

WINTER PROGRAMS 2026



Jan 6-Mar 31, 2026

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

HOW TO REGISTER

Get ready to register for Winter Programs:

Tue, Nov 18 at 9:00pm (Online)
(8:00pm for City of Richmond Aquatics)

Wed, Nov 19
(In-Person/Call Centre)

1. Online: richmond.ca/register
2. By Phone: **604-276-4300**,
Mon-Fri 8:30am-5:00pm
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:

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

Feb 16: 8:00 am - 8:00 pm

PROGRAMS

	PRESCHOOLERS (0-5YEARS)..	PG 2-5
	CHILDREN (6-12YEARS).....	PG 6-10
	YOUTH (13-18YEARS).....	PG 11
	ADULTS (19+YEARS).....	PG 12-16
	55+YEARS.....	PG 17-23
	FACILITY PASSES.....	PG 24
	FITNESS.....	PG 25-26

CONTACT US

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FOLLOW US ON SOCIAL MEDIA



@westrichmondcc



@westrichmondcc



PRESCHOOLERS (0-5YRS)

Arts - Dance

Creative Movement

CREATIVE MOVEMENT - PRESCHOOLERS

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

3-5yrs	Jan 14-Mar 11	W	3:30-4:15pm	\$61.15/9 sess	#00463260
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Arts - Visual

Arts For Twos

ART FOR TWOS - PARENT AND TOT - PRESCHOOLERS

Paint, draw, make crafts and sing songs in this fun and interactive program. Parent participation required.

2-3yrs	Jan 10-Mar 7	Sa	9:15-10:15am	\$81.55/9 sess	#00470594
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Arts

ART JAM - PRESCHOOLERS

Create concept drawings, explore colour palettes and improve freehand drawing skills in these specialized sessions designed by a former Disney animator from Happy Kids Studios.

4-5yrs	Jan 4-Feb 8	Su	9:30-10:30am	\$120.00/6 sess	#00470128
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4-5yrs	Feb 15 - Mar 22	Su	9:30-10:30am	\$120.00/6 sess	#00470131
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Arts Combo

ARTS COMBO - PRESCHOOLERS

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

4-5yrs	Jan 10-Mar 7	Sa	10:45-11:45am	\$81.55/9 sess	#00470596
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PRESCHOOLERS (0-5YRS)

Arts - Visual

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	Jan 15-Mar 12	Th	3:45-4:30pm	\$61.15/9 sess	#00474671
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Arts - Music

Music - Parent and Tot

MUSIC - PARENT AND TOT - PRESCHOOLERS

Move, sing and play instruments for large motor and listening skills development. Parent participation required.

1-5yrs	Jan 9-Mar 13	F	9:15-9:45am	\$45.30/10 sess	#00463206
1-5yrs	Jan 9-Mar 13	F	9:50-10:20am	\$45.30/10 sess	#00463207
1-5yrs	Jan 9-Mar 13	F	10:25-10:55am	\$45.30/10 sess	#00463209

General Interest

Variety

CONNECT, PLAY AND EXPLORE - PARENT AND TOT - PRESCHOOLERS

Boost early learning development with sensory play, music and art activities that encourage connection and interaction in a safe, enriching and social setting. Parent participation required. Supplies included.

1-5yrs	Jan 7-Mar 11	W	11:45am-12:45pm	\$90.60/10 sess	#00460830
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PRESCHOOLERS (0-5YRS)

Sports

Basketball

BASKETBALL - PRESCHOOLERS

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

3-5yrs	Jan 5-Mar 9	M	3:30-4:15pm	\$50.60/10 sess	#00471722
3-5yrs	Jan 8-Mar 12	Th	3:30-4:15pm	\$50.60/10 sess	#00471757
3-5yrs	Jan 10-Mar 14	Sa	10:25-11:10am	\$45.55/9 sess	#00471591
3-5yrs	Mar 16-Mar 20	M-F	9:00-9:45am	\$25.30/5 sess	#00477937
3-5yrs	Mar 23-Mar 27	M-F	9:00-9:45am	\$25.30/5 sess	#00478014

Soccer

SOCCER - PRESCHOOLERS

Learn sport specific skills in a fun and welcoming environment.

