

Thompson Community Centre



2026 **SPRING**
PROGRAMS

MAR 30
TO
JUN 28



5151 Granville Ave, Richmond, BC
604-238-8422



HOW TO REGISTER

Get ready to register for Fall Programs:

Tue, Feb 10 | 8 PM | Aquatics Online

Tue, Feb 10 | 9 PM | All Programs Online

Wed, Feb 11 | In-Person/Phone/Online

Scan here to register!



Online: richmond.ca/register

Call Centre: 604-276-4300

Thompson Front Desk: 604-238-8422

In - person at any parks, recreation or cultural facility.

REGISTER EARLY TO AVOID PROGRAM CANCELLATIONS

Programs are cancelled approximately 7 days prior to start date if there are not enough participants. Please register as early as possible to reserve your spot and avoid program cancellation.

FOLLOW US ON SOCIAL MEDIA!



[@thompsonCC51](https://www.facebook.com/thompsonCC51)

[@thompsoneyouth](https://www.facebook.com/thompsoneyouth)

[@SealslandCC](https://www.facebook.com/SealslandCC)



[@thompsoncommunitycentre](https://www.instagram.com/thompsoncommunitycentre)

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FACILITY HOURS

Monday to Friday | 6:00AM - 9:45PM

Saturday & Sunday | 7:00AM - 8:30PM

Holiday Hours | 7:00AM - 7:00PM

SATELLITE LOCATIONS

THOMPSON PARK/BURNETT SECONDARY SCHOOL
5011 Granville Ave.

BLAIR ELEMENTARY SCHOOL
6551 Lynas Ln.

TERRA NOVA PARK
2340 River Rd.



CANCELLATION POLICY

To receive a refund, withdraw or transfer from a program or class, customers are to phone any one of our Community Services facilities or the Registration Call Centre at 604-276-4300, Monday to Friday, 8:30am to 5:00pm.

Seasonal Programs 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 provided.
- If notice is given less than 72 hours prior to the start of the course, no refund will be provided.

Short Programs (1 week or less), Camps, Out Trips and Workshops Unless otherwise specified:

- If less than one week's notice is given, 50% of the fee will be provided.
- If notice is given on or after the start date of the program, no refund will be provided.
- Transfers will be allowed with 72 hours notice prior to the start date of the program.

Pre-registered Single Session Fitness Classes

- If notice is given prior to the start of the session a full refund will be provided.
- Visit www.richmond.ca/register for how to cancel your session or contact the facility directly.

Note: Some courses and activities may have a no-refund policy for items such as art supplies or special guests.

Arts - Music

PIANO PRIVATE LESSONS - ADAPTIVE - ALL AGES

May 04 - Jun 22	Mon	12:00 PM - 12:30 PM	\$202.30 / 7 sess	3+ YRS	00494023
May 04 - Jun 22	Mon	12:30 PM - 01:00 PM	\$202.30 / 7 sess	3+ YRS	00494022
May 04 - Jun 22	Mon	01:00 PM - 01:30 PM	\$202.30 / 7 sess	3+ YRS	00494020
May 04 - Jun 22	Mon	01:30 PM - 02:00 PM	\$202.30 / 7 sess	3+ YRS	00494021

MUSICAL EXPRESSIONS - UKULELE AND ME - ADULT AND TOT - PRESCHOOLERS

Apr 12 - Jun 21	Sun	09:00AM - 09:30AM	\$170.60 / 10 sess	3-5 YRS	00494170
Apr 12 - Jun 21	Sun	09:35AM - 10:05AM	\$170.60 / 10 sess	3-5 YRS	00494173

Arts - Dance

BALLET - PRESCHOOLERS

Apr 08 - Jun 17	Wed	04:15PM - 05:00PM	\$61.15 / 9 sess	3-5 YRS	00487183
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Arts - Performing

MUSICAL THEATRE - PRESCHOOLERS

Apr 08 - Jun 17	Wed	05:15PM - 05:45PM	\$40.95 / 9 sess	3-4 YRS	00487185
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Nature and Science

BEYOND 4 WALLS - CHICKADEES - ADULT AND TOT - PRESCHOOLERS

Apr 09 - Jun 11	Thu	09:30AM - 10:30AM	\$120.30 / 10 sess	00-15 MOS	00493244
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BEYOND 4 WALLS - ADULT AND TOT - PRESCHOOLERS

Apr 07 - Jun 09	Tue	09:30AM - 10:30AM	\$120.30 / 10 sess	15-36 MOS	00493254
Apr 11 - Jun 06	Sat	09:30AM - 10:30AM	\$96.25 / 8 sess	15-36 MOS	00493270

