

# Thompson Community Centre



2025

# FALL PROGRAMS

SEP 02  
TO  
JAN 05



5151 Granville Ave, Richmond, BC

604-238-8422



## HOW TO REGISTER

Get ready to register for Fall Programs:

**Tue, Jul 15 | 8 PM | Aquatics Online**

**Tue, Jul 15 | 9 PM | All Programs Online**

**Wed, Jul 16 | In-Person/Phone/Online**

Scan here to  
register!



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

**Call Centre:** 604-276-4300

**Thompson Front Desk:** 604-238-8422

**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.*

## FOLLOW US ON SOCIAL MEDIA!



[@thompsonCC51](https://www.facebook.com/thompsonCC51)

[@thompsonyouth](https://www.facebook.com/thompsonyouth)

[@SealslandCC](https://www.facebook.com/SealslandCC)



[@thompsoncommunitycentre](https://www.instagram.com/thompsoncommunitycentre)

## WHAT'S INSIDE

THOMPSON	Page 1 - 2
PRESCHOOLERS	Page 3 - 4
CHILDREN	Page 5 - 10
PRETEEN & YOUTH	Page 11 - 13
ADULTS	Page 14 - 15
OLDER ADULTS (55+)	Page 16 - 20
FITNESS	Page 21 - 26

## FACILITY HOURS

**Monday to Friday | 6:00AM - 9:45PM**

**Saturday & Sunday | 7:00AM - 8:30PM**

**Holiday Hours | 7:00AM - 7:00PM**

## SATELLITE LOCATIONS

**THOMPSON PARK/BURNETT  
SECONDARY SCHOOL**  
5011 Granville Ave.

**BLAIR ELEMENTARY SCHOOL**  
6551 Lynas Ln.

**TERRA NOVA PARK**  
2340 River Rd.



## CANCELLATION POLICY

To receive a refund, withdraw or transfer from a program or class, customers are to phone any one of our Community Services 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](http://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 - Music

### UKULELE AND ME - PARENT AND TOT - PRESCHOOLERS

Sep 14 - Nov 02	Sun	09:00AM - 09:30AM	\$113.75 / 7 sess	3-5 YRS	00441099
Sep 14 - Nov 02	Sun	09:35AM - 10:05AM	\$113.75 / 7 sess	3-5 YRS	00441102
Nov 09 - Dec 14	Sun	09:00AM - 09:30AM	\$97.50 / 6 sess	3-5 YRS	00441101
Nov 09 - Dec 14	Sun	09:35AM - 10:05AM	\$97.50 / 6 sess	3-5 YRS	00441104

## Arts - Visual

### ART JAM - PRESCHOOLERS



Sep 02 - Oct 14	Tue	03:15PM - 04:15PM	\$120.00 / 6 sess	4-5 YRS	00441170
Oct 21 - Dec 02	Tue	03:15PM - 04:15PM	\$120.00 / 6 sess	4-5 YRS	00441171

## General Interest

### TIME FOR TWOS - PRESCHOOLERS - SEASONAL

Sep 16 - Dec 09	Tue	09:00AM - 10:30AM	\$240.60 / 12 sess	2-2 YRS	00443341
Sep 18 - Dec 11	Thu	09:00AM - 10:30AM	\$260.65 / 13 sess	2-2 YRS	00443344

## Events and Seasonal Programs

### HALLOWEEN MAGICAL POTIONS AND SLIME MAKING - PRESCHOOLERS

Oct 28	Tue	03:30PM - 04:15PM	\$6.80 / 1 sess	3-5 YRS	00441843
Oct 30	Thu	03:30PM - 04:15PM	\$6.80 / 1 sess	3-5 YRS	00441845



## Nature and Science

### BEYOND 4 WALLS - PARENT AND PRESCHOOLER - PRESCHOOLERS

Sep 13 - Oct 25	Sat	11:00AM - 12:00PM	\$72.20 / 6 sess	30-48 MOS	00438040
Nov 01 - Nov 29	Sat	11:00AM - 12:00PM	\$60.15 / 5 sess	30-48 MOS	00438041



