

# FALL 2026 SEASONAL PROGRAMS



## PHONE

**604-276-4300**

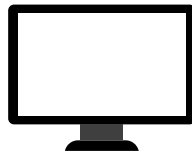
Monday - Friday  
8:30am - 5:00pm



## ONLINE

[richmond.ca/register](https://richmond.ca/register)

Register online anytime,  
24 hours a day, 7 days a week



## IN-PERSON

Drop-in and register at  
any community facility



Steveston Community Centre  
604-238-8080  
[stevestoncc@richmond.ca](mailto:stevestoncc@richmond.ca)



## ARTS - DANCE

### CREATIVE MOVEMENT - PRESCHOOLERS

|                 |     |               |                 |         |          |
|-----------------|-----|---------------|-----------------|---------|----------|
| Sep 14 - Nov 23 | Mon | 3:15 - 4:00pm | \$70.25/10 sess | 3-5 yrs | 00542956 |
|-----------------|-----|---------------|-----------------|---------|----------|

## ARTS - MUSIC

### MUSIC - ADULT AND TOT - PRESCHOOLERS/ADULTS

|                 |     |                   |                |         |          |
|-----------------|-----|-------------------|----------------|---------|----------|
| Sep 12 - Nov 21 | Sat | 9:15 - 9:45am     | \$42.15/9 sess | 1-5 yrs | 00541059 |
| Sep 12 - Nov 21 | Sat | 9:50 - 10:20am    | \$42.15/9 sess | 1-5 yrs | 00541060 |
| Sep 12 - Nov 21 | Sat | 10:25 - 10:55am   | \$42.15/9 sess | 1-5 yrs | 00541061 |
| Sep 12 - Nov 21 | Sat | 11:00 - 11:30am   | \$42.15/9 sess | 1-5 yrs | 00541063 |
| Sep 12 - Nov 21 | Sat | 11:35am - 12:05pm | \$42.15/9 sess | 1-5 yrs | 00541066 |
| Sep 12 - Nov 21 | Sat | 12:10 - 12:40pm   | \$42.15/9 sess | 1-5 yrs | 00541069 |

## ARTS - VISUAL

### ARTS COMBO - PRESCHOOLERS

|                 |     |                 |                |         |          |
|-----------------|-----|-----------------|----------------|---------|----------|
| Sep 12 - Oct 3  | Sat | 10:30 - 11:15am | \$28.10/4 sess | 3-5 yrs | 00542071 |
| Oct 17 - Nov 21 | Sat | 10:30 - 11:15am | \$42.15/6 sess | 3-5 yrs | 00542072 |

### CLAY CREATIONS - AIR DRY CLAY - ADULT AND TOT - PRESCHOOLERS/ADULTS

|                 |     |               |                |         |          |
|-----------------|-----|---------------|----------------|---------|----------|
| Sep 8 - Oct 13  | Tue | 3:30 - 4:30pm | \$56.20/6 sess | 3-5 yrs | 00543182 |
| Oct 20 - Nov 24 | Tue | 3:30 - 4:30pm | \$56.20/6 sess | 3-5 yrs | 00543184 |

### FUN WITH DINOSAURS - PRESCHOOLERS

|        |     |                |               |         |          |
|--------|-----|----------------|---------------|---------|----------|
| Nov 21 | Sat | 9:15 - 10:00am | \$7.00/1 sess | 3-5 yrs | 00542911 |
|--------|-----|----------------|---------------|---------|----------|

### FUN WITH DISNEY CHARACTERS - PRESCHOOLERS

|        |     |                |               |         |          |
|--------|-----|----------------|---------------|---------|----------|
| Oct 17 | Sat | 9:15 - 10:00am | \$7.00/1 sess | 3-5 yrs | 00547074 |
|--------|-----|----------------|---------------|---------|----------|

### SUPERHERO SCHOOL - PRESCHOOLERS

|        |     |                |               |         |          |
|--------|-----|----------------|---------------|---------|----------|
| Oct 24 | Sat | 9:15 - 10:00am | \$7.00/1 sess | 3-5 yrs | 00542880 |
|--------|-----|----------------|---------------|---------|----------|

