



FALL PROGRAMS 2025



Sep 2, 2025 - Jan 5, 2026

West Richmond Community Centre

9180 No 1 Rd | Richmond, BC | 604-238-8400



HOW TO REGISTER

Get ready to register for Fall Programs:

Tuesday, July 15 at 9:00 pm (Online)
(8:00 pm for City of Richmond Aquatics)

Wednesday, July 16
(In-Person/Call Centre)

1. Online: richmond.ca/register
2. By Phone: **604-276-4300**,
Mon-Fri 8:30 am - 5:00 pm
3. In-person at any parks, recreation or
cultural facility

FACILITY HOURS

Monday - Friday: 8:00 am - 9:30 pm

Saturday - Sunday: 9:00 am - 4:30 pm

Holiday hours:

Sept 30: 8:00 am - 8:00 pm

Oct 13: 8:00 am - 8:00 pm

Nov 11: 8:00 am - 8:00 pm

Dec 24: 8:00 am - 4:00 pm

Dec 25: CLOSED

Dec 26: 8:00 am - 8:00 pm

Dec 31: 8:00 am - 4:00 pm

Jan 1: 8:00 am - 8:00 pm

SAFETY MEASURES

The City of Richmond is restoring programs and services impacted by COVID-19 in accordance with public health orders and through a carefully planned approach that will maintain and protect public safety.

Proof of vaccination is no longer required for City programs, events and activities.

Mandatory mask-wearing is no longer required in City facilities. However, the wearing of masks is encouraged and appreciated. Safety protocols will remain in place in many facilities including enhanced hygiene practices and plexi-glass barriers.

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PROGRAMS

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CONTACT US

Address: 9180 No. 1 Road

Richmond, BC V7E 6L5

Phone: 604-238-8400

Email: westrich@richmond.ca

PRESCHOOLERS (0-5YRS)

Arts - Dance

Jazz

JAZZ DANCING - PRESCHOOLERS

Explore this popular and energetic form of dance that is characterized by syncopated rhythms and free expression.

4-5yrs	Sep 10-Nov 05	W	3:25pm-4:10pm	\$61.15/9 sess	reg# 00437041
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Arts - Visual

Arts

ART JAM WITH A DISNEY ANIMATOR - PRESCHOOLERS

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. This program is instructed by Happy Kids Studios.

4-5yrs	Sep 07-Oct 12	Su	9:30am-10:30am	\$120.00/6 sess	reg # 00434900
4-5yrs	Oct 19 - Nov 23	Su	9:30am-10:30am	\$120.00/6 sess	reg # 00434905

Arts Combo

ARTS COMBO - PRESCHOOLERS

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

4-5yrs	Sep 13-Oct 25	Sa	9:15am-10:15am	\$63.40/7 sess	reg # 00432865
4-5yrs	Sep 13-Oct 25	Sa	10:30am-11:30am	\$63.40/7 sess	reg # 00432866
4-5yrs	Nov 01-Dec 13	Sa	9:15am-10:15am	\$63.40/7 sess	reg # 00432867
4-5yrs	Nov 01-Dec 13	Sa	10:30am-11:30am	\$63.40/7 sess	reg # 00432868

Clay

CLAY Creations - MODELLING CLAY - PRESCHOOLERS

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

4-5yrs	Sep 16-Oct 28	Tu	3:30pm-4:15pm	\$40.75/6 sess	reg # 00437053
4-5yrs	Nov 04-Dec 16	Tu	3:30pm-4:15pm	\$40.75/6 sess	reg # 00437197
4-5yrs	Sep 18-Oct 30	Th	3:30pm-4:15pm	\$47.55/7 sess	reg # 00437218
4-5yrs	Nov 06-Dec 18	Th	3:30pm-4:15pm	\$47.55/7 sess	reg # 00437220

Arts - Visual

Draw Me a Story

DRAW ME A STORY - PRESCHOOLERS

Expand imagination and language skills through the introduction of lines, shapes and colours all inspired by popular children's literature.

4-5yrs	Sep 13-Oct 25	Sa	10:40am-11:10am	\$31.70/7 sess	reg # 00432626
4-5yrs	Sep 13-Oct 25	Sa	11:15am-11:45am	\$31.70/7 sess	reg # 00432628
4-5yrs	Nov 01-Dec 13	Sa	10:40am-11:10am	\$31.70/7 sess	reg # 00432627
4-5yrs	Nov 01-Dec 13	Sa	11:15am-11:45am	\$31.70/7 sess	reg # 00432631

Variety

HOLIDAY CRAFT MAKING - PRESCHOOLERS

Create seasonal home decorations and presents for friends using new and recycled materials. Price includes materials and instruction.

4-5yrs	Dec 20	Sa	9:15am-10:15am	\$9.05/1 sess	reg # 00432916
4-5yrs	Dec 20	Sa	10:30am-11:30am	\$9.05/1 sess	reg # 00432921

Events and Season Programs

December

HOLIDAY COOKIE DECORATING - PRESCHOOLERS

Design, create and take home a personalized gingerbread cookie with delicious candy, frosting and sprinkles. Parent participation is required for this event. Please advise of any food allergies prior to entering.

3-5yrs	Dec 15	M	4:00pm-5:00pm	\$9.05/1 sess	reg # 00436514
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Sports

Basketball

BASKETBALL - PRESCHOOLERS

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

3-5yrs	Sep 08-Oct 27	M	3:30pm-4:15pm	\$35.40/7 sess	reg # 00433558
3-5yrs	Nov 03-Dec 15	M	3:30pm-4:15pm	\$35.40/7 sess	reg # 00433565
3-5yrs	Sep 11-Oct 30	Th	3:30pm-4:15pm	\$40.50/8 sess	reg # 00436185
3-5yrs	Nov 06-Dec 18	Th	3:30pm-4:15pm	\$35.40/7 sess	reg # 00436188
3-5yrs	Sep 20-Nov 01	Sa	10:25am-11:10am	\$35.40/7 sess	reg # 00436201
3-5yrs	Nov 15-Dec 13	Sa	10:25am-11:10am	\$25.30/5 sess	reg # 00436206

Soccer

SOCCER - PRESCHOOLERS

Learn sport specific skills in a fun and welcoming environment.

4-5yrs	Sep 10-Oct 29	W	3:30pm-4:15pm	\$40.50/8 sess	reg # 00433445
4-5yrs	Nov 05-Dec 17	W	3:30pm-4:15pm	\$35.40/7 sess	reg # 00434324

Sportball Multisport

SPORTBALL MULTISPORT - PARENT AND TOT - PRESCHOOLERS

Learn the basic fundamental movement skills for improved participation in basketball, hockey, soccer, volleyball and baseball.

