

SOUTH ARM COMMUNITY CENTRE

WINTER 2027 PROGRAMS

SOUTH ARM COMMUNITY CENTRE
8880 WILLIAMS ROAD
604-238-8060

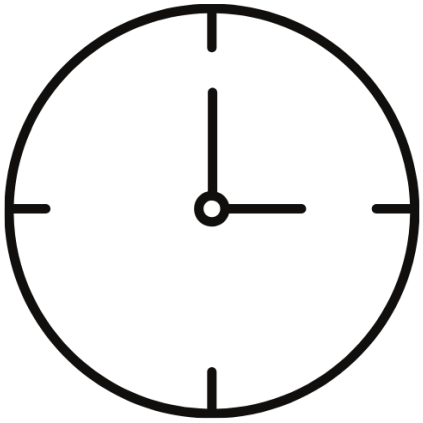
GENERAL INFORMATION

SOUTH ARM COMMUNITY ASSOCIATION

OUR MISSION:

South Arm Community Association aims to provide effective and enjoyable leisure opportunities for people so that they may grow and develop socially, emotionally, intellectually and physically.

We strive to create an inviting place where the community can come for information, to learn specific skills, to relax and to get into shape.



WINTER FACILITY HOURS

MONDAY-FRIDAY
6:00AM-10:00PM

SATURDAY+SUNDAY
7:30AM-9:00PM

HOW TO REGISTER

1) IN-PERSON DURING FACILITY HOURS

2) REGISTRATION CALL CENTRE
604-276-4300 MON-FRI 8:30AM-5:00PM

3) ONLINE AT RICHMOND.CA/REGISTER

FOR MORE INFORMATION, VISIT
RICHMOND.CA/SOUTHARM.

CONNECT WITH US

South Arm Community Centre (SACC)

@SouthArmCC & @SouthArmCCYouth

@SouthArmCC

southarm@richmond.ca

PRESCHOOL (0-5 YEARS)

Arts - Dance

BALLET - PRESCHOOLERS

Jan 10-Mar 7	Sun	9:15-10:00am	$63.25/8 sess	3-5yrs	00569747
Jan 10-Mar 7	Sun	12:30-1:15pm	$56.20/8 sess	3-5yrs	00569748
Jan 12-Mar 9	Tue	4:20-5:05pm	$63.25/9 sess	3-5yrs	00569984
Jan 12-Mar 9	Tue	5:10-5:55pm	$63.25/9 sess	3-5yrs	00569985
Jan 14-Mar 11	Thu	5:20-6:05pm	$63.25/9 sess	3-5yrs	00570011

BALLET - ADULT AND TOT

Jan 10-Mar 7	Sun	10:15-11:00am	$56.20/8 sess	2-3yrs	00569749
Jan 14-Mar 11	Thu	6:15-7:00pm	$63.25/9 sess	2-3yrs	00570017

CREATIVE MOVEMENT - ADULT AND TOT

Jan 15-Mar 12	Fri	5:00-5:45pm	$63.25/9 sess	1-2yrs	00571625

CREATIVE MOVEMENT - PRESCHOOLERS

Jan 10-Mar 7	Sun	11:15am-12:00pm	$56.20/8 sess	3-5yrs	00569752
Jan 13-Mar 10	Wed	3:45-4:30pm	$63.25/9 sess	3-5yrs	00571624
Jan 14-Mar 11	Thu	4:30-5:15pm	$63.25/9 sess	3-5yrs	00570003

DANCE COMBO - PRESCHOOLERS

Jan 13-Mar 10	Wed	4:45-5:30pm	$63.25/9 sess	3-5yrs	00571626

MINI HIP HOPPERS - PRESCHOOLERS

Jan 12-Mar 9	Tue	3:30-4:15pm	$63.25/9 sess	3-5yrs	00569981



Arts - Music

LITTLE ROCKERS - JUNIOR JAM - ROCKSTAR MUSIC© - PRESCHOOLERS

Jan 10-Mar 7	Sun	10:30-11:00am	$88.00/8 sess	3-5yrs	00571119

LITTLE ROCKERS - TINY TUNES - ADULT AND TOT - ROCKSTAR MUSIC©

Jan 10-Mar 7	Sun	10:00-10:30am	$88.00/8 sess	1-3yrs	00571100

Arts - Performing

MUSICAL THEATRE - PRESCHOOLERS

Jan 11-Mar 8	Mon	3:45-4:30pm	$56.20/8 sess	3-5yrs	00569974
Jan 14-Mar 11	Thu	3:30-4:15pm	$63.25/9 sess	3-5yrs	00569977

Arts - Visual

ART FOR TWOS - ADULT AND TOT

Jan 10-Mar 7	Sun	10:15-11:00am	$56.20/8 sess	2-3yrs	00571550

ART FOR TWOS - ADULT AND TOT (CANTONESE) -

Jan 14-Mar 4	Thu	10:00-10:45am	$56.20/8 sess	2-3yrs	00569340

ART ADVENTURES - PRESCHOOLERS

Jan 10-Mar 7	Sun	2:45-3:30pm	$56.20/8 sess	3-5yrs	00571553
Jan 15-Mar 12	Fri	10:45-11:30am	$56.20/8 sess	3-5yrs	00569399

ART AROUND THE WORLD - PRESCHOOLERS

Jan 14-Mar 11	Thu	6:30-7:15pm	$56.20/8 sess	3-5yrs	00569396

ARTS COMBO - ADULT AND TOT

Jan 15-Mar 12	Fri	9:30-10:15am	$63.25/8 sess	1-2yrs	00569398

CRAFT COMBO - PRESCHOOLERS

Jan 12-Mar 9	Tue	5:15-6:00pm	$56.20/8 sess	3-5yrs	00569389
Jan 14-Mar 11	Thu	5:45-6:30pm	$63.25/9 sess	3-5yrs	00571381
Jan 16-Mar 13	Sat	1:30-2:15pm	$56.20/8 sess	3-5yrs	00571547
Mar 15-19	Mon-Fri	10:30-11:15am	$35.15/5 sess	3-5yrs	00579180
Mar 22-29	Mon-Thu	10:30-11:15am	$28.10/4 sess	3-5yrs	00579195