### TEDDY BEAR PICNIC - PRESCHOOLERS

|        |     |                |               |         |          |
|--------|-----|----------------|---------------|---------|----------|
| Sep 12 | Sat | 9:15 - 10:00am | \$7.00/1 sess | 3-5 yrs | 00542820 |
|--------|-----|----------------|---------------|---------|----------|

**Programming staff have to ensure minimum participation levels are met for each course.  
If there are not enough registrants, the course may be cancelled.  
So, register early to assist us and avoid disappointment!**

## GENERAL INTEREST

### SALMON AND SEA CREATURES ART - PRESCHOOLERS

|        |     |                |               |         |          |
|--------|-----|----------------|---------------|---------|----------|
| Sep 26 | Sat | 9:15 - 10:00am | \$7.00/1 sess | 3-5 yrs | 00542804 |
|--------|-----|----------------|---------------|---------|----------|

### SPOOKY AND SILLY - PRESCHOOLERS

|        |     |                |               |         |          |
|--------|-----|----------------|---------------|---------|----------|
| Oct 31 | Sat | 9:15 - 10:00am | \$7.00/1 sess | 3-5 yrs | 00542805 |
|--------|-----|----------------|---------------|---------|----------|

### STORYBOOK ART - THE VERY HUNGRY CATERPILLAR - PRESCHOOLERS

|        |     |                |               |         |          |
|--------|-----|----------------|---------------|---------|----------|
| Sep 19 | Sat | 9:15 - 10:00am | \$7.00/1 sess | 3-5 yrs | 00542802 |
|--------|-----|----------------|---------------|---------|----------|

### WINTER WONDERS ART - PRESCHOOLERS

|        |     |                |               |         |          |
|--------|-----|----------------|---------------|---------|----------|
| Nov 14 | Sat | 9:15 - 10:00am | \$7.00/1 sess | 3-5 yrs | 00542803 |
|--------|-----|----------------|---------------|---------|----------|

## NATURE AND SCIENCE

### FUN WITH SCIENCE - PRESCHOOLERS

|       |     |                |               |         |          |
|-------|-----|----------------|---------------|---------|----------|
| Oct 3 | Sat | 9:15 - 10:00am | \$7.00/1 sess | 3-5 yrs | 00542863 |
|-------|-----|----------------|---------------|---------|----------|

|       |     |                |               |         |          |
|-------|-----|----------------|---------------|---------|----------|
| Nov 7 | Sat | 9:15 - 10:00am | \$7.00/1 sess | 3-5 yrs | 00542894 |
|-------|-----|----------------|---------------|---------|----------|

## FITNESS

### YOGA PLAYTIME - ADULT AND TOT - PRESCHOOLERS/ADULTS

|                |     |                |                |         |          |
|----------------|-----|----------------|----------------|---------|----------|
| Sep 13 - Oct 4 | Sun | 9:15 - 10:00am | \$30.95/4 sess | 2-5 yrs | 00543948 |
|----------------|-----|----------------|----------------|---------|----------|

|                |     |                 |                |         |          |
|----------------|-----|-----------------|----------------|---------|----------|
| Sep 13 - Oct 4 | Sun | 10:15 - 11:00am | \$30.95/4 sess | 2-5 yrs | 00543950 |
|----------------|-----|-----------------|----------------|---------|----------|

|                |     |                   |                |         |          |
|----------------|-----|-------------------|----------------|---------|----------|
| Sep 13 - Oct 4 | Sun | 11:15am - 12:00pm | \$30.95/4 sess | 2-5 yrs | 00543952 |
|----------------|-----|-------------------|----------------|---------|----------|

|                 |     |                |                |         |          |
|-----------------|-----|----------------|----------------|---------|----------|
| Oct 18 - Nov 22 | Sun | 9:15 - 10:00am | \$46.40/6 sess | 2-5 yrs | 00543953 |
|-----------------|-----|----------------|----------------|---------|----------|

|                 |     |                 |                |         |          |
|-----------------|-----|-----------------|----------------|---------|----------|
| Oct 18 - Nov 22 | Sun | 10:15 - 11:00am | \$46.40/6 sess | 2-5 yrs | 00543955 |
|-----------------|-----|-----------------|----------------|---------|----------|

|                 |     |                   |                |         |          |
|-----------------|-----|-------------------|----------------|---------|----------|
| Oct 18 - Nov 22 | Sun | 11:15am - 12:00pm | \$46.40/6 sess | 2-5 yrs | 00543956 |
|-----------------|-----|-------------------|----------------|---------|----------|

