





# SPRING PROGRAMS

MAR 31 TO JUN 29





### **HOW TO REGISTER**

Get ready to register for Spring programs:

Tue, Feb 11 | 8:00 PM | Aquatics Online

Tue, Feb 11 | 9:00 PM | All Programs Online

Wed, Feb 12 | In-Person/Phone/Online

Scan here to register!



Online: richmond.ca/register

Call Centre: 604-276-4300

**Hamilton Front Desk:** 604-238-8055

In -person at any parks, recreation or

cultural facility.

### REGISTER EARLY TO AVOID PROGRAM CANCELLATIONS

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

### WHAT'S INSIDE

HAMILTON	Page 1-2
PRESCHOOLERS	Page 3-4
CHILDREN	Page 5-7
PRETEENS & YOUTH	Page 8-10
FITNESS	Page 11
ADULTS	Page 12-13
55+ YEARS	Page 14
<b>GENERAL INFO</b>	Page 15
<b>UPCOMING EVENTS</b>	Page 16

### **FACILITY HOURS**

Monday to Friday | 7:00AM - 9:30PM Saturday & Sunday | 9:00AM - 4:30PM

## FOLLOW US ON SOCIAL MEDIA!



**@Hamilton Community Centre** 



@hamiltoncommunitycentre



### **CANCELLATION POLICY**

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

### Seasonal Programs - Unless otherwise specified:

- If notice is given prior to the beginning of the third session of the class, a refund, less classes taken, will be provided.
- If notice is given after the beginning of the third session, no refund will be given.

### Private/Semi-Private Lessons (Music, Aquatics and Skating), Aquatic Leadership Courses

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

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

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

### **Pre-registered Single Session Fitness Classes**

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

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

### **ARTS - DANCE**

### **BALLET**

Spin, twirl, and leap in these introductory sessions that focus on fun and specific-age group ballet techniques.

Apr 19 - Jun 28	Sat	10:45 -11:30am	\$66.00 / 10 sess	3 - 5 yrs	#00387121
Apr 19 - Jun 28	Sat	11:35am -12:20pm	\$66.00 / 10 sess	3 - 5 yrs	#00387125

### **DANCE COMBO**

Cover a variety of styles and movements in this introductory class that gets tiny feet moving.

Apr 19 - Jun 28 Sat 1:30 - 2:15pm \$66.00 / 10 sess 3 - 5 yrs	pr 19 - Jun 28	\$66.00 / 10 sess 3 - 5 yrs #00387153	Sat
---	----------------	---------------------------------------	-----

### **Arts - VISUAL**

### **ARTS COMBO**

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

Apr 13 - Jun 15 Sun 10:15 - 11:15am \$88.00 / 10 sess 3 - 5 yrs #00387176
---

### **CLAY HANDBUILDING**

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

Apr 12 - Jun 14	Sat	10:15 - 11:15am	\$79.20 / 9 sess	3 - 6 yrs	#00387194
				_	







### NATURE AND SCIENCE

### **WACKY SCIENCE**

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

Apr 13 - Jun 15 Sun 11:30am - 12:30pm \$88.00 / 10 sess 4 - 5 yrs #0038718
--

### **SPORTS**

### SPORTBALL® - BASKETBALL

Develop fundamental skills and confidence that covers dribbling, passing, shooting and teamwork all practiced in an exciting, non-competitive environment. Instructed by Sportball®.

Apr 12 - Jun 14 Sat 9:15 - 10:15am \$144.00 / 8 sess 3 - 5 yrs #00388793
--

### SPORTBALL® - SOCCER

Develop fundamental skills that include throw - ins, dribbling, trapping, passing and goalie skills to practice in exciting, non - competitive games. Instructed by Sportball®.

Apr 12 - Jun 14 Sat 10:15 - 11:15am \$144.00 / 8 sess 3 - 5 y	yrs #00388799
---	---------------



### PLAY AND LEARN

Come make new friends and play in a rich,
learning environment.
Enjoy, singing, music and stories

while receiving parental support and information. Led by Richmond Family Place

### **Mondays and Thursdays**

10:00am to 12:00pm

### **ARTS - MUSIC**

### **GUITAR/UKELELE LESSONS - PRIVATE LESSONS**

Work privately on an individual curriculum designed specifically for age and ability. Participant must bring their own instruments. Please contact front desk for more information.