JUNIOR FOSSIL EXCAVATORS - PRESCHOOLERS

Jan 16-Mar 13	Sat	10:45-11:30am	$56.20/8 sess	3-5yrs	00571629

CLAY CREATIONS - AIR DRY CLAY - PRESCHOOLERS

Jan 12-Mar 9	Tue	3:30-4:15pm	$63.25/9 sess	3-5yrs	00571288
Jan 14-Mar 11	Thu	3:45-4:30pm	$63.25/9 sess	3-5yrs	00571344
Mar 15-19	Mon-Fri	2:30-3:15pm	$35.15/5 sess	3-5yrs	00579190
Mar 22-29	Mon-Thu	2:30-3:15pm	$28.10/4 sess	3-5yrs	00579200

PAINT AND PLAY - ADULT AND TOT

Jan 14-Mar 11	Thu	9:30-10:15am	$63.25/8 sess	1-2yrs	00569390

DRAW ME A STORY - PRESCHOOLERS

Jan 14-Mar 4	Thu	11:15am-12:00pm	$49.20/7 sess	3-5yrs	00569386
Jan 14-Mar 11	Thu	5:15-6:00pm	$63.25/8 sess	3-5yrs	00569395

ART AROUND THE WORLD - LUNAR NEW YEAR SERIES - ADULT AND TOT

Feb 4	Thu	11:30am-12:15pm	$7.00/1 sess	2-3yrs	00568328

CRAFT CORNER - ADULT AND TOT

Jan 16-Mar 13	Sat	12:30-1:15pm	$63.25/9 sess	1-3yrs	00571546

Camps

DAYCAMP - PRESCHOOL CAMP - BORN 2022-2023 - LICENSED - PRESCHOOLERS

Mar 15-19	Mon-Fri	9:00am-1:00pm	$153.45/5 sess	3-4yrs	00571922
Mar 22-25	Mon-Thu	9:00am-1:00pm	$122.75/4 sess	3-4yrs	00571924



Events and Seasonal Programs

D.I.Y. (DO-IT-YOURSELF) - EASTER EGG-MAKING WORKSHOP - PRESCHOOLERS

Mar 28	Sun	1:00-1:45pm	$7.00/1 sess	3-5yrs	00580839

EASTER SLIME MAKING WORKSHOP - PRESCHOOLERS

Mar 28	Sun	4:30-5:15pm	$7.00/1 sess	3-5yrs	00580859



General Interest

ONCE UPON A CIRCLE - TINY TALES, BIG IMAGINATION - PRESCHOOLERS

Jan 11-Mar 8	Mon	5:00-5:30pm	$40.45/8 sess	3-5yrs	00569304
Jan 14-Mar 11	Thu	10:45-11:30am	$56.20/8 sess	3-5yrs	00569360

TUMMY TIME - ADULT AND TOT (CANTONESE)

Jan 6-27	Wed	10:30-11:15am	$20.25/4 sess	0-1yrs	00571722

123, ABC'S - PHONICS AND MATH - PRESCHOOLERS

Jan 11-Mar 8	Mon	3:45-4:30pm	$40.45/8 sess	4-5yrs	00569362
Jan 16-Mar 13	Sat	9:15-10:00am	$40.45/8 sess	3-4yrs	00569808

Languages

MANDARIN FUN FOR PRESCHOOLERS

Jan 9-30	Sat	2:30-3:30pm	$28.95/4 sess	4-5yrs	00571692
Feb 6-27	Sat	2:30-3:30pm	$26.95/4 sess	4-5yrs	00571694
Mar 22-25	Mon-Thu	2:30-4:00pm	$26.95/4 sess	4-5yrs	00571708

Nature and Science

WACKY SCIENCE - PRESCHOOLERS

Jan 10-Mar 7	Sun	9:15-10:00am	$56.20/8 sess	3-5yrs	00571549
Jan 10-Mar 7	Sun	3:45-4:30pm	$56.20/8 sess	3-5yrs	00571554
Jan 12-Mar 9	Tue	5:45-6:30pm	$63.25/9 sess	3-5yrs	00571364
Jan 14-Mar 11	Thu	4:45-5:30pm	$63.25/9 sess	3-5yrs	00571379
Jan 16-Mar 13	Sat	2:30-3:15pm	$56.20/8 sess	3-5yrs	00571548
Mar 15-Mar 19	Mon-Fri	9:30-10:15am	$35.15/5 sess	3-5yrs	00579177
Mar 22-Mar 29	Mon-Thu	9:30-10:15am	$28.10/4 sess	3-5yrs	00579193

Sports

ADAPTED SPORT AND PLAY - PRESCHOOLERS

Jan 30-Mar 6	Sat	11:00-11:45am	$31.60/6 sess	3-5yrs	00571448

SPORTBALL® - SOCCER - ADULT AND TOT

Jan 10-Mar 14	Sun	9:30-10:15am	$162.00/9 sess	2-3yrs	00571441

SPORTBALL® - SOCCER - PRESCHOOLERS

Jan 10-Mar 14	Sun	10:15-11:15am	$162.00/9 sess	3-5yrs	00571442

CHILDREN (6-12 Years)

Arts - Dance

JAZZ DANCING - CHILDREN

Jan 15-Mar 12	Fri	3:45-4:45pm	$84.35/9 sess	6-9yrs	00571627
Jan 16-Mar 13	Sat	12:15-1:15pm	$74.95/8 sess	6-9yrs	00570044

CHEER DANCING - PRETEENS

Jan 20-Mar 10	Wed	5:00-6:00pm	$74.95/8 sess	9-12yrs	00569882

Arts - Music

MUSICAL EXPRESSIONS - GUITAR OR UKULELE PRIVATE LESSONS - ALL AGES

Lessons are available in 30 minute timeslots on Wednesdays 2:55-9:15pm and Fridays 3:30-7:30pm. Please visit richmond.ca/register or visit the South Arm Community Centre front desk to inquire about session availability.