## BEYOND 4 WALLS - CHICKADEES - PARENT AND TOT - PRESCHOOLERS

Sep 11 - Oct 16	Thu	11:00AM - 12:00PM	\$72.20 / 6 sess	00-15 MOS	00438031
Oct 23 - Nov 27	Thu	11:00AM - 12:00PM	\$72.20 / 6 sess	00-15 MOS	00438032

## BEYOND 4 WALLS - PARENT AND TOT - PRESCHOOLERS

Sep 09 - Oct 16	Tue, Thu	09:30AM - 10:30AM	\$132.35 / 11 sess	15-36 MOS	00438029
Sep 13 - Oct 25	Sat	09:30AM - 10:30AM	\$72.20 / 6 sess	15-36 MOS	00438033
Sep 14 - Oct 26	Sun	09:30AM - 10:30AM	\$72.20 / 6 sess	15-36 MOS	00438034
Oct 21 - Nov 27	Tue, Thu	09:30AM - 10:30AM	\$132.35 / 11 sess	15-36 MOS	00438030
Nov 01 - Nov 29	Sat	09:30AM - 10:30AM	\$60.15 / 5 sess	15-36 MOS	00438038
Nov 02 - Nov 30	Sun	09:30AM - 10:30AM	\$60.15 / 5 sess	15-36 MOS	00438035

## Sports

### SPORTBALL® - MULTISPORT - PARENT AND TOT - PRESCHOOLERS

Sep 08 - Oct 27	Mon	10:30AM - 11:15AM	\$126.00 / 7 sess	2-3 YRS	00445276
Sep 08 - Oct 27	Mon	11:30AM - 12:15PM	\$126.00 / 7 sess	2-3 YRS	00445863
Nov 03 - Dec 15	Mon	10:30AM - 11:15AM	\$126.00 / 7 sess	2-3 YRS	00445277
Nov 03 - Dec 15	Mon	11:30AM - 12:15PM	\$126.00 / 7 sess	2-3 YRS	00445865

### SPORTBALL® - BASKETBALL - PRESCHOOLERS

Sep 11 - Oct 23	Thu	04:15PM - 05:15PM	\$126.00 / 7 sess	4-6 YRS	00445869
Oct 30 - Dec 11	Thu	04:15PM - 05:15PM	\$126.00 / 7 sess	4-6 YRS	00445873

### SPORTBALL® - SOCCER - PRESCHOOLERS

Sep 12 - Oct 24	Fri	04:15PM - 05:15PM	\$126.00 / 7 sess	3-5 YRS	00445877
Nov 07 - Dec 12	Fri	04:15PM - 05:15PM	\$108.00 / 6 sess	3-5 YRS	00445881

### SPORTBALL® - SOCCER - PARENT AND TOT - PRESCHOOLERS

Sep 12 - Oct 24	Fri	03:30PM - 04:15PM	\$126.00 / 7 sess	2-3 YRS	00445875
Nov 07 - Dec 12	Fri	03:30PM - 04:15PM	\$108.00 / 6 sess	2-3 YRS	00445880

## Arts - Music

### VIOLIN PRIVATE LESSONS - ALL AGES

Work privately on an individual curriculum designed specifically for age and ability.  
Please contact front desk for more information.

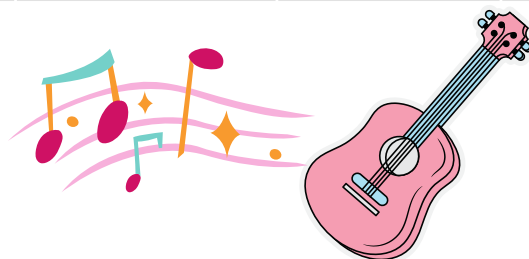
VIOLIN	Sep 08 - Dec 01 (Mon)	30 min	03:30 PM - 07:30 PM	\$308.50 / 12 sess	6+ YRS
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### MUSICAL EXPRESSIONS - PIANO PRIVATE LESSONS - ALL AGES

