

Thompson Community Centre



2026 WINTER PROGRAMS | JAN 05 TO MAR 29



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



HOW TO REGISTER

Get ready to register for Fall Programs:

Tue, Nov 18 | 8 PM | Aquatics Online

Tue, Nov 18 | 9 PM | All Programs Online

Wed, Nov 19 | 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)

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

[@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

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

Jan 12 - Mar 09	Mon	30 min	12:00 PM - 01:30 PM	\$231.20 / 8 sess	3+ YRS
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UKULELE AND ME - PARENT AND TOT - PRESCHOOLERS

Jan 18 - Mar 08	Sun	09:00AM - 09:30AM	\$119.40 / 7 sess	3-5 YRS	00469723
Jan 18 - Mar 08	Sun	09:35AM - 10:05AM	\$119.40 / 7 sess	3-5 YRS	00469725

Arts - Visual



ART ADVENTURES - PRESCHOOLERS

Jan 11 - Mar 08	Sun	10:00AM - 10:45AM	\$54.35 / 8 sess	3-4 YRS	00468037
Jan 11 - Mar 08	Sun	11:00AM - 11:45AM	\$54.35 / 8 sess	4-5 YRS	00468038

Arts - Dance

BALLET - PRESCHOOLERS

Jan 10 - Feb 07	Sat	03:15PM - 04:00PM	\$33.95 / 5 sess	3-5 YRS	00468352
Jan 10 - Feb 07	Sat	04:15PM - 05:00PM	\$33.95 / 5 sess	3-5 YRS	00468363

Arts - Performing



MUSICAL THEATRE - PRESCHOOLERS

Jan 07 - Mar 11	Wed	04:15PM - 05:00PM	\$61.15 / 9 sess	3-5 YRS	00468378
Jan 07 - Mar 11	Wed	05:15PM - 06:00PM	\$61.15 / 9 sess	3-5 YRS	00468380

General Interest

TIME FOR TWOS - PRESCHOOLERS - SEASONAL

Jan 06 - Mar 10	Tue	09:00AM - 10:30AM	\$200.50 / 10 sess	2-2 YRS	00470403
Jan 08 - Mar 12	Thu	09:00AM - 10:30AM	\$200.50 / 10 sess	2-2 YRS	00470404

Nature and Science

BEYOND 4 WALLS - PARENT AND PRESCHOOLER - PRESCHOOLERS

Jan 10 - Mar 07	Sat	11:00AM - 12:00PM	\$96.25 / 8 sess	30-48 MOS	00470754
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BEYOND 4 WALLS - CHICKADEES - PARENT AND TOT - PRESCHOOLERS

Jan 08 - Mar 12	Thu	09:30AM - 10:30AM	\$120.30 / 10 sess	00-15 MOS	00470735
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BEYOND 4 WALLS - PARENT AND TOT - PRESCHOOLERS

Jan 06 - Mar 10	Tue	09:30AM - 10:30AM	\$120.30 / 10 sess	15-36 MOS	00470742
Jan 10 - Mar 07	Sat	09:30AM - 10:30AM	\$96.25 / 8 sess	15-36 MOS	00470748
Jan 11 - Mar 08	Sun	09:30AM - 10:30AM	\$96.25 / 8 sess	15-36 MOS	00470756



Sports

SPORTBALL® - MULTISPORT - PARENT AND TOT - PRESCHOOLERS

Jan 12 - Mar 09	Mon	03:00PM - 03:45PM	\$144.00 / 8 sess	16-24 MOS	00470203
Jan 12 - Mar 09	Mon	03:45PM - 04:30PM	\$144.00 / 8 sess	2-3 YRS	00469420

SPORTBALL® - MULTISPORT - PRESCHOOLERS

Jan 12 - Mar 09	Mon	04:30PM - 05:30PM	\$144.00 / 8 sess	4-5 YRS	00469422
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SPORTBALL® - SOCCER - PARENT AND TOT - PRESCHOOLERS