MUSICAL EXPRESSIONS - PIANO PRIVATE LESSONS - ALL AGES

Lessons are available in 30 minute timeslots on Tuesdays 3:30-7:30pm, Thursdays 3:30-7:30pm, and Saturdays 9:30am-4:30pm. Please visit richmond.ca/register or visit the South Arm Community Centre front desk to inquire about session availability.

Arts - Performing

MUSICAL THEATRE - CHILDREN

Jan 16-Mar 13	Sat	11:00am-12:00pm	$74.95/8 sess	6-9yrs	00570024

MUSICAL THEATRE - PRETEENS

Jan 16-Mar 13	Sat	3:30-4:30pm	$74.95/8 sess	9-12yrs	00571044

Arts - Visual

3D PAPER ARTS - CHILDREN

Jan 12-Mar 9	Tue	3:45-5:00pm	$93.70/8 sess	6-9yrs	00569388

ANIME AND MANGA - CHILDREN

Mar 22-25	Mon-Thu	3:45-4:45pm	$37.50/4 sess	6-9yrs	00579201

ARTS COMBO EXPLORATION - ALL LEVELS - CHILDREN

Mar 22-25	Mon-Thu	9:30am-12:00pm	$93.70/4 sess	6-9yrs	00569401

PRO-D DAY - ARTS COMBO EXPLORATION - ALL LEVELS - CHILDREN

Feb 12	Fri	9:30am-12:00pm	$23.45/1 sess	6-9yrs	00569400

CLAY CREATIONS - AIR DRY CLAY - CHILDREN

Jan 15-Mar 12	Fri	5:30-6:45pm	$105.40/9 sess	6-9yrs	00571046

DRAWING AND PAINTING - CHILDREN

Jan 14-Mar 11	Thu	3:30-4:45pm	$93.70/8 sess	6-9yrs	00569394
Mar 15-19	Mon-Fri	1:15-2:15pm	$47.85/5 sess	6-9yrs	00579188
Mar 22-25	Mon-Thu	1:00-2:00pm	$37.50/4 sess	6-9yrs	00569402

JEWELLERY MAKING - CHILDREN

Jan 10-Mar 7	Sun	1:15-2:30pm	$93.70/8 sess	6-9yrs	00571552
Jan 11-Mar 8	Mon	6:15-7:15pm	$74.95/8 sess	6-8yrs	00569373
Jan 16-Mar 13	Sat	11:30am-12:30pm	$74.95/8 sess	6-8yrs	00569811
Mar 22-25	Mon-Thu	2:15-3:15pm	$37.50/4 sess	6-8yrs	00569403

JEWELLERY MAKING - PRETEENS

Jan 16-Mar 13	Sat	9:15-10:30am	$93.70/8 sess	9-12yrs	00571630

ACRYLIC PAINTING - CHILDREN

Jan 10-Mar 7	Sun	11:15am-12:30pm	$93.70/8 sess	6-9yrs	00571551
Mar 15-19	Mon-Fri	3:45-4:45pm	$46.85/5 sess	6-9yrs	00579191
Mar 22-29	Mon-Fri	1:15-2:15pm	$37.50/4 sess	6-9yrs	00579191

WATERCOLOUR PAINTING - BEGINNER - CHILDREN

Jan 15-Mar 12	Fri	3:45-5:00pm	$105.40/9 sess	6-9yrs	00571045

Computers, Technology and Social Media

LEARN TO CREATE WITH 3D CAD - COMPUCHILD - CHILDREN

Jan 13-Mar 10	Wed	5:30-6:30pm	$180.00/9 sess	6-9yrs	00569439

2D GAME DEVELOPMENT WITH SCRATCH - COMPUCHILD - CHILDREN

Jan 11-Mar 8	Mon	3:45-4:45pm	$160.00/8 sess	6-9yrs	00569627
Jan 14-Mar 11	Thu	5:00-6:00pm	$180.00/9 sess	6-9yrs	00569685

3D PRINTING - BUILD YOUR OWN TOY - COMPUCHILD - CHILDREN

Jan 13-Mar 10	Wed	4:15-5:15pm	$180.00/9 sess	6-9yrs	00569689
Jan 14-Mar 11	Thu	3:45-4:45pm	$180.00/9 sess	6-9yrs	00569691

Cooking

COOKING BASICS - PRETEENS

Jan 10-Feb 28	Sun	10:00-11:30am	$176.90/7 sess	9-13yrs	00568981

Events and Seasonal Programs

COOKIE DECORATING - EASTER THEME - ADULT AND CHILD

Mar 28	Sun	2:00-3:00pm	$5.00/1 sess	6-12 yrs	00580800

D.I.Y. (DO-IT-YOURSELF) - EASTER EGG-MAKING WORKSHOP - CHILDREN

Mar 28	Sun	2:00-3:00pm	$9.35/1 sess	6-12yrs	00580852

EASTER SLIME MAKING WORKSHOP - CHILDREN

Mar 28	Sun	3:15-4:15pm	$9.35/1 sess	6-12yrs	00580863

Fitness

YOGA - CHILDREN

Jan 14-Feb 4	Thu	3:45-4:45pm	$41.25/4 sess	6-12yrs	00571391
Feb 11-Mar 11	Thu	3:45-4:45pm	$51.55/5 sess	6-12yrs	00571402