BEYOND 4 WALLS - ADULT AND PRESCHOOLER - PRESCHOOLERS

Apr 11 - Jun 06	Sat	11:00AM - 12:00PM	\$96.25 / 8 sess	30-48 MOS	00493291
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General Interest

THOMPSON EARLY LEARNING - SCIENCE - PRESCHOOLERS

Apr 8 - Jun 10	Wed	01:15PM-3:15PM	\$181.20/ 10 sess	3.5-5.5YRS	00499937
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THOMPSON EARLY LEARNING - CREATIVE EXPRESSIONS - PRESCHOOLERS

Apr 09 - Jun 11	Thu	01:15PM-3:15PM	\$181.20/ 10 sess	3.5-5.5YRS	00499938
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Sports

SPORTBALL® - T-BALL - ADULT AND TOT - PRESCHOOLERS

Apr 07 - May 05	Tue	04:15PM - 05:00PM	\$90.00 / 5 sess	2-3 YRS	00495850
May 12 - Jun 16	Tue	04:15PM - 05:00PM	\$90.00 / 5 sess	2-3 YRS	00495862

SPORTBALL® - T-BALL - PRESCHOOLERS

Apr 07 - May 05	Tue	05:00pm - 05:45PM	\$90.00 / 5 sess	3.5-5 YRS	00495855
May 12 - Jun 16	Tue	05:00pm - 05:45PM	\$108.00 / 6 sess	3.5-5 YRS	00495863

SPORTBALL® - MULTISPORT - ADULT AND TOT - PRESCHOOLERS

Apr 13 - Jun 15	Mon	03:00PM - 03:45PM	\$162.00 / 9 sess	16-24 MOS	00495370
Apr 13 - Jun 15	Mon	03:45PM - 04:30PM	\$162.00 / 9 sess	2-4 YRS	00495371

SPORTBALL® - MULTISPORT - PRESCHOOLERS

Apr 13 - Jun 15	Mon	04:30PM - 05:30PM	\$162.00 / 9 sess	4-5 YRS	00495373
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SPORTBALL® - SOCCER - PRESCHOOLERS

Apr 10 - Jun 19	Fri	03:45PM - 04:45PM	\$198.00 / 11 sess	3.5-5 YRS	00495369
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SPORTBALL® - BASKETBALL - PRESCHOOLERS

Apr 09 - Jun 18	Thu	04:15PM - 05:15PM	\$198.00 / 11 sess	4-6 YRS	00495368
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Arts - Music



VIOLIN PRIVATE LESSONS - ALL AGES

Work privately on an individual curriculum designed specifically for age and ability.
Please contact front desk for more information.

Apr 13 - Jun 15	Mon	30 min	03:30 PM - 07:30 PM	\$231.40 / 9 sess	6+ YRS
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MUSICAL EXPRESSIONS - PIANO PRIVATE LESSONS - ALL AGES

Apr 07 - Jun 23	Tue	30 min	03:30 PM - 06:30 PM	\$409.55 / 12 sess	5+ YRS
Apr 11 - Jun 27	Sat	30 min	09:30 AM - 04:00 PM	\$375.45 / 11 sess	5+ YRS

MUSICAL EXPRESSIONS - GUITAR OR UKULELE PRIVATE LESSONS - ALL AGES

Apr 12 - Jun 21	Sun	30 min	10:30AM - 01:00PM	\$341.30 / 10 sess	6+ YRS
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Arts - Visual



CARTOON WITH A DISNEY ANIMATOR - CHILDREN

Mar 31 - May 05	Tue	03:15PM - 04:15PM	\$120.00 / 6 sess	6-8 YRS	00487175
May 12 - Jun 16	Tue	03:15PM - 04:15PM	\$120.00 / 6 sess	6-8 YRS	00487178

Arts - Dance

K-POP DANCING - CHILDREN

Apr 08 - Jun 17	Wed	05:30PM - 06:30PM	\$99.65 / 11 sess	6-8 YRS	00493858
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Fitness

YOGA - CHILDREN

Apr 10 - Jun 12	Fri	04:00PM - 05:00PM	\$101.10 / 10 sess	6-12 YRS	00495142
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Computers, Technology and Social Media

DIGITAL ANIMATION - CHILDREN

Mar 31 - May 05	Tue	04:25PM - 05:40PM	\$180.00 / 6 sess	9-12 YRS	00487179
May 12 - Jun 16	Tue	04:25PM - 05:40PM	\$180.00 / 6 sess	9-12 YRS	00487180

TOMORROW'S PLAYGROUND - LEGO® WEDO ROBOTICS 1 - CHILDREN

Apr 09 - Apr 30	Thu	04:00PM - 05:30PM	\$120.00 / 4 sess	6-12 YRS	00484636
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TOMORROW'S PLAYGROUND - LEGO® WEDO ROBOTICS 2 - CHILDREN