Apr 11 - Jun 20	Fri	3:00 - 3:30pm	\$249.70/10 sess	5 yrs +	#00387090
Apr 11 - Jun 20	Fri	3:40 - 4:10pm	\$249.70/ 10 sess	5 yrs +	#00387096
Apr 11 - Jun 20	Fri	4:20 - 4:50pm	\$249.70/ 10 sess	5 yrs +	#00387098
Apr 11 - Jun 20	Fri	5:00 - 5:30pm	\$249.70/ 10 sess	5 yrs +	#00387102
Apr 11 - Jun 20	Fri	5:40 - 6:10pm	\$249.70/ 10 sess	5 yrs +	#00387105

### **ARTS - VISUAL**

### **ACRYLIC PAINTING**

Learn basic applications and techniques through detailed demonstrations and the process of building an acrylic painting from start to finish.

Apr 12 - Jun 14 Sat 11:30am - 12:30pm \$79.20 / 9 sess 6 - 12 yrs #003
--

### PAINT AND CHAT - CREATIVE CANVAS

Explore the basics of canvas painting with guided, age-appropriate activities that encourage self-expression and creativity, and foster social skills and connections by interacting and sharing masterpieces with others. Supplies included.

May 11 Sun	10:00 - 11:30am	\$25.00 6 - 12 yr	#00387710
------------	-----------------	-------------------	-----------

### **DANCE**

### **HIP HOP**

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

### **BALLET**

Spin, twirl, and leap in these introductory sessions that focus on fun and specific-age group ballet techniques

Apr 19 - Jun 28 Sat 12:25 - 1:25pm \$88.00 / 10 sess 6 - 12 yrs #003871
---

### **BREAKING**

Groove, rock, pop and lock in these fun and dynamic sessions. Discover the fundamentals of breaking while building connections and a sense of community with fellow dancers. Suitable for beginners

Apr 6 - Jun 29	Sun	12:45 - 1:45pm	\$105.60 / 12 sess	6 - 8 yrs	#00391407
7.10. 0 00 =0	<b></b>			c c j.c	

### **MARTIAL ARTS**

### **KARATE - BEGINNER**

Learn this traditional style of martial arts in a fun and safe environment.

Apr 7 - Jun 16	Mon	6:30 - 7:30pm	\$74.40 / 10 sess	6 yrs +	#00387468
----------------	-----	---------------	-------------------	---------	-----------

### KARATE - BEGINNER/INTERMEDIATE

Apr 7 - Jun 16	Mon	7:00 - 8:00pm	\$74.40 / 10 sess	6 yrs +	#00387466
71pr 7 duit 10		7.00 0.00pm	**	O y i O	# 00007 400

### KARATE - INTERMEDIATE/ADVANCED

Apr 7 - Jun 16	Mon	8:00 - 9:00pm	\$74.40 / 10 sess	6 vrs +	#00387473
Api 7 - 3uii 10	IVIOIT	0.00 9.00pm	φ/ 1.10/ 10 0000	O yis i	#00007 <b>-</b> 70

### CHILDREN 6-12 YRS

### **SPORTS**

### **BADMINTON - BEGINNER**

Learn various serves, forehand and backhand grips plus other badminton basics in these fun and active sessions.

Apr 7 - Jun 16	Mon	3:45 - 4:45pm	\$59.05/9 sess	6 - 8 yrs	#00387041
----------------	-----	---------------	----------------	-----------	-----------

### **SOCCER**

Dribble, pass and kick in this fun, non-competitive atmosphere.

Apr 10 - Jun 19	Thur	4:45 - 5:45pm	\$72.15/11 sess	6 - 8 yrs	#00387055
-----------------	------	---------------	-----------------	-----------	-----------

### **BASKETBALL**

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

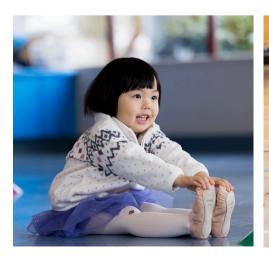
Apr 9 - Jun 18 Wed	3:45 - 4:45pm	\$72.15/11 sess	6 - 8 yrs	#00387045
--------------------	---------------	-----------------	-----------	-----------

### **COOKING**

### **BAKING TREATS AND SWEETS**

Measure, mix, bake and eat cookies, cakes, breads and other delicious handmade foods.