Parent and Tot (Parent Participation Required)

2-3yrs	Sep 14-Oct 26	Su	9:30am-10:15am	\$108.00/6 sess	reg # 00437251
2-3yrs	Nov 02-Dec 14	Su	9:30am-10:15am	\$126.00/7 sess	reg # 00437253

Preschoolers (4-5yrs)

4-5yrs	Sep 14-Oct 26	Su	10:15am-11:15am	\$108.00/6 sess	reg # 00437254
4-5yrs	Nov 02-Dec 14	Su	10:15am-11:15am	\$126.00/7 sess	reg # 00437255

PRESCHOOLERS (0-5YRS)

Sports

Gymnastics Kids Canmove™

GYMNASTICS KIDS CANMOVE (TM) - PARENT AND TOT AND PRESCHOOLERS

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

Parent and Tot (Parent Participation Required)

2-3yrs	Sep 13-Oct 25	Sa	9:30am-10:15am	\$52.50/7 sess	reg # 00437240
2-3yrs	Sep 13-Oct 25	Sa	10:20am-11:05am	\$52.50/7 sess	reg # 00437242
2-3yrs	Nov 01-Dec 20	Sa	9:30am-10:15am	\$60.00/8 sess	reg # 00437241
2-3yrs	Nov 01-Dec 20	Sa	10:20am-11:05am	\$60.00/8 sess	reg # 00437243

Preschoolers (4-5yrs)

4-5yrs	Sep 13-Oct 25	Sa	11:15am-12:00pm	\$52.50/7 sess	reg # 00437244
4-5yrs	Sep 13-Oct 25	Sa	12:05pm-12:50pm	\$52.50/7 sess	reg # 00437247
4-5yrs	Nov 01-Dec 20	Sa	11:15am-12:00pm	\$60.00/8 sess	reg # 00437245
4-5yrs	Nov 01-Dec 20	Sa	12:05pm-12:50pm	\$60.00/8 sess	reg # 00437248

T-Ball

T-BALL - PRESCHOOLERS

Build skills and learn the game while having fun with others in the introduction to the game of baseball.

4-5yrs	Sep 20-Nov 01	Sa	9:30am-10:15am	\$30.35/6 sess	reg # 00437237
4-5yrs	Nov 15-Dec 13	Sa	9:30am-10:15am	\$25.30/5 sess	reg # 00437239

Fitness

Mind Body, Mobility and Flexibility

YOGA PLAYTIME - PARENT AND TOT - PRESCHOOLERS

Run around, play and wind down in this child centered play program.

1-5yrs	Sep 10-Nov 05	W	10:00am-10:45am	\$68.25/9 sess	reg # 00437033
1-5yrs	Sep 10-Nov 05	W	10:45am-11:30am	\$68.25/9 sess	reg # 00437035

YOGA PLAYTIME - HOLIDAY THEME - PRESCHOOLERS

Run, play and wind down while having fun singing and dancing to holiday music.

Registration required.

1-5yrs	Dec 03-Dec 17	W	10:00am-10:45am	\$22.75/3 sess	reg # 00437037
1-5yrs	Dec 03-Dec 17	W	10:45am-11:30am	\$22.75/3 sess	reg # 00437039

Camps

Art Camps

DAYCAMP - FILM CAMP IN A BOX - CLAYMATION LEGO - CHILDREN

Learn about cinematography, script writing and editing and then create, act in and edit a short film and movie trailer. Movies presented at a red carpet and popcorn film festival at the end of the week. Instructed by Film Camp in a Box.

8-12yrs	Dec 29-Jan 02	M/Tu/W/F	9:00am-4:00pm	\$290.00/4 sess	reg # 00436543
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Arts - Dance

Jazz

JAZZ DANCING - CHILDREN

Explore this popular and energetic form of dance that is characterized by syncopated rhythms and free expression.

6-8yrs	Sep 10-Nov 05	W	4:15pm-4:15pm	\$81.55/9 sess	reg # 00437043
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Pop Song and Dance

K-POP DANCING - CHILDREN/PRETEENS

Dance to up-tempo music and learn choreography to match with this fun, social and popular style of dance that consists of quick, repetitive movements while moving in synchronicity.

6-9yrs	Sep 18-Dec 18	Th	3:45pm-4:45pm	\$126.85/14 sess	reg # 00436557
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9-12yrs	Sep 18-Dec 18	Th	4:50pm-5:50pm	\$126.85/14 sess	reg # 00436562
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Arts - Music

Guitar or Ukulele Private Lessons

UKULELE - PRIVATE LESSONS - ALL AGES

Start to learn to play ukulele based on special interests and fundamental goals in this fun and stress-free program.

6yrs+	Oct 18-Dec 20	Sa	9:15am-9:45am	\$231.40/9 sess	reg # 00433013
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6yrs+	Oct 18-Dec 20	Sa	9:50am-10:20am	\$231.40/9 sess	reg # 00433015
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6yrs+	Oct 18-Dec 20	Sa	10:25am-10:55am	\$231.40/9 sess	reg # 00433016
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6yrs+	Oct 18-Dec 20	Sa	11:00am-11:30am	\$231.40/9 sess	reg # 00433017
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Arts - Music

Piano Private Lessons

LAMUSIQUE MUSIC ACADEMY - PRIVATE PIANO LESSONS - ALL AGES

Work privately on an individually-designed curriculum specifically for age and ability. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy. Instructed by LaMusique Music Academy.

6yrs+	Sept 14-Dec 14	Su	9:15am-9:45am	\$476.00/14 sess	reg # 00435129
6yrs+	Sept 14-Dec 14	Su	9:50am-10:20am	\$476.00/14 sess	reg # 00435135
6yrs+	Sept 14-Dec 14	Su	10:25am-10:55am	\$476.00/14 sess	reg # 00435136
6yrs+	Sept 14-Dec 14	Su	11:00am-11:30am	\$476.00/14 sess	reg # 00435137
6yrs+	Sept 14-Dec 14	Su	11:35am-12:05pm	\$476.00/14 sess	reg # 00435138
6yrs+	Sept 14-Dec 14	Su	12:10pm-12:40pm	\$476.00/14 sess	reg # 00435140
6yrs+	Sept 14-Dec 14	Su	12:45pm-1:15pm	\$476.00/14 sess	reg # 00435142
6yrs+	Sept 14-Dec 14	Su	1:20pm-1:50pm	\$476.00/14 sess	reg # 00435143
6yrs+	Sept 14-Dec 14	Su	1:55pm-2:25pm	\$476.00/14 sess	reg # 00435144
6yrs+	Sept 14-Dec 14	Su	2:30pm-3:00pm	\$476.00/14 sess	reg # 00435145

Arts - Visual

Cartoons, Comics and Manga

CARTOON WITH A DISNEY ANIMATOR - CHILDREN

Learn to tell stories through drawings and by working on character development, thumbnails, layout pages, paneling and more. Led by a former Disney animator. Instructed by Happy Kids Studios.

