

Cambie Community Centre

FALL 2023 PROGRAM GUIDE



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Richmond, BC V6V 0A9
604-238-8399
cambie@richmond.ca



Cambie Community Centre



@cambiecc

This guide is updated regularly. Program information and schedules are subject to change. Thank you for your understanding!

FALL 2023

Mission:

To provide accessible programs and services in East Richmond that promote community and enhance our quality of life.

Facility Hours:

Monday - Friday: 7:00am - 9:45pm

Saturday: 9:00am - 8:45pm

Sunday: 9:00am - 9:45pm

Effective September 5



Program Registration Information

- 1) **Online:** Visit www.richmond.ca/register to register at any time.
- 2) **By Phone:** Registration Call Centre at **604-276-4300**, Mon-Fri 8:30am-5:00pm
- 3) **In Person:** Visit the community centre during operating hours to register in person

To browse available programs please check out www.richmond.ca/register. A MyRichmond account and credit card is required for online registration.

Refunds and Withdrawals

To receive a refund, or to withdraw or transfer from a class, call the Registration Call Centre at **604-276-4300**, Monday to Friday, 8:30am-5:00pm. Visit www.richmond.ca/register for our full refund policy.

Register early to avoid program cancellations!

Programs are cancelled approximately seven days prior to start date if there are not enough participants. Register as early as possible to reserve your spot and avoid program cancellations!

Volunteer Opportunities

Interested in volunteering with Cambie Community Centre? Visit icanhelp.richmond.ca to browse volunteer opportunities!

Arts - Dance

BALLET - PARENT AND TOT

Spin, twirl and leap while discovering the fun aspects of this popular dance style. Parent participation required.

2-3 yrs	Sep 16-Oct 21	Sat	11:15-11:45am	\$25.55/6 sess.	#252246
2-3 yrs	Sep 16-Oct 21	Sat	12:00-12:30pm	\$25.55/6 sess.	#252268
2-3 yrs	Oct 28-Dec 09	Sat	11:15-11:45am	\$29.80/7 sess.	#252250
2-3 yrs	Oct 28-Dec 09	Sat	12:00-12:30pm	\$29.80/7 sess.	#252270

BALLET

Spin, twirl and leap in this introductory class that focuses on fun and specific-age group ballet techniques.

3-5 yrs	Sep 11-Oct 23	Mon	3:15-4:00pm	\$38.30/6 sess.	#252233
3-5 yrs	Sep 11-Oct 23	Mon	4:15-5:00pm	\$38.30/6 sess.	#252242
3-5 yrs	Sep 16-Oct 21	Sat	9:15-10:00am	\$38.30/6 sess.	#252220
3-5 yrs	Sep 16-Oct 21	Sat	10:15-11:00am	\$38.30/6 sess.	#252229
3-5 yrs	Oct 28-Dec 9	Sat	9:15-10:00am	\$44.65/7 sess.	#252225
3-5 yrs	Oct 28-Dec 9	Sat	10:15-11:00am	\$44.65/7 sess.	#252230
3-5 yrs	Oct 30-Dec 11	Mon	3:15-4:00pm	\$44.65/7 sess.	#252234
3-5 yrs	Oct 30-Dec 11	Mon	4:15-5:00pm	\$44.65/7 sess.	#252244

FAIRY TALE DANCING

Spin, roar, stomp and twirl to favourite fairy tale characters followed by storytime after each dance session.

3-5 yrs	Sep 15-Oct 20	Fri	3:15-4:00pm	\$38.30/6 sess.	#252404 Cancelled
3-5 yrs	Oct 27-Dec 8	Fri	3:15-4:00pm	\$44.65/7 sess.	#252416

MINI HIP HOPPERS

Groove to new and exciting moves in this fun and active class that covers the basics of this dance style through basic choreography and dance games.

3-5 yrs	Sep 15-Oct 20	Fri	4:15-5:00pm	\$38.30/6 sess.	#252338
3-5 yrs	Oct 27-Dec 8	Fri	4:15-5:00pm	\$44.65/7 sess.	#252427

Arts - Visual

LEARN TO DRAW ANIMALS IN THE WILD

Learn to draw different exotic animals that include lions, monkeys, llamas and more using markers and regular and coloured pencils. This program is instructed by Young Rembrandts.