4-5yrs	Jan 7-Mar 11	W	3:30-4:15pm	\$50.60/10 sess	#00471742
4-5yrs	Mar 16-Mar 20	M-F	12:30-1:15pm	\$25.30/5 sess	#00477949
4-5yrs	Mar 23-Mar 27	M-F	12:30-1:15pm	\$25.30/5 sess	#00478023

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	Jan 10-Mar 14	Sa	9:30-10:15am	\$45.55/9 sess	#00471589
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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	Jan 11-Mar 15	Su	9:30-10:15am	\$180.00/10 sess	#00471686
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Preschoolers (4-5yrs)

4-5yrs	Jan 11-Mar 15	Su	10:15-11:15am	\$180.00/10 sess	#00471692
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PRESCHOOLERS (0-5YRS)

Sports

Gymnastics Kids Canmove™

GYMNASTICS KIDS CANMOVE (TM)

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	Jan 10-Mar 14	Sa	9:30-10:15am	\$67.50/9 sess	#00471596
2-3yrs	Jan 10-Mar 14	Sa	10:20-11:05am	\$67.50/9 sess	#00471630

Preschoolers (4-5yrs)

4-5yrs	Jan 10-Mar 14	Sa	11:10-11:55am	\$67.50/9 sess	#00471650
4-5yrs	Jan 10-Mar 14	Sa	12:00-12:45pm	\$67.50/9 sess	#00471644

Fitness

Mind Body, Mobility and Flexibility

YOGA PLAYTIME - PARENT AND TOT - PRESCHOOLERS

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

1-5yrs	Jan 14-Mar 11	W	10:45-11:30am	\$68.25/9 sess	#00463252
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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	Mar 16-Mar 20	M-F	9:00am-4:00pm	\$362.50/5 sess	#00466456
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Variety Camps

DAYCAMP - MAGIC CAMP - CHILDREN

Amaze friends and family by learning magic tricks and sleight-of-hand skills taught by a professional magician. A magic show for family members presented on the last day. Instructed by John Kaplan of Abracadabra Show Productions.

9-12yrs	Mar 23-Mar 26	M/Tu/W/Th	9:00am-11:30am	\$122.00/4 sess	reg # 00467884
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Arts - Dance

Hip Hop

HIP HOP - CHILDREN

Move, groove, and learn dance steps to the newest beats in this fun-filled setting.

6-9yrs	Jan 13-Mar 10	Tu	4:35-5:35pm	\$81.55/9 sess	#00466972
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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.

Children (6-9 yrs)

6-9yrs	Jan 8-Mar 12	Th	3:45-4:45pm	\$90.60/10 sess	#00466518
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Preteens (9-12 yrs)

9-12yrs	Jan 08-Mar 12	Th	4:50pm-5:50pm	\$90.60/10 sess	reg # 00466528
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CHILDREN (6-12YRS)

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+	Jan 10-Feb 28	Sa	9:15-9:45am	\$179.95/7 sess	#00477999
6yrs+	Jan 10-Feb 28	Sa	9:50-10:20am	\$179.95/7 sess	#00478001
6yrs+	Jan 10-Feb 28	Sa	10:25-10:55am	\$179.95/7 sess	#00478002
6yrs+	Jan 10-Feb 28	Sa	11:00-11:30am	\$179.95/7 sess	#00478004

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+	Jan 11-Mar 8	Su	9:15-9:45am	\$306.00/9 sess	#00476993
6yrs+	Jan 11-Mar 8	Su	9:50-10:20am	\$306.00/9 sess	#00476994
6yrs+	Jan 11-Mar 8	Su	10:25-10:55am	\$306.00/9 sess	#00476995
6yrs+	Jan 11-Mar 8	Su	11:00-11:30am	\$306.00/9 sess	#00476996
6yrs+	Jan 11-Mar 8	Su	11:35am-12:05pm	\$306.00/9 sess	#00476998
6yrs+	Jan 11-Mar 8	Su	12:10-12:40pm	\$306.00/9 sess	#00476997
6yrs+	Jan 11-Mar 8	Su	12:45-1:15pm	\$306.00/9 sess	#00476999
6yrs+	Jan 11-Mar 8	Su	1:20-1:50pm	\$306.00/9 sess	#00477000
6yrs+	Jan 11-Mar 8	Su	1:55-2:25pm	\$306.00/9 sess	#00477001

