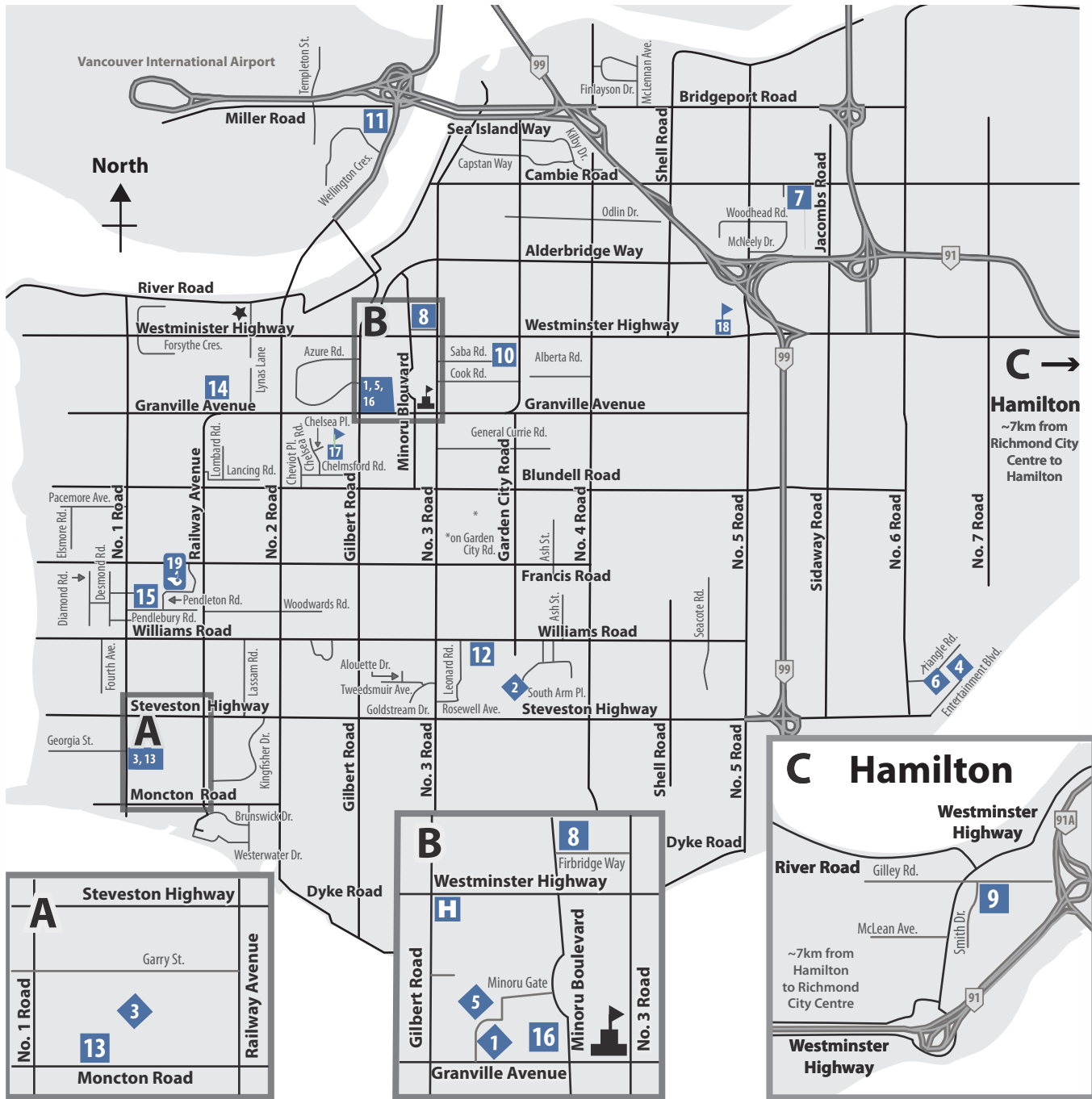


City of Richmond Recreation Facilities



- Community Centres
- ◆ Aquatics and Arenas
- ▲ Satellite Locations
- ♣ Pitch & Putt Golf Course
- 🏛️ City Hall

FORM INSTRUCTIONS

Please use this form and the Parks, Recreation and Culture Guide to support your patients in accessing programs and services in the City of Richmond.

If you think a patient would benefit from a program or service on the form please direct him or her to the registration call centre at the phone number below, or the community centre or facility where the program or service is offered.

TIP: One way to encourage your patient to follow up is to fill out the details of the program/service on your prescription pad for them.

Parks, Recreation and Culture Guides

- Parks, Recreation and Culture Guides provide detailed information on thousands of programs, services and events offered by the City of Richmond and its community partners
- Patients can register for programs by phone, online or in-person
- The guide is categorized by age: Preschool, Children, Youth, Adult and 55+ Years
- A new guide is available roughly a month prior to the start of programming for the three seasons listed below:
 - Winter/Spring – January to June
 - Summer – July to August
 - Fall – September to December

Connecting with your local Community Centre

Some community centres offer organized tours of their facility each season. This is a great way for you, your patients and staff to get familiar with the local community centre and the programs and services offered.