3-5 yrs	Sep 17-Oct 22	Sun	9:30-11:00am	\$150.00/6 sess.	#253489
3-5 yrs	Oct 29-Dec 10	Sun	9:30-11:00am	\$175.00/7 sess.	#253495



General Interest

HALLOWEEN EEKY SHRIEKY

Turn a pumpkin into a creative and unique jack-o-lantern to take home along with a scary face mask. Dress for a mess and the weather. Wear your favourite halloween costume to add to the fun.

3-5 yrs	October 28	Sat	10:00-11:30am	\$12.75/1 sess.	#253094
3-5 yrs	October 28	Sat	12:00-1:30pm	\$12.75/1 sess.	#253138

A YUMMY LITTLE CHRISTMAS

Listen to festive and seasonal stories, sing songs and make a special and delicious holiday treat all in build up to this special holiday.

3-5 yrs	December 16	Sat	10:00-11:30am	\$12.75/1 sess.	#253250
3-5 yrs	December 16	Sat	12:00-1:30pm	\$12.75/1 sess.	#253251

Sports

SPORTBALL® - MULTISPORT - PARENT AND TOT

Focus on Physical Literacy and social exploration and learn Fundamental Sport Skills together through creative and challenging games. In addition, adults are taught techniques to help toddlers refine motor skills. Parent participation required. Instructed by Sportball®.

2-3 yrs	Sep 9-Oct 28	Sat	10:00-10:45am	\$93.60/6 sess.	#260098
2-3 yrs	Nov 4-Dec 16	Sat	10:00-10:45am	\$93.60/6 sess.	#260111

SPORTBALL® - MULTISPORT

Refine, rehearse, repeat in these sessions that focus on the basic skills common to all sports such as balance, coordination and stamina all in a fun, supportive and non-competitive setting that emphasizes teamwork. Instructed by Sportball®.

3-5 yrs	Sep 9-Oct 28	Sat	10:50-11:50am	\$93.60/6 sess.	#260112
3-5 yrs	Nov 4-Dec 16	Sat	10:50-11:50am	\$93.60/6 sess.	#260115

SPORTBALL® - SOCCER - PARENT AND TOT

Develop some fundamental skills that include throw-ins, dribbling, trapping and passing to then practice in non-competitive games. Parent participation required. Instructed by Sportball®.

2-3 yrs	Sep 9-Oct 28	Sat	11:55am-12:40pm	\$93.60/6 sess.	#260118
2-3 yrs	Nov 4-Dec 16	Sat	11:55am-12:40pm	\$93.60/6 sess.	#260119

SPORTBALL® - SOCCER

Develop some fundamental skills that include throw-ins, dribbling, trapping and passing to then practice in non-competitive games. Parents to remain on-site during session. This program is instructed by Sportball®.

3-5 yrs	Sep 9-Oct 28	Sat	12:45-1:45pm	\$93.60/6 sess.	#260120
3-5 yrs	Nov 4-Dec 16	Sat	12:45-1:45pm	\$93.60/6 sess.	#260121



Arts - Dance

BHANGRA - BEGINNER

Try this lively, high-energy and fun blend of music and dance that covers fundamental choreography and techniques.

6-12 yrs	Sep 21-Oct 26	Thu	6:15-7:15pm	\$51.05/6 sess.	#257025
6-12 yrs	Nov 2-Dec 7	Thu	6:15-7:15pm	\$51.05/6 sess.	#257032

HIP HOP

Get your groove on in this easy going dance class.

6-8 yrs	Sep 21-Oct 26	Thu	3:30-4:30pm	\$51.05/6 sess.	#255505
9-12 yrs	Sep 21-Oct 26	Thu	4:45-5:45pm	\$51.05/6 sess.	#255528
6-8 yrs	Nov 2-Dec 7	Thu	3:30-4:30pm	\$51.05/6 sess.	#255517
9-12 yrs	Nov 2-Dec 7	Thu	4:45-5:45pm	\$51.05/6 sess.	#255533

K-POP DANCING

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.