Jan 16 - Mar 13	Fri	03:30PM - 04:15PM	\$162.00 / 9 sess	2-3 YRS	00469415
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SPORTBALL® - SOCCER - PRESCHOOLERS

Jan 16 - Mar 13	Fri	04:15PM - 05:15PM	\$162.00 / 9 sess	3.5-5 YRS	00469419
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SPORTBALL® - BASKETBALL - PRESCHOOLERS

Jan 15 - Mar 12	Thu	04:15PM - 05:15PM	\$162.00 / 9 sess	4-6 YRS	00469413
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Arts - Music



VIOLIN PRIVATE LESSONS - ALL AGES

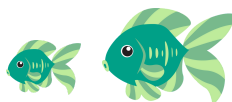
Work privately on an individual curriculum designed specifically for age and ability.
Please contact front desk for more information.

Jan 12 - Mar 09	Mon	30 min	03:30 PM - 07:30 PM	\$205.70 / 8 sess	6+ YRS
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MUSICAL EXPRESSIONS - PIANO PRIVATE LESSONS - ALL AGES

Jan 06 - Mar 10	Tue	30 min	03:30 PM - 06:30 PM	\$341.30 / 10 sess	5+ YRS
Jan 10 - Mar 14	Sat	30 min	09:30 AM - 04:00 PM	\$307.15 / 9 sess	5+ YRS

Arts - Visual



CARTOONING - CHILDREN

Jan 13 - Mar 03	Tue	03:15PM - 04:15PM	\$160.00 / 8 sess	6-8 YRS	00468257
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Arts - Dance

K-POP DANCING - CHILDREN

Jan 07 - Mar 11	Wed	05:30PM - 06:30PM	\$90.60 / 10 sess	6-8 YRS	00467232
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Fitness

YOGA - CHILDREN

Jan 16 - Mar 13	Fri	04:00PM - 05:00PM	\$80.90 / 8 sess	6-12 YRS	00465555
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Computers, Technology and Social Media

DIGITAL ANIMATION - CHILDREN

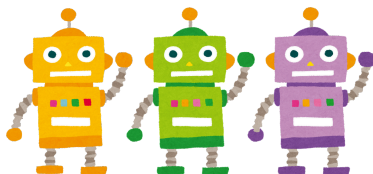
Jan 13 - Mar 03	Tue	04:25PM - 05:40PM	\$240.00 / 8 sess	9-12 YRS	00468260
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TOMORROW'S PLAYGROUND - LEGO® WEDO ROBOTICS 1 - CHILDREN

Jan 15 - Feb 05	Thu	04:00PM - 05:30PM	\$100.00 / 4 sess	6-12 YRS	00475677
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TOMORROW'S PLAYGROUND - LEGO® WEDO ROBOTICS 2 - CHILDREN

Feb 12 - Mar 05	Thu	04:00PM - 05:30PM	\$100.00 / 4 sess	6-12 YRS	00475678
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Martial Arts

TAEKWONDO - BEGINNER - CHILDREN

Jan 06 - Mar 03	Tue	05:00PM - 06:00PM	\$90.00 / 9 sess	6+ YRS	00468270
Jan 06 - Mar 03	Tue	06:00PM - 07:00PM	\$90.00 / 9 sess	6+ YRS	00468273
Jan 07 - Mar 04	Wed	06:00PM - 07:00PM	\$90.00 / 9 sess	6+ YRS	00468275
Jan 08 - Mar 05	Thu	05:00PM - 06:00PM	\$90.00 / 9 sess	6+ YRS	00468277

TAEKWONDO - INTERMEDIATE - ALL AGES

Jan 06 - Mar 03	Tue	07:00PM - 08:00PM	\$90.00 / 9 sess	6+ YRS	00468279
Jan 08 - Mar 05	Thu	06:00PM - 07:00PM	\$90.00 / 9 sess	6+ YRS	00468280
Jan 08 - Mar 05	Thu	07:00PM - 08:00PM	\$90.00 / 9 sess	6+ YRS	00468281