May 07 - May 28	Thu	04:00PM - 05:30PM	\$120.00 / 4 sess	6-12 YRS	00484637
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Languages

MANDARIN BASICS - CHILDREN

Apr 11 - Jun 20	Sat	09:30AM - 10:30AM	\$90.60 / 10 sess	7-9 YRS	00484696
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MANDARIN BASICS - INTERMEDIATE - CHILDREN

Apr 11 - Jun 20	Sat	10:45AM - 11:45AM	\$90.60 / 10 sess	10-12 YRS	00484711
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Martial Arts

TAEKWONDO - BEGINNER - CHILDREN

Apr 14 - Jun 16	Tue	05:00PM - 06:00PM	\$100.00 / 10 sess	6-15 YRS	00487154
Apr 14 - Jun 16	Tue	06:00PM - 07:00PM	\$100.00 / 10 sess	6-15 YRS	00487156
Apr 15 - Jun 17	Wed	05:00PM - 06:00PM	\$100.00 / 10 sess	6-15 YRS	00487158
Apr 16 - Jun 18	Thu	05:00PM - 06:00PM	\$100.00 / 10 sess	6-15 YRS	00487160

TAEKWONDO - INTERMEDIATE - ALL AGES

Apr 14 - Jun 16	Tue	07:00PM - 08:00PM	\$100.00 / 10 sess	6+ YRS	00487162
Apr 15 - Jun 17	Wed	06:00PM - 07:00PM	\$100.00 / 10 sess	6+ YRS	00487163
Apr 16 - Jun 18	Thu	06:00PM - 07:00PM	\$100.00 / 10 sess	6+ YRS	00487166
Apr 16 - Jun 18	Thu	07:00PM - 08:00PM	\$100.00 / 10 sess	6+ YRS	00487172

Nature and Science

BEYOND 4 WALLS - TRAILBLAZERS - CHILDREN

Apr 08 - Jun 10	Wed	09:15AM - 02:15PM	\$601.50 / 10 sess	5-13 YRS	00493330
Apr 13 - Jun 08	Mon	09:15AM - 02:15PM	\$481.20 / 8 sess	5-13 YRS	00493344

BEYOND 4 WALLS - CHILDREN

Apr 07 - Jun 09	Tue	04:00PM - 05:30PM	\$180.45 / 10 sess	5-7 YRS	00493295
Apr 13 - Jun 08	Mon	04:00PM - 05:30PM	\$144.35 / 8 sess	8-10 YRS	00493314
Apr 13 - Jun 08	Mon	04:00PM - 05:30PM	\$144.35 / 8 sess	11-13 YRS	00493324



STEM SMARTS - UNDERWATER EXPLORATION - CHILDREN

Apr 11 - Jun 20	Sat	10:00AM - 11:30AM	\$193.50 / 10 sess	7-10 YRS	00496736
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STEM SMARTS - SPACE GADGETS - CHILDREN

Apr 11 - Jun 20	Sat	11:45AM - 01:15PM	\$193.50 / 10 sess	7-10 YRS	00498852
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Sports

BASKETBALL - CHILDREN

Apr 13 - Jun 15	Mon	03:30PM - 04:30PM	\$60.75 / 9 sess	6-8 YRS	00494056
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SOCCER - CHILDREN

Apr 07 - Jun 16	Tue	04:00PM - 04:45PM	\$55.70 / 11 sess	6-8 YRS	00494067
Apr 07 - Jun 16	Tue	04:45PM - 05:45PM	\$74.25 / 11 sess	9-12 YRS	00494068

TOP SHELF FLOOR HOCKEY SKILLS - CHILDREN

Apr 09 - Jun 18	Thu	04:15PM - 05:15PM	\$74.25 / 11 sess	6-8 YRS	00494069
Apr 09 - Jun 18	Thu	05:15PM - 06:15PM	\$74.25 / 11 sess	9-12 YRS	00494070

SPORTBALL® - BASKETBALL - CHILDREN

Apr 10 - Jun 19	Fri	04:45PM - 05:45PM	\$198.00 / 11 sess	6-9 YRS	00495390
Apr 16 - Jun 18	Thu	05:15PM - 06:15PM	\$180.00 / 10 sess	6-9 YRS	00495374