6-8 yrs	Sep 12-Oct 24	Tue	4:00-5:00pm	\$59.55/7 sess.	#252435 Cancelled
9-12 yrs	Sep 12-Oct 24	Tue	5:15-6:15pm	\$59.55/7 sess.	#252443 Cancelled
6-8 yrs	Oct 31-Dec 12	Tue	4:00-5:00pm	\$59.55/7 sess.	#252440
9-12 yrs	Oct 31-Dec 12	Tue	5:15-6:15pm	\$59.55/7 sess.	#252452

Arts - Visual

ANIME AND MANGA

Discover tips and tricks for cartooning in this Japanese animation style. No drawing experience required. This program is taught by Young Rembrandts Lower Mainland.

5-7 yrs	Sep 17-Oct 22	Sun	11:30am-1:00pm	\$150.00/6 sess.	#253500
5-7 yrs	Oct 29-Dec 10	Sun	11:30am-1:00pm	\$175.00/7 sess.	#253501

General Interest

PRIMARY CARE - BABYSITTING BASICS

Learn fun games and activities for children, basic babysitting skills and how to deal with emergencies. A Canadian Red Cross Babysitting certificate included upon successful completion of class. Instructed by Primary Care First Aid.

10-16 yrs	September 24	Sun	9:00am-5:00pm	\$65.10/1 sess.	#253326
10-16 yrs	October 22	Sun	9:00am-5:00pm	\$65.10/1 sess.	#253333
10-16 yrs	November 19	Sun	9:00am-5:00pm	\$65.10/1 sess.	#253388

GINGERBREAD HOUSE BUILDERS

Design and build a personalized small graham cracker gingerbread house in this hands-on class that includes candies, frosting and crackers.

6-12 yrs	December 17	Sun	10:00-11:30am	\$22.70/1 sess.	#253252
6-12 yrs	December 17	Sun	12:00-1:30pm	\$22.70/1 sess.	#253253

Martial Arts

KARATE - SHITO-RYU - BEGINNER

Learn this traditional style of martial arts in a fun and safe environment. There may be additional fees including; membership fees, belt grading fee (optional), uniform and safety equipment (optional). The instructor will provide details of options.

6+ yrs	Sep 6-Dec 13	Wed	6:30-7:30pm	\$111.60/15 sess.	#258780
6+ yrs	Sep 8-Dec 15	Fri	6:30-7:30pm	\$104.15/14 sess.	#259902

KARATE - SHITO-RYU - BEGINNER/INTERMEDIATE

Learn this traditional style of martial arts in a fun and safe environment. There may be additional fees including; membership fees, belt grading fee (optional), uniform and safety equipment (optional). The instructor will provide details of options.

6+ yrs	Sep 6-Dec 13	Wed	7:00-8:00pm	\$111.60/15 sess.	#258783
6+ yrs	Sep 8-Dec 15	Fri	7:00-8:00pm	\$104.15/14 sess.	#259903

Martial Arts cont.

KARATE - SHITO-RYU - INTERMEDIATE/ADVANCED

Learn this traditional style of martial arts in a fun and safe environment. There may be additional fees including; membership fees, belt grading fee (optional), uniform and safety equipment (optional). The instructor will provide details of options.

6+ yrs	Sep 6-Dec 13	Wed	8:00-9:00pm	\$111.60/15 sess.	#258785
6+ yrs	Sep 8-Dec 15	Fri	8:00-9:00pm	\$104.15/14 sess.	#259904

TAEKWONDO - BEGINNER

Learn the art of self-defence with an emphasis on control, kicking and punching moves all in a safe environment.

6+ yrs	Sep 16-Dec 16	Sat	4:00-5:00pm	\$88.00/11 sess.	#260055
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TAEKWONDO - INTERMEDIATE/ADVANCED

Practice advanced skills and techniques with a continued emphasize on control and discipline. Previous experience and instructor approval required.

6+ yrs	Sep 16-Dec 16	Sat	5:00-6:00pm	\$88.00/11 sess.	#260056
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TAEKWONDO - BLACK BELT

Practice advanced skills and techniques with experienced instructors who emphasize control and discipline. Previous experience and instructor approval required. Additional fees may be charged for equipment and belt testing.

6+ yrs	Sep 16-Dec 16	Sat	6:00-7:30pm	\$132.00/11 sess.	#260058
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Nature and Science

WACKY SCIENCE

Explore the explosive and somewhat messy world of potions and science through simple and safe experiments.