Sep 16 - Dec 16	Tue	30 min	03:30 PM - 06:30 PM	\$390.00 / 12 sess	5+ YRS
Sep 13 - Dec 13	Sat	30 min	09:30 AM - 04:00 PM	\$390.00 / 12 sess	5+ YRS

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

Sep 14 - Dec 14	Sun	30 min	12:00 PM - 1:00 PM	\$422.50 / 13 sess	6+ YRS
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## Arts - Visual

### CARTOONING - CHILDREN

Sep 02 - Oct 14	Tue	04:25PM - 05:25PM	\$120.00 / 6 sess	6-8 YRS	00441178
Oct 21 - Dec 02	Tue	04:25PM - 05:25PM	\$120.00 / 6 sess	6-8 YRS	00441181

### CHARACTER DESIGN - CHILDREN

Sep 02 - Oct 14	Tue	05:35PM - 06:35PM	\$120.00 / 6 sess	9-12 YRS	00441185
Oct 21 - Dec 02	Tue	05:35PM - 06:35PM	\$120.00 / 6 sess	9-12 YRS	00441192

### 2D ANIMATION - WALK AND TALK - CHILDREN

Sep 08 - Oct 06	Mon	04:00PM - 05:15PM	\$150.00 / 5 sess	9-12 YRS	00441774
Oct 20 - Nov 17	Mon	04:00PM - 05:15PM	\$150.00 / 5 sess	9-12 YRS	00441778

## Languages

### MANDARIN BASICS - CHILDREN

Sep 13 - Oct 25	Sat	09:30AM - 10:30AM	\$54.35 / 6 sess	7-9 YRS	00441257
Nov 01 - Dec 13	Sat	09:30AM - 10:30AM	\$63.40 / 7 sess	7-9 YRS	00441265

### MANDARIN BASICS - INTERMEDIATE - CHILDREN

Sep 13 - Oct 25	Sat	10:45AM - 11:45AM	\$54.35 / 6 sess	10-12 YRS	00441268
Nov 01 - Dec 13	Sat	10:45AM - 11:45AM	\$63.40 / 7 sess	10-12 YRS	00441270

## Computers, Technology and Social Media

### TOMORROW'S PLAYGROUND - LEGO® WEDO ROBOTICS 1 - CHILDREN

Sep 18 - Oct 09	Thu	04:00PM - 05:30PM	\$100.00 / 4 sess	6-10 YRS	00440633
Nov 13 - Dec 04	Thu	04:00PM - 05:30PM	\$100.00 / 4 sess	6-10 YRS	00444285

### TOMORROW'S PLAYGROUND - LEGO® WEDO ROBOTICS 2 - CHILDREN

Oct 16 - Nov 06	Thu	04:00PM - 06:00PM	\$100.00 / 4 sess	6-12 YRS	00440639
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## Martial Arts



### TAEKWONDO - BEGINNER - CHILDREN

Sep 16 - Dec 16	Tue	05:00PM - 06:00PM	\$108.00 / 12 sess	6+ YRS	00441078
Sep 16 - Dec 16	Tue	06:00PM - 07:00PM	\$108.00 / 12 sess	6+ YRS	00441087
Sep 17 - Dec 17	Wed	06:00PM - 07:00PM	\$126.00 / 14 sess	6+ YRS	00441090
Sep 18 - Dec 18	Thu	05:00PM - 06:00PM	\$126.00 / 14 sess	6+ YRS	00441079

### TAEKWONDO - INTERMEDIATE - ALL AGES

Sep 16 - Dec 16	Tue	07:00PM - 08:00PM	\$108.00 / 12 sess	6+ YRS	00441096
Sep 18 - Dec 18	Thu	06:00PM - 07:00PM	\$126.00 / 14 sess	6+ YRS	00441093
Sep 18 - Dec 18	Thu	07:00PM - 08:00PM	\$126.00 / 14 sess	6+ YRS	00441098