CONTACTS

Website: This form is available at <http://richmond.ca/fitness>

Registration Call Centre: Call 604-276-4300 for more information or to register for these or other recreation programs.

Hours: Monday – Friday 8:30am – 5:30pm

AQUATICS

- 1 Minoru Aquatic Centre**
7560 Minoru Gate, V6Y 1R9
604-238-8020
aquatics@richmond.ca
www.richmond.ca/aquatics
- 2 South Arm Outdoor Pool**
(Summer Only)
10100 South Arm Pl, V7A 2E1
604-718-8035v
aquatics@richmond.ca
www.richmond.ca/aquatics
- 3 Steveston Outdoor Pool**
(Summer Only)
4151 Moncton St, V7E 3A8
604-238-8030
aquatics@richmond.ca
www.richmond.ca/aquatics
- 4 Watermania**
14300 Entertainment Blvd, V6W 1K3
604-448-5353
aquatics@richmond.ca
www.richmond.ca/aquatics

ARENAS

- 5 Minoru Arenas**
7551 Minoru Gate, V6Y 1R8
604-238-8465
arenas@richmond.ca
www.richmond.ca/arenas
- 6 Richmond Ice Centre**
14140 Triangle Rd, V6W 1B1
604-448-5366
arenas@richmond.ca
www.richmond.ca/arenas

COMMUNITY CENTRES

- 7 Cambie Community Centre**
12800 Cambie Rd, V6V 0A9
604-233-8399
cambie@richmond.ca
www.richmond.ca/cambie
M-F 7:00am–9:45pm,
Sa/Su 9:00am–4:00pm
- 8 City Centre Community Centre**
5900 Minoru Blvd, V6X 0L9
604-204-8588
citycentre@richmond.ca
www.richmond.ca/citycentre
Su-Th 6:00am–11:00pm,
Fr/Sa 6:00am–12:00am
- 9 Hamilton Community Centre**
5140 Smith Dr, V6V 2W5
604-718-8055
hamilton@richmond.ca
www.richmond.ca/hamilton
M-F 7:00am–9:30pm,
Sa/Su 9:00am–4:30pm
- 10 Lang Centre**
#140-8279 Saba Rd, V6Y 4B6
604-233-8910
citycentre@richmond.ca
www.richmond.ca/citycentre
Phone for hours of operation
- 11 Sea Island Community Centre**
7140 Miller Rd, V7B 1L4
604-238-8000
seaisland@richmond.ca
www.richmond.ca/seaisland
M closed, Tu 9:00am–1:00pm,
W 9:00am–1:00pm,
Th 9:00am–1:00pm, F/Sa/Su closed
- 12 South Arm Community Centre**
8880 Williams Rd, V7A 1G6
604-238-8060
southarm@richmond.ca
www.richmond.ca/southarm
M-F 6:00am–9:30pm,
Sa-Su 7:30am–7:00pm
- 13 Steveston Community Centre**
4111 Moncton St, V7E 3A8
604-238-8080
stevestoncc@richmond.ca
www.richmond.ca/steveston
M-F 6:00am–8:45pm,
Sa 8:00am–4:45pm,
Su 8:00am–12:45pm
- 14 Thompson Community Centre**
5151 Granville Ave, V7C 1E6
604-238-8422
thompson@richmond.ca
www.richmond.ca/thompson
M-F 6:00am–9:45pm,
Sa/Su 7:00am–8:45pm*
*Subject to change
- 15 West Richmond Community Centre**
9180 No. 1 Rd, V7E 6L5
604-238-8400
westrich@richmond.ca
www.richmond.ca/westrichmond
M-Th 8:00am–8:30pm
F 8:00am–6:00pm
Sa/Su 9:00am–1:00pm

55+ CENTRE

- 16 Minoru Place Activity Centre**
7660 Minoru Gate, V6Y 1R9
604-238-8450
seniors@richmond.ca
www.richmond.ca/seniors
M-F 8:30am–9:00pm,
Sa 8:45am–4:00pm, Su 12:00–4:00pm
Cafeteria—hot entrees and catering
604-238-8461
M-Th 8:30am–2:00pm,
F 8:30am–7:00pm,
Sa 10:00am–2:00pm, Su closed

OTHER

- 17 Garratt Wellness Centre**
7504 Chelsea Pl, V7C 3S9
604-204-2007 (Health Dept.)
604-238-8004 (Program Registration)
www.richmond.ca/fitness
M-F 9:00am–1:00pm
- 18 Richmond Nature Park**
11851 Westminister Hwy, V6X 1B4
604-718-6188
nature@richmond.ca
www.richmond.ca/naturepark
Daily dawn–dusk
- 19 Richmond Pitch and Putt Golf Course**
9751 Pendleton Rd, V7E 6L5
604-204-7888
Open daily from 9:00am to dusk from April to early October (weather permitting). Closed during inclement weather.