6-8yrs	Sep 07-Oct 12	Su	10:40am-11:40am	\$120.00/6 sess	reg # 00434912
6-8yrs	Oct 19-Nov 23	Su	10:40am-11:40am	\$120.00/6 sess	reg # 00434917

Cartoons, Comics and Manga

CHARACTER DESIGN WITH A DISNEY ANIMATOR - CHILDREN

Focus on creating appealing characters in animation, comics, games and more. Instructed by a former Disney animator from Happy Kids Studios.

9-11yrs	Sep 07-Oct 12	Su	11:50am-12:50pm	\$120.00/6 sess	reg # 00434924
9-11yrs	Oct 19-Nov 23	Su	11:50am-12:50pm	\$120.00/6 sess	reg # 00435046

Arts - Visual

Cartoons, Comics and Manga

COMICS AND CARTOONING - PRETEENS

Create a comic book by developing original characters, style and storyline while learning comic drawing techniques.

9-12yrs	Sep 11-Oct 23	Th	4:45pm-5:45pm	\$63.40/7 sess	reg # 00431029
9-12yrs	Oct 30-Dec 11	Th	4:45pm-5:45pm	\$63.40/7 sess	reg #00431033

Drawing and Sketching

FOUNDATIONS IN DRAWING - CHILDREN

Learn how to draw objects, characters, proportions, structure, volume and perspective along with techniques that include shade and shadow, quick sketches and colouring.

6-8yrs	Sep 13-Oct 25	Sa	9:30am-10:30am	\$63.40/7 sess	reg # 00432621
6-8yrs	Nov 01-Dec 13	Sa	9:30am-10:30am	\$63.40/7 sess	reg # 00432625

Clay

CLAY CREATIONS - MODELLING CLAY - CHILDREN

Dress for a mess and create handmade pieces that develop skills in these self-confidence building, fun and creative sessions.

6-9yrs	Sep 16-Dec 16	Tu	4:30pm-5:30pm	\$108.70/12 sess	reg # 00437222
6-9yrs	Sep 18-Dec 18	Th	4:30pm-5:30pm	\$126.85/14 sess	reg # 00437223

Fibre and Textile

CROCHET 101 FOR BEGINNERS - CHILDREN

Make small take-home pieces in this instructor-led class that introduces three basic stitches and the foundation chain. A \$15.00 non-refundable supplies fee charged when registering.

8-12yrs	Sep 13-Dec 13	Sa	12:00pm-1:00pm	\$126.85/14 sess	reg # 00432869
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Fibre and Textile

COMMUNITY CROCHET ARTWORK - CHILDREN

Re-purpose yarn and work collectively to create community art work to be displayed at West Richmond Community Centre. Suitable for intermediate/advanced crocheters. Pre-requisite: Crochet 101 - Beginner or equivalent.

10-14yrs	Sep 13-Dec 13	Sa	1:15pm-2:15pm	\$126.85/14 sess	reg # 00432907
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Arts - Visual

Variety

HOLDIAY CRAFT MAKING- CHILDREN

Create seasonal home decorations and presents for friends using new and recycled materials. Price includes materials and instruction.

6-10yrs	Dec 20	Sa	12:00pm-1:00pm	\$9.05/1 sess	reg # 00432924
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Arts - Performing

Musical Theatre

MUSICAL THEATRE - CHILDREN

Combine music, dance and drama in these high-energy, confidence-building sessions that include performing popular musical numbers and songs.

6-8yrs	Sep 13-Oct 25	Sa	12:00pm-1:00pm	\$63.40/7 sess	reg # 00432851
6-8yrs	Nov 01 - Dec 13	Sa	12:00pm-1:00pm	\$63.40/7 sess	reg # 00432857

Acting and Improv Theatre

IMPROV THEATRE - FUNDAMENTALS - PRETEENS

Join this boot camp-style program full of engaging theatre sports activities to inspire creativity, laughter and empowerment.

9-12yrs	Sep 11-Oct 23	Th	3:30pm-4:30pm	\$63.40/7 sess	reg # 00431044
9-12yrs	Oct 30-Dec 11	Th	3:30pm -4:30pm	\$63.40/7 sess	reg # 00431046

Drama

ACTING STUDIO - CHILDREN/PRETEENS

Experience all that the world of drama has to offer though games, improvisation exercises and simple scenes designed to develop a wide range of acting skills.

6-8yrs	Sep 15-Dec 15	Mon	3:30pm-4:30pm	\$117.80/13 sess	reg # 00442162
9-12yrs	Sep 15-Dec 15	Mon	4:35pm -5:35pm	\$117.80/13 sess	reg # 00442166



General Interest

Workshops

DUNGEONS AND DRAGONS - BEGINNER - PRETEENS

Explore a new imaginary world, create and role play unique characters and work collaboratively as a team to solve unique puzzles during progressive game play in this popular table top game. Character sheets, dice and map included.

9-12yrs	Sep 17-Oct 22	W	4:30pm-6:00pm	\$85.60/6 sess	reg # 00436109
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Workshops

DUNGEONS & DRAGONS - INTERMEDIATE - PRETEENS

Dive deeper into this popular table top game with other experienced Dungeons & Dragons players. Explore an imaginary world, create and role play unique characters and work collaboratively as a team to solve classic puzzles during progressive game play. Character sheets, dice and map included. Players are welcome to bring previously created characters.

9-12yrs	Sep 19-Nov 07	F	4:30pm-6:00pm	\$114.15/8 sess	reg # 00436104
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Leadership

PRETEEN LEADERSHIP - TAKE ACTION! - PRETEENS

Join weekly activities, engage in arts and crafts sessions and help lead community projects and events while creating new friendships, gaining leadership skills and making a difference in the community.

9-12yrs	Sep 15-Dec 08	M	5:15pm-6:15pm	FREE/12 sess	reg # 00431066
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Events and Seasonal Programs

December

HOLIDAY COOKIE DECORATING - CHILDREN

Design, create and take home a personalized gingerbread cookie with delicious candy, frosting and sprinkles.

6-10yrs	Dec 15	M	5:15pm-6:15pm	\$9.05/1 sess	reg # 00436522
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Sports

Basketball

BASKETBALL - CHILDREN/PRETEENS

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

6-9yrs	Sep 08-Oct 27	M	4:20pm-5:20pm	\$47.25/7 sess	reg # 00433560
6-9yrs	Sep 11-Oct 30	Th	4:20pm-5:20pm	\$54.00/8 sess	reg # 00436190
6-9yrs	Sep 20-Nov 01	Sa	11:15am-12:15pm	\$47.25/7 sess	reg # 00437230
6-9yrs	Nov 03-Dec 15	M	4:20pm-5:20pm	\$47.25/7 sess	reg # 00433564
6-9yrs	Nov 06-Dec 18	Th	4:20pm-5:20pm	\$47.25/7 sess	reg # 00436191
6-9yrs	Nov 15-Dec 13	Sa	11:15am-12:15pm	\$33.75/5 sess	reg # 00437232
9-12yrs	Sep 11-Oct 30	Th	5:25pm-6:25pm	\$54.00/8 sess	reg # 00436194
9-12yrs	Nov 06-Dec 18	Th	5:25pm-6:25pm	\$47.25/7 sess	reg # 00436197

Basketball - Girls Only

BASKETBALL - FOR GIRLS - CHILDREN

Learn the fundamentals of basketball that include ball handling, passing, shooting, and basic offense and defense.