## SPORTS

### MULTISPORT - ADULT AND TOT - PRESCHOOLERS/ADULTS

|                 |     |                |                |         |          |
|-----------------|-----|----------------|----------------|---------|----------|
| Sep 12 - Oct 17 | Sat | 9:30 - 10:15am | \$31.60/6 sess | 3-5 yrs | 00541606 |
|-----------------|-----|----------------|----------------|---------|----------|

|                |     |                |                |         |          |
|----------------|-----|----------------|----------------|---------|----------|
| Oct 24 - Dec 5 | Sat | 9:30 - 10:15am | \$36.85/7 sess | 3-5 yrs | 00541608 |
|----------------|-----|----------------|----------------|---------|----------|

### MULTISPORT - PRESCHOOLERS

|                 |     |                 |                |         |          |
|-----------------|-----|-----------------|----------------|---------|----------|
| Sep 12 - Oct 17 | Sat | 10:30 - 11:15am | \$31.60/6 sess | 3-5 yrs | 00541611 |
|-----------------|-----|-----------------|----------------|---------|----------|

|                |     |                 |                |         |          |
|----------------|-----|-----------------|----------------|---------|----------|
| Oct 24 - Dec 5 | Sat | 10:30 - 11:15am | \$36.85/7 sess | 3-5 yrs | 00541612 |
|----------------|-----|-----------------|----------------|---------|----------|

## ARTS - DANCE

### JAZZ DANCING - CHILDREN

|                 |     |               |                 |         |          |
|-----------------|-----|---------------|-----------------|---------|----------|
| Sep 14 - Nov 23 | Mon | 4:15 - 5:00pm | \$70.25/10 sess | 6-9 yrs | 00543001 |
|-----------------|-----|---------------|-----------------|---------|----------|

## ARTS - MUSIC

### JOYFUL SINGING PRIVATE LESSONS - CHILDREN

|                 |     |                |                 |          |          |
|-----------------|-----|----------------|-----------------|----------|----------|
| Sep 13 - Oct 4  | Sun | 12:30 - 1:15pm | \$178.65/4 sess | 6-10 yrs | 00543929 |
| Sep 13 - Oct 4  | Sun | 1:20 - 2:05pm  | \$178.65/4 sess | 6-10 yrs | 00543930 |
| Sep 13 - Oct 4  | Sun | 2:10 - 2:55pm  | \$178.65/4 sess | 6-10 yrs | 00543931 |
| Sep 15 - Oct 13 | Tue | 4:00 - 4:45pm  | \$223.30/5 sess | 6-10 yrs | 00543932 |
| Sep 15 - Oct 13 | Tue | 4:50 - 5:35pm  | \$223.30/5 sess | 6-10 yrs | 00543933 |
| Sep 15 - Oct 13 | Tue | 5:40 - 6:25pm  | \$223.30/5 sess | 6-10 yrs | 00543935 |
| Oct 18 - Nov 22 | Sun | 12:30 - 1:15pm | \$267.95/6 sess | 6-10 yrs | 00543937 |
| Oct 18 - Nov 22 | Sun | 1:20 - 2:05pm  | \$267.95/6 sess | 6-10 yrs | 00543939 |
| Oct 18 - Nov 22 | Sun | 2:10 - 2:55pm  | \$267.95/6 sess | 6-10 yrs | 00543941 |
| Oct 20 - Nov 24 | Tue | 4:00 - 4:45pm  | \$267.95/6 sess | 6-10 yrs | 00543942 |
| Oct 20 - Nov 24 | Tue | 4:50 - 5:35pm  | \$267.95/6 sess | 6-10 yrs | 00543943 |
| Oct 20 - Nov 24 | Tue | 5:40 - 6:25pm  | \$267.95/6 sess | 6-10 yrs | 00543945 |