Arts - Visual

Cartoons, Comics and Manga

CARTOONING - 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	Jan 4-Feb 8	Su	10:40-11:40am	\$120.00/6 sess	#00470137
6-8yrs	Feb 15-Mar 22	Su	10:40-11:40am	\$120.00/6 sess	#00470141

Arts - Visual

Cartoons, Comics and Manga

CHARACTER DESIGN - CHILDREN

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

9-11yrs	Jan 4-Feb 8	Su	11:50am-12:50pm	\$120.00/6 sess	#00470155
9-11yrs	Feb 15-Mar 22	Su	11:50am-12:50pm	\$120.00/6 sess	#00470161

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	Jan 15-Mar 12	Th	4:45-5:45pm	\$81.55/9 sess	#00474673
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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	Jan 10-Mar 7	Sa	12:00-1:00pm	\$81.55/9 sess	#00470597
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Arts - Performing

Acting and Improv Theatre

IMPROV - BEGINNERS - CHILDREN

Share the joy of improv-based drama activities in a fun, safe and low-pressure environment. Come and interact and share a few laughs. No experience required.

9-12yrs	Jan 8-Mar 12	Th	5:00-6:00pm	\$90.60/10 sess	#00470455
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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	Jan 9-Mar 13	F	4:30-6:00pm	\$142.65/10 sess	#00456812
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CHILDREN (6-12YRS)

General Interest

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	Jan 7-Mar 11	W	4:30-6:00pm	\$142.65/10 sess	#00474869
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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	Jan 5-Mar 9	M	5:15-6:15pm	Free/10 sess	#00465547
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Racquet Sport

Pickleball Beginner

PICKLEBALL - BEGINNER - 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.

9-12yrs	Jan 9-Mar 13	F	3:30-4:30pm	\$60.75/9 sess	#00470181
9-12yrs	Jan 9-Mar 13	F	4:30-5:30pm	\$60.75/9 sess	#00470191

Sports

Multisport

CHILDREN/PRETEENS

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

7-11yrs	Mar 16-Mar 20	M-F	2:25-3:25pm	\$32.80/5 sess	#00477968
7-11yrs	Mar 23-Mar 27	M-F	2:25-3:25pm	\$32.80/5 sess	#00478026

Sports

Basketball

BASKETBALL - CHILDREN/PRETEENS

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

Children (6-9 yrs)

6-9yrs	Jan 5-Mar 9	M	4:20-5:20pm	\$67.50/10 sess	#00471726
6-9yrs	Jan 8-Mar 12	Th	4:20-5:20pm	\$67.50/10 sess	#00471759
6-9yrs	Mar 16-Mar 20	M-F	9:50-10:50am	\$33.75/5 sess	#00477941
6-9yrs	Mar 23-Mar 27	M-F	9:50-10:50am	\$33.75/5 sess	#00478015

Preteens (9-12 yrs)

10-12yrs	Jan 8-Mar 12	Th	5:25-6:25pm	\$67.50/10 sess	#00471764
10-12yrs	Mar 16-Mar 20	M-F	10:55-11:55am	\$33.75/5 sess	#00477944
10-12yrs	Mar 23-Mar 27	M-F	10:55-11:55am	\$33.75/5 sess	#00478016

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	Jan 5-Mar 9	M	5:25-6:25pm	\$67.50/10 sess	#00471732
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Soccer

SOCCER SKILLS - CHILDREN

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

6-9yrs	Jan 7-Mar 11	W	4:20-5:20pm	\$67.50/10 sess	#00471746
6-9yrs	Jan 7-Mar 11	W	5:25-6:25pm	\$67.50/10 sess	#00471747
6-9yrs	Mar 16-Mar 20	M-F	1:20-2:20pm	\$33.75/5 sess	#00477962
6-9yrs	Mar 23-Mar 27	M-F	1:20-2:20pm	\$33.75/5 sess	#00478024

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	Jan 10-Mar 7	Sa	1:40-2:40pm	\$60.75/9 sess	#00465480
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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	Jan 10-Mar 7	Sa	12:35-1:35pm	\$60.75/9 sess	#00465500
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YOUTH (13-18YRS)

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	Jan 6-Mar 10	Tu	3:15-4:00pm	Free/10 sess	#00469057
13-18yrs	Jan 9-Mar 13	F	3:15-4:00pm	Free/9 sess	#00469074



Sports

Volleyball

VOLLEYBALL -YOUTH

Development fundamental volleyball skills in this developmental program.

