





WINTER PROGRAMS

JAN 8 TO MAR 30





Page 15-16

HOW TO REGISTER

Get ready to register for winter programs:

Tue, Nov 19 | 8:00 PM | Aquatics Online
Tue, Nov 19 | 9:00 PM | All Programs Online
Wed, Nov 20 | 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
CAMPS
Page 8
PRETEENS & YOUTH
Page 9-11

FITNESS Page 12

ADULTS Page 13-14

GENERAL INFO Page 17

55+ YEARS

UPCOMING EVENTS Page 18

FACILITY HOURS

Monday to Friday | 7:00AM - 9:30PM Saturday & Sunday | 9:00AM - 4:30PM Holiday Hours | Closed (tentative)

FOLLOW US ON SOCIAL MEDIA!



@Hamilton Community Centre



@hamiltoncommunitycentre

FACILITY



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.

Jan 11-Mar 22	Sat	10:45-11:30am	\$72.60/11 sess	3-5 yrs	00365907
Jan 11-Mar 22	Sat	11:35am-12:20pm	\$72.60/11 sess	3-5 yrs	00365913
Jan 11-Mar 22	Sat	12:25-1:10pm	\$72.60/11 sess	3-5 yrs	00365929

DANCE COMBO

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

Jan 11-Mar 15 Sat 1:15-2:	pm \$66.00/10 sess 3-5 yrs 00365950
---------------------------	--------------------------------------------

Arts - Visual

ARTS COMBO

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

Jan 12 - Mar 9	Sun	10:15 - 11:15am	\$79.20/9 sess	3-5 yrs	00365995
, a.r. 12 1-10.1 y	J	10.13 11.134111	Ψ7 9.20/9 3033	3 3 7	00303993

CLAY HANDBUILDING

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

Jan 11 - Mar 15 Sat	10:15-11:15am	\$79.20/9 sess	3-6 yrs	00372537	
---------------------	---------------	----------------	---------	----------	--

PAINT AND CHAT - CREATIVE CANVAS - PRESCHOOLERS

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.

Mar 29	Sat	3:00-4:00pm	\$25.00/1 sess	3-5 yrs	00365665
--------	-----	-------------	----------------	---------	----------

PRESCHOOLERS OF YELD

Nature and Science

WACKY SCIENCE

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

Jan 12-Mar 9	Sun	11:30am-12:30pm	\$79.20/9 sess	4-5 yrs	00366009
--------------	-----	-----------------	----------------	---------	----------

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®.

Jan 11-Mar 15	Sat	9:15-10:15am	\$162.00/9 sess	3-5 yrs	00362099
---------------	-----	--------------	-----------------	---------	----------

SPORTBALL® - MULTISPORT - PARENT & TOT PRESCHOOLER

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. This program is instructed by Sportball[®].

Jan 11-Mar 15	Sat	10:15 - 11:15am	\$162.00/9 sess	3-5 yrs	00362101
---------------	-----	-----------------	-----------------	---------	----------

SOCCER

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

Jan 9-Mar 13	Thu	3:30-4:15pm	\$49.20/10 sess	3-5 yrs	00365830
--------------	-----	-------------	-----------------	---------	----------



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.

Jan 10-Mar 14	Fri	3:00-3:30pm	\$249.70/10 sess	5 yrs +	00365891
Jan 10-Mar 14	Fri	3:40-4:10pm	\$249.70/10 sess	5 yrs +	00365895
Jan 10-Mar 14	Fri	4:20-4:50pm	\$249.70/10 sess	5 yrs +	00365899
Jan 10-Mar 14	Fri	5:00-5:30pm	\$249.70/10 sess	5 yrs +	00365902
Jan 10-Mar 14	Fri	5:40-6:10pm	\$249.70/10 sess	5 yrs +	00365903

Arts - Visual

ACRYLIC PAINTING

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

Jan 11-Mar 15	Sat	11:30am-12:30pm	\$79.20/9 sess	6-12 yrs	00372544
---------------	-----	-----------------	----------------	----------	----------

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.