### MUSICAL EXPRESSIONS® - GUITAR OR UKULELE - PRIVATE LESSONS - ALL AGES

|                 |     |               |                  |        |          |
|-----------------|-----|---------------|------------------|--------|----------|
| Sep 13 - Nov 22 | Sun | 2:30 - 3:00pm | \$341.30/10 sess | 5+ yrs | 00542077 |
| Sep 13 - Nov 22 | Sun | 3:00 - 3:30pm | \$341.30/10 sess | 5+ yrs | 00542078 |
| Sep 13 - Nov 22 | Sun | 3:30 - 4:00pm | \$341.30/10 sess | 5+ yrs | 00542079 |
| Sep 13 - Nov 22 | Sun | 4:00 - 4:30pm | \$341.30/10 sess | 5+ yrs | 00542080 |
| Sep 13 - Nov 22 | Sun | 4:30 - 5:30pm | \$341.30/10 sess | 5+ yrs | 00542081 |

## ARTS - VISUAL

### ACRYLIC PAINTING - PRETEENS

|                 |     |               |                |          |          |
|-----------------|-----|---------------|----------------|----------|----------|
| Sep 14 - Oct 5  | Mon | 4:45 - 5:45pm | \$37.50/4 sess | 9-12 yrs | 00541647 |
| Oct 19 - Nov 23 | Mon | 4:45 - 5:45pm | \$56.20/6 sess | 9-12 yrs | 00541648 |

## ARTS - VISUAL

### CLAY CREATIONS - MODELLING CLAY - CHILDREN

|                 |     |               |                |         |                 |
|-----------------|-----|---------------|----------------|---------|-----------------|
| Sep 8 - Oct 13  | Tue | 4:45 - 5:45pm | \$56.20/6 sess | 6-8 yrs | <b>00543186</b> |
| Oct 20 - Nov 24 | Tue | 4:45 - 5:45pm | \$56.20/6 sess | 6-8 yrs | <b>00543188</b> |

### CRAFT STUDIO - CHILDREN

|                 |     |                   |                |         |                 |
|-----------------|-----|-------------------|----------------|---------|-----------------|
| Sep 12 - Oct 3  | Sat | 11:30am - 12:30pm | \$37.50/4 sess | 6-9 yrs | <b>00542073</b> |
| Oct 17 - Nov 21 | Sat | 11:30am - 12:30pm | \$56.20/6 sess | 6-9 yrs | <b>00542074</b> |

### DRAWING AND SKETCHING - CHILDREN

|                 |     |               |                |         |                 |
|-----------------|-----|---------------|----------------|---------|-----------------|
| Sep 10 - Oct 15 | Thu | 3:30 - 4:30pm | \$56.20/6 sess | 6-8 yrs | <b>00543190</b> |
| Oct 22 - Nov 26 | Thu | 3:30 - 4:30pm | \$56.20/6 sess | 6-8 yrs | <b>00543191</b> |

### DRAWING AND SKETCHING - PRETEENS

|                 |     |               |                |          |                 |
|-----------------|-----|---------------|----------------|----------|-----------------|
| Sep 10 - Oct 15 | Thu | 4:45 - 6:15pm | \$84.35/6 sess | 9-12 yrs | <b>00543192</b> |
| Sep 14 - Oct 5  | Mon | 3:30 - 4:30pm | \$37.50/4 sess | 9-12 yrs | <b>00541643</b> |
| Oct 19 - Nov 23 | Mon | 3:30 - 4:30pm | \$56.20/6 sess | 9-12 yrs | <b>00541644</b> |
| Oct 22 - Nov 26 | Thu | 4:45 - 6:15pm | \$84.35/6 sess | 9-12 yrs | <b>00543193</b> |

## FITNESS

### YOGA - CHILDREN

|                |     |               |                |          |                 |
|----------------|-----|---------------|----------------|----------|-----------------|
| Oct 7 - Nov 25 | Wed | 4:00 - 5:00pm | \$72.15/7 sess | 6-12 yrs | <b>00542082</b> |
|----------------|-----|---------------|----------------|----------|-----------------|

## MARTIAL ARTS

### TAEKWONDO - BEGINNER - CHILDREN

|                 |     |               |                  |          |                 |
|-----------------|-----|---------------|------------------|----------|-----------------|
| Sep 12 - Nov 21 | Sat | 1:00 - 2:00pm | \$110.00/11 sess | 6-17 yrs | <b>00541032</b> |
| Sep 12 - Nov 21 | Sat | 2:00 - 3:00pm | \$110.00/11 sess | 6-17 yrs | <b>00541033</b> |