Nature and Science

BEYOND 4 WALLS - NATURE NOTES - CHILDREN

Jan 05 - Mar 09	Mon	04:00PM - 05:30PM	\$162.40 / 9 sess	6-8 YRS	00470723
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BEYOND 4 WALLS - TRAILBLAZERS - CHILDREN

Jan 07 - Mar 11	Wed	09:15AM - 02:15PM	\$601.50 / 10 sess	5-13 YRS	00470725
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BEYOND 4 WALLS - CHILDREN

Jan 05 - Mar 09	Mon	04:00PM - 05:30PM	\$162.40 / 9 sess	8-10 YRS	00470719
Jan 05 - Mar 09	Mon	04:00PM - 05:30PM	\$162.40 / 9 sess	11-13 YRS	00470722
Jan 06 - Mar 10	Tue	04:00PM - 05:30PM	\$180.45 / 10 sess	5-7 YRS	00470691



STEM SMARTS - GADGET GENIUSES - CHILDREN

Jan 10 - Mar 07	Sat	10:00AM - 11:30AM	\$154.80 / 8 sess	7-10 YRS	00474006
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STEM SMARTS - SPACE EXPLORATION - CHILDREN

Jan 10 - Mar 07	Sat	11:45AM - 01:15PM	\$154.80 / 8 sess	7-10 YRS	00474035
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WACKY SCIENCE - CHILDREN

Jan 13 - Mar 10	Tue	03:30PM - 04:30PM	\$81.55 / 9 sess	6-8 YRS	00466512
Jan 13 - Mar 10	Tue	04:45PM - 05:45PM	\$81.55 / 9 sess	9-12 YRS	00466515

Sports

BASKETBALL - CHILDREN

Jan 12 - Mar 09	Mon	03:30PM - 04:30PM	\$54.00 / 8 sess	6-8 YRS	00466600
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SOCCER - CHILDREN

Jan 13 - Mar 10	Tue	04:00PM - 05:00PM	\$60.75 / 9 sess	6-8 YRS	00466591
Jan 13 - Mar 10	Tue	05:00PM - 06:00PM	\$60.75 / 9 sess	9-12 YRS	00466593

TOP SHELF FLOOR HOCKEY SKILLS - CHILDREN

Jan 15 - Mar 12	Thu	04:00PM - 05:00PM	\$60.75 / 9 sess	6-8 YRS	00466596
Jan 15 - Mar 12	Thu	05:00PM - 06:00PM	\$60.75 / 9 sess	9-12 YRS	00466599

SPORTBALL® - BASKETBALL - CHILDREN

Jan 15 - Mar 12	Thu	05:15PM - 06:15PM	\$162.00 / 9 sess	6-9 YRS	00469410
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SKATEBOARDING - BEGINNER - INDOOR - CHILDREN

Jan 10 - Mar 07	Sat	02:00PM - 03:00PM	\$148.00 / 8 sess	7-10 YRS	00474070
Jan 10 - Mar 07	Sat	03:00PM - 04:00PM	\$148.00 / 8 sess	7-10 YRS	00475037

SKATEBOARDING PRIVATE LESSONS - INDOOR - CHILDREN

Jan 15 - Mar 05	Thu	05:00PM - 05:45PM	\$360.00 / 8 sess	6+ YRS	00474072
Jan 15 - Mar 05	Thu	05:45PM - 06:30PM	\$360.00 / 8 sess	6+ YRS	00475025



Racquet Sports

BADMINTON - BEGINNER - CHILDREN

Jan 10 - Mar 07	Sat	12:30PM - 01:30PM	\$54.00 / 8 sess	6-8 YRS	00466532
Jan 10 - Mar 07	Sat	01:45PM - 02:45PM	\$54.00 / 8 sess	6-8 YRS	00466533
Jan 10 - Mar 07	Sat	03:00PM - 04:00PM	\$54.00 / 8 sess	9-12 YRS	00466534
Jan 14 - Mar 11	Wed	03:30PM - 04:30PM	\$60.75 / 9 sess	6-8 YRS	00466529
Jan 14 - Mar 11	Wed	04:30PM - 05:30PM	\$60.75 / 9 sess	9-12 YRS	00466531