6-12 yrs	Sep 15-Oct 20	Fri	4:15-5:45pm	\$76.60/6 sess.	#253267
6-12 yrs	Oct 27-Dec 8	Fri	4:15-5:45pm	\$89.35/7 sess.	#253287

Racquet Sports

BADMINTON - INTERMEDIATE

Master more basic skills plus footwork along with an introduction about the rules of singles and doubles play. Pre-requisite: the ability to play a game of badminton.

9-12 yrs	Sep 9-Dec 9	Sat	11:55am-12:55pm	\$69.75/11 sess.	#258666
9-12 yrs	Sep 10-Dec 10	Sun	11:00am-12:00pm	\$69.75/11 sess.	#258766

Sports

BASKETBALL

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

6-9 yrs	Sep 9-Dec 16	Sat	9:00-10:00am	\$76.10/12 sess.	#260095
6-9 yrs	Sep 9-Dec 16	Sat	10:15-11:15am	\$76.10/12 sess.	#259948
9-12 yrs	Sep 9-Dec 16	Sat	11:30am-12:30pm	\$76.10/12 sess.	#259959

MULTISPORT - FOR GIRLS

Learn the basic fundamental movement skills for improved participation in basketball, hockey, soccer, volleyball and baseball. For female-identifying youth.

8-12 yrs	Sep 12-Oct 17	Tue	4:45-5:45pm	\$38.05/6 sess.	#255548
8-12 yrs	Oct 31-Dec 5	Tue	4:45-5:45pm	\$38.05/6 sess.	#255553

SOCCER

Learn basic soccer skills and participate in casual games with your peers.

8-12 yrs	Sep 13-Oct 18	Wed	4:45-5:45pm	\$38.05/6 sess.	#255563
8-12 yrs	Nov 1-Dec 6	Wed	4:45-5:45pm	\$38.05/6 sess.	#255567



Sports cont.

SPORTBALL® - SOCCER

Develop fundamental skills and the confidence necessary to excel in soccer. Throw-ins, dribbling, trapping, passing, goalie skills and more are taught and practiced in exciting, non-competitive games. This program is instructed by Sportball®.

5-7 yrs	Sep 9-Oct 28	Sat	1:50-2:50pm	\$93.60/6 sess.	#260122
5-7 yrs	Nov 4-Dec 16	Sat	1:50-2:50pm	\$93.60/6 sess.	#260123

**VOLLEYBALL - BEGINNER**

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

8-12 yrs	Sep 14-Oct 19	Thu	4:45-5:45pm	\$38.05/6 sess.	#255577
8-12 yrs	Nov 2-Dec 7	Thu	4:45-5:45pm	\$38.05/6 sess.	#255580

VOLLEYBALL - INTERMEDIATE

Improve game play in these professionally-designed sessions that include mini games and a fun and non-competitive atmosphere. Suitable for players that have completed Volleyball - Preteens or Volleyball - Beginner - Preteens.

8-12 yrs	Sep 11-Oct 16	Mon	4:45-5:45pm	\$38.05/6 sess.	#256416
8-12 yrs	Nov 6-Dec 4	Mon	4:45-5:45pm	\$31.70/5 sess.	#255593

13-18 yrs

Arts - Dance

HIP HOP

Get your groove on in this easy going dance class.

13-18 yrs	Sep 14-Oct 19	Thu	6:00-7:00pm	\$51.05/6 sess.	#255658 Cancelled
13-18 yrs	Nov 2-Dec 7	Thu	6:00-7:00pm	\$51.05/6 sess.	#255668

General Interest

YOUTH TAKING CHARGE

Cambie Community Centre's Youth Council. Registrations must go through Cambie's Youth Development Coordinator. Participants must sign up on ICanHelp.

13-19 yrs	Oct 4-Dec 6	Wed	4:30-6:30pm	Free/9 sess.	#256087
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Martial Arts

KARATE - SHITO-RYU - ALL LEVELS

Learn this traditional style of martial arts in a fun and safe environment. There may be additional fees including; membership fees, belt grading fee (optional), uniform and safety equipment (optional). The instructor will provide details of options.

16-18 yrs	Sep 5-Dec 12	Tue	7:30-9:30pm	\$223.20/15 sess.	#259907
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Racquet Sports

BADMINTON - INTERMEDIATE

Apply the strategy, speed and placement skills learned in practices to high-energy games. Basic and refined strokes are covered along with control and consistency. Pre-requisite: previous badminton experience.