Jan 17	Fri	6:00-7:30pm	\$25.00	6-12 yrs	00365374
Mar 22	Sat	3:00-4:30pm	\$25.00	6-12 yrs	00365662

JAR LANTERNS

Dive into a world of colour and light as simple jars are turned into radiant lanterns. Get ready to craft, glue and design with vibrant tissue paper to create unique and dazzling artworks. Supplies included.

Feb 2	Sun	1:00-2:30pm	\$30.00	6-12yrs	00365693
-------	-----	-------------	---------	---------	----------

MASK MASTERPIECES: CREATE AND DECORATE

Design and decorate a one-of-a-kind mask to take home using paints, sequins and more in this fun, hands-on session that encourages creativity. Supplies included.

Mar 2 Sui	1:00-2:30pm	\$30.00	6-12yrs	00366900
-----------	-------------	---------	---------	----------

Dance

HIP-HOP

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

Jan 8 -Mar 19	Wed	6:00-7:00pm	\$88.00/10 sess	6-8yrs	00365842
---------------	-----	-------------	-----------------	--------	----------

Martial Arts

KARATE - BEGINNER

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

Jan 13-Mar 10	Mon	6:30-7:30pm	\$59.50/8 sess	6 yrs +	00368378	
KARATE - BEGINNER/INTERMEDIATE						
Jan 13-Mar 10	Mon	7:00-8:00pm	\$59.50/8 sess	6 yrs +	00368384	
VARATE - INTERMEDIATE/ADVANCED						

KARATE - INTERMEDIATE/ADVANCED

Jan 13-Mar	o Mon	8:00-9:00pm	\$59.50/8 sess	6 yrs +	00368526
------------	-------	-------------	----------------	---------	----------

Cooking

BAKING TREATS AND SWEETS

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

Jan 11-Mar 8	Sat	10:45am-12:00pm	\$177.05/9 sess	6-9 yrs	00365959
--------------	-----	-----------------	-----------------	---------	----------

Sports

BADMINTON - BEGINNER

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

Jan 6-Mar 10	Mon	3:45-4:45pm	\$59.05/9 sess	6-8 yrs	00365740
--------------	-----	-------------	----------------	---------	----------

SOCCER

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

Jan 9-Mar 13	Thur	4:30-5:30pm	\$65.60/10 sess	6-8 yrs	00365834
--------------	------	-------------	-----------------	---------	----------

BASKETBALL

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

Jan 8-Mar 12 Wed 3:45-4:45pm \$65.60/10 sess 6-8 yrs 0036582







DAYCAMPS

SPORTBALL® - BASKETBALL CAMP

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

Mar 17 - Mar 21	M-F	9:00am-12:00pm	\$225.00/5 sess	6-8 yrs	00362109
Mar 17 - Mar 21	M-F	12:30 - 3:30pm	\$225.00/5 sess	9-12 yrs	00362119

SPORTBALL® - SOCCER CAMP

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

Mar 24 - Mar 28	M-F	9:00am-12:00pm	\$225.00/5 sess	6-8 yrs	00362123
Mar 24 - Mar 28	M-F	12:30-3:30pm	\$225.00/5 sess	9-12 yrs	00362122





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

Open gyms are also scheduled during school breaks and Pro-D Days



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.

Jan 6 - Mar 10 Mon 5:00-6:00pm \$59.05/9 sess 9-12 yrs	00365813
--------------------------------------------------------	----------

BASKETBALL

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

Jan 8 - Mar 12	Wed	5:00-6:00pm	\$65.60/10 sess	9-12 yrs	00365827
----------------	-----	-------------	-----------------	----------	----------

VOLLEYBALL - PRETEENS

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

Jan 10 - Mar 14	Fri	4:30-5:30pm	\$65.60/ 10 sess	9 -12 yrs	00365858
-----------------	-----	-------------	------------------	-----------	----------

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.

Jan 10 - Mar 14	Fri	2:45-4:15pm	\$78.70 / 8 sess Drop-in fee: \$11.35	9 -12 yrs	00366806
-----------------	-----	-------------	------------------------------------------	-----------	----------

YOUTH & PRETEENS OPEN GYM - DROP-IN

Jan 7 - Mar 11	Tues	4:30-6:00pm	\$3.50 Drop In	13-18 yrs	N/A
Jan 11 - Mar 15	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.