13-18yrs	Jan 10-Mar 7	Sa	2:45-3:45pm	\$60.75/9 sess	#00465473
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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	Jan 9-Mar 13	F	7:10-8:10pm	\$90.60/10 sess	#00467428
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Fitness

Cardio, Strength and Athletics

LADIES WHO LIFT - BEGINNER/INTERMEDIATE - 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/intermediate.

19yrs+	Jan 9-Mar 13	F	9:30-10:30am	\$142.10/10 sess	#00470390
19yrs+	Jan 9-Mar 13	F	10:45-11:45am	\$142.10/10 sess	#00470394

LADIES WHO LIFT - BEGINNER/INTERMEDIATE - 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/intermediate.

40yrs+	Jan 7-Mar 18	W	9:30-10:30am	\$156.30/11 sess	#00460817
40yrs+	Jan 7-Mar 18	W	10:45-11:45am	\$156.30/11 sess	#00460819
40yrs+	Jan 7-Mar 18	W	6:00-7:00pm	\$156.30/11 sess	#00460821
40yrs+	Jan 7-Mar 18	W	7:15-8:15pm	\$156.30/11 sess	#00460824

Dance Fitness

CARDIO SALSA - LEVEL 1 - ADULTS

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

18yrs+	Jan 8-Mar 19	Th	1:00-2:00pm	\$98.25/11 sess	#00459078
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CARDIO SALSA - LEVEL 2 - ADULTS

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

18yrs+	Jan 9-Mar 20	F	9:15-10:15am	\$98.25/11 sess	#00459070
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CARDIO DANCE FIT - LATIN - ADULTS

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

18yrs+	Jan 5-Mar 16	M	7:15-8:15pm	\$89.30/10 sess	#00463186
18yrs+	Jan 7-Mar 11	W	7:15-8:15pm	\$89.30/10 sess	#00465404

ADULTS (19+YRS)

Dance Fitness

ZUMBA® - ADULTS

Move to zesty Latin and international music in this dance fitness program that offers a great cardiovascular workout with easy-to-follow routines.

18yrs+	Jan 9-Mar 13	F	6:00-7:00pm	\$89.30/10 sess	# 00460503
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Mind Body, Mobility and Flexibility

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.

PILATES FUSION - LEVEL 1 - ADULTS

18yrs+	Jan 5-Mar 16	M	10:30-11:30am	\$101.10/10 sess	# 00463185
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PILATES FUSION - LEVEL 2 - ADULTS

18yrs+	Jan 9-Mar 20	F	10:30-11:30am	\$111.20/10 sess	# 00459075
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Martial Arts

Tai Chi

TAI CHI - ALL LEVELS - KOO STYLE - BEGINNER - ADULTS

Combine basic Chinese martial arts and meditation in these exercise sessions that improves health, balance, posture, flexibility and peace of mind. Suitable for beginners.

18 yrs+	Jan 15-Mar 5	Th	7:30-9:00pm	\$170.50/8 sess	# 00460152
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Arts - Dance

Ballroom Dancing

BALLROOM DANCING - FOXTROT - 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+	Jan 25-Mar 15	Su	11:30am-12:30pm	\$63.40/7 sess	# 00467569
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BALLROOM DANCING - SAMBA - 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+	Jan 25-Mar 15	Su	12:40-1:40pm	\$63.40/7 sess	# 00467571
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BALLROOM DANCING - CHA CHA - 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+	Jan 23-Mar 13	F	3:30-4:30pm	\$63.40/7 sess	# 00467555
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BALLROOM DANCING - VIENNA WALTZ/QUICK STEP - 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+	Jan 23-Mar 13	F	4:40-5:40pm	\$63.40/7 sess	# 00467550
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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+	Jan 09-Mar 13	F	8:15-9:15pm	\$90.60/10 sess	# 00467564
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ADULTS (19+YRS)

Arts - Dance

Bellydancing

BELLYDANCING - LEVEL 1 - ADULTS

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

18yrs+	Jan 14-Mar 11	W	6:00-7:00pm	\$81.55/9 sess	# 00472269
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BELLYDANCING - LEVEL 2- ADULTS

Continue to build skills in these positive, and highly expressive dance sessions that focus primarily on movements of the hips and torso. Prerequisite: Bellydancing - Level 1.