13-18 yrs	Sep 9-Dec 9	Sat	10:50-11:50am	\$69.75/11 sess.	#258664
13-18 yrs	Sep 10-Dec 10	Sun	12:05-1:05pm	\$69.75/11 sess.	#258767

Sports

VOLLEYBALL

Improve game play in these sessions that include mini games and a fun and non-competitive atmosphere.

13-18 yrs	Sep 15-Oct 20	Fri	4:45-5:45pm	38.05/6 sess.	#256091
13-18 yrs	Nov 3-Dec 8	Fri	4:45-5:45pm	38.05/6 sess.	#256093

Volunteer at Cambie Community Centre!

Interested in volunteering with Cambie Community Centre? Visit icanhelp.richmond.ca to browse volunteer opportunities!

Cambie's volunteer opportunities include seasonal programs, special events and daycamps!

Search with key word "**Cambie**"! The first time you sign up for a volunteer opportunity, you will have to create an **ICanHelp** account.



Winter Break Camps

Children's Camps

BRICKS 4 KIDZ® - LEGO® CINEMATHEQUE CAMP

Visit the wizarding world, swim under the sea, fly through the stars and spend time with favourite heroes in this popular movie-themed camp that incorporates LEGO®, LEGO® and more LEGO®. All campers go home with a custom-made minifigure. This program is instructed by Bricks 4 Kidz®.

5-10 yrs Jan 2-Jan 5 Tue-Fri 9:30am-12:30pm \$176.00/4 sess. #252556

BRICKS 4 KIDZ® - MINING AND CRAFTING CAMP

Experience the world of Minecraft® building motorized LEGO® models, creating favourite characters, racing mine carts and more! This program is instructed by Bricks 4 Kidz®.

5-10 yrs Jan 2-Jan 5 Tue-Fri 1:00-4:00pm \$176.00/4 sess. #252591

MAGIC CAMP

Amaze friends and family by learning magic tricks and sleight-of-hand skills from a professional magician. Instructed by Abracadabra Show Productions.

7-13 yrs Jan 2-Jan 5 Tue-Fri 12:30-3:00pm \$122.00/4 sess. #248961

Youth Camps

RECREATION LEADERSHIP CAMP

Develop leadership skills to use in a day camp setting. This camp is also a great opportunity to learn about a career in recreation.

11-16 yrs Dec 27-Dec 29 Wed-Fri 11:00am-3:00pm \$75.25/3 sess. #256122

ADVENTURE CAMP

Plan on awesome out trips, crazy adventures and super cool activities and games. A packed and nut-free lunch and snack, and weather appropriate clothing required each day. Full out-trip list TBD.

11-16 yrs Jan 2-Jan 5 Tue-Fri 10:00am-4:00pm \$205.90/4 sess. #256124

18+ yrs

Arts - Visual

PAINT NIGHT

Recreate a famous painting to take home with step-by-step instruction. No experience required. Instructed by Party with Laura.

18+ yrs	September 14	Thu	6:30-8:30pm	\$35.00/1 sess.	#247639
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General Interest

PUPPY PRESCHOOL

Learn some tips and tricks in proper puppy training in a positive environment that focuses on basic manners, socialization, handling and navigating challenging behaviours. Puppy must be 8 to 18 weeks on first day of class. Instructed by Daisy Dog Training.

18+ yrs	Sep 23-Oct 14	Sat	10:00-11:00am	\$175.00/4 sess.	#252461 Cancelled
18+ yrs	Nov 18-Dec 9	Sat	10:00-11:00am	\$175.00/4 sess.	#252495

DOG MANNERS - RECALL AND WALKING

Build on the basic skills of dog training by learning positive methods for adolescent to adult dogs along with body language basics. Instructed by Daisy Dog Training.

18+ yrs	Sep 23-Oct 14	Sat	11:15am-12:15pm	\$175.00/4 sess.	#252518
18+ yrs	Nov 18-Dec 9	Sat	11:15am-12:15pm	\$175.00/4 sess.	#252519

Martial Arts

KARATE - SHITO-RYU - ALL LEVELS

Learn this traditional style of martial arts in a fun and safe environment. There may be additional fees including; membership fees, belt grading fee (optional), uniform and safety equipment (optional). The instructor will provide details of options.