General Interest

PRETEEN HANGOUT - PRETEENS

Jan 14-Mar 4	Thu	4:30-6:30pm	$56.80/8 sess	9-13yrs	00568990

LITTLE BOOKWORMS - READING AND WRITING - CHILDREN

Jan 16-Mar 13	Sat	10:15-11:15am	$53.90/8 sess	6-8yrs	00569810

Martial Arts

TAEKWONDO - BEGINNER - CHILDREN

Jan 11-Mar 1	Mon	4:30-5:30pm	$70.00/7 sess	6-12yrs	00568099
Jan 15-Mar 5	Fri	5:30-6:30pm	$80.00/8 sess	6-12yrs	00568260

TAEKWONDO - INTERMEDIATE - CHILDREN

Jan 11-Mar 1	Mon	3:30-4:30pm	$70.00/7 sess	6-18yrs	00568075
Jan 11-Mar 1	Mon	5:30-6:30pm	$70.00/7 sess	6-18yrs	00568246
Jan 11-Mar 1	Mon	6:30-7:30pm	$70.00/7 sess	6-18yrs	00568251
Jan 15-Mar 5	Fri	3:30-4:30pm	$80.00/8 sess	6-18yrs	00568255
Jan 15-Mar 5	Fri	4:30-5:30pm	$80.00/8 sess	6-18yrs	00568256
Jan 15-Mar 5	Fri	6:30-7:30pm	$80.00/8 sess	6-18yrs	00568261

Nature and Science

WACKY SCIENCE - CHILDREN

Jan 12-Mar 9	Tue	4:30-5:30pm	$84.35/9 sess	6-9yrs	00571348
Mar 15-19	Mon-Fri	11:30am-12:30pm	$46.85/5 sess	6-9yrs	00579187
Mar 22-29	Mon-Thu	11:30am-12:30pm	$37.50/4 sess	6-9yrs	00579196

Racquet Sports

BADMINTON - INTERMEDIATE - PRETEENS

Feb 3-Mar 10	Wed	4:30-5:30pm	$42.10/6 sess	9-12yrs	00571380

Sports

BASKETBALL - CHILDREN

Jan 4-Mar 8	Mon	5:45-6:45pm	$63.20/9 sess	8-10yrs	00571349
Jan 9-Mar 13	Sat	11:30am-12:30pm	$63.20/9 sess	6-8yrs	00571384
Jan 9-Mar 13	Sat	2:30-3:30pm	$63.20/9 sess	8-10yrs	00571386

BASKETBALL - PRETEENS

Jan 4-Mar 8	Mon	7:00-8:00pm	$63.20/9 sess	10-12yrs	00571373
Jan 9-Mar 13	Sat	3:30-4:30pm	$63.20/9 sess	10-12yrs	00571389

BASKETBALL - RYBL - SMALL BALL - GRADES K/1 - CHILDREN

Jan 4-Mar 1	Mon	6:00-6:45pm	$85.00/8 sess	5-6yrs	00569117

BASKETBALL - RYBL - SMALL BALL - GRADES 2/3 - CHILDREN

Jan 4-Mar 1	Mon	7:00-7:45pm	$85.00/8 sess	7-8yrs	00569118

BASKETBALL - RYBL - SKILLS AND GAMEPLAY - 3 V 3 - GRADES 4/5 - CO-ED - CHILDREN

Jan 10-Mar 7	Sun	11:00am-12:15pm	$100.00/8 sess	8-10yrs	00572313

BASKETBALL - RYBL - SKILLS AND GAMEPLAY - 3 V 3 - GRADES 4/5 - CO-ED - CHILDREN

Jan 13-Mar 3	Wed	6:00-7:15pm	$100.00/8 sess	8-10yrs	00572311

BASKETBALL - RYBL - JUMP - GRADES 4/5 - CHILDREN

Jan 14-Mar 4	Thu	6:00-7:00pm	$100.00/8 sess	8-10yrs	00567805

BASKETBALL - RYBL - JUMP - GRADES 4/5 - CHILDREN

Jan 15-Mar 5	Fri	6:00-7:00pm	$100.00/8 sess	8-10yrs	00569115

BASKETBALL - RYBL - SKILLS AND GAMEPLAY - 3 V 3 - GRADES 6/7 - CO-ED - CHILDREN

Jan 10-Mar 7	Sun	12:30-1:45pm	$100.00/8 sess	10-12yrs	00572314

BASKETBALL - RYBL - JUMP - GRADES 6/7 - CHILDREN

Jan 14-Mar 4	Thu	7:15-8:15pm	$100.00/8 sess	10-12yrs	00567806

BASKETBALL - RYBL - JUMP - GRADES 6/7 - CHILDREN

Jan 15-Mar 5	Fri	7:15-8:15pm	$100.00/8 sess	10-12yrs	00569116

MULTISPORT - CHILDREN

Jan 7-Feb 4	Thu	3:30-4:30pm	$35.10/5 sess	6-8yrs	00571382
Feb 11-Mar 11	Thu	3:30-4:30pm	$35.10/5 sess	6-8yrs	00571397

SPORTBALL® - SOCCER - CHILDREN

Jan 10-Mar 14	Sun	11:15am-12:15pm	$162.00/9 sess	5-7yrs	00571390

VOLLEYBALL - BEGINNER - PRETEENS

Jan 9-Mar 13	Sat	12:45-1:45pm	$63.20/9 sess	9-12yrs	00571385
Jan 14-Mar 4	Thu	4:45-5:45pm	$56.15/8 sess	9-12yrs	00571393

VOLLEYBALL - INTERMEDIATE - PRETEENS

Jan 14-Mar 4	Thu	5:45-6:45pm	$56.15/8 sess	9-12yrs	00571394

YOUTH (13-18 YEARS)

Arts - Dance

K-POP DANCING - YOUTH

Jan 12-Mar 9	Tue	4:15-5:15pm	$84.35/9 sess	13-18yrs	00569899

Camps

DAYCAMP - ADVENTURE CAMP - YOUTH

Mar 16-18	Tue-Thu	10:00am-4:00pm	$170.65/3 sess	11-16yrs	00569968
Mar 23-25	Tue-Thu	10:00am-4:00pm	$170.65/3 sess	11-16yrs	00569972

