oct 22	Tues	9:30-11:00am	\$78.70/8 sess	55yrs+	00336020
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Sep 3-Oct 22	Tues	5:30-7:00pm	\$78.70/8 sess	55yrs+	00336028
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Oct 29-Dec 17	Tues	9:30-11:00am	\$78.70/8 sess	55yrs+	00336022
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Oct 29-Dec 17	Tues	5:30-7:00pm	\$78.70/8 sess	55yrs+	00336025
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### PICKLEBALL - INTERMEDIATE - 55+

Sep 3-Oct 22	Tues	11:00am-12:30pm	\$78.70/8 sess	55yrs+	00336031
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Sep 3-Oct 22	Tues	7:00-8:30pm	\$78.70/8 sess	55yrs+	00336029
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Oct 29-Dec 17	Tues	11:00am-12:30pm	\$78.70/8 sess	55yrs+	00336032
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Oct 29-Dec 17	Tues	7:00-8:30pm	\$78.70/8 sess	55yrs+	00336030
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## SPORTS

### WALKING BASKETBALL - 55+

Sep 6-Oct 4	Fri	12:15-1:15pm	\$32.70/5 sess	55yrs+	00336340
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Oct 18-Nov 15	Fri	12:15-1:15pm	\$32.70/5 sess	55yrs+	00336341
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Nov 22-Dec 20	Fri	12:15-1:15pm	\$32.70/5 sess	55yrs+	00336342
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# RACQUET SPORTS COURT RENTALS

## TABLE TENNIS TABLE RENTALS

**ALL AGES**  
**SATURDAYS/SUNDAYS**  
**8:00AM-1:15PM**  
**\$7.35/45 MIN**

## BADMINTON COURT RENTALS

**ALL AGES**  
**SATURDAYS/SUNDAYS**  
**4:30-8:15PM**  
**\$11.65/45 MIN**

## RACQUETBALL COURT RENTALS

**MONDAY-FRIDAY**  
**6:30AM-5:00PM - \$7.35/45 MIN**  
**5:00PM-8:45PM - \$11.85/45 MIN**  
**SATURDAY/SUNDAY**  
**7:30AM-8:15PM - \$7.35/45 MIN**

## SQUASH COURT RENTALS

**MONDAY-FRIDAY**  
**6:30AM-5:00PM - \$7.35/45 MIN**  
**5:00PM-8:45PM - \$11.85/45 MIN**  
**SATURDAY/SUNDAY**  
**7:30AM-8:15PM - \$7.35/45 MIN**

### Table Tennis/Badminton Rentals

Register online at [www.richmond.ca/register](http://www.richmond.ca/register)  
or by phone at 604-276-4300 (Monday-Friday 8:30AM-5:00PM) or in-person during  
facility hours.

### Racquetball/Squash

Register in-person during facility hours or by phone at 604-238-8060



**SOUTH ARM COMMUNITY CENTRE**  
**8880 WILLIAMS ROAD**  
**604-238-8060**



# South Arm Community Centre

## FALL 2024 FITNESS CENTRE

### *Personal Training*

#### South Arm Community Centre Personal Training Rates\*

	1 on 1	2-3 People
<b>1 (1 hour) session</b>	\$64.95	\$97.45
<b>3 (1 hour) sessions</b>	\$185.15	\$277.60
<b>5 (1 hour) sessions</b>	\$292.40	\$438.65
<b>10 (1 hour) sessions</b>	\$552.35	\$828.65
<b>5 (30 min) sessions</b>	\$154.25	N/A
<b>10 (30 min) sessions</b>	\$292.40	N/A
<b>20 (30 min) sessions</b>	\$552.35	N/A

Achieve fitness goals with an individualized plan from a Registered Personal Trainer at South Arm Community Centre. Information available upon request at South Arm fitness reception, front desk or [www.richmond.ca/fitness/southarm](http://www.richmond.ca/fitness/southarm). Group rates are per person. Taxes included.



**South Arm Community Centre**  
**8880 Williams Road**  
**604-238-8060**



# Fitness Class Etiquette

- Be courteous and respectful towards fellow patrons, staff, and equipment.
- Arrive on time for a class. Latecomers are not permitted 5 minutes past the class start time.
- Wear clean and appropriate workout attire, including athletic close-toed shoes.
- Participate in the warm-up, cool down, and stretch to help prevent injury. Each component of the class is equally important.
- Listen to your body and work at your own pace. Ask for help if needed.
- Refrain from video and photo taking, unless authorized.
- Sanitize equipment after use and return items to their proper place.
- Personal items left in a designated space or lockers are at your own risk. Bags and personal items are not permitted on the classroom floor.

***Review the PAR-Q+ annually or if the intensity of your exercise increases. Thank you for following directions from staff and reporting any concerns.***

# **REFUND POLICY**

## **Seasonal/Registered Classes**

- If notice is given **PRIOR** to the beginning of the third session, a refund (less classes taken) will be provided.
- If notice is given **AFTER** the beginning of the third session, **NO** refund will be given.

## **Short Programs (1 week or less), Camps, Workshops, Out Trips, Special Events**

- If **LESS THAN A WEEK's** notice, 50% of the fee will be refunded.
- If notice is given **ON** or **AFTER** the start date, **NO** refund will be given.
- Transfers will be allowed within 72 hours notice prior to start date.

## **Private/Semi Private Lessons**

- If notice is given 72 hours **PRIOR** to the start of the course, a full refund will be given.
- If request is received less than 72 hours prior to the start of the course, no refund will be given.

# **FITNESS PASS TERMS AND CONDITIONS**

- Pass or visit card must be presented to staff at each visit.
- The pass is for your exclusive use only and is not transferable.
- Sharing visits on a visit card is allowed - if pass holder is present.
- Facilities may close for maintenance and/or holidays during the term of your pass.
- Facility hours are subject to change.
- Classes are subject to cancellation and/or change.
- A refund will only be considered if a **PERMANENT** disability occurs, or if a client moves outside of the Richmond area. Proof may be required.
- A pass extension will only be considered for medical reasons for periods of more than two (2) weeks when a medical note is provided.
- Annual fitness pass holders will be permitted one (1) year vacation per year (during the effective dates of the pass). This extension must be requested prior to the start of the vacation, and will only be granted for periods of more than two (2) weeks, and not exceeding one calendar month.
- A \$2 fee applies to lost cards.