7-10yrs	Sep 08-Oct 27	M	5:20pm-6:20pm	\$47.25/7 sess	reg # 00433562
7-10yrs	Nov 03-Dec 15	M	5:20pm-6:20pm	\$47.25/7 sess	reg # 00433563



Sports

Soccer

SOCCER SKILLS - CHILDREN

Learn sport-specific skills in a fun and welcoming environment.

6-9yrs	Sep 10-Oct 29	W	4:20pm-5:20pm	\$54.00/8 sess	reg # 00434329
6-9yrs	Sep 10-Oct 29	W	5:25pm-6:25pm	\$54.00/8 sess	reg # 00435818
6-9yrs	Nov 05-Dec 17	W	4:20pm-5:20pm	\$47.25/7 sess	reg # 00434332
6-9yrs	Nov 05-Dec 17	W	5:25pm-6:25pm	\$47.25/7 sess	reg # 00435819

Volleyball

VOLLEYBALL - BEGINNER - PRETEENS

Improve gameplay in these professionally-designed sessions that include mini-games and a fun and non-competitive atmosphere. Suitable for new players.

9-12yrs	Sep 20-Dec 06	Sa	2:05pm-3:05pm	\$81.00/12 sess	reg # 00430990
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VOLLEYBALL - BEGINNER - FOR GIRLS - PRETEENS

Improve game play in these professionally-designed sessions that include mini games and a fun and non-competitive atmosphere. Suitable for new players.

9-12yrs	Sep 20-Dec 06	Sa	1:00pm-2:00pm	\$81.00/12 sess	reg # 00431009
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Racquet Sport

Pickleball

PICKLEBALL - CHILDREN

Learn the rules and basic techniques of this increasingly popular game that combines ping pong, tennis and badminton on a badminton size court. This fun, simple and fast-paced program is designed for beginners. Paddles are supplied if needed. Practice dribbling, passing and shooting skills followed by friendly games.

9-12yrs	Sep 12-Oct 31	F	3:30pm-4:30pm	\$54.00/8 sess	reg # 00435825
9-12yrs	Sep 12-Oct 31	F	4:30pm-5:30pm	\$54.00/8 sess	reg # 00435828
9-12yrs	Nov 07-Dec 19	F	3:30pm-4:30pm	\$47.25/7 sess	reg # 00435827
9-12yrs	Nov 07-Dec 19	F	4:30pm-5:30pm	\$47.25/7 sess	reg # 00435829



Fitness

Cardio, Strength and Athletics

FITNESS - FOR GIRLS - YOUTH

Try different physical activities and routines aimed to develop and improve self-esteem, reduce stress and build confidence along with other aspects of fitness and overall health. Led by certified fitness instructors.

13-18yrs	Sep 09-Dec 09	Tu	3:15pm-4:00pm	Free/14 sess	reg # 00427967
13-18yrs	Sep 12-Dec 12	F	3:15pm-4:00pm	Free/14 sess	reg # 00427968

Sports

Volleyball

VOLLEYBALL -YOUTH

Development fundamental volleyball skills in this developmental program.

13-18yrs	Sep 20-Dec 06	Sa	3:10pm-4:10pm	\$81.00/12 sess	reg # 00430864
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Arts - Dance

Pop Song and Dance

K-POP DANCING - YOUTH

Dance to up-tempo music and learn choreography to match with this fun, social and popular dance style with quick, repetitive movements done in synchronicity.

13-18yrs	Sep 19-Dec 05	F	7:00pm-8:00pm	\$108.70/12 sess	reg # 00436584
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General Interest

University Prep

UNIVERSITY TOUR - UBC - YOUTH

Learn about UBC and gain a better understanding of university life and academics in this in-person campus tour. Ask questions and gain insight to help make important decisions about a post-secondary education. Registration required.

16-18yrs	Oct 24	F	9:00am-3:00pm	FREE/1 sess	reg # 00436548
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Fitness

Cardio, Strength and Athletics

LADIES WHO LIFT - ADULTS

Develop lean and functional muscle tone with foundational lifts and learn how to create a fitness program for the gym while working on posture alignment and progressive overload. Suitable for beginners.

19yrs+	Sep 05-Dec 19	F	9:30am-10:30am	\$198.95/14 sess	reg # 00432590
19yrs+	Sep 05-Dec 19	F	10:45am-11:45am	\$198.95/14 sess	reg # 00432667

LADIES WHO LIFT - 40+

Develop lean and functional muscle tone with foundational lifts and learn how to create a fitness program for the gym while working on posture alignment and progressive overload. Suitable for beginners.

40yrs+	Sep 03-Dec 17	W	9:30am-10:30am	\$198.95/14 sess	reg # 00432581
40yrs+	Sep 03-Dec 17	W	10:45am-11:45am	\$198.95/14 sess	reg # 00432585

Dance Fitness

CARDIO SALSA - LEVEL 1 - ADULTS

Work out to recognizable Latin rhythms that include the Salsa, Reggaetón, Cumbia and Merengue in this low impact fitness dance class with a focus on rhythm, balance, range of motion and coordination. No partner required. Suitable for beginners.

18yrs+	Sep 04-Dec 18	Th	1:00pm-2:00pm	\$142.90/16 sess	reg # 00432574
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CARDIO SALSA - LEVEL 2 - ADULTS

Work out to recognizable Latin rhythms that include the Salsa, Reggaetón, Cumbia and Merengue in this high-energy fitness dance class. No partner required. Suitable for intermediate/advanced.

18yrs+	Sep 05-Dec 20	F	9:15am-10:15am	\$125.00/14 sess	reg # 00432573
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Fitness

CARDIO DANCE FIT - LATIN -FOR WOMEN - ALL LEVELS

Incorporate simple choreography into a wide variety of low and medium impact aerobic Latin dance moves set to high-energy music.

18yrs+	Sep 08-Dec 15	M	7:15pm-8:15pm	\$107.15/12 sess	reg # 00432932
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CARDIO DANCE FIT - LATIN - ALL LEVELS - ADULTS

Incorporate simple choreography into a wide variety of low and medium impact aerobic Latin dance moves set to high-energy music.

18yrs+	Sep 03-Dec 17	W	7:15pm-8:15pm	\$142.90/16 sess	reg # 00432933
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Mind Body, Mobility and Flexibility

PILATES - ALL LEVELS - ADULTS

Combine basic mat Pilates with body sculpting and strength and stretch exercises for a low impact and varied intensity workout adjustable to all fitness levels that enhances body tone, core strength and flexibility. Suitable for intermediate/advanced participants.