18yrs+	Jan 12-Mar 9	M	8:20-9:20pm	\$72.50/8 sess	# 00472267
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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 session.

18yrs+	Jan 10-Feb 28	Sa	11:30am-12:30pm	\$66.55/7 sess	# 00478005
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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+	Jan 13-Mar 10	Tu	9:30-10:30am	\$81.55/9 sess	# 00470617
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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+	Jan 5-Mar 9	M	7:30-9:00pm	\$101.25/10 sess	#00471734
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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+	Jan 5-Mar 9	M	10:00-11:15am	\$67.50/8 sess	#00471711
19yrs+	Jan 5-Mar 9	M	11:15am-12:30pm	\$67.50/8 sess	#00471715
19yrs+	Jan 8-Mar 12	Th	10:00-11:15am	\$84.35/10 sess	#00471753
19yrs+	Jan 8-Mar 12	Th	11:15am-12:30pm	\$84.35/10 sess	#00471756

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+	Jan 6-Mar 10	Tu	3:30-4:45pm	\$84.35/10 sess	#00469990
18yrs+	Jan 6-Mar 10	Tu	4:45-6:00pm	\$84.35/10 sess	#00470004

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+	Jan 5-Mar 9	M	2:00-3:15pm	\$67.50/8 sess	#00469968
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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+	Jan 14-Mar 11	W	2:20-3:20pm	\$60.50/9 sess	#00463486
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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) - Cha Cha - Beginner

55yrs+	Jan 16	F	3:30-4:30pm	Free/1 sess	#00466712
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Registered Weekly Class - Cha Cha - Beginner

55yrs+	Jan 23-Mar 13	F	3:30-4:30pm	\$47.05/7 sess	#00467172
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Try-it (single session - registration required) - Vienna Waltz/Quick Step - Beginner

55yrs+	Jan 16	F	4:40-5:40pm	Free/1 sess	#00466718
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Registered Weekly Class - Vienna Waltz/Quick Step - Beginner

55yrs+	Jan 23-Mar 13	F	4:40-5:40pm	\$47.05/7 sess	#00467199
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Try-it (single session - registration required) - Foxtrot - Beginner

55yrs+	Jan 18	Su	11:30am-12:30pm	Free/1 sess	#00466722
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Registered Weekly Class - Foxtrot - Beginner

55yrs+	Jan 25-Mar 15	Su	11:30am-12:30pm	\$47.05/7 sess	#00467214
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Try-it (single session - registration required) Samba - Intermediate

55yrs+	Jan 18	Su	12:40-1:40pm	Free/1 sess	#00466728
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Registered Weekly Class -Samba - Intermediate

55yrs+	Jan 25-Mar 15	Su	12:40-1:40pm	\$47.05/7 sess	#00467229
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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.

Try-it (single session - registration required)

55yrs+	Jan 10	Sa	3:00-4:15pm	Free/1 sess	#00463526
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Registered Weekly Class

55yrs+	Jan 17-Mar 14	Sa	3:00-4:15pm	\$67.20/8 sess	#00463527
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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.

Try-it (single session - registration required)

55yrs+	Jan 13	Tu	3:30-4:30pm	Free/1 sess	#00463482
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Registered Weekly Class

55yrs+	Jan 20-Mar 10	Tu	3:30-4:30pm	\$53.75/8 sess	#00463483
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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+	Jan 9-Mar 13	F	9:30-10:30am	\$67.20/10 sess	#00463487
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Photography

PHOTOGRAPY FUNDAMENTALS - LEVEL 1 - 55+

Explore a camera's functions and learn some basic photographic techniques. Digital camera provided for use if required.