SKATEBOARDING - BEGINNER - OUTDOOR - CHILDREN

Apr 11 - Jun 20	Sat	02:00PM - 03:00PM	\$185.00 / 10 sess	6-10 YRS	00495234
Apr 11 - Jun 20	Sat	03:00PM - 04:00PM	\$185.00 / 10 sess	6-10 YRS	00495238
Apr 14 - Jun 16	Tue	05:00PM - 06:00PM	\$185.00 / 10 sess	6-10 YRS	00495219
Apr 14 - Jun 16	Tue	06:15PM - 07:15PM	\$185.00 / 10 sess	6-10 YRS	00495220
Apr 16 - Jun 18	Thu	06:15PM - 07:15PM	\$185.00 / 10 sess	6-10 YRS	00495225

SKATEBOARDING PRIVATE LESSONS - OUTDOOR - CHILDREN

Apr 11 - Jun 20	Sat	04:15PM - 05:15PM	\$450.00 / 10 sess	6+ YRS	00495240
Apr 14 - Jun 16	Tue	04:00PM - 05:00PM	\$450.00 / 10 sess	6+ YRS	00495215
Apr 16 - Jun 18	Thu	04:00PM - 05:00PM	\$450.00 / 10 sess	6+ YRS	00495226
Apr 16 - Jun 18	Thu	05:00PM - 06:00PM	\$450.00 / 10 sess	6+ YRS	00495229

Racquet Sports

BADMINTON - BEGINNER - CHILDREN

Apr 08 - Jun 17	Wed	03:30PM - 04:30PM	\$74.25 / 11 sess	6-8 YRS	00494072
Apr 08 - Jun 17	Wed	04:30PM - 05:30PM	\$74.25 / 11 sess	8-12 YRS	00494074
Apr 08 - Jun 17	Wed	05:45PM - 06:45PM	\$74.25 / 11 sess	10-14 YRS	00494112
Apr 11 - Jun 20	Sat	12:30PM - 01:30PM	\$67.50 / 10 sess	6-8 YRS	00494075
Apr 11 - Jun 20	Sat	01:45PM - 02:45PM	\$67.50 / 10 sess	8-12 YRS	00494077
Apr 11 - Jun 20	Sat	03:00PM - 04:00PM	\$67.50 / 10 sess	10-14 YRS	00494078



Children's Parties

Parties are hosted in the Banquet Hall and feature a fully decorated room with ride on cars, play slide, face painting, game facilitation and party leaders to assist with setting up/taking down.



MORE INFORMATION

Arts - Visual



CROCHET 101 - BEGINNER - PRETEENS

Apr 09 - Jun 18	Thu	03:45PM - 04:45PM	\$99.65 / 11 sess	9-12 YRS	00493952
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Arts - Dance

K-POP DANCING - PRETEENS

Apr 09 - Jun 18	Thu	03:45PM - 04:45PM	\$99.65 / 11 sess	9-12 YRS	00498119
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HIP HOP - PRETEENS

Apr 13 - Jun 15	Mon	05:45PM - 06:45PM	\$81.55 / 9 sess	9-12 YRS	00493844
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General Interest



WRITING ADVENTURES - BEGINNER - PRETEENS

Apr 08 - May 27	Wed	03:15PM - 04:15PM	\$224.00 / 8 sess	7-13 YRS	00486461
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WRITING ADVENTURES - INTERMEDIATE - PRETEENS

Apr 08 - May 27	Wed	04:15PM - 05:15PM	\$224.00 / 8 sess	7-13 YRS	00486466
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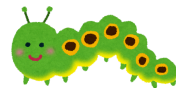
DEBATING - BEGINNER - YOUTH

Apr 12 - Jun 21	Sun	01:30PM - 03:00PM	\$98.30 / 10 sess	11-16 YRS	00498118
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RECREATION AND SPORT JOB AND VOLUNTEER FAIR - YOUTH

Apr 11	Sat	03:00PM - 04:30PM	FREE / 1 sess	13+ YRS	00486972
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Nature and Science



BEYOND 4 WALLS - LEADERS-IN-TRAINING - YOUTH

Apr 07 - Jun 09	Tue	04:00PM - 05:30PM	\$180.45 / 10 sess	13-16 YRS	00493327
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Sports

BASKETBALL - PRETEENS

Apr 13 - Jun 15	Mon	04:45PM - 05:45PM	\$60.75 / 9 sess	9-12 YRS	00494058
Apr 07 - Jun 16	Tue	05:50PM - 06:50PM	\$74.25 / 11 sess	10-13 YRS	00494111

BASKETBALL DEVELOPMENT SKILLS - YOUTH

Apr 13 - Jun 15	Mon	06:00PM - 07:00PM	\$60.75 / 9 sess	12-16 YRS	00494089
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VOLLEYBALL - PRETEENS

Apr 10 - Jun 19	Fri	04:00PM - 05:00PM	\$74.25 / 11 sess	9-12 YRS	00494098
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VOLLEYBALL - YOUTH