Children's Parties

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



MORE INFORMATION



REGISTER HERE

PRETEEN & YOUTH

9 - 18 YRS

Arts - Visual



CROCHET 101 - BEGINNER - PRETEENS

Jan 08 - Mar 12	Thu	03:45PM - 04:45PM	\$90.60 / 10 sess	9-12 YRS	00470351
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Arts - Dance

K-POP DANCING - PRETEENS

Jan 08 - Mar 12	Thu	03:45PM - 04:45PM	\$90.60 / 10 sess	9-12 YRS	00467237
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HIP HOP - PRETEENS

Jan 05 - Mar 09	Mon	05:45PM - 06:45PM	\$81.55 / 9 sess	9-12 YRS	00470391
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General Interest



WRITING ADVENTURES - BEGINNER - PRETEENS

Jan 14 - Feb 25	Wed	03:15PM - 04:15PM	\$196.00 / 7 sess	7-13 YRS	00468282
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WRITING ADVENTURES - INTERMEDIATE - PRETEENS

Jan 14 - Feb 25	Wed	04:15PM - 05:15PM	\$196.00 / 7 sess	7-13 YRS	00468286
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DEBATING - BEGINNER - YOUTH

Jan 11 - Mar 08	Sun	01:30PM - 03:00PM	\$78.60 / 8 sess	11-16 YRS	00470399
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Nature and Science

BEYOND 4 WALLS - LEADERS-IN-TRAINING - YOUTH

Jan 06 - Mar 10	Tue	04:00PM - 05:30PM	\$180.45 / 10 sess	13-16 YRS	00470701
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Sports

BASKETBALL - PRETEENS

Jan 12 - Mar 09	Mon	04:45PM - 05:45PM	\$54.00 / 8 sess	9-12 YRS	00466601
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BASKETBALL DEVELOPMENT SKILLS - YOUTH

Jan 12 - Mar 09	Mon	06:00PM - 07:00PM	\$54.00 / 8 sess	13-18 YRS	00466609
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MULTISPORT - PRETEENS

Jan 13 - Mar 10	Tue	04:00PM - 05:00PM	\$60.75 / 9 sess	10-14 YRS	00466524
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VOLLEYBALL - PRETEENS

Jan 16 - Mar 13	Fri	04:00PM - 05:00PM	\$60.75 / 9 sess	9-12 YRS	00466522
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VOLLEYBALL - YOUTH

Jan 16 - Mar 13	Fri	05:00PM - 06:00PM	\$60.75 / 9 sess	13-18 YRS	00466610
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Cooking

COOKING BASICS - PRETEENS

Jan 09 - Mar 13	Fri	03:30PM - 05:30PM	\$327.20 / 10 sess	10-14 YRS	00469944
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BAKING TREATS AND SWEETS - PRETEENS

Jan 09 - Mar 13	Fri	06:30PM - 08:30PM	\$327.20 / 10 sess	9-12 YRS	00468069
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Licensed - Day Camps

DAYCAMP - PRESCHOOL CAMP - BORN 2021-2022 - LICENSED - PRESCHOOLERS

Mar 16 - Mar 20	M, T, W, Th, F	09:00AM - 01:00PM	\$149.65 / 5 sess	3-4 YRS	00466217
Mar 23 - Mar 27	M, T, W, Th, F	09:00AM - 01:00PM	\$149.65 / 5 sess	3-4 YRS	00466218

General - Day Camps

DAYCAMP - BORN 2013-2020 - CHILDREN

Mar 16 - Mar 20	M, T, W, Th, F	09:00AM - 04:00PM	\$194.60 / 5 sess	5-12 YRS	00472835
Mar 23 - Mar 27	M, T, W, Th, F	09:00AM - 04:00PM	\$194.60 / 5 sess	5-12 YRS	00472838

Adventure Camps

DAYCAMP - ADVENTURE CAMP - YOUTH

Mar 17 - Mar 19	T, W, Th	09:30AM - 03:30PM	\$165.80 / 3 sess	11-17 YRS	00469980
Mar 24 - Mar 26	T, W, Th	09:30AM - 03:30PM	\$165.80 / 3 sess	11-17 YRS	00470501

Sports Camps

DAYCAMP - SPORTS CAMP - CHILDREN

Mar 16 - Mar 20	M, T, W, Th, F	11:00AM - 01:30PM	\$84.35 / 5 sess	6-8 YRS	00476979
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INFORMED CONSENT AND PERMISSION FORM



A completed Informed Consent and Permission Form and recent photo of child must be submitted one week prior to start of camp to provide lead time for staff to review the submitted information.