Cooking

IRON CHEF COOKING - YOUTH

Jan 10-Feb 28	Sun	2:45-4:15pm	$176.90/7 sess	11-16yrs	00568976
Jan 10-Mar 7	Sun	12:30-2:00pm	$202.20/8 sess	11-16yrs	00568980

Fitness

GROUP WEIGHT TRAINING - YOUTH

Jan 8-Feb 5	Fri	3:15-4:15pm	$56.80/5 sess	13-18yrs	00567222
Feb 19-Mar 19	Fri	3:15-4:15pm	$56.80/5 sess	13-18yrs	00567228

General Interest

LEADERSHIP - INTRODUCTION - YOUTH

Jan 12-Mar 16	Tue	3:45-5:00pm	Free/10 sess	13-18yrs	00578913



Racquet Sports

BADMINTON - INTERMEDIATE - YOUTH

Feb 3-Mar 10	Wed	3:15-4:15pm	$42.10/6 sess	13-18yrs	00571438
Feb 3-Mar 10	Wed	5:45-6:45pm	$42.10/6 sess	13-18yrs	00571439

Sports

BASKETBALL DEVELOPMENT SKILLS - YOUTH

Jan 9-Mar 6	Sat	9:30-10:30am	$63.20/9 sess	13-18yrs	00568985

BASKETBALL - RYBL - SKILLS AND GAMEPLAY - GRADES 8/9 - FOR BOYS - YOUTH

Jan 9-Mar 6	Sat	12:00-1:30pm	$105.00/8 sess	13-15yrs	00569108

BASKETBALL - RYBL - SKILLS AND GAMEPLAY - GRADES 8/9 - FOR GIRLS - YOUTH

Jan 9-Mar 6	Sat	1:30-2:45pm	$105.00/8 sess	13-15yrs	00569109

VOLLEYBALL SKILLS - YOUTH

Jan 9-Mar 6	Sat	11:00am-12:00pm	$63.20/9 sess	13-18yrs	00568986

ADULTS (18+ YEARS)

Arts - Dance

BALLET - BEGINNER - ADULTS

Jan 16-Mar 13	Sat	2:00-3:15pm	$93.70/8 sess	18yrs+	00570045

BALLET FUNDAMENTALS - LEVEL 1 - ADULTS

Jan 12-Mar 16	Tue	12:30-1:45pm	$93.70/10 sess	19yrs+	00568592

BALLET FUNDAMENTALS - LEVEL 2 - ADULTS

Jan 19-Mar 16	Tue	9:30-10:45am	$84.35/9 sess	19yrs+	00568596

JAZZ DANCING - ADULTS

Jan 11-Mar 8	Mon	2:00-3:00pm	$74.95/8 sess	18yrs+	00569971
Jan 13-Mar 10	Wed	1:45-2:45pm	$84.35/9 sess	18yrs+	00571628

FLAMENCO DANCING - ADULTS

Jan 15-Mar 12	Fri	7:00-8:00pm	$84.35/9 sess	19yrs+	00564011

Arts - Visual

ANIME AND MANGA - ADULTS

Jan 16-Mar 13	Sat	3:30-4:30pm	$74.95/8 sess	18yrs+	00571220

ACRYLIC PAINTING - ADULTS

Jan 14-Mar 11	Thu	1:30-2:45pm	$105.40/9 sess	18yrs+	00571383

PAINT NIGHT - WINTER WONDERLAND - ADULTS

Jan 23	Sat	6:30-8:00pm	$14.05/1 sess	18yrs+	00571155

PAINT NIGHT - ANIME - ADULTS

Feb 27	Sat	6:30-8:00pm	$14.05/1 sess	18yrs+	00571145

PAINT NIGHT - MEADOW IN GREEN - ADULTS

Mar 20	Sat	6:30-8:00pm	$14.05/1 sess	18yrs+	00571166

Cooking

BAKE THE WORLD A BETTER PLACE WORKSHOP - ADULTS

Bake the World a Better Place Workshop is now open to adults. Classes run Fridays from 5:00–6:45pm. For course details and registration information, please visit our Seniors section on Page 17.

Fitness

ADAPTED FITNESS - ADULTS

Jan 7-Mar 25	Thu	1:30-2:30pm	$84.00/12 sess	18yrs+	00566438

EXERCISES FOR THOSE WITH PARKINSON'S - ADULTS

Jan 6-Mar 24	Wed	3:00-4:00pm	$70.00/10 sess	18yrs+	00566451

FUNDAMENTALS OF FITNESS - LEVEL 1 - ADULTS

Jan 5-Feb 9	Tue	10:00-11:00am	$86.95/6 sess	16yrs+	00564135

FUNDAMENTALS OF FITNESS - LEVEL 2 - ADULTS

Jan 7-Feb 11	Thu	10:00-11:00am	$86.95/6 sess	16yrs+	00566653

POWERBUILDING 101 - ADULTS

Jan 6-Feb 10	Wed	6:15-7:15pm	$86.95/6 sess	16yrs+	00566550
Feb 17-Mar 24	Wed	6:15-7:15pm	$86.95/6 sess	16yrs+	00566553

POWERBUILDING - LEVEL 2 - ADULTS

Jan 5-Feb 9	Tue	6:15-7:15pm	$86.95/6 sess	16yrs+	00564389
Feb 16-Mar 23	Tue	6:15-7:15pm	$86.95/6 sess	16yrs+	00564390

TRX® PLUS - ADULTS

Jan 4-Feb 8	Mon	12:45-1:45pm	$86.95/6 sess	16yrs+	00563991
Jan 8-Feb 12	Fri	11:30am-12:30pm	$86.95/6 sess	16yrs+	00567169

Fitness

WOMEN ON WEIGHTS - ADULTS

Jan 10-Feb 14	Sun	8:30-9:30am	$86.95/6 sess	16yrs+	00566564
Jan 10-Feb 14	Sun	9:30-10:30am	$86.95/6 sess	16yrs+	00566572