Apr 10 - Jun 19	Fri	05:00PM - 06:00PM	\$74.25 / 11 sess	12-16 YRS	00494093
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Cooking

COOKING BASICS - PRETEENS

Apr 8 - Jun 17	Wed	03:30PM - 05:30PM	\$359.90 / 11 sess	9-12 YRS	00493964
Apr 8 - Jun 17	Wed	05:30PM - 07:30PM	\$359.90 / 11 sess	10-14 YRS	00501640

BAKING TREATS AND SWEETS - PRETEENS

Apr 9 - Jun 18	Thu	04:15PM - 06:15PM	\$359.90 / 11 sess	9-12 YRS	00493965
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Arts - Dance

K-POP DANCING - ADULTS

Apr 13 - Jun 15	Mon	08:15PM - 09:15PM	\$81.55 / 9 sess	18+ YRS	00493851
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HIP HOP - BEGINNER - ADULTS

Apr 11 - Jun 20	Sat	05:00PM - 06:00PM	\$81.55 / 9 sess	18+ YRS	00486478
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CREATIVE PAINTING - ADULTS

Apr 24 - May 29	Fri	10:30AM - 12:30PM	\$108.70 / 6 sess	18+ YRS	00503948
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Sports

FLOOR HOCKEY - ADULTS

Apr 07 - Jun 16	Tue	07:00PM - 09:00PM	\$74.25 / 11 sess	18+ YRS	00493325
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SOCCER - ADULTS

Apr 09 - Jun 18	Thu	07:00PM - 09:00PM	\$74.25 / 11 sess	18+ YRS	00493326
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Racquet Sports

PICKLEBALL - INTERMEDIATE - ADULTS

Apr 08 - Jun 17	Wed	01:30PM - 03:00PM	\$111.35 / 11 sess	18+ YRS	00494116
Apr 10 - Jun 19	Fri	01:45PM - 03:15PM	\$111.35 / 11 sess	18+ YRS	00493329



General Interest

BIKE SKILLS WORKSHOP - BEGINNER - ADULTS

May 24	Sun	11:00AM - 01:00PM	\$30.00 / 1 sess	19+ YRS	00486485
May 24	Sun	02:00PM - 04:00PM	\$30.00 / 1 sess	19+ YRS	00486486
Jun 07	Sun	11:00AM - 01:00PM	\$30.00 / 1 sess	19+ YRS	00486487
Jun 21	Sun	11:00AM - 01:00PM	\$30.00 / 1 sess	19+ YRS	00486489

BIKE SKILLS WORKSHOP - INTERMEDIATE - ADULTS

Jun 21	Sun	02:00PM - 04:00PM	\$30.00 / 1 sess	19+ YRS	00486490
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BASIC BIKE MAINTENANCE WORKSHOP - ADULTS

Jun 07	Sun	02:00PM - 04:00PM	\$30.00 / 1 sess	19+ YRS	00486491
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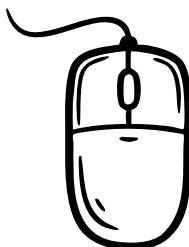
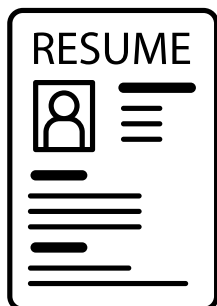


RECREATION AND SPORT JOB AND VOLUNTEER FAIR - ADULTS

Apr 11	Sat	03:00PM - 04:30PM	FREE / 1 sess	13+ YRS	00486972
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RESUME AND INTERVIEW SKILL BUILDING - ADULTS

Apr 11	Sat	03:15PM - 04:00PM	FREE / 1 sess	16+ YRS	00496497
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Arts - Visual



PHOTOGRAPHY FUNDAMENTALS - LEVEL 1 - 55+

Apr 22 - May 27	Wed	09:30AM - 11:30AM	\$98.05 / 6 sess	55+ YRS	00491927
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CREATIVE PAINTING - 55+

Apr 24 - May 29	Fri	10:30AM - 12:30PM	\$80.65 / 6 sess	55+ YRS	00491850
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Arts - Dance

BALLROOM DANCING - INTERMEDIATE - ADULTS/55+

Apr 18 - Jun 13	Sat	01:30PM - 03:00PM	\$90.70 / 9 sess	55+ YRS	00491484
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BALLROOM DANCING - JIVE AND TANGO - BEGINNER - 55+

Apr 22 - Jun 10	Wed	09:00AM - 10:30AM	\$80.65 / 8 sess	55+ YRS	00491491
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LINE DANCING VARIETY - BEGINNER - 55+

Apr 15 - Jun 10	Wed	10:45AM - 11:45AM	\$60.50 / 9 sess	55+ YRS	00491008
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Computers, Technology and Social Media