Download a copy of the form and follow the instructions for submission details.

Computer and Technology Camps

TOMORROW'S PLAYGROUND - BRICK ANIMATION - CHILDREN

Mar 23 - Mar 27	M, T, W, Th, F	10:00AM - 12:00PM	\$175.00 / 5 sess	6-12 YRS	00475879
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TOMORROW'S PLAYGROUND - LEGO® WEDO ROBOTICS 1 - CHILDREN

Mar 23 - Mar 27	M, T, W, Th, F	12:30PM - 02:30PM	\$175.00 / 5 sess	6-12 YRS	00475885
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TOMORROW'S PLAYGROUND - LEGO® WEDO ROBOTICS 2 - CHILDREN

Mar 23 - Mar 27	M, T, W, Th, F	03:00PM - 05:00PM	\$175.00 / 5 sess	6-12 YRS	00475887
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Science Camps

DAYCAMP - STEM - SPACE EXPLORATION CAMP - CHILDREN

Mar 16 - Mar 20	M, T, W, Th, F	09:30AM - 12:30PM	\$189.00 / 5 sess	7-10 YRS	00474058
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DAYCAMP - STEM - UNDERWATER EXPLORATION CAMP- CHILDREN

Mar 23 - Mar 27	M, T, W, Th, F	09:30AM - 12:30PM	\$189.00 / 5 sess	7-10 YRS	00474087
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Arts - Visual



CREATIVE PAINTING - ADULTS

Jan 29 - Mar 05	Thu	09:15AM - 10:45AM	\$81.55 / 6 sess	18+ YRS	00469804
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Arts - Dance

K-POP DANCING - ADULTS

Jan 05 - Mar 09	Mon	08:15PM - 09:15PM	\$81.55 / 9 sess	18+ YRS	00467254
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HIP HOP - BEGINNER - ADULTS

Jan 10 - Mar 07	Sat	05:00PM - 06:00PM	\$72.50 / 8 sess	18+ YRS	00468320
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Sports

FLOOR HOCKEY - ADULTS

Jan 06 - Mar 10	Tue	07:00PM - 09:00PM	\$67.50 / 10 sess	18+ YRS	00466507
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SOCCER - ADULTS

Jan 08 - Mar 12	Thu	07:00PM - 09:00PM	\$67.50 / 10 sess	18+ YRS	00466510
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Racquet Sports

PICKLEBALL - INTERMEDIATE - ADULTS

Jan 09 - Mar 13	Fri	01:45PM - 03:00PM	\$84.35 / 10 sess	18+ YRS	00466505
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Racquet Sports

PICKLEBALL - BEGINNER - 55+

Jan 08 - Mar 12	Thu	01:15PM - 02:30PM	\$84.35 / 10 sess	55+ YRS	00466500
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PICKLEBALL - INTERMEDIATE - 55+

Jan 07 - Mar 11	Wed	12:00PM - 01:15PM	\$84.35 / 10 sess	55+ YRS	00466496
Jan 08 - Mar 12	Thu	02:35PM - 03:50PM	\$84.35 / 10 sess	55+ YRS	00466502

Arts - Visual

PHOTOGRAPHY FUNDAMENTALS - LEVEL 1 - 55+

Jan 28 - Mar 11	Wed	09:30AM - 11:30AM	\$98.05 / 6 sess	55+ YRS	00466723
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CREATIVE PAINTING - 55+

Jan 30 - Mar 13	Fri	09:15AM - 10:45AM	\$60.50 / 6 sess	55+ YRS	00469792
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Arts - Dance