18yrs+	Sep 04-Dec 18	Th	7:15pm-8:15pm	\$131.40/13 sess	reg # 00430683
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PILATES FUSION - ADULTS

Combine basic mat Pilates with body sculpting and strength and stretch exercises for a low impact and varied intensity workout adjustable to all fitness levels that enhances body tone, core strength and flexibility. Pre-requisite: Pilates – Level 1. Registration required.

PILATES FUSION - LEVEL 1 - ADULTS

18yrs+	Sep 08-Dec 15	M	10:30am-11:30am	\$121.30/12 sess	reg # 00430639
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PILATES FUSION - LEVEL 2 - ADULTS

18yrs+	Sep 05-Dec 19	F	10:30am-11:30am	\$141.55/14 sess	reg # 00432572
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PILATES FUSION - ALL LEVELS - ADULTS

18yrs+	Sep 02-Dec 16	T	7:15pm-8:15pm	\$131.40/13 sess	reg # 00430679
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Arts - Dance

Ballroom Dancing

BALLROOM DANCING - WALTZ - BEGINNER - ADULTS

Dance to up-tempo music and learn choreography to match in these fun and social sessions with quick, repetitive movements done in synchronicity.

19yrs+	Oct 19-Dec 07	Su	11:30am-12:30pm	\$72.50/8 sess	reg # 00428754
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BALLROOM DANCING - JIVE - INTERMEDIATE- ADULTS

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques. Designed for those new to this style of dance. Suitable for singles and pairs.

19yrs+	Oct 19-Dec 07	Su	12:40pm-1:40pm	\$72.50/8 sess	reg # 00428755
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BALLROOM DANCING - TANGO - BEGINNER - ADULTS

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques. Designed for those new to this style of dance. Suitable for singles and pairs.

19yrs+	Oct 10-Dec 12	F	3:30pm-4:30pm	\$90.60/10 sess	reg # 00428741
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BALLROOM DANCING - SAMBA - BEGINNER- ADULTS

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques. Designed for those new to this style of dance. Suitable for singles and pairs.

19yrs+	Oct 10-Dec 12	F	4:40pm-5:40pm	\$90.60/10 sess	reg # 00428742
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Hip Hop

HIP HOP - ADULT

Cover fundamental choreography, technique and freestyle in these positive and fun sessions that includes grooving, pop and locking, krumping and street jazz movements

19yrs+	Sep 11-Dec 11	Th	2:15pm-3:15pm	\$126.85/14 sess	reg # 00428736
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Arts - Dance

Pop Song and Dance

K-POP DANCING - ADULT

Dance to up-tempo music and learn choreography to match in these fun and social sessions with quick, repetitive movements done in synchronicity.

19yrs+	Sep 19-Dec 05	F	8:05pm-9:05pm	\$108.70/12 sess	reg # 00436585
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Bellydancing

BELLYDANCING - LEVEL 1 - ADULTS

Sweat and shimmy in this positive and fun dance class focusing primarily on movements of the hips and torso.

18yrs+	Sep 24-Dec 17	W	6:00pm-7:00pm	\$117.80/13 sess	reg # 00438740
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BELLYDANCING - LEVEL 2- ADULTS

Continue to build Bellydance skills in this positive and fun class focusing primarily on movements of the hips and torso. Prerequisite: Bellydance - Level 1.

18yrs+	Sep 22-Dec 15	M	8:20pm-9:20pm	\$108.70/12 sess	reg # 00438741
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Arts - Music

Drums

DRUMMING RHYTHMS FROM AROUND THE WORLD - 55+

Venture through global rhythms, including Brazilian and African, while learning patterns and tunes on the djembe drum. Drum required at each session or available for use if required. Registration required.

19yrs+	Sept 19-Nov 07	F	6:30pm-8:00pm	\$108.70/8 sess	reg # 00428739
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Arts - Music

Ukulele

UKULELE - ABSOLUTE BEGINNER - ADULTS

Learn how to play this fun and versatile instrument while developing an understanding of music fundamentals with the Ukulele in the Classroom approach (Level 1). No experience required. Ukulele required at each class.

18yrs+	Oct 18-Dec 20	Sa	11:30am-12:30pm	\$85.60/9 sess	reg # 00433021
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Arts - Visual

Fibre and Textile Arts

CROCHET CREATIONS - ADULTS

Start to make take-home pieces by learning or improving on a variety of stitches including the Fountain Chain. All levels welcome in these instructor-led sessions. Supply list provided or a \$15 supplies fee added when registering.

18yrs+	Sep 16-Dec 16	Tu	9:30am-10:30am	\$108.70/12 sess	reg # 00432928
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Sports

Soccer

SOCCER - FOR WOMEN - ADULTS

Develop skills in this indoor, instructional program for all skill and fitness levels. Drop-ins welcome if space permits.

18yrs+	Sep 15-Dec 15	M	7:30pm-9:00pm	\$121.55/12 sess	reg # 00433574
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Volleyball

VOLLEYBALL LEAGUE - ADULTS

Play in this recreational league that is open to teams of all skill and fitness abilities. Games are based on a ladder system with start times varying depending on seeding for the week. A \$100 Performance Bond is charged when registering.

18yrs+	Sep 21-May 03	Su	7:00am-6:00pm	\$832.00/26 sess	reg # 00438591
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Racquet Sports

Badminton

BADMINTON - INTERMEDIATE - ADULTS

Learn strategy, speed and placement skills to then work on in high-energy games. Basic and refined strokes and control and consistency are also covered. Pre-requisite: Previous badminton experience required.

19yrs+	Sep 08-Dec 22	M	10:00am-11:15am	\$126.60/15 sess	reg # 00433553
19yrs+	Sep 08-Dec 22	M	11:15am-12:30pm	\$126.60/15 sess	reg # 00433554
19yrs+	Sep 04-Dec 18	Th	10:00am-11:15am	\$135.05/16 sess	reg # 00435820
19yrs+	Sep 04-Dec 18	Th	11:20am-12:35pm	\$135.05/16 sess	reg # 00435823

Pickleball

PICKLEBALL - BEGINNER - ADULTS

Learn the rules and basic techniques of this increasingly popular game that combines ping pong, tennis and badminton on a badminton size court utilizing wooden paddles and a plastic wiffle ball. This fun, simple and fast-paced program is designed for beginners. Racquets are supplied if required.

18yrs+	Sep 02-Oct 28	Tu	3:30pm-4:45pm	\$67.50/8 sess	reg # 00433441
18yrs+	Sep 02-Oct 28	Tu	5:00pm-6:15pm	\$67.50/8 sess	reg # 00433442
18yrs+	Nov 04-Dec 16	Tu	3:30pm-4:45pm	\$50.65/6 sess	reg # 00433604
18yrs+	Nov 04-Dec 16	Tu	5:00pm-6:15pm	\$50.65/6 sess	reg # 00433607

PICKLEBALL - INTERMEDIATE - ADULTS

Continue to improve in these high-intensity, drill-focused sessions that focus on perfecting shots and heightening game awareness. Instructed by a certified instructor.