TECHNOLOGY AND AGING WORKSHOP - 55+

Jun 04	Thu	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00492043
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General Interest



EASTER EGG PAINTING WITH YOUTH - 55+

Apr 2	Thu	04:00PM - 06:00PM	FREE / 1 sess	55+ YRS	00491656
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NAVIGATING THE HOUSING DILEMMA WORKSHOP - 55+

May 14	Thu	01:00PM - 02:45PM	FREE / 1 sess	55+ YRS	00491081
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FRAUDS AND SCAMS WORKSHOP - 55+

May 21	Thu	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00491881
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Health and Wellness

HOLISTIC HEALTH SERIES - THE FAT PARADOX WORKSHOP - 55+

Apr 13	Mon	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00491082
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CHRONIC PAIN SELF-MANAGEMENT PROGRAM - 55+

Apr 27 - Jun 08	Mon	12:30PM - 03:00PM	FREE / 6 sess	55+ YRS	00490524
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Languages

MANDARIN - BEGINNER - 55+

Apr 18 - Jun 20	Sat	12:00PM - 01:30PM	\$90.70 / 9 sess	55+ YRS	00493711
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Racquet Sports

PICKLEBALL - BEGINNER - 55+

Apr 09 - Jun 18	Thu	01:15PM - 02:30PM	\$92.80 / 11 sess	55+ YRS	00490578
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PICKLEBALL - INTERMEDIATE - 55+

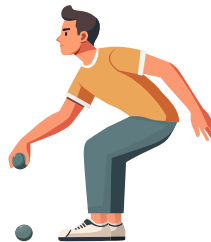
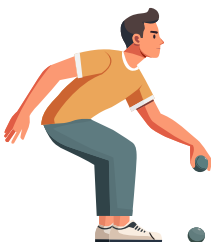
Apr 08 - Jun 17	Wed	12:00PM - 01:15PM	\$92.80 / 11 sess	55+ YRS	00490574
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Apr 09 - Jun 18	Thu	02:35PM - 03:50PM	\$92.80 / 11 sess	55+ YRS	00490581
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Sports

BOCCE - OUTDOOR - 55+

Jun 24	Wed	02:00PM - 03:00PM	FREE / 1 sess	55+ YRS	00490982
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April - Out Trips and Tours

ABBOTSFORD WATER BUFFALO AND BISON FARM TOUR - 55+

Apr 10	Fri	09:30AM - 05:30PM	\$43.50 / 1 sess	55+ YRS	00491083
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PAT QUINN'S AT TSAWWASSEN SPRINGS TRIP - 55+

Apr 14	Tue	04:30PM - 08:00PM	\$19.50 / 1 sess	55+ YRS	00490498
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HARRISON TULIP FESTIVAL TRIP - 55+

Apr 21	Tue	09:45AM - 04:00PM	\$42.00 / 1 sess	55+ YRS	00490490
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May - Out Trips and Tours

GRABENHORST GARDEN AND PITT MEADOWS LUNCH TRIP - 55+

May 04	Mon	09:45AM - 03:45PM	\$32.75 / 1 sess	55+ YRS	00491567
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AUDAIN ART MUSEUM AND WHISTLER TRIP - 55+

May 11	Mon	09:30AM - 05:00PM	\$52.50 / 1 sess	55+ YRS	00490547
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HATLEY CASTLE AND GARDENS VICTORIA TRIP - 55+

May 20	Wed	07:30AM - 07:00PM	\$112.10 / 1 sess	55+ YRS	00490736
May 20	Wed	07:30AM - 07:00PM	\$95.10 / 1 sess	65+ YRS	00490736

BASEBALL AND FIREWORKS SHOW AT NAT BAILEY STADIUM TRIP - 55+

May 28	Thu	06:00PM - 10:45PM	\$46.50 / 1 sess	55+ YRS	00490504
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OUT TRIPS & TOURS

55+ YRS

June - Out Trips and Tours

SOUTHLANDS TSAWWASSEN FARMERS MARKET TRIP - 55+

Jun 06	Sat	11:00AM - 03:00PM	\$22.00 / 1 sess	55+ YRS	00491501
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SALT SPRING ISLAND TRIP - 55+

Jun 09	Tue	7:30AM - 06:15PM	\$99.00 / 1 sess	55+ YRS	00490535
Jun 09	Tue	7:30AM - 06:15PM	\$82.00 / 1 sess	65+ YRS	00490535

BC HIGHLAND GAMES AND SCOTTISH FESTIVAL TRIP - 55+

Jun 20	Sat	11:00AM - 05:30PM	\$44.00 / 1 sess	55+ YRS	00490536
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SQUAMISH CANYON TRIP - 55+