### TAEKWONDO - INTERMEDIATE- CHILDREN

|                 |     |               |                  |          |                 |
|-----------------|-----|---------------|------------------|----------|-----------------|
| Sep 12 - Nov 21 | Sat | 3:00 - 4:00pm | \$110.00/11 sess | 6-17 yrs | <b>00541034</b> |
|-----------------|-----|---------------|------------------|----------|-----------------|

## SPORTS

### BASKETBALL - CHILDREN

|                 |     |                |                |         |                 |
|-----------------|-----|----------------|----------------|---------|-----------------|
| Sep 17 - Oct 22 | Thu | 5:15 - 6:15pm  | \$42.10/6 sess | 6-8 yrs | <b>00541622</b> |
| Sep 20 - Oct 25 | Sun | 9:15 - 10:15am | \$42.10/6 sess | 6-8 yrs | <b>00541629</b> |
| Oct 29 - Dec 10 | Thu | 5:15 - 6:15pm  | \$49.15/7 sess | 6-8 yrs | <b>00541625</b> |
| Nov 1 - Dec 13  | Sun | 9:15 - 10:15am | \$49.15/7 sess | 6-8 yrs | <b>00541633</b> |

# CHILDREN

## 6-12 YRS

### SPORTS

#### BASKETBALL - FOR GIRLS - PRETEENS

|                 |     |               |                |          |                 |
|-----------------|-----|---------------|----------------|----------|-----------------|
| Sep 16 - Oct 21 | Wed | 5:15 - 6:15pm | \$35.10/5 sess | 9-12 yrs | <b>00541651</b> |
| Oct 28 - Dec 16 | Wed | 5:15 - 6:15pm | \$49.15/7 sess | 9-12 yrs | <b>00541655</b> |

#### BASKETBALL - PRETEENS

|                 |     |                 |                |          |                 |
|-----------------|-----|-----------------|----------------|----------|-----------------|
| Sep 17 - Oct 22 | Thu | 6:20 - 7:20pm   | \$42.10/6 sess | 9-12 yrs | <b>00541763</b> |
| Sep 20 - Oct 25 | Sun | 10:20 - 11:20am | \$42.10/6 sess | 9-12 yrs | <b>00541774</b> |
| Oct 29 - Dec 10 | Thu | 6:20 - 7:20pm   | \$49.15/7 sess | 9-12 yrs | <b>00541769</b> |
| Nov 1 - Dec 13  | Sun | 10:20 - 11:20am | \$49.15/7 sess | 9-12 yrs | <b>00541777</b> |

#### MULTISPORT - CHILDREN

|                 |     |                   |                |         |                 |
|-----------------|-----|-------------------|----------------|---------|-----------------|
| Sep 12 - Oct 17 | Sat | 11:30am - 12:30pm | \$42.10/6 sess | 6-8 yrs | <b>00541616</b> |
| Oct 24 - Dec 5  | Sat | 11:30am - 12:30pm | \$49.15/7 sess | 6-8 yrs | <b>00541617</b> |

#### VOLLEYBALL - BEGINNER - FOR GIRLS - PRETEENS

|                 |     |               |                |          |                 |
|-----------------|-----|---------------|----------------|----------|-----------------|
| Sep 16 - Oct 21 | Wed | 6:30 - 7:30pm | \$35.10/5 sess | 9-12 yrs | <b>00541658</b> |
| Oct 28 - Dec 16 | Wed | 6:30 - 7:30pm | \$49.15/7 sess | 9-12 yrs | <b>00541660</b> |

#### VOLLEYBALL - BEGINNER - PRETEENS

|                 |     |               |                |          |                 |
|-----------------|-----|---------------|----------------|----------|-----------------|
| Sep 18 - Oct 30 | Fri | 5:15 - 6:15pm | \$49.15/7 sess | 9-12 yrs | <b>00541751</b> |
|-----------------|-----|---------------|----------------|----------|-----------------|