CITY OF RICHMOND HEALTH & WELLNESS SERVICES / COMMUNITY RESOURCES

SERVICE	HARD COPY FLYER AVAILABLE	REGISTRATION REQUIRED	POPULATION SERVED	DESCRIPTION	LOCATION (Please see reverse for contact information)
Families					
Physical Literacy Programs	Yes	No	Children aged 1 - 12	Registered programs promote 25 fundamental movement skills to build the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.	Community Recreation facilities throughout Richmond
Grade 5 Active Pass	No	Yes	Grade 5 students living in Richmond	Grade 5 students in Richmond have FREE access to swimming, skating, pitch and putt, and some community programs. (Some fees may apply).	Community Recreation facilities throughout Richmond. Visit richmond.ca/grade5pass
Fitness Programs and Activities					
Walk Richmond	Yes	No	All Welcome - usual age is 40 - 60 years	A free walking program led by trained volunteers. Walks are approximately 1 hour in length, but adaptable to individual needs.	Ongoing Walk Series includes 22 walks throughout the city of Richmond. For current schedule visit richmond.ca/walk
Fitness programs for older adults and those with chronic conditions	No	Yes	Seniors 55+ and those with chronic conditions	Adapted Fitness; Balance and Falls Prevention; Sit and be Fit; Osteofit (offered in English or Cantonese); Steadyfeet, Pwr!Moves - Parkinson's Fitness, Chair Yoga	Community Recreation facilities throughout Richmond
Surgical and Chronic Disease Management					
JR2 Joint Replacement Recovery	Yes	Yes	Pre and post op patients for Total Hip or Total Knee Replacements	Post rehabilitation land and water based exercise program for individuals who have had, or are waiting for total knee or hip replacements.	Watermania
Heart & Diabetes Wellness	Yes	Yes	Heart and diabetes patients	Exercise classes for those with diabetes, heart risk factors, or following the Healthy Heart program at Richmond Hospital. Includes cardio vascular exercise, light resistance exercise.	Garratt Wellness Centre
WaterWorks	No	No	Individuals with arthritis	A water-based fitness class for people with arthritis	Minoru Aquatic Centre
Shapedown and MEND	Yes	Yes	Overweight and obese children and youth	Programs for overweight and obese children and youth. Shapedown is physician referred, offered through Provincial Health Services Authority, Vancouver Coastal Health and City of Richmond. MEND is self-referred, offered at City Centre.	Garratt Wellness Centre, City Centre Community Centre/ Visit http://www.bcchildrens.ca OR http://childhoodobesityfoundation.ca/mind-exercise-nutrition-mend/
Personal Care — 55+					
Citywide Monthly Wellness Clinics	Yes	Yes	Seniors 55+	Monthly clinics at 9 locations across Richmond offering free blood pressure checks, information on programs and services, and holistic health treatments at a lower than market cost; including hand/foot care, chair massage, reflexology, shiatsu and reiki.	City Centre, Minoru Place Activity Centre, Thompson, West Richmond, Steveston, Cambie, South Arm, Hamilton
Weekly Hand & Foot Care Services	No	Yes	Seniors 55+	Hand and foot care services are available weekly, at lower than market cost.	Minoru Place Activity Centre, Steveston Community Centre, East Richmond Community Hall (Cambie)
Monthly Hearing Clinics	No	Yes	Seniors 55+	Monthly hearing clinics are offered free of charge by certified hearing consultants.	Minoru Place Activity Centre, East Richmond Community Hall (Cambie) South Arm Community Centre
Isolated/Connecting					
Wellness Connections	Yes	Yes	At-risk, vulnerable, socially isolated; English and Chinese speaking 55+	Outreach programming for at-risk, isolated, vulnerable seniors who have multiple barriers to traditional community centre programming. Includes bus transportation to/from home, hot lunch, specialized programming, recreation counselling, and referrals to health care and community services. English and Chinese translation.	Minoru Place Activity Centre
Health, Wellness & Leisure Educational Workshops	No	Yes	Seniors 55+; Spouses/Caregivers/Adult Children	One day workshops and multiple day educational series on health, wellness and leisure topics. Presentations by not-for-profit health and community groups, majority are free of charge.	Minoru Place Activity Centre and Community Recreation facilities throughout Richmond
Health & Wellness/Chronic Disease Support Groups	No	Yes	Seniors 55+	Diabetic Support and Parkinson's Support Groups are available at Minoru Place Activity Centre. Chronic pain management Support & Low Vision Support Groups available at Steveston Community Centre.	Minoru Place Activity Centre, Steveston Community Centre
Leisure & Recreation Counselling	No	Yes	At-risk, vulnerable, socially isolated; Seniors 55+; Spouses/Caregivers/Adult Children	One-on-one leisure and recreation counselling and program/service referrals for those needing more support to stay independent, healthy and safe at home and in their community.	Minoru Place Activity Centre or other locations as needed