Jun 26	Fri	09:30AM - 05:30PM	\$78.50 / 1 sess	55+ YRS	00490887
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Youth - Fitness

GET INTO FITNESS - LEVEL 1 - YOUTH

Apr 08 - May 13	Wed	05:00PM - 06:00PM	\$85.25 / 6 sess	12-15 YRS	00495149
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Adults - Fitness

BABY AND ME YOGA - OUTDOOR - ADULTS

Apr 20 - Jun 01	Mon	09:30AM - 10:30AM	\$85.25 / 6 sess	16+ YRS	00496810
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MOM AND BABY STROLLER FIT - INDOOR - ADULTS

Apr 08 - Jun 17	Wed	11:00AM - 12:00PM	\$98.25 / 11 sess	16+ YRS	00488575
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PILATES - ADULTS

Apr 09 - Jun 18	Thu	09:00AM - 10:00AM	\$111.20 / 11 sess	16+ YRS	00488567
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PILATES - LEVEL 1 AND 2 - ADULTS

Apr 09 - Jun 18	Thu	05:30PM - 06:30PM	\$111.20 / 11 sess	16+ YRS	00488570
Apr 13 - Jun 15	Mon	05:30PM - 06:30PM	\$91.00 / 9 sess	16+ YRS	00488566

PILATES - ALL LEVELS - ADULTS

Apr 10 - Jun 19	Fri	12:00PM - 01:00PM	\$111.20 / 11 sess	16+ YRS	00488568
Apr 12 - Jun 14	Sun	09:00AM - 10:00AM	\$91.00 / 9 sess	16+ YRS	00488560
Apr 13 - Jun 15	Mon	12:00PM - 01:00PM	\$91.00 / 9 sess	16+ YRS	00488563

ADAPTED SENSORY-FRIENDLY KICKBOXING DRILLS AND SKILLS - ADULTS

Apr 09 - Jun 11	Thu	02:30PM - 03:30PM	\$62.50 / 10 sess	18+ YRS	00495124
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BARRE FITNESS - ADULTS

Apr 07 - Jun 16	Tue	10:45AM - 11:45AM	\$98.25 / 11 sess	16+ YRS	00488573
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FULL BODY CIRCUIT WORKOUT - ADULTS

Apr 07 - Jun 09	Tue	06:00PM - 07:00PM	\$142.10/ 10 sess	18+ YRS	00495348
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GROUP WEIGHT TRAINING - ADULTS

Apr 12 - Jun 14	Sun	11:00AM - 12:00PM	\$127.90 / 9 sess	18+ YRS	00495138
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KICKBOXING - DRILLS AND SKILLS - ADULTS

Apr 7 - Jun 16	Tue	07:45PM - 08:45PM	\$98.25 / 11 sess	16+ YRS	00488574
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ZUMBA® - ADULTS

Apr 13 - Jun 08	Mon	05:45PM - 06:45PM	\$71.45 / 8 sess	16+ YRS	00491400
Apr 17 - Jun 19	Fri	05:00PM - 06:00PM	\$80.35 / 9 sess	16+ YRS	00488576



55+ - Fitness

BETTER BACKS AND BALANCE - 55+

Apr 13 - Jun 15	Mon	11:00AM - 12:00PM	\$56.25 / 9 sess	55+ YRS	00488012
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CHAIR YOGA - 55+

Apr 08 - Jun 17	Wed	01:15PM - 02:15PM	\$79.85 / 11 sess	55+ YRS	00488037
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GROUP WEIGHT TRAINING - MANDARIN/ENGLISH - 55+

Apr 13 - Jun 15	Mon	12:00PM - 01:00PM	\$100.25 / 9 sess	55+ YRS	00488018
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KICKBOXING - DRILLS AND SKILLS - ALL LEVELS - 55+

Apr 09 - Jun 11	Thu	01:30PM - 02:30PM	\$70.00 / 10 sess	55+ YRS	00491693
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OSTEOFIT FOR BETTER BONES - 55+

Apr 07 - Jun 16	Tue	04:00PM - 05:00PM	\$68.75 / 11 sess	55+ YRS	00488032
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OSTEOFIT FOR LIFE - 55+

Apr 07 - Jun 16	Tue	05:15PM - 06:15PM	\$68.75 / 11 sess	55+ YRS	00487925
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STAY STRONG - 55+

Apr 10 - Jun 19	Fri	10:30AM - 11:30AM	\$68.75 / 11 sess	55+ YRS	00488039
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DROP-IN FITNESS PROGRAMS