55yrs+	Jan 9-Mar 13	F	11:00am-12:30pm	\$100.80/10 sess	#00472679
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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+	Jan 14	W	10:00-10:30am	Free/1 sess	#00467840
55yrs+	Jan 14	W	10:30-11:00am	Free/1 sess	#00467889
55yrs+	Jan 14	W	11:00-11:30am	Free/1 sess	#00467890
55yrs+	Feb 11	W	10:00-10:30am	Free/1 sess	#00467891
55yrs+	Feb 11	W	10:30-11:00am	Free/1 sess	#00467895
55yrs+	Feb 11	W	11:00-11:30am	Free/1 sess	#00467915
55yrs+	Feb 25	W	10:00-10:30am	Free/1 sess	#00467918
55yrs+	Feb 25	W	10:30-11:00am	Free/1 sess	#00467920
55yrs+	Feb 25	W	11:00-11:30am	Free/1 sess	#00467921
55yrs+	Mar 11	W	10:00-10:30am	Free/1 sess	#00467925
55yrs+	Mar 11	W	10:30-11:00am	Free/1 sess	#00467927
55yrs+	Mar 11	W	11:00-11:30am	Free/1 sess	#00467928
55yrs+	Mar 25	W	10:00-10:30am	Free/1 sess	#00467930
55yrs+	Mar 25	W	10:30-11:00am	Free/1 sess	#00467934
55yrs+	Mar 25	W	11:00-11:30am	Free/1 sess	#00467936

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+	Jan 9-Mar 13	F	9:30-10:45am	\$75.95/9 sess	#00470133
55yrs+	Jan 9-Mar 13	F	10:45am-12:00pm	\$75.95/9 sess	#00470118

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+	Jan 5-Mar 9	M	12:45-2:00pm	\$67.50/8 sess	#00469955
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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+	Jan 7-Mar 11	W	11:45am-1:15pm	\$101.25/10 sess	#00470083
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55yrs+	Jan 7-Mar 11	W	1:15-2:45pm	\$101.25/10 sess	#00470089
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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+	Jan 7-Mar 18	W	1:00-2:00pm	\$79.85/11 sess	#00460507
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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+	Jan 5-Mar 16	M	9:30-10:30am	\$111.40/10 sess	#00460590
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60yrs+	Jan 5-Mar 16	M	10:45-11:45am	\$111.40/10 sess	#00460599
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Fitness

Cardio, Strength and Athletics

STAY STRONG - 55+

Exercise safely with gentle movements that focus on increasing range of motion, strength, balance and agility to better manage daily activities.

55yrs+	Jan 5-Mar 16	M	2:15-3:10pm	\$70.00/10 sess	#00460506
55yrs+	Jan 8-Mar 19	Th	2:15-3:10pm	\$77.00/11 sess	#00472314

Cardio, Strength and Athletics

STAY STRONG - 65+

Exercise safely with gentle movements that focus on increasing range of motion, strength, balance and agility to better manage daily activities.

65yrs+	Jan 9-Mar 27	F	12:00-1:00pm	\$84.00/12 sess	#00474614
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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+	Jan 5-Mar 09	M	1:00-2:00pm	\$63.00/9 sess	#00463165
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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+	Jan 6-Mar 10	Tu	11:50am-12:50pm	\$70.00/10 sess	#00463162
55yrs+	Jan 8-Mar 12	Th	11:50am-12:50pm	\$70.00/10 sess	#00463163

CYCLE FIT - SILVER - 55+

Cycle to age-appropriate music to become stronger, more balanced and energized. These results-oriented sessions cover cadence and balance. Suitable for beginners 55+ years.

55yrs+	Jan 7-Mar 11	W	12:10-12:50pm	\$70.00/10 sess	#00463183
55yrs+	Jan 9-Mar 13	F	1:10-1:50pm	\$70.00/10 sess	#00463182

Fitness

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+	Jan 6-Mar 10	Tu	1:00-2:00pm	\$70.00/10 sess	#00460498
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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+	Jan 6-Mar 10	T	2:05-3:05pm	\$111.40/10 sess	#00460564
55yrs+	Jan 8-Mar 12	Th	2:05-3:05pm	\$111.40/10 sess	#00460569

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+	Jan 9-Mar 13	F	2:00-3:00pm	\$67.30/10 sess	#00463522
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Health and Wellness

Workshops

PREVENTING AND REDUCING THE RISKS OF DIABETES WORKSHOP - 55+

Learn about the different types of diabetes, risks, symptoms, prevention, treatment and current health and community support available. Presented by BC Diabetes. Registration required.