CYCLE AND STRENGTH - ADULTS

Jan 4-Mar 22	Mon	9:00-10:00am	$100.10/11 sess	16yrs+	00563983

CYCLE AND STRETCH - ADULTS

Jan 6-Mar 24	Wed	9:30-10:30am	$109.20/12 sess	16yrs+	00566457

CYCLE H.I.I.T. BOOT CAMP - ADULTS

Jan 9-Mar 20	Sat	8:15-9:15am	$91.00/10 sess	16yrs+	00566253
Jan 9-Mar 20	Sat	9:30-10:30am	$91.00/10 sess	16yrs+	00566259

DANCE FUSION - ALL LEVELS - ADULTS

Jan 5-Mar 23	Tue	6:30-7:30pm	$109.20/12 sess	16yrs+	00566314

ZUMBA® - ADULTS

Jan 6-Mar 24	Wed	7:15-8:15pm	$109.20/12 sess	16yrs+	00565392

ZUMBA® - TONING - ADULTS

Jan 7-Mar 25	Thu	7:15-8:15pm	$109.20/12 sess	16yrs+	00565383

ZUMBA® LIFT - FOR WOMEN - ADULTS

Jan 12-Feb 2	Tue	7:00-8:00pm	$36.40/4 sess	16yrs+	00566290

GENTLE YOGA - ADULTS

Jan 7-Mar 25	Thu	5:15-6:15pm	$123.70/12 sess	16yrs+	00566649

IYENGAR® YOGA - LEVEL 1 - ADULTS

Jan 5-Feb 9	Tue	9:15-10:45am	$92.80/6 sess	16yrs+	00564112

IYENGAR® YOGA - LEVEL 2 - ADULTS

Jan 6-Feb 10	Wed	6:30-8:00pm	$92.80/6 sess	16yrs+	00564160

PILATES - ALL LEVELS - ADULTS

Jan 10-Mar 21	Sun	10:15-11:15am	$113.40/11 sess	16yrs+	00565131
Jan 7-Mar 11	Thu	6:15-7:15pm	$103.10/10 sess	16yrs+	00566455

General Interest

IKEBANA FLOWER ARRANGING WORKSHOP - BEGINNER - ADULTS

Jan 30	Sat	2:30-4:00pm	$30.00/1 sess	18yrs+	00579143

IKEBANA FLOWER ARRANGING WORKSHOP - BEGINNER - ADULTS

Mar 6	Sat	2:30-4:00pm	$30.00/1 sess	18yrs+	00579146

Racquet Sports

PICKLEBALL - NON-INSTRUCTIONAL - ADULTS

Jan 11-Mar 22	Mon	12:15-2:30pm	$70.20/10 sess	18yrs+	00568269

PICKLEBALL - BEGINNER - ADULTS

Jan 9-Mar 6	Sat	8:45-10:15am	$94.75/9 sess	18yrs+	00571428

Sports

BASKETBALL - ADULTS

Jan 4-Mar 22	Mon	8:15-9:45pm	$77.20/11 sess	18yrs+	00571425

VOLLEYBALL - ADULTS

Jan 6-Mar 24	Wed	7:15-9:45pm	$84.25/12 sess	18yrs+	00571427

SENIORS (55+ YEARS)

Arts- Dance

BALLET - FUNDAMENTALS - LEVEL 1 - 55+					
Jan 12-Mar 16	Tue	12:30-1:45pm	$86.90/10 sess	55yrs+	00568594
BALLET FUNDAMENTALS - LEVEL 2 - 55+					
Jan 19-Mar 16	Tue	9:30-10:45am	$78.20/9 sess	55yrs+	00568595
BALLROOM DANCING - ULTIMATE - MAMBO - 55+					
Feb 19-Mar 19	Fri	5:00-6:30pm	$75.00/5 sess	55yrs+	00567848
BALLROOM DANCING - ULTIMATE - RUMBA - 55+					
Jan 8-Feb 12	Fri	5:00-6:30pm	$90.00/6 sess	55yrs+	00567847
LATIN FUNK DANCING - 55+					
Jan 19-Mar 16	Tue	8:15-9:15pm	$62.55/9 sess	55yrs+	00568149
LINE DANCING - BEGINNER - 55+					
Jan 13-Mar 10	Wed	3:45-4:45pm	$62.55/9 sess	55yrs+	00564008
LINE DANCING - BEGINNER - IMPROVER - 55+					
Jan 13-Mar 17	Wed	2:30-3:30pm	$69.50/10 sess	55yrs+	00564007
FLAMENCO DANCING - 55+					
Jan 15-Mar 12	Fri	7:00-8:00pm	$62.55/9 sess	55yrs+	00564009

Arts - Music

TAIKO DRUMMING - BEGINNER - 55+					
Jan 18-Mar 15	Mon	7:30-8:30pm	$55.60/8 sess	55yrs+	00567963
TAIKO DRUMMING - INTERMEDIATE - 55+					
Jan 18-Mar 15	Mon	6:30-7:30pm	$55.60/8 sess	55yrs+	00567965
TAIKO DRUMMING - ADVANCED - 55+					
Jan 18-Mar 15	Mon	5:30-6:30pm	$55.60/8 sess	55yrs+	00567966
UKULELE - KEEP GOING - 55+					
Jan 18-Mar 15	Mon	11:00am-12:30pm	$83.40/8 sess	55yrs+	00568590