Jan 8 - Mar 19	Wed	7:10 - 8:10pm	\$88.00/10 sess	9 - 12 yrs	00366538
----------------	-----	---------------	-----------------	------------	----------

Workshops

STAY SAFE WORKSHOP

Find out how to deal with emergencies, stay safe at home and around the neighbourhood and learn some basic First Aid in these Red Cross-certified sessions that cover a variety of different real-life situations.

Mar 27	Thurs	10:00am-2:00pm	\$70.00	9-12yrs	00366352
--------	-------	----------------	---------	---------	----------

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 provided upon successful completion of session. Instructed by Primary Care First Aid.

Mar 21 Fri 9:00am-5:00pm \$85.00 10-16 yrs 00







FITNESS

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



Wendy



Jenn

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.

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.

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.

Feb 7 Fri	7:00-9:00pm	\$27.00/1 sess	18 yrs +	00365381
-----------	-------------	----------------	----------	----------





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



Workshops

HOME AND PERSONAL SAFETY TALKS (CANTONESE)

Learn invaluable residential break and enter prevention tips along with ways to maintain home and personal safety using inexpensive security props. Conducted in Cantonese. Registration required.

Jan 28	Fri	11:45am-12:45pm	Free	55+	00372370
--------	-----	-----------------	------	-----	----------

General Interest

BEHIND THE WHEEL-NAVIGATING ROAD SAFETY

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.

Feb 4	Tues	11:30am-12:30pm	Free	55+	00366825
-------	------	-----------------	------	-----	----------

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.

Jan 8-Mar 26 Wed	10:15-11:15am	\$72.12 / 12 sess Drop in \$7.90 per sess	55T	00366816
------------------	---------------	----------------------------------------------	-----	----------

Health and Wellness

HOLISTIC HEALTH SERIES HYPRTENSION

Learn the basics of this common but serious medical condition including metabolic syndrome, irregular cholesterol and triglycerides, and how genetics help regulate blood pressure. Presented by a naturopathic doctor. Registration required.

Feb 17	Mon	12:25-2:15pm	Free	55+	00368966
--------	-----	--------------	------	-----	----------

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.

Jan 29-Mar 19 Wed	11:30am-1:30pm	Free/8 sess	55+	00365266	
-------------------	----------------	-------------	-----	----------	--

55+ YEARS

BASIC HIP AND KNEE EXERCISES

Learn and practice basic exercises for hip and knee movement and strength, with a focus on alignment and control. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

	Mar 11	Tue 11		Tue 11:30am-12:30pm		Free	55+	00374295		
	Mon		Tues		Wed	Wed		Thu		
7	Chi Advanced 7:30-8:30am Mahjong 15am-12:30pm	Т	ai Chi Advance 7:30-8:30am Tai Chi Beginne 9:00-10:00am Seniors Circle 10:00-11:30am		Tai Chi Advanceo 7:30-8:30am	1	Tai Chi Ac 7:30-8: Tai Chi B c 9:00-10 Mahj c 10:15am-2	30am eginner :00am ong	Tai Chi Adva 7:30-8:30a Dancing and A-Long 10:00am-12:0	am Sing-

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





FREE

LIGHTING OF THE FIREHALL

JOIN US FOR THE ANNUAL LIGHTING
CELEBRATION WITH FRIENDS AND
FAMILY! ENJOY AN AFTERNOON FILLED
WITH ACTIVITIES, ENTERTAINMENT,
AND REFRESHMENTS.

THUR, DEC 5, 2024
3:30-5:00PM
AT NO. 5 FIREHALL
22451 WESTMINSTER HWY

FAMILY DAY FUN

CELEBRATE FAMILY DAY WITH US AT THIS FREE DROP-IN EVENT! ENJOY AN INFLATABLE, ARTS AND CRAFTS, GIANT BOARD GAMES, TASTY SNACKS AND AN ENTERTAINING SHOW!

SAT, FEB 15 2025 10:30-Noon HAMILTON COMMUNITY CENTRE







5140 Smith Drive, Richmond BC 604-238-8055