18yrs+	Sep 08-Oct 27	M	2:00pm-3:15pm	\$59.10/7 sess	reg # 00433556
18yrs+	Nov 03-Dec 15	M	2:00pm-3:15pm	\$59.10/7 sess	reg # 00433566



Arts - Dance

Variety

JAZZ AND BALLET BLEND - BEGINNER - 55+

Explore some fundamental techniques of two dance styles along with choreography in these upbeat and enjoyable sessions.

55yrs+	Sep 10-Dec 10	W	2:20pm-3:20pm	\$73.90/11 sess	reg # 00427830
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Ballroom Dancing

BALLROOM DANCING - BEGINNERS

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques. Designed for those new to this style of dance. Suitable for singles and pairs. Please note the 4 different types of ballroom dance listed below.

Try-it (Single Session - Registration Required) - Tango - Beginner

55yrs+	Oct 03	F	3:30pm - 4:30pm	Free/1 sess	reg # 00428058
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Registered Weekly Class - Tango - Beginner

55yrs+	Oct 10-Dec 12	F	3:30pm-4:30pm	\$67.20/10 sess	reg # 00428060
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Try-it (Single Session - Registration Required) - Samba - Beginner

55yrs+	Oct 03	F	4:40pm - 5:40pm	Free/1 sess	reg # 00427986
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Registered Weekly Class - Samba - Beginner

55yrs+	Oct 10-Dec 12	F	4:40pm-5:40pm	\$67.20/10 sess	reg # 00428061
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Try-it (Single Session - Registration Required) - Waltz - Beginner

55yrs+	Oct 05	Su	11:30am - 12:30pm	Free/1 sess	reg # 00428062
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Registered Weekly Class - Waltz - Beginner

55yrs+	Oct 19-Dec 14	Su	11:30am-12:30pm	\$60.50/9 sess	reg # 00428069
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Try-it (Single Session - Registration Required) Jive - Intermediate

55yrs+	Oct 05	Su	12:40pm - 1:40pm	Free/1 sess	reg # 00428067
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Registered Weekly Class -Jive - Intermediate

55yrs+	Oct 19-Dec 14	Su	12:40pm-1:40pm	\$60.50/9 sess	reg # 00428064
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Arts - Dance

ANCIENT ECHOES: THE SPIRIT - 55+

Learn about and experience firsthand these early Chinese dance forms that burst with rich theatrical and elegant themes from the 12th century. No experience required. Suitable for all skill levels.

55yrs+	Sep 20 - Dec 13	Sa	3:00pm - 4:15pm	\$100.80/12 sess	reg # 00427976
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Hip Hop

HIP HOP- 55+

Cover fundamental choreography, technique and freestyle in these positive and fun sessions that includes grooving, pop and locking, krumping and street jazz movements.

55yrs+	Sep 11 - Dec 11	Th	2:15pm - 3:15pm	\$94.10/14 sess	reg # 00427870
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Arts - Music

Drums

DRUMMING RHYTHMS FROM AROUND THE WORLD - 55+

Venture through global rhythms, including Brazilian and African, while learning patterns and tunes on the djembe drum. Drum required at each session or available for use if required. Registration required.

Try-it (Single Session - Registration Required)

55yrs+	Sept 12	F	6:30pm-8:00pm	Free/1 sess	reg # 00427969
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Registered Weekly Class

55yrs+	Sept 19-Nov 07	F	6:30pm-8:00pm	\$80.65/8 sess	reg # 00427971
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Arts - Visual

Ceramics and Sculpture

CREATIVE CLAY - 55+

Exercise hands and improve hand-eye coordination by kneading clay and creating art. This type of creative therapy has been known to stimulate neurological pathways and may also aid in stress reduction. Supplies included.

55yrs+	Sept 12-Oct 17	F	10:30am-12:00pm	\$60.50/6 sess	reg # 00427928
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55yrs+	Oct 24-Nov 28	F	10:30am-12:00pm	\$60.50/6 sess	reg # 00427931
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Computers, Technology and Social Media

Smart Phones, Tablets and Laptops

SMARTPHONES, TABLETS AND LAPTOPS: LEARN FROM A VOLUNTEER - 55+

Meet one-on-one and get help from a friendly and informative volunteer to learn how to use text messaging, email, camera, browsers, downloading and using apps and more. Bring questions. Personal device required at each class or utilize our iPad during the session. Registration required.

55yrs+	Sep 10	W	10:00am-10:30am	FREE/1 sess	reg # 00428108
55yrs+	Sep 10	W	10:30am-11:00am	FREE/1 sess	reg # 00428112
55yrs+	Sep 10	W	11:00am-11:30am	FREE/1 sess	reg # 00428115
55yrs+	Oct 08	W	10:00am-10:30am	FREE/1 sess	reg # 00428121
55yrs+	Oct 08	W	10:30am-11:00am	FREE/1 sess	reg # 00428126
55yrs+	Oct 08	W	11:00am-11:30am	FREE/1 sess	reg # 00428133
55yrs+	Oct 29	W	10:00am-10:30am	FREE/1 sess	reg # 00428144
55yrs+	Oct 29	W	10:30am-11:00am	FREE/1 sess	reg # 00428143
55yrs+	Oct 29	W	11:00am-11:30am	FREE/1 sess	reg # 00428148
55yrs+	Nov 12	W	10:00am-10:30am	FREE/1 sess	reg # 00428153
55yrs+	Nov 12	W	10:30am-11:00am	FREE/1 sess	reg # 00428161
55yrs+	Nov 12	W	11:00am-11:30am	FREE/1 sess	reg # 00428164
55yrs+	Nov 26	W	10:00am-10:30am	FREE/1 sess	reg # 00428182
55yrs+	Nov 26	W	10:30am-11:00am	FREE/1 sess	reg # 00428183
55yrs+	Nov 26	W	11:00am-11:30am	FREE/1 sess	reg # 00428184
55yrs+	Dec 10	W	10:00am-10:30am	FREE/1 sess	reg # 00428185
55yrs+	Dec 10	W	10:30am-11:00am	FREE/1 sess	reg # 00428186
55yrs+	Dec 10	W	11:00am-11:30am	FREE/1 sess	reg # 00428187

Racquet Sports

Pickleball

PICKLEBALL - BEGINNER - FOR WOMEN - 55+

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball. Suitable for beginners. Paddles provided for use if required.