Arts - Visual

CHINESE CALLIGRAPHY (CANTONESE/MANDARIN/ENGLISH) - 55+					
Jan 13-Mar 10	Wed	10:30-11:30am	$62.55/9 sess	55yrs+	00571537
JOURNEY THROUGH INDIAN FOLK ART - BEGINNER - 55+					
Jan 14-Feb 18	Thu	10:30am-12:30pm	$83.40/6 sess	55yrs+	00569728
NEUROGRAPHIC MANDALA ART THERAPY - TRY IT - 55+					
Jan 18	Mon	10:30-11:30am	Free/1 sess	55yrs+	00569751
NEUROGRAPHIC MANDALA ART THERAPY - 55+					
Jan 25-Mar 8	Mon	10:30-11:30am	$41.70/6 sess	55yrs+	00571543
WINTERSCAPES AND WILDLIFE PAINTING - 55+					
Jan 12-Feb 16	Tue	10:30am-12:30pm	$83.40/6 sess	55yrs+	00557491

Computers, Technology and Social Media

DIGITAL LITERACY - 55+					
Jan 18-Mar 1	Mon	3:45-5:15pm	Free/6 sess	55yrs+	00569352
DIGITAL LITERACY (CANTONESE/MANDARIN) - 55+					
Feb 20-Mar 20	Sat	3:00-4:00pm	Free/5 sess	55yrs+	00569345

Computers, Technology and Social Media

SMART PHONES, TABLETS AND LAPTOPS - LEARN FROM A YOUTH - 55+

Jan 14	Thu	3:30-4:30pm	Free/1 sess	55yrs+	00569364
Jan 28	Thu	3:30-4:30pm	Free/1 sess	55yrs+	00569368
Feb 11	Thu	3:30-4:30pm	Free/1 sess	55yrs+	00569376
Feb 26	Fri	3:30-4:30pm	Free/1 sess	55yrs+	00569378
Mar 12	Fri	3:30-4:30pm	Free/1 sess	55yrs+	00569381

Cooking

HEALTHY WORLD COOKING - VEGAN SERIES - VIETNAM - 55+

Jan 12	Tue	6:00-7:30pm	$25.25/1 sess	55yrs+	00567119

HEALTHY WORLD COOKING - VEGAN SERIES - INDONESIA - 55+

Jan 19	Tue	6:00-7:30pm	$25.25/1 sess	55yrs+	00567210

HEALTHY WORLD COOKING - VEGAN SERIES - MALAYSIA - 55+

Jan 26	Tue	6:00-7:30pm	$25.25/1 sess	55yrs+	00567211

HEALTHY WORLD COOKING - VEGAN SERIES - SOUTHERN INDIA - 55+

Feb 2	Tue	6:00-7:30pm	$25.25/1 sess	55yrs+	00567212

HEALTHY WORLD COOKING - VEGAN SERIES - NORTHERN INDIA - 55+

Feb 9	Tue	6:00-7:30pm	$25.25/1 sess	55yrs+	00567220

HEALTHY WORLD COOKING - VEGAN SERIES - THAILAND - 55+

Feb 16	Tue	6:00-7:30pm	$25.25/1 sess	55yrs+	00567224

HEALTHY WORLD COOKING - VEGAN SERIES - SRI LANKA - 55+

Feb 23	Tue	6:00-7:30pm	$25.25/1 sess	55yrs+	00567225

HEALTHY WORLD COOKING - VEGAN SERIES - CHINA (SICHUAN STYLE) - 55+

Mar 2	Tue	6:00-7:30pm	$25.25/1 sess	55yrs+	00567226

HEALTHY WORLD COOKING - VEGAN SERIES - TAIWAN - 55+

Mar 9	Tue	6:00-7:30pm	$25.25/1 sess	55yrs+	00567230

BAKE THE WORLD A BETTER PLACE WORKSHOP - CHOCOLATE MACARON - 55+

Jan 15	Fri	5:00-6:45pm	$29.50/1 sess	55yrs+	00569138

BAKE THE WORLD A BETTER PLACE WORKSHOP - CHOCOLATE MARBLE POUND CAKE - 55+

Feb 19	Fri	5:00-6:45pm	$29.50/1 sess	55yrs+	00569310

BAKE THE WORLD A BETTER PLACE WORKSHOP - CHESTNUT CHIFFON MINI CAKES - 55+

Mar 19	Fri	5:00-6:45pm	$29.50/1 sess	55yrs+	00569311

Events and Seasonal Programs

LUNAR NEW YEAR CELEBRATION - 55+

Feb 9	Tue	11:30am-1:00pm	$17.50/1 sess	55yrs+	00567959

Fitness

BETTER BACKS AND BALANCE - BEGINNER - 55+

Jan 4-Mar 22	Mon	12:00-1:00pm	$70.00/10 sess	55yrs+	00563987
Jan 6-Mar 24	Wed	10:30-11:30am	$77.00/11 sess	55yrs+	00566539

CHAIR FITNESS - LEVEL 1 - 55+

Jan 4-Mar 22	Mon	1:30-2:30pm	$77.00/11 sess	55yrs+	00564046

ACTIVE AND FIT - 55+

Jan 5-Mar 23	Tue	11:00am-12:00pm	$70.00/10 sess	55yrs+	00564273
Jan 7-Mar 25	Thu	11:00am-12:00pm	$70.00/10 sess	55yrs+	00565196

Fitness

M.I.I.T. (MODERATE INTENSITY INTERVAL TRAINING) - 55+

Jan 4-Mar 22	Mon	10:30-11:30am	$77.00/11 sess	55yrs+	00563985

MEN ON WEIGHTS - 55+

Jan 11-Feb 8	Mon	12:00-1:00pm	$56.80/5 sess	55yrs+	00564029
Feb 22-Mar 22	Mon	12:00-1:00pm	$56.80/5 sess	55yrs+	00564034

WOMEN ON WEIGHTS - 55+

Jan 5-Jan 26	Tue	12:30-1:30pm	$45.45/4 sess	55yrs+	00564294
Feb 16-Mar 23	Tue	12:30-1:30pm	$68.15/6 sess	55yrs+	00564295

MINDS IN MOTION - 55+

Jan 7-Feb 11	Thu	1:30-3:00pm	$35.80/6 sess	55yrs+	00568601
Feb 25-Mar 25	Thu	1:30-3:00pm	$29.85/5 sess	55yrs+	00568602