BALLROOM DANCING - CHA CHA AND WALTZ - BEGINNER - 55+

Jan 13 - Mar 03	Tue	04:30PM - 06:00PM	\$80.65 / 8 sess	55+ YRS	00469704
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BALLROOM DANCING - INTERMEDIATE - ADULTS/55+

Jan 17 - Mar 07	Sat	01:30PM - 03:00PM	\$80.65 / 8 sess	55+ YRS	00470877
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LINE DANCING VARIETY - BEGINNER - 55+

Jan 14 - Mar 04	Wed	10:45AM - 11:45AM	\$53.75 / 8 sess	55+ YRS	00469697
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Health and Wellness

HOLISTIC HEALTH SERIES - MUSCLE HEALTH WORKSHOP - 55+

Feb 09	Mon	01:30PM - 02:45PM	FREE / 1 sess	55+ YRS	00469818
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General Interest

VOLUNTEERING FOR WELLBEING WORKSHOP - 55+

Jan 29	Thu	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00470878
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VALENTINE'S DAY CARD MAKING EXTRAVAGANZA - 55+

Feb 13	Fri	04:00PM - 06:00PM	FREE / 1 sess	55+ YRS	00470226
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NAVIGATING COMMUNITY SUPPORTS IN RICHMOND WORKSHOP - 55+

Feb 23	Mon	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00470884
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STAYING SAFE ON TRANSIT - TIPS FOR SENIORS - 55+

Mar 12	Thu	01:30PM - 02:45PM	FREE / 1 sess	55+ YRS	00470794
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OUT TRIPS & TOURS

55+ YRS

January - Out Trips and Tours

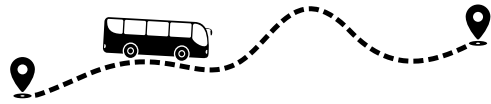


STANLEY PARK LUNCH TRIP - 55+

Jan 16	Fri	11:00AM - 03:30PM	\$23.00 / 1 sess	55+ YRS	00471217
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LET'S DO LUNCH SERIES TRIP - 55+

Jan 26	Mon	11:00AM - 02:30PM	\$19.75 / 1 sess	55+ YRS	00469192
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February - Out Trips and Tours

BC SPORTS HALL OF FAME TRIP - 55+

Feb 12	Thu	11:00AM - 03:00PM	\$35.75 / 1 sess	55+ YRS	00470342
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MUSEUM OF ANTHROPOLOGY TRIP - 55+

Feb 25	Wed	11:00AM - 03:30PM	\$35.50 / 1 sess	55+ YRS	00469190
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March - Out Trips and Tours



GRANVILLE ISLAND MARKET TRIP - 55+

Mar 10	Tue	11:00AM - 03:30PM	\$25.50 / 1 sess	55+ YRS	00469408
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HORSESHOE BAY FOR THE DAY TRIP - 55+

Mar 24	Tue	10:30AM - 03:45PM	\$25.00 / 1 sess	55+ YRS	00469417
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ABBOTSFORD WATER BUFFALO AND BISON FARM TOUR - 55+

Mar 27	Fri	09:30AM - 05:30PM	\$43.50 / 1 sess	55+ YRS	00471208
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Youth - Fitness

GET INTO FITNESS - LEVEL 1 - YOUTH

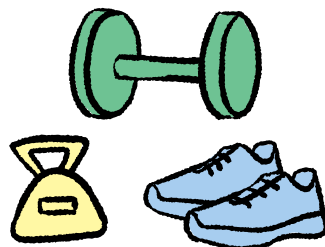
Jan 14 - Feb 18	Wed	05:00PM - 06:00PM	\$85.25 / 6 sess	12-15 YRS	00465578
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GET INTO FITNESS - LEVEL 3 - YOUTH

Jan 13 - Feb 17	Tue	05:15PM - 06:15PM	\$85.25 / 6 sess	12-16 YRS	00471576
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ZUMBA® AND YOGA - YOUTH