Apr 12 - Jun 14	Sat	10:45am - 12:00pm	\$196.70/ 10 sess	6 - 9 vrs	#00387171
Apr 12 - Juli 14	Out	10.40dili 12.00pili	Ψ 10 0.7 07 10 0000	U- 9 yıs	#00307171







# PRETEENS 9-12 YRS

### ART ATTACK

Tuesdays
2:45-4:15pm Grades 4-7
\$3.50/drop-in or
Grade 5 Active Pass



### PRETEEN HANGOUT

Thursdays
2:45-4:15pm Grades 4-7
\$3.50/drop-in or
Grade 5 Active Pass



### GAMES ROOM

Mondays & Wednesdays 2:45-5:00pm Grades 4-12 Free with Active Pass



### YOUTH FITNESS

Monday-Friday - 3:30-5:30pm \$7.00 Youth Facility Pass - 13-18 yrs

Youth 13-15 years require a completed Parental Consent Form and orientation. Youth 16-18 years require just the Parental Consent Form.



# Youth Open Gym

Tuedays - 4:30pm-6:00pm Saturdays - 2:15pm-4:15pm 13-18yrs \$7.00 Youth Facility Pass or \$3.50 Drop-In





### **Study Space Drop-In**

Monday, Wednesdays, Thursdays - 5:30-9:00pm Tuesdays 3:00-5:30pm \*Subject to change\*



# PRETEENS & YOUTH 9-18 YRS

### **SPORTS**

### **BADMINTON - BEGINNER**

Learn various serves and forehand and backhand grips in these fun and active sessions that include basic game concepts and rules for single and double play.

Apr 7 - Jun 16	Mon	5:00 - 6:00pm	\$59.05/9 sess	9 - 12 yrs	#00387043
•				,	

#### **BASKETBALL - PRETEENS**

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

Apr 9 - Jun 18	Wed	5:00 - 6:00pm	\$72.15/11 sess	9 - 12 yrs	#00387047

#### **VOLLEYBALL - PRETEENS**

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

### **ACTIVE AFTER SCHOOL**

Connect with other students after the school day to play a variety of sports and active games in a supervised environment. For students of Hamilton Elementary School.

Apr 4 - Jun 27 Fri	2:45 - 4:15pm	\$3.50 Drop-In	9 - 12 yrs	N/A
--------------------	---------------	----------------	------------	-----

### YOUTH & PRETEENS OPEN GYM - DROP-IN

Apr 3 - Jun 26	Tues	4:30 - 6:00pm	\$3.50 Drop-In	13-18 yrs	N/A
Apr 3 - Jun 27	Sat	2:15 - 4:15pm	\$3.50 Drop-In	13-18 yrs	N/A

# PRETEENS & YOUTH 9-18 YRS

### **DANCE**

### **HIP HOP**

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

Apr 9 - Jun 18	Wed	7:10 - 8:10pm	\$96.80/11 sess	9 - 12 yrs	#00387050
----------------	-----	---------------	-----------------	------------	-----------

### **BREAKING**

Groove, rock., pop and lock in these fun and dynamic sessions. Discover the fundamentals of breaking while building connections and a sense of community with fellow dancers. Suitable for beginners

Apr 6 - Jun 29 Sun	2:00 - 3:00pm	0pm \$105.60/12 sess 9 - 13 yı	#00391864
--------------------	---------------	--------------------------------	-----------



### **FITNESS**

Mon	Tue	Wed	Thu	Fri	Sat
Cardio and Core (16+ yrs) Wendy 9:00-10:00am  Pilates and Yoga (16+ yrs) Lynn 6:30-7:30pm	Total Body Conditioning (16+ yrs) Jenn 7:00-8:00pm	Functional Training (16+ yrs) Wendy 9:00-10:00am	Total Body Conditioning (16+ yrs) Wendy 7:00-8:00pm	Core and Strength (16+ yrs) Jenn 9:00-10:00am	Total Body Conditioning (16+ yrs) Wendy 9:30-10:30am

### **Fitness Fees**

	Youth/55+	Adults
Drop-In Yoga	\$8.91	\$12.19
Drop-In	\$5.00	\$6.90
10 Visit Card	\$40.00	\$55.00
1 Month	\$47.00	\$59.00
3 Month	\$105.00	\$128.00
6 Month	\$180.00	\$219.00
1 Year	\$300.00	\$365.00
1 Year Family Add-On*	N/A	\$300.00

### Note:

Youth (13-15 years) required a signed and completed Parental Consent Form as well as a fitness orientation. Youth ages (16-18 years) do not require a fitness orientation but require a signed and completed Parental Consent Form.

\*For immediate family members residing in the same residence. With the purchase of a 1-Year Fitness Adult pass, one adult may be added for the price listed and must be purchased at the same time.