55yrs+	Sep 05-Oct 31	F	9:30am-10:45am	\$75.95/9 sess	reg # 00435830
55yrs+	Sep 05-Oct 31	F	10:50am-12:05pm	\$75.95/9 sess	reg # 00435833
55yrs+	Nov 07-Dec 19	F	9:30am-10:45am	\$59.10/7 sess	reg # 00435832
55yrs+	Nov 07-Dec 19	F	10:50am-12:05pm	\$59.10/7 sess	reg # 00435831

Racquet Sports

Pickleball

PICKLEBALL - BEGINNER - 55+

Improve shots using a drilling format to move to the next level of play and learn intermediate skills, techniques and strategies along with rules and etiquette. Pre-requisite: Pickleball - Beginner or basic Pickleball knowledge.

55yrs+	Sep 08-Oct 27	M	12:45pm-2:00pm	\$59.05/7 sess	reg # 00433555
55yrs+	Nov 03-Dec 15	M	12:45pm-2:00pm	\$59.05/7 sess	reg # 00433567

Pickleball

PICKLEBALL - INTERMEDIATE - 55+

Continue to improve in these high-intensity, drill-focused sessions that focus on perfecting shots and heightening game awareness. Instructed by a certified instructor. Paddles provided for use if required. Pre-requisite: Pickleball - Beginner

55yrs+	Sep 03-Oct 29	W	11:45am-1:15pm	\$91.15/9 sess	reg # 00433639
55yrs+	Sep 03-Oct 29	W	1:20pm-2:50pm	\$91.15/9 sess	reg # 00434307
55yrs+	Nov 05-Dec 17	W	11:45am-1:15pm	\$70.90/7 sess	reg # 00433644
55yrs+	Nov 05-Dec 17	W	1:20pm-2:50pm	\$70.90/7 sess	reg # 00434310

Fitness

Active Movement for Chronic Conditions

MIND TO MUSCLE - 55+

Improve overall fitness and well-being by focusing on mobility to stability work that includes balance, agility, flexibility, rehabilitation, core, cardio and overall strengthening. Suitable for beginners.

55yrs+	Sep 03-Dec 17	W	1:10pm-2:10pm	\$108.90/15 sess	reg # 00429947
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Cardio, Strength and Athletics

LADIES WHO LIFT - 60+

Develop lean and functional muscle tone with foundational lifts and learn how to create a fitness program for the gym while working on posture alignment and progressive overload. Suitable for beginners.

60yrs+	Sep 08-Dec 15	M	9:30am-10:30am	\$133.70/12 sess	reg # 00432930
60yrs+	Sep 08-Dec 15	M	10:45am-11:45am	\$133.70/12 sess	reg # 00432931

Fitness

Cycling

CYCLE AND STRENGTH - GOLD- 75+

Combine cycling and strength training to become stronger, more balanced and energized. This results-oriented class covers cadence, balance and strength and is done to age-appropriate music. Suitable for beginners 75+ years.

75yrs+	Sep 08-Dec 15	M	1:00pm-2:00pm	\$91.00/13 sess	reg # 00430244
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CYCLE AND STRENGTH - SILVER - 55+

Combine cycling and strength training to become stronger, more balanced and energized. This results-oriented class covers cadence, balance and strength and is done to age-appropriate music. Suitable for beginners 55+ years.

55yrs+	Sep 02-Dec 16	Tu	11:45am-12:45pm	\$91.00/13 sess	reg # 00430245
55yrs+	Sep 03-Dec 17	W	12:10pm-1:00pm	\$98.00/14 sess	reg # 00430516
55yrs+	Sep 04-Dec 18	Th	11:50am-12:50pm	\$105.00/15 sess	reg # 00430521
55yrs+	Sep 05-Dec 19	F	1:10pm-1:50pm	\$98.00/14 sess	reg # 00444992

Dance Fitness

ZUMBA® - GOLD - 55+

Move gently with low impact exercises designed for older adults with slight mobility issues. Experience all of the fun, zesty Latin music and easy-to-follow routines of traditional Zumba®! Suitable for all fitness levels.

55yrs+	Sep 09-Dec 16	Tu	1:00pm-2:00pm	\$98.00/14 sess	reg # 00429950
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Fitness

Mind Body, Mobility and Flexibility

HATHA YOGA - SILVER - 55+

Aim to achieve a healthier body and clearer mind in this slower-paced and stretching-focused class that covers breathing techniques and meditation.

55yrs+	Sep 02-Dec 16	T	2:05pm-3:05pm	\$144.80/13 sess	reg # 00428433
55yrs+	Sep 04-Dec 18	Th	2:05pm-3:05pm	\$155.95/14 sess	reg # 00429937

Martial Arts

Health Qigong

QIGONG FOR HEALTH - ALL LEVELS - 55+

Continue to build on this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation. Instructed by a certified Qigong instructor.

55yrs+	Sept 12-Dec 12	F	2:00pm-3:00pm	\$94.20/14 sess	reg # 00427934
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Health and Wellness

Workshops

ALZHEIMER SOCIETY OF BC PUBLIC HEALTH TALK ON BRAIN HEALTH AND DEMENTIA - 55+ Join this session to learn about brain health, different types of dementia and how to reduce the risks. Q&A session included. Presented by the Alzheimer Society of BC. Registration required.

55yrs+	Oct 15	W	10:30am-12:00pm	FREE/1 sess	reg # 00427816
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General Interest

Safety Series

BEHIND THE WHEEL - NAVIGATING ROAD SAFETY - 55+

Learn tips to help support older drivers understand how to do a self-assessment, navigate driver's fitness test and stay safe. Presented by the Insurance Corporation of BC (ICBC). Registration required.

55yrs+	Oct 22	W	10:30am-12:00pm	FREE/1 sess	reg # 00427844
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General Interest

Workshops

JOURNEY THROUGH TIME WORKSHOP - 55+

Travel back through time and discover the history of Richmond. Offered in collaboration with the Friends of the Richmond Archives. Registration required..

55yrs+	Nov 12	W	10:30am-12:00pm	FREE/1 sess	reg # 00427849
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Events and Seasonal Programs

October

NATIONAL SENIORS DAY - SOCIAL - 55+

Celebrate the day with a light refreshments, learning about 55+ year program activities and sharing ideas for future programming. Registration required.

55yrs+	Oct 01	W	10:00am-10:45am	Free/1 sess	reg # 00427827
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December

UKE-ING AND SINGING AROUND THE CHRISTMAS TREE - 55+

Bring a ukulele and a music stand and celebrate the season playing and singing familiar holiday tunes with ukulele friends. Music, light refreshments and snacks provided. No refunds within 7 days of event.

55yrs+	Dec 03	W	3:00pm-5:00pm	\$12.05/1 sess	reg # 00427828
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Out Trips and Tours

September

GRANVILLE ISLAND MARKET TRIP - 55+
Shop and stroll through this world famous Vancouver public market with time included for a delicious lunch. Bring a lunch or dine at one of the local restaurants. Transportation only included.