19+ yrs	Sep 5-Dec 12	Tue	7:30-9:30pm	\$223.20/15 sess.	#259905
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Racquet Sports

BADMINTON - INTERMEDIATE

Apply the strategy, speed and placement skills learned in practices to high-energy games. Basic and refined strokes are covered along with control and consistency. Previous badminton experience required.

18+ yrs	Sep 9-Dec 9	Sat	9:15-10:45am	\$104.60/11 sess.	#258657
18+ yrs	Sep 9-Dec 9	Sat	2:00-3:30pm	\$104.60/11 sess.	#258672
18+ yrs	Sep 10-Dec 10	Sun	1:10-2:40pm	\$104.60/11 sess.	#258768

PICKLEBALL - BEGINNER

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. Taught by a certified instructor.

19+ yrs	Sep 9-Sep 23	Sat	1:00-2:15pm	\$42.00/3 sess.	#260005
19+ yrs	Oct 14-Nov 18	Sat	1:00-2:15pm	\$70.00/5 sess.	#260007
19+ yrs	Nov 25-Dec 23	Sat	1:00-2:15pm	\$70.00/5 sess.	#260009

PICKLEBALL - SKILL DRILL PLAY - ALL LEVELS

Open to all levels, learn and perfect one specific skill each week in these high-intensity, drill-focused sessions for half the session. The other half will be organized play time, with one court designated for open instruction. Instructed by a certified instructor.

19+ yrs	Sep 9-Sep 23	Sat	2:15-4:00pm	\$57.00/3 sess.	#260016
19+ yrs	Oct 14-Nov 18	Sat	2:15-4:00pm	\$95.00/5 sess.	#260021
19+ yrs	Nov 25-Dec 23	Sat	2:15-4:00pm	\$95.00/5 sess.	#260025

Ask us about our Fall Seniors Guide!

Arts Programs: Paint Night, Dance Moves

Socials, Lunches and Events: Mid-Autumn, National Seniors Day, Diwali, Christmas Lunch

Out Trips: Fraser Valley Heritage Railway, Sylvia Hotel Brunch, Christmas Store at Potters

Workshops: Holistic Health Series, Osteoarthritis Series, Decorate a Christmas Sweater

Check out our Seniors Guide for a full list of Fall Seniors Programs!

Drop-in is available first-come first-served for registered fitness classes with spaces remaining.
Call ahead at the Cambie Front Desk (**604-238-8399**) to check if space is available!

Please note that Total Fitness Passes are not applicable for dropping into a registered program.

CORE YOGA

Focus on movements, breathing exercises and yoga poses that work to build a strong and stable core.

13+ yrs	Sep 13-Oct 25	Wed	5:30-6:30pm	\$67.55/7 sess.	#254904
13+ yrs	Nov 1-Dec 20	Wed	5:30-6:30pm	\$77.20/8 sess.	#254911

ZUMBA® (*FOR WOMEN)

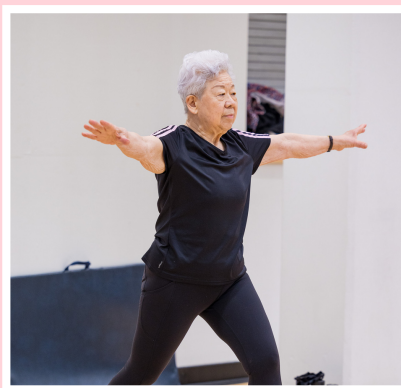
Move to zesty Latin and international music in this dance fitness program that offers a great cardiovascular workout with easy to follow routines.

13+ yrs	Sep 14-Oct 26	Thu	10:00-11:00am	\$58.80/7 sess.	#257024
13+ yrs	Nov 4-Dec 14	Thu	10:00-11:00am	\$58.80/7 sess.	#257027
*13+ yrs	Sep 11-Oct 30	Mon	7:15-8:15pm	\$58.80/7 sess.	#254891
*13+ yrs	Sep 15-Oct 27	Fri	7:00-8:00pm	\$58.80/7 sess.	#254979
*13+ yrs	Nov 3-Dec 22	Fri	7:00-8:00pm	\$67.20/8 sess.	#254982
*13+ yrs	Nov 6-Dec 18	Mon	7:15-8:15pm	\$50.40/6 sess.	#254931

ZUMBA® - TONING - FOR WOMEN

Use toning sticks to help torch calories with dance and strength training that offers a great cardiovascular workout with easy-to-follow routines.