55yrs+	Jan 21	W	10:30am-12:00pm	Free/1 sess	#00469988
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Health and Wellness

LOVE YOUR LIVER WORKSHOP - 55+

Learn about the liver and understand what this crucial organ does. Presented by Liver Canada. Registration required.

55yrs+	Jan 28	W	10:30am-12:00pm	Free/1 sess	#00467808
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JUST FOR YOU - HEALTH TALK WORKSHOP - 55+

Support healthy aging with community connection, relevant presentations by healthcare providers and practical information designed specifically for seniors. Registration required.

55yrs+	Jan 28, Feb 25	W	1:30-3:15pm	Free/2 sess	#00467835
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Out Trips and Tours

March

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+	Mar 10	Tu	10:45am-3:15pm	\$25.50/1 sess	#00470222
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HORSESHOE BAY FOR THE DAY TRIP - 55+

Travel to this northwest, popular and picturesque area of West Vancouver to explore the area independently. Dine at Troll's Restaurant with world famous fish and chips. Transportation only included.

55yrs+	Mar 24	Tu	10:15am-3:30pm	\$25.00/1 sess	#00470224
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YOUTH FACILITY PASSES (13-18YRS)

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

Monday-Friday	Lunch Time Facility Access	12:50-1:35pm
Monday	Dance Space	3:30-4:30pm
Fridays	Friday Night Hangout	8:00-11:15pm

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

Monday-Friday	Afternoon Fitness*	3:00-5:00pm
Fridays	Friday Night Basketball	8:00-11:15pm
Fridays	Friday Night Volleyball	6:00-9:00pm
Fridays	Basketball Drop-In	5:30-6:30pm

*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, 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	2:00-4:00pm
Mondays	French Conversation Group	10:30am-12:00pm
Tuesdays	Chinese Folk Dancing	9:45-10:45am
Tuesdays	English Conversation Group Beginner *contact Karen Chiu for level information	11:00am-12:30pm
Tuesdays	Spanish Conversation Group Online - Intermediate	1:30-3:00pm
Tuesdays	Scottish Country Dancing	2:15-3:45pm
Wednesdays	Ukulele Circle	6:30-8:00pm
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 (Winter 2026)

MON	TUES	WEDS	THURS	FRI	SAT	SUN
 Cycle Fit* 8:15-9:00AM	 Cycle Fit* 8:10-8:50AM	 Cycle Fit* 8:15-9:00AM	 Cycle Fit* 8:10-8:50AM	 Cycle Fit* 8:15-9:00AM		
 Cardio Strength* 9:15-10:15AM	 Step and More* 9:00-10:10AM	 Cardio Strength* 9:15-10:15AM	 Total Body Conditioning* 9:00-10:00AM		 Drop-In Step and More 9:15-10:15AM	 Drop-In Cardio Combo 9:15-10:15AM
	 Hybrid - Fit 4Life - Low Impact ** 10:30-11:30AM	 Hybrid - Pure Stretch** 10:20-10:50AM	 Roll and Release* 10:05-10:35AM		 Cycle Fit* 10:30-11:15AM	 Cycle Fit* 10:30-11:15AM
 Hybrid** Pure Strength 11:45AM-12:45PM		 Hybrid Pure Strength** 11:00AM-12:00PM	 Hybrid - Ease into Fitness** 10:45-11:45AM			
 Drop-In Cardio Combo 6:00-7:00PM	 Cycle Fit * 6:15-7:00PM		 Drop-in Cardio Combo 6:00-7:00PM			
	 Drop-In Yoga - Hatha Style 7:10-8:10PM					

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



LOW INTENSITY



MODERATE INTENSITY



HIGH INTENSITY

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 6:00am. 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, November 18 at 9:00pm. 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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Richmond, BC
604-238-8400



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