## Fitness

### YOGA - CHILDREN

Oct 24 - Dec 12	Fri	04:00PM - 05:00PM	\$80.90 / 8 sess	6-13 YRS	00440551
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## Nature and Science

### BEYOND 4 WALLS - MUSIC 'N' NATURE - HOME LEARNERS - CHILDREN

Sep 08 - Oct 20	Mon	01:00PM - 03:00PM	\$866.10/ 6 sess	8-12 YRS	00438130
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### BEYOND 4 WALLS - NATURE NOTES - CHILDREN

Sep 08 - Nov 17	Mon	04:00PM - 05:30PM	\$180.45 / 10 sess	6-8 YRS	00438024
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### BEYOND 4 WALLS - TRAILBLAZERS - CHILDREN

Sep 10 - Nov 26	Wed	09:15AM - 02:15PM	\$721.80 / 12 sess	5-13 YRS	00438028
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### BEYOND 4 WALLS - CHILDREN

Sep 08 - Nov 17	Mon	04:00PM - 05:30PM	\$180.45 / 10 sess	8-10 YRS	00438022
Sep 08 - Nov 17	Mon	04:00PM - 05:30PM	\$180.45 / 10 sess	11-13 YRS	00438023
Sep 09 - Nov 25	Tue	04:00PM - 05:30PM	\$180.45 / 10 sess	5-7 YRS	00438026

### STEM SMARTS - GADGET GENIUSES - CHILDREN

Sep 13 - Oct 25	Sat	11:45AM - 01:15PM	\$116.10/ 6 sess	7-10 YRS	00444287
Nov 01 - Dec 06	Sat	10:00AM - 11:30AM	\$116.10/ 6 sess	7-10 YRS	00444288

### STEM SMARTS - ANIMAL ADAPTATIONS - CHILDREN

Sep 13 - Oct 25	Sat	10:00AM - 11:30AM	\$116.10/ 6 sess	7-10 YRS	00444286
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### STEM SMARTS - ECO WARRIORS - CHILDREN

Nov 01 - Dec 06	Sat	11:45AM - 01:15PM	\$116.10/ 6 sess	7-10 YRS	00444295
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Events and Seasonal Programs

HALLOWEEN MAGICAL POTIONS AND SLIME MAKING - CHILDREN

Oct 28	Tue	04:30PM - 05:30PM	\$9.06/ 1 sess	6-9 YRS	00441847
Oct 30	Thu	04:30PM - 05:30PM	\$9.06/ 1 sess	6-9 YRS	00441849



**BREAKFAST  
WITH  
SANTA**  
*ALL AGES*

Celebrate the season with breakfast, crafts, a gift and visit with Santa. Children and adults must pre-register. Adult participation required.



NO REFUNDS AFTER DECEMBER 1, 2025.

SAT, DEC 06  
10:00 AM - 12:00 PM  
\$12.05 / 1 SESS  
#00441815

Arts - Dance

K-POP DANCING - CHILDREN

Sep 10 - Oct 29	Wed	05:30PM - 06:30PM	\$72.50 / 8 sess	6-8 YRS	00442170
Nov 05 - Dec 10	Wed	05:30PM - 06:30PM	\$54.35 / 6 sess	6-8 YRS	00442173

## Sports

### BASKETBALL - CHILDREN

Sep 08 - Oct 27	Mon	03:30PM - 04:30PM	\$47.25 / 7 sess	6-8 YRS	00439204
Nov 03 - Dec 08	Mon	03:30PM - 04:30PM	\$40.50 / 6 sess	6-8 YRS	00439211

### SOCCER - CHILDREN

Sep 09 - Oct 21	Tue	04:00PM - 05:00PM	\$40.50 / 6 sess	6-8 YRS	00439224
Sep 09 - Oct 21	Tue	05:00PM - 06:00PM	\$40.50 / 6 sess	9-12 YRS	00439231
Oct 28 - Dec 09	Tue	04:00PM - 05:00PM	\$40.50 / 6 sess	6-8 YRS	00439234
Oct 28 - Dec 09	Tue	05:00PM - 06:00PM	\$40.50 / 6 sess	9-12 YRS	00439237