55yrs+	Sep 17	W	10:00am-2:30pm	\$25.00/1 sess	reg # 00428203
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October

FOUR WINDS BEACH HOUSE & BREWERY TRIP - 55+
Enjoy a relaxed evening at this vibrant new spot in the heart of Tsawwassen's beachside Southlands community. Dine in the casual lounge setting with the option to explore the nearby "Secret Garden" in Boundary Bay after dinner (weather permitting).
Transportation only included.

55yrs+	Oct 08	W	4:15pm-7:45pm	\$20.50/1 sess	reg # 00428208
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November

CITY OF RICHMOND ARCHIVES TOUR - 55+
Celebrate Archives Week with this special talk and behind-the-scenes tour of this local archives. Offered in collaboration with the Friends of the Richmond Archives.
Registration required.

55yrs+	Nov 19	W	10:00am-12:00pm	Free/1 sess	reg # 00430268
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YOUTH FACILITY PASSES (13-18YRS)

Youth Facility Pass 1: FREE (includes the following drop-in activities from Sept to June) :

Monday-Friday	Lunch Time Facility Access	12:50pm-1:35pm
Fridays	Friday Night Hangout	8:00pm-11:15pm

Youth Facility Pass 2: \$7.00/year (includes Youth Facility Pass 1, plus):

Monday-Friday	Afternoon Fitness*	3:00pm-5:00pm
Fridays	Friday Night Basketball	8:00pm-11:15pm
Fridays	Friday Night Volleyball	8:15pm-10:15pm
Fridays	Friday Night Girls Only Volleyball	6:15pm-8:15pm

*For afternoon fitness, youth must submit a signed parental consent form, a PARQ form, and completion of a Youth Orientation Session.

Please note, the Youth Facility Pass also includes:

Activity Room Equipment Rentals - Pool, Foosball, Playstation 4, Nintendo Switch and Table Top Games. Equipment loans - Soccer ball, Basketballs Volleyball, Spikeball Set, and Phone Charger Rental

55+YRS FACILITY PASS

Cost: \$19.00/Year

The West Richmond Seniors Facility Pass provides access to the following drop-in activities:

Sundays	Chinese Folk Dancing	2:00pm-4:00pm
Mondays	French Conversation Group	10:30am-12:00pm
Tuesdays	Chinese Folk Dancing	9:45am-10:45am
Tuesdays	English Conversation Group Beginner *contact Karen Chiu for level information	11:00am-12:30pm
Tuesdays	Spanish Conversation Group Online - Intermediate	1:30pm-3:00pm
Tuesdays	Scottish Country Dancing	2:15pm-3:45pm
Wednesdays	Ukulele Circle	6:30pm-8:00pm
Thursdays	English Conversation Group Intermediate *contact Karen Chiu for level information	11:00am-12:15pm

Have questions? Please contact Karen Chiu at 604-238-8431.
To purchase your Annual Facility Pass, please visit the front desk.

Drop-In & Pre-registered Fitness Classes (Fall 2025)

MON	TUES	WEDS	THURS	FRI	SAT	SUN
Cycle Fit* 8:15-9:00 AM Sabine	Cycle Fit Express 8:10-8:50 AM Richard	Cycle Fit* 8:15-9:00 AM Sabine	Cycle Fit Express 8:10-8:50 AM Richard	Cycle Fit* 8:15-9:00 AM Sabine		
Cardio Strength* 9:15-10:15 AM Olga	Step and Sculpt* 9:00-10:15 AM Sabine	Cardio Strength* 9:15-10:15 AM Brenda	Total Body Conditioning* 9:00-10:00 AM Sabine		Drop-In Step 9:15-10:15 AM Jackie	Drop-In Cardio Combo 9:15-10:15 AM Brenda
	Hybrid - Low Impact 10:30-11:30 AM Sabine	Hybrid - Pure Stretch Express 10:20-10:50 AM Sabine	Roll and Release 10:10-10:40 AM		Cycle Fit 10:30-11:15 AM Brenda	Cycle Fit 10:30-11:15 AM Richard
Hybrid Pure Strength 11:45-12:45 PM Sabine	Registered Class - Free Fitness for Girls - Youth 3:15-4:00 PM Olga	Hybrid Pure Strength 11:00-12:00 PM Sabine	Hybrid - Ease into Fitness 10:45-11:45 AM Gail	In-Person Pure Strength 55+ 12:00-1:00 PM Murray		
Drop-In Cardio Combo 6:00-7:00 PM Nidia	Cycle Fit 6:15-7:00 PM Daniel		Cardio Combo 6:00-7:00 PM Brenda	Registered Class - Free Fitness for Girls - Youth 3:15-4:00 PM Olga		
	Drop-In Yoga - Hatha Style 7:10-8:10 PM Olga					

Please note, all classes labelled "Hybrid" have both an in-person and online option.
Pre-registration required for classes not listed as drop-in.

*INTERMEDIATE/ADVANCED CLASS



13-18YRS



ADULTS (19+YRS)



55+YRS

Weekly In-Person and Online Classes: Unless specified as a drop-in class, pre-registration is required and opens for the following week every Tuesday at 6:00 AM. For in-person classes, register online at Richmond.ca/register and under "Registered Visits" select West Richmond Community Centre. For online classes, under the appropriate age group, select "Online-Programs".

Registered Classes: Registration is available starting Tuesday, July 15 at 9PM. Register online at Richmond.ca/register and under the appropriate age group, select "Fitness".

To register by phone, call the registration call centre at 604-276-4300, Mon-Fri, 8:30am-5:00pm.

TOTAL FITNESS PASSES

Total Fitness Pass	Youth 13-18yrs Senior 55+yrs	Adult 19+yrs
Drop-in	\$5.10	\$6.95
Yoga Drop-in	\$8.75	\$8.75
Visit Card	\$41.00/10	\$56.00/10
*1 Month	\$48.00	\$59.00
*3 Months	\$107.00	\$129.00
*6 Months	\$184.00	\$221.00
*1 Year	\$306.00	\$371.00
**Family Add-On	N/A	\$306.00

PERSONAL TRAINING

Total Fitness Pass	One on One	Train with a friend
1 session	\$67.54	\$101.36
3 sessions	\$192.58	\$288.93
5 sessions	\$304.10	\$456.21
10 sessions	\$574.44	\$861.77
5 sessions	\$154.25	(30 minutes)
10 sessions	\$304.10	(30 minutes)
20 sessions	\$574.44	(30 minutes)

*Monthly/yearly pass holders can attend drop-in fitness classes and fitness centres at other facilities by presenting their pass for an add-on fee of \$1 (Community Centres) and \$4.80 (Minoru Centre for Active Living and Watermania). Yoga classes are not included in this offer.

**For family members residing in the same residence. With the purchase of a 1 year Adult Total Fitness Pass, one additional adult may be added for the price listed above. Passes must be purchased at the same time and are non-transferable.



West Richmond Community Centre
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@westrichmondcc



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