SPRING March 30 - June 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio & Strength 9:15 - 10:15 am Deb / Gym	Step and More 9:15 - 10:15 am Deb / Gym	Cardio & Strength 9:15 - 10:15 am Belen / Gym	Step and More 9:15 - 10:15 am Deb / Gym	Cardio & Strength 9:15 - 10:15 am Annie / Gym	Dance Fit 9:30 - 10:30 am Gloria / Gym	Bootcamp 8:00 - 8:45 am Leanne / AR
Intervals Workout 10:30 - 11:30 am Annie / AR		Ball Workout 10:30 - 11:30 am Monika / Gym	Strong & Stable 10:30 - 11:30 am Monika / AR	Dance Fit 10:30 - 11:30 am Renee / Gym	Strength & Stretch 10:45 - 11:45 am Annie / Gym	Kardio Kickbox 10:15 - 11:15 am Rocio / AR
	Yoga* 12:00 - 1:00 pm Elle / AR	Dance & Tone 12:00 - 1:00 pm Sofya / AR	Yoga* 12:00 - 1:00 pm Monika / AR			Yoga* 11:30 - 12:30 pm Rocio / AR
	HIIT 6:30 - 7:30 pm Vafa/ AR	Total Body Conditioning 6:15 - 7:15 pm Annie / AR	Dance & Tone 6:45 - 7:45 pm Renee / AR		Bootcamp 3:45 - 4:30 pm Tomo / AR	
Yoga* 7:00 - 8:00 pm Monika / BQ		Yoga* 7:30 - 8:30 pm Sonia / BQ				

- Obtain a ticket from reception as proof of payment to be presented at the program entry.
- 10 visit passes do NOT apply to yoga; the drop-in rate for yoga is \$8.75.
- Group Fitness Classes are included with a Fitness Membership or can be purchased as a single visit. Class schedule and instructor are subject to change.
- All registered programs require pre-registration and are not included with a fitness pass or single visit fee.
- All classes, instructors, and locations of the class are subject to change or cancellation without notice.
- Please check with the facility for holiday hours.
- For updated information on COVID safety policies and protocols, refer to www.richmond.ca

For more information please contact: Fitness Coordinator; Natalia natalia.orekhova@richmond.ca | 604.238.8434

DROP-IN FITNESS PASSES, FITNESS MEMBERSHIP AND PERSONAL TRAINING FEES

FEES	ADULTS	Youth (13-18)
	(19-54)	Older Adults (55+)
One Time Drop-In	\$6.95	\$5.10
* 10 Visit Card	\$56.00	\$41.00
1 Month	\$59.00	\$48.00
3 Months	\$129.00	\$107.00
6 Months	\$221.00	\$184.00
1 Year	\$371.00	\$306.00
** 1 Year Family Add-On	\$306.00	N/A
Yoga Drop-In	\$8.75	N/A
*** Youth Facility Pass 2	N/A	\$7.00

FITNESS CENTRE ORIENTATION

Are you a new or returning Thompson Community Centre fitness member and want to learn or review how to use our fitness equipment?

Book your **FREE** fitness centre **orientation**: Natalia.Orekhova@richmond.ca

* Fitness centre orientation is mandatory for youth 13-15 years old; for 16+ years old recommended. A Parental Consent Form is required for youth 13-18 years old.

PERSONAL TRAINING		
1 Hour Sessions	1 - on - 1	2 - 3 people
1 session	\$67.54	\$101.36
3 sessions	\$192.58	\$288.93
5 sessions	\$304.10	\$456.21
10 sessions	\$574.44	\$861.77
30 Minute Sessions	1 - on - 1	
5 sessions	\$154.25	
10 sessions	\$304.10	
20 sessions	\$574.44	

Book your personal training consultation by contacting our fitness coordinator at

natalia.orekhova@richmond.ca

or 604-238-8434.

- Fitness Memberships are non-refundable and non-transferable.
- **Family add-on - 1 year: For immediate family members residing in the same residence. With the purchase of a 1-year Fitness Adult Membership, one additional adult may be added to the price listed in the above chart. The first family member pays the full rate, with the additional member paying the reduced rate. Fitness Memberships must be purchased at the same time, are non-transferable and only apply to 1-year terms.
- Valid Fitness Membership holders can attend drop-in fitness classes and fitness centres at other locations for an add-on fee of \$1 (community centres) or \$4.80 (Minoru Centre for Active Living and Watermania). Yoga classes and drop-in seasonal fitness programs are not included in this offer.
- ***Youth Facility Pass Fitness Centre - Drop-In schedule is subject to change or cancellation without notice. Please note: there are limited spots available. Contact the centre for the current schedule and availability.

STAY TUNED!

COMMUNITY SOCCER CELEBRATION

WED, JUNE 24

Join us for a **FREE** family-friendly
outdoor event packed with fun
activities for all ages!