### **Personal Training Fees**

Sessions	One on One	Group
1	\$64.95	\$97.45
3	\$185.15	\$277.60
5	\$292.40	\$438.65
10	\$552.35	\$828.65

### **Fitness Centre Orientation**

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

Book your FREE fitness centre orientation. Contact our front desk at 604-238-8055.

**Fitness Attendants** 







### **FITNESS**

### PILATES AND YOGA - COMBINATION

Combine Pilates mat exercises and various yoga postures in these unique unique session that offer a great non-impact, balanced and full body workout.

Apr 14 Jun 20	Mon	6:20 7:20pm	¢01.00/0.000	16	#00202471
Apr 14 - Jun 30	Mon	6:30 - 7:30pm	\$91.00/9 sess	10+ yrs	#00392471

#### SHINE DANCE FITNESS

Join this exhilarating and diverse fitness experience learning original routines and choreography set to hit music. Rooted in jazz, ballet and hip hop, each session includes the perfect balance of high cardio and toning ensuring a full-body workout with real results. Suitable for all abilities.

Apr 4 - Jun 30 Fri	7:00 - 8:00pm	\$88.40/10 sess	18+ yrs	#000392480
--------------------	---------------	-----------------	---------	------------

### **ARTS - VISUAL**

### PAINT AND CHAT - CREATIVE CANVAS - ADULTS

Explore the basics of canvas painting with guided, age-appropriate activities that encourage self-expression and creativity, and foster social skills and connections by interacting and sharing masterpieces with others. Supplies included.

Apr 25	Wed	7:00- 9:00pm	\$27.00	18 yrs +	#00387666
Jun 20	Wed	7:00 - 9:00pm	\$27.00	18 yrs +	#00387669







### **DROP-IN SPORTS SCHEDULE**

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Women's Floor Hockey (18+) 7:00-9:15pm	Badminton (13+) 6:30- 9:15pm	Pickleball (16+) 6:30-9:15pm	Badminton (13+) 6:30- 9:15pm	Basketball (16+) 6:15-9:15pm	Badminton (5+) 11:45am- 2:00pm	Pickleball (16+) 9:30am- 12:45pm Basketball (16+) 1:15- 4:15pm

### **SPORTS FEES**

	16-18 yrs	Adults	55+ yrs
Drop-In	\$3.50	\$6.25	\$5.00
10 Visit Pass	N/A	\$50.00	\$40.00



### **FITNESS**

#### STAY STRONG

Exercise safely in this gentle movement class that focuses on increasing range of motion, strength, balance and agility to better manage daily activities.

Apr 2 - Jun 25 Wed 10:15 - 11:15am \$66.10 /11 sess 55 yrs + #00390674

### **HEALTH AND WELLNESS**

### WELLNESS WEDNESDAYS

Create connections and try wellness activities that focus on different facets of overall health and wellbeing. Transportation and lunch included. Program funded by Hamilton Community Association. Registration required.

Apr 16 - Jun 4 Wed	11:30am - 1:30pm	Free / 8 sess	55+	#00389983
--------------------	------------------	---------------	-----	-----------

Mon	Tues	Wed	Thu	Fri
Tai Chi Advanced 7:30-8:30am Mahjong 10:15am- 12:30pm	Tai Chi Advanced 7:30-8:30am  Tai Chi Beginner 9:00-10:00am  Seniors Circle 10:00-11:30am	<b>Tai Chi Advanced</b> 7:30-8:30am	Tai Chi Advanced 7:30-8:30am  Tai Chi Beginner 9:00-10:00am  Mahjong 10:15am-12:30pm	Tai Chi Advanced 7:30-8:30am  Dancing and Sing- A-Long 10:00am-12:00pm

All activities included with the \$18.00 Seniors Facility Pass.

### LIBRARY SERVICES







- Pop-up Library. Saturdays from 9:00am to noon
- Book vending machine. Available during facility hours
- Pickup of book holds





### **Hamilton Community Centre Board Committee**

If you are interested in becoming a board member, email hamilton@richmond.ca.

### **UPCOMING EVENTS**

# Easter Eggstravaganza

Saturday April 19, 2025

### Session 1

10:00 - 11:15am \$11.70/ 1 session Ages 1 - 10 yrs #00390295

### Session 2

11:45am - 1:00pm \$11.70/ 1 session Ages 1 - 10 yrs #00390297





5140 Smith Drive, Richmond BC 604-238-8055