13+ yrs	Sep 13-Oct 25	Wed	7:15-8:15pm	\$67.55/7 sess.	#254944
13+ yrs	Nov 1-Dec 20	Wed	7:15-8:15pm	\$77.20/8 sess.	#254958



Fitness Prices

Passes and Drop-In Rates		
	Adult	Youth/55+
Drop-In	\$6.90	\$5.00
Yoga Drop-In (1 hour)	\$8.75	N/A
10 Visit Card	\$55.00	\$40.00
1 Month	\$59.00	\$47.00
3 Month	\$128.00	\$105.00
6 Month	\$219.00	\$180.00
1 Year	\$365.00	\$300.00
1 Year Family Add-On	\$300.00	N/A
Passes are non-transferrable. Personal training is available. Inquire at the front desk for more information.		

With the purchase of a 1 year adult pass, you may add one additional family member living in the same residence for a reduced price. Passes must be purchased at the same time.

Annual pass holders are permitted one vacation extension per year. This extension must be requested before the start of the vacation and is only granted for periods of more than two weeks and no more than one calendar month.

Total Fitness Pass holders can attend drop-in fitness classes and fitness classes at other community centres for an add on fee of \$1.00 (**not including specialty classes**).

\$4.70 for Minoru Centre and Watermania pools.

Drop-In Fitness Classes

Schedule effective September 5 - December 24

All drop-in group fitness classes are included in your Total Fitness Pass. 1 hour drop-in yoga classes are **NOT** included in 10 visit cards.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga 10:00 - 11:00am	Total Body Conditioning 10:00 - 11:00am	Dance Fit 10:00 - 11:00am	Total Body Conditioning 10:00 - 11:00am		Functional Fitness 10:00 - 11:00am	
		Hybrid/Express Zoom/Drop-In Yoga 12:15 - 1:00pm	Hybrid/Express Zoom/Drop-In HIIT 12:15 - 1:00pm	Hybrid/Express Zoom/Drop-In TBC 12:15 - 1:00pm		
	Total Body Conditioning 5:30 - 6:30pm				Yoga 5:30 - 6:30pm	

Hybrid Class: Attend in person or register and attend through Zoom from home.

Express Class: 45 minute lunch-time lunch time classes - perfect for when you're on a lunch-break!

Drop-In Schedules

Drop-In Sports and Games Room Schedules/Pricing

Schedule effective September 5 - December 24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Badminton (Court Rentals) 9:30am - 2:45pm All Ages	Badminton 12:00 - 2:45pm 18+ yrs	Pickleball 8:30 - 11:30am 18+ yrs	Badminton 12:00 - 2:45pm 18+ yrs	Pickleball 12:00 - 2:45pm 18+ yrs	Badminton 12:00 - 2:45pm 18+ yrs	Badminton (Court Rentals) 9:30am - 8:00pm All Ages
Pickleball 9:30am - 12:00pm 16+ yrs	Youth Open Gym 3:00 - 4:30pm 13-18 yrs	Basketball 12:00 - 2:45pm 18+ yrs	Youth Open Gym 3:00 - 4:30pm 13-18 yrs	Youth Open Gym 3:00 - 4:30pm 13-18 yrs	Youth Open Gym 3:00 - 4:30pm 13-18 yrs	Pickleball (Court Rentals) 4:15 - 8:00pm All Ages
Basketball 9:45am - 12:00pm 13+ yrs		Youth Open Gym 3:00 - 4:30pm 13-18 yrs	Badminton 6:30 - 9:15pm 18+ yrs		Youth Volleyball and Basketball 6:00 - 8:30pm 13-18 yrs	
Pickleball (Court Rentals) 12:15 - 2:30pm All Ages		Volleyball (Registered Visits) 6:30 - 9:15pm 16+ yrs			Night Shift Basketball/Volleyball 9:00 - 11:30pm 16-30 yrs	
Volleyball 12:30 - 3:00pm 16+ yrs						

Drop-in Sport Pricing and Court Rental Information

	Adult	55+	Youth
Drop-In	\$6.00	\$4.95	\$3.30
10 Visit Card	\$48.00	\$40.00	N/A
Court Rentals (45 mins)	\$11.25	N/A	N/A

No private instruction permitted. Courts can be booked starting at 12:00pm one week in advance. Book online, by phone, or in person. 24 hours notice must be given to get a refund. No refunds given for less than 24 hours notice. Clients are required to check-in at the front desk or with gym attendant before proceeding to the court. Max 2 court rentals per person, per day.