CHAIR DANCING AND TONING - ALL LEVELS - 55+

Jan 9-Mar 27	Sat	11:00am-12:00pm	$84.00/12 sess	55yrs+	00566264

ZUMBA® - GOLD - ALL LEVELS - 55+

Jan 6-Mar 10	Wed	10:45-11:45am	$70.00/10 sess	55yrs+	00566600
Jan 8-Mar 12	Fri	10:30-11:30am	$70.00/10 sess	55yrs+	00566618

General Interest

ELDERDOG CANADA FREE CANINE SUPPORT SERVICES INFORMATION WORKSHOP - 55+

Feb 3	Wed	10:00-11:00am	Free/1 sess	55yrs+	00557487

RECREATION FEE SUBSIDY PROGRAM WORKSHOP - 55+

Mar 3	Wed	10:00-10:45am	Free/1 sess	55yrs+	00568600

Health and Wellness

PROTECT YOUR EYES - EARLY DETECTION AND TREATMENT WORKSHOP - 55+

Jan 6	Wed	10:00-11:00am	Free/1 sess	55yrs+	00567146

MIND FLEX MEMORY AND WELLNESS (CANTONESE/MANDARIN/ENGLISH) - 55+

Jan 11-Mar 15	Mon	1:00-2:30pm	$81.15/9 sess	55yrs+	00568428

LOVE YOUR LIVER WORKSHOP - 55+

Mar 24	Wed	2:00-3:00pm	Free/1 sess	55yrs+	00562430

Languages

SPANISH - BEGINNER - 55+

Jan 19-Mar 9	Tue	10:00-11:30am	$83.05/8 sess	55yrs+	00568487

Martial Arts

TAI CHI - WUDANG STYLE 13 FORM - BEGINNER (CANTONESE) - 55+

Jan 13-Mar 17	Wed	12:00-1:00pm	$69.30/10 sess	55yrs+	00567199

TAI CHI - WUDANG STYLE 13 FORM - INTERMEDIATE (CANTONESE) - 55+

Jan 13-Mar 17	Wed	1:15-2:15pm	$69.30/10 sess	55yrs+	00567208

TAI CHI WITH QIGONG - BEGINNER - 55+

Jan 14-Mar 18	Thu	12:15-1:15pm	$69.30/10 sess	55yrs+	00569683

TAI CHI WITH QIGONG - INTERMEDIATE - 55+

Jan 14-Mar 18	Thu	1:30-2:30pm	$69.30/10 sess	55yrs+	00569686

Out Trips and Tours

BLOEDEL CONSERVATORY AT QUEEN ELIZABETH PARK AND LUNCH TRIP - 55+

Jan 18	Mon	9:30am-3:45pm	$29.00/1 sess	55yrs+	00564743

MASSEY THEATRE - TRIBUTE TO THE BLUES BROTHERS - I'M A SOULMAN TRIP - 55+

Feb 13	Sat	5:45-10:00pm	$84.00/1 sess	55yrs+	00560067

CANDLELIGHT CONCERTS - A TRIBUTE TO FLEETWOOD MAC - 55+

Feb 27	Sat	5:00-9:00pm	$69/1 sess.00	55yrs+	00560977

VANCOUVER ART GALLERY AND DINNER TRIP - 55+

Mar 5	Fri	4:45-9:30pm	$30.00/1 sess	55yrs+	00565038

METRO THEATRE - MURDER ON THE ORIENT EXPRESS TRIP - 55+

Mar 6	Sat	12:30-5:30pm	$73.00/1 sess	55yrs+	00562285



Racquet Sports

PICKLEBALL - BEGINNER - 55+

Jan 5-Feb 9	Tue	8:00-9:30am	$63.20/6 sess	55yrs+	00560129
Jan 5-Feb 9	Tue	5:30-7:00pm	$63.20/6 sess	55yrs+	00560133
Feb 16-Mar 23	Tue	8:00-9:30am	$52.65/5 sess	55yrs+	00560136
Feb 16-Mar 23	Tue	5:30-7:00pm	$52.65/5 sess	55yrs+	00560143

PICKLEBALL - INTERMEDIATE - 55+

Jan 5-Feb 9	Tue	9:45-11:15am	$63.20/6 sess	55yrs+	00560130
Jan 5-Feb 9	Tue	7:00-8:30pm	$63.20/6 sess	55yrs+	00560134
Feb 16-Mar 23	Tue	9:45-11:15am	$52.65/5 sess	55yrs+	00560138
Feb 16-Mar 23	Tue	7:00-8:30pm	$52.65/5 sess	55yrs+	00560144

PICKLEBALL - ADVANCED - 55+

Jan 5-Feb 9	Tue	11:30am-1:00pm	$63.20/6 sess	55yrs+	00560131
Feb 16-Mar 23	Tue	11:30am-1:00pm	$52.65/5 sess	55yrs+	00560140

PICKLEBALL TOURNAMENT - BEGINNER - 55+

Feb 23	Tue	9:15-11:15am	$17.50/1 sess	55yrs+	00571540
Feb 23	Tue	11:15am-1:15pm	$17.50/1 sess	55yrs+	00571541

PICKLEBALL TOURNAMENT - ADVANCED - 55+

Feb 23	Tue	5:00-7:00pm	$17.50/1 sess	55yrs+	00571542

REFUND POLICY

Seasonal/Registered Classes

- If notice is given **PRIOR** to the beginning of the third session, a refund (less classes taken) will be provided.
- If notice is given **AFTER** the beginning of the third session, NO refund will be given.

Short Programs (1 week or less), Camps, Workshops, Out Trips, Special Events

- If **LESS THAN A WEEK**'s notice, 50% of the fee will be refunded.
- If notice is given **ON** or **AFTER** the start date, **NO** refund will be given.
- Transfers will be allowed within 72 hours notice prior to start date.

Private/Semi Private Lessons

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

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