# YOUTH

## 13-18 YRS

### SPORTS

#### BASKETBALL DEVELOPMENT SKILLS - FOR GIRLS - YOUTH

|                 |     |                 |                |           |                 |
|-----------------|-----|-----------------|----------------|-----------|-----------------|
| Sep 17 - Oct 22 | Thu | 7:30pm - 8:30pm | \$42.10/6 sess | 11-16 yrs | <b>00541803</b> |
| Oct 29 - Dec 10 | Thu | 7:30pm - 8:30pm | \$49.15/7 sess | 11-16 yrs | <b>00541806</b> |

#### BASKETBALL DEVELOPMENT SKILLS - YOUTH

|                 |     |                   |                |           |                 |
|-----------------|-----|-------------------|----------------|-----------|-----------------|
| Sep 20 - Oct 25 | Sun | 11:25am - 12:25pm | \$42.10/6 sess | 13-18 yrs | <b>00541809</b> |
| Nov 1 - Dec 13  | Sun | 11:25am - 12:25pm | \$49.15/7 sess | 13-18 yrs | <b>00541811</b> |

#### VOLLEYBALL SKILLS - FOR GIRLS - YOUTH

|                 |     |               |                |           |                 |
|-----------------|-----|---------------|----------------|-----------|-----------------|
| Sep 16 - Oct 21 | Wed | 7:35 - 8:35pm | \$35.10/5 sess | 13-18 yrs | <b>00541663</b> |
| Oct 28 - Dec 16 | Wed | 7:35 - 8:35pm | \$49.15/7 sess | 13-18 yrs | <b>00541666</b> |

# YOUTH

# 13-18 YRS

## SPORTS

### VOLLEYBALL SKILLS - YOUTH

|                 |     |               |                 |           |          |
|-----------------|-----|---------------|-----------------|-----------|----------|
| Sep 18 - Oct 30 | Fri | 6:30 - 7:30pm | \$49.15/7 sess  | 13-18 yrs | 00541758 |
| Nov 6 - Dec 18  | Fri | 6:30 - 7:30pm | \$49.15/ 7 sess | 13-18 yrs | 00541759 |

## ARTS - VISUAL

### KNITTING GROUP - INTERGENERATIONAL - YOUTH

|                 |     |               |             |           |          |
|-----------------|-----|---------------|-------------|-----------|----------|
| Sep 16 - Nov 25 | Wed | 3:30 - 5:00pm | FREE/9 sess | 13-18 yrs | 00541639 |
|-----------------|-----|---------------|-------------|-----------|----------|

# ADULTS

# 18+ YRS

## ARTS - VISUAL

### PAINT NIGHT - WATERCOLOUR - ADULTS\*

*\*Extra program fee applies.*

|        |     |               |                |         |          |
|--------|-----|---------------|----------------|---------|----------|
| Sep 25 | Fri | 6:30 - 8:30pm | \$18.75/1 sess | 18+ yrs | 00543194 |
| Oct 23 | Fri | 6:30 - 8:30pm | \$18.75/1 sess | 18+ yrs | 00543195 |

### WATERCOLOUR PAINTING - TECHNIQUES AND STYLES - ADULTS

|                 |     |                 |                 |         |          |
|-----------------|-----|-----------------|-----------------|---------|----------|
| Sep 12 - Oct 3  | Sat | 10:00 - 12:00pm | \$74.95/4 sess  | 18+ yrs | 00543197 |
| Oct 17 - Nov 21 | Sat | 10:00 - 12:00pm | \$112.45/6 sess | 18+ yrs | 00543199 |

## CARDIO, STRENGTH AND ATHLETICS

### H.I.I.T. AND STRENGTH CIRCUIT - ADULTS

|                 |     |                 |                |         |          |
|-----------------|-----|-----------------|----------------|---------|----------|
| Sep 8 - Oct 13  | Tue | 6:15pm - 7:15pm | \$86.95/6 sess | 16+ yrs | 00534318 |
| Sep 9 - Oct 14  | Wed | 7:30pm - 8:30pm | \$72.45/5 sess | 16+ yrs | 00534336 |
| Oct 20 - Nov 24 | Tue | 6:15pm - 7:15pm | \$86.95/6 sess | 16+ yrs | 00534329 |
| Oct 21 - Nov 25 | Wed | 7:30pm - 8:30pm | \$72.45/5 sess | 16+ yrs | 00534338 |