1 Year Games Room Pass

	Adult (18+)	18 and Under
1 Year Pass	\$13.00	\$7.00

Games room includes table tennis, pool table, and foosball.
Games room pass is required to use equipment.
No access during "Youth Only" hours.

Sport and Games Room visit cards and passes are non-transferable and cannot be used at other Community Centres.

1 Year Youth Facility Pass (13-18 yrs)

Youth Facility Pass 1 FREE	<ul style="list-style-type: none"> Access to Youth Open Gym, Youth Volleyball and Basketball Equipment loans during Open Gym times with card Access to Games Room during "Youth Only" hours (Mon-Fri: during school lunch and 3:00-4:30pm, Wed/Thu 8:00-10:00am)
Youth Facility Pass 2 \$7.00	<ul style="list-style-type: none"> All of the above, plus Unlimited access to the Games Room and Games Room Equipment rentals Access to the Fitness Centre Tue & Thu 3:00-4:00pm.

Halloween



SELF GUIDED SCAVENGER HUNT

Wander through Cambie's spooky Halloween decorations to find all the creatures on the scavenger hunt list. Collect a Halloween treat when done!

All Ages

Sat, Oct 28-Tue, Oct 31

During Operational Hours

Free

MONSTER MASH DANCE PARTY

Groove into the Halloween season and play games with this spooktacular dance session. Bring home a Halloween goodie-bag. Wear a costume for added fun!

3-5 yrs	October 28	Sat	1:30-2:15pm	\$7.90/1 sess.	#274656
6-10 yrs	October 28	Sat	2:30-3:15pm	\$7.90/1 sess.	#274658

Breakfast with Santa

BREAKFAST WITH SANTA

Celebrate the season with breakfast, crafts, a gift and visit with Santa. **Children and adults must pre-register. Parent participation required. No refunds after December 1, 2023.**

Ages 1 Month+	December 9	Sat	10:00am-12:00pm	\$11.25/1 sess.	#248183
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Preschool 2023/24 School Year

Little Explorers

(Ages 3 - 5)

Monday/Wednesday

9:00am - 12:00pm
\$173.45/monthly

Tuesday/Thursday

9:00am - 12:00pm
\$189.00/monthly

Kinderfun

(Ages 3 - 5)

Mornings

Mon/Wed/Fri

9:00 - 11:30am
\$215.75/monthly

Tuesday/Thursday

9:00 - 11:30am
\$154.40/monthly

Afternoons

Mon/Wed/Fri

12:30 - 3:00pm
\$215.75/monthly

Tuesday/Thursday

12:30 - 3:00pm
\$154.40/monthly

Junior Kindergarten

(Ages 4 - 5)

Note: Registrants must also be registered in either
Kinderfun or Little Explorers!

Monday/Wednesday

11:30am - 1:00pm
\$86.75/monthly

Tuesday/Thursday

11:30am - 1:00pm
\$94.50/monthly

Contact Anne-Marie for more information!

Phone: 604-238-8385

Email: Anne-Marie.Olmstead-Wilcox@richmond.ca

Out of School Care 2023/24 School Year

Cambie's Out of School Care programs encourage children to pursue their interests, develop confidence, independence and friendships while respecting themselves, their environment and others!

Schools that we service include:

McNeely and Mitchell - Morning and after school
Tomsett and Talmey - After school only

**Winter/Spring Break and Pro-D days
are included in monthly fees.**

Contact Julian for more information!

Phone: 604-238-8388

Email: Julian.Hui@richmond.ca

Creative Play - Parent and Tot

Play on equipment, try different
activity tables and join in the
facilitator-led circle time.

For children up to 5 years old.

Parent participation required.

Day/Time/Price:

Mondays

9:15 - 11:00am

\$4.00/Drop-in

\$3.00/Additional sibling(s)



Recreation Fee Subsidy Program

The City of Richmond's **Recreation Fee
Subsidy Program** helps Richmond
residents in need of financial assistance
access recreational programs.

Applications are submitted yearly, with terms
running from September 1 - August 31.

For more information, visit
richmond.ca/subsidy