Jan 17 - Mar 14	Sat	10:45AM - 11:45AM	\$80.90 / 8 sess	10-17 YRS	00465586
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Adults - Fitness

MOM AND BABY STROLLER FIT - INDOOR - ADULTS

Jan 14 - Mar 11	Wed	11:00AM - 12:00PM	\$71.45 / 8 sess	16+ YRS	00460339
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PILATES FUSION - ADULTS

Jan 15 - Mar 12	Thu	09:00AM - 10:00AM	\$91.00 / 9 sess	16+ YRS	00457488
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PILATES - LEVEL 1 AND 2 - ADULTS

Jan 12 - Mar 09	Mon	05:30PM - 06:30PM	\$80.90 / 8 sess	16+ YRS	00457487
Jan 15 - Mar 12	Thu	05:30PM - 06:30PM	\$91.00 / 9 sess	16+ YRS	00457489

PILATES - ALL LEVELS - ADULTS

Jan 11 - Mar 08	Sun	09:00AM - 10:00AM	\$80.90 / 8 sess	16+ YRS	00457484
Jan 12 - Mar 09	Mon	12:00PM - 01:00PM	\$80.90 / 8 sess	16+ YRS	00457485
Jan 16 - Mar 13	Fri	12:00PM - 01:00PM	\$91.00 / 9 sess	16+ YRS	00457490

BARRE FITNESS - ADULTS

Jan 13 - Mar 10	Tue	10:45AM - 11:45AM	\$80.35 / 9 sess	16+ YRS	00460337
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KICKBOXING - DRILLS AND SKILLS - ADULTS

Jan 13 - Mar 10	Tue	07:45PM - 08:45PM	\$80.35 / 9 sess	16+ YRS	00460341
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ADAPTED SENSORY-FRIENDLY KICKBOXING DRILLS AND SKILLS - ADULTS

Jan 15 - Mar 12	Thu	01:30PM - 02:30PM	\$56.25 / 9 sess	18+ YRS	00465617
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GROUP WEIGHT TRAINING - ADULTS

Jan 11 - Mar 08	Sun	11:00AM - 12:00PM	\$113.70 / 8 sess	18+ YRS	00465551
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FULL BODY CIRCUIT WORKOUT - ADULTS

Jan 13 - Mar 03	Tue	06:00PM - 07:00PM	\$113.70 / 8 sess	18+ YRS	00460342
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ZUMBA® - ADULTS

Jan 12 - Mar 09	Mon	05:45PM - 06:45PM	\$71.45 / 8 sess	16+ YRS	00465702
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Jan 16 - Mar 13	Fri	05:00PM - 06:00PM	\$80.35 / 9 sess	16+ YRS	00460340
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55+ - Fitness

STAY STRONG - 55+

Jan 16 - Mar 13	Fri	10:30AM - 11:30AM	\$56.25 / 9 sess	55+ YRS	00457467
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CHAIR YOGA - 55+

Jan 14 - Mar 11	Wed	01:15PM - 02:15PM	\$58.10 / 8 sess	55+ YRS	00457469
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OSTEOFIT FOR BETTER BONES - 55+

Jan 13 - Mar 10	Tue	01:30PM - 02:30PM	\$56.25 / 9 sess	55+ YRS	00457475
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GROUP WEIGHT TRAINING - MANDARIN/ENGLISH - 55+

Jan 12 - Mar 09	Mon	12:00PM - 01:00PM	\$89.10 / 8 sess	55+ YRS	00457479
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KICKBOXING - DRILLS AND SKILLS - 55+

Jan 15 - Mar 12	Thu	12:15PM - 01:15PM	\$63.00 / 9 sess	55+ YRS	00457483
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BETTER BACKS AND BALANCE - 55+

Jan 12 - Mar 09	Mon	11:00AM - 12:00PM	\$50.00 / 8 sess	55+ YRS	00457478
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DROP-IN FITNESS PROGRAMS

Winter January 5 - March 29

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 (19-54)	Youth (13-18) 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.



Thompson Community Centre
5151 Granville Ave | Richmond, BC
604-238-8422