## DANCE FITNESS

### ZUMBA® - ADULTS

|                 |     |                 |                |         |          |
|-----------------|-----|-----------------|----------------|---------|----------|
| Sep 10 - Oct 15 | Thu | 6:15pm - 7:15pm | \$54.60/6 sess | 18+ yrs | 00538742 |
| Oct 22 - Nov 26 | Thu | 6:15pm - 7:15pm | \$54.60/6 sess | 18+ yrs | 00538748 |

## MIND BODY, MOBILITY AND FLEXIBILITY

### CORE YOGA - ADULTS

|                 |     |                   |                |         |                 |
|-----------------|-----|-------------------|----------------|---------|-----------------|
| Sep 11 - Oct 16 | Fri | 11:00am - 12:15pm | \$77.30/6 sess | 16+ yrs | <b>00534133</b> |
| Oct 23 - Nov 27 | Fri | 11:00am - 12:15pm | \$77.30/6 sess | 16+ yrs | <b>00534136</b> |

### GENTLE YIN YOGA - ADULTS

|                 |     |                |                |         |                 |
|-----------------|-----|----------------|----------------|---------|-----------------|
| Sep 11 - Oct 16 | Fri | 12:30 - 1:30pm | \$61.85/6 sess | 16+ yrs | <b>00534080</b> |
| Oct 23 - Nov 27 | Fri | 12:30 - 1:30pm | \$61.85/6 sess | 16+ yrs | <b>00534081</b> |

### GENTLE YOGA - ADULTS

|                 |     |                |                |         |                 |
|-----------------|-----|----------------|----------------|---------|-----------------|
| Sep 14 - Oct 19 | Mon | 9:30 - 10:30am | \$51.55/5 sess | 16+ yrs | <b>00534158</b> |
| Oct 26 - Nov 23 | Mon | 9:30 - 10:30am | \$51.55/5 sess | 16+ yrs | <b>00534175</b> |

### STRENGTH AND FLEX YOGA - ADULTS

|                 |     |                |                |         |                 |
|-----------------|-----|----------------|----------------|---------|-----------------|
| Sep 11 - Oct 16 | Fri | 9:30 - 10:45am | \$77.30/6 sess | 16+ yrs | <b>00534089</b> |
| Oct 23 - Nov 27 | Fri | 9:30 - 10:45am | \$77.30/6 sess | 16+ yrs | <b>00534117</b> |

### PILATES - ALL LEVELS - ADULTS

|                 |     |                |                |         |                 |
|-----------------|-----|----------------|----------------|---------|-----------------|
| Sep 9 - Oct 14  | Wed | 9:30 - 10:30am | \$51.55/5 sess | 14+ yrs | <b>00534339</b> |
| Sep 14 - Oct 19 | Mon | 7:30 - 8:30pm  | \$51.55/5 sess | 14+ yrs | <b>00534210</b> |
| Oct 21 - Nov 25 | Wed | 9:30 - 10:30am | \$51.55/5 sess | 14+ yrs | <b>00534340</b> |
| Oct 26 - Nov 23 | Mon | 7:30 - 8:30pm  | \$51.55/5 sess | 14+ yrs | <b>00534220</b> |

### SIMPLY STRETCH - ADULTS

|                 |     |               |                |         |                 |
|-----------------|-----|---------------|----------------|---------|-----------------|
| Sep 14 - Oct 19 | Mon | 6:15 - 7:15pm | \$45.50/5 sess | 16+ yrs | <b>00534254</b> |
| Oct 26 - Nov 23 | Mon | 6:15 - 7:15pm | \$45.50/5 sess | 16+ yrs | <b>00534261</b> |

## CONTACT INFORMATION



604-238-8080

**Mon - Fri:** 9:00am - 9:00pm

**Sat & Sun:** 10:00am - 5:00pm

## INFORMATION TO NOTE

- Please refer to your Registration Confirmation for Refund, Withdrawal and Transfer Guidelines.
- All programs and activities are subject to change.
- If there is a discrepancy between this brochure and the registration system, the date and price in the system will be honoured.