### TOP SHELF FLOOR HOCKEY SKILLS - CHILDREN

Sep 11 - Oct 23	Thu	04:00PM - 05:00PM	\$47.25 / 7 sess	6-8 YRS	00439295
Sep 11 - Oct 23	Thu	05:00PM - 06:00PM	\$47.25 / 7 sess	9-12 YRS	00439484
Oct 30 - Dec 11	Thu	04:00PM - 05:00PM	\$47.25 / 7 sess	6-8 YRS	00439489
Oct 30 - Dec 11	Thu	05:00PM - 06:00PM	\$47.25 / 7 sess	9-12 YRS	00439490

### SPORTBALL® - BASKETBALL - CHILDREN

Sep 11 - Oct 23	Thu	05:15PM - 06:15PM	\$126.00 / 7 sess	6-9 YRS	00445871
Oct 30 - Dec 11	Thu	05:15PM - 06:15PM	\$126.00 / 7 sess	6-9 YRS	00445879

### SKATEBOARDING - BEGINNER - CHILDREN

Sep 09 - Oct 21	Tue	04:30PM - 05:30PM	\$111.00 / 6 sess	7-10 YRS	00441058
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### SKATEBOARDING PRIVATE LESSONS - ALL AGES

Sep 11 - Oct 23	Thu	04:00PM - 05:00PM	\$315.00 / 7 sess	6+ YRS	00442153
Sep 11 - Oct 23	Thu	05:00PM - 06:00PM	\$315.00 / 7 sess	6+ YRS	00441081
Sep 11 - Oct 23	Thu	06:00PM - 07:00PM	\$315.00 / 7 sess	6+ YRS	00441085

## Racquet Sports

### BADMINTON - BEGINNER - CHILDREN

Sep 10 - Oct 22	Wed	03:30PM - 04:30PM	\$47.25 / 7 sess	6-8 YRS	00439242
Sep 10 - Oct 22	Wed	04:30PM - 05:30PM	\$47.25 / 7 sess	9-12 YRS	00439245
Oct 29 - Dec 10	Wed	03:30PM - 04:30PM	\$47.25 / 7 sess	6-8 YRS	00439258
Oct 29 - Dec 10	Wed	04:30PM - 05:30PM	\$47.25 / 7 sess	9-12 YRS	00439285
Sep 13 - Oct 25	Sat	12:30PM - 01:30PM	\$40.50 / 6 sess	6-8 YRS	00439623
Sep 13 - Oct 25	Sat	01:45PM - 02:45PM	\$40.50 / 6 sess	6-8 YRS	00439627
Sep 13 - Oct 25	Sat	03:00PM - 04:00PM	\$40.50 / 6 sess	9-12 YRS	00439631
Nov 01 - Dec 20	Sat	12:30PM - 01:30PM	\$47.25 / 7 sess	6-8 YRS	00439635
Nov 01 - Dec 20	Sat	01:45PM - 02:45PM	\$47.25 / 7 sess	6-8 YRS	00439642
Nov 01 - Dec 20	Sat	03:00PM - 04:00PM	\$47.25 / 7 sess	9-12 YRS	00442111



## General - Day Camps

### DAYCAMP - BORN 2013-2019 - CHILDREN

Dec 22 - Dec 26	M, T, W, F	09:00AM - 04:00PM	\$150.10 / 4 sess	5-12 YRS	00441797
Dec 29 - Jan 02	M, T, W, F	09:00AM - 04:00PM	\$150.10 / 4 sess	5-12 YRS	00441806

## INFORMED CONSENT AND PERMISSION FORM



*A completed Informed Consent and Permission Form and recent photo of child must be submitted one week prior to start of camp to provide lead time for staff to review the submitted information.*

*Download a copy of the form and follow the instructions for submission details.*

## Arts - Music

### SINGING PRIVATE LESSONS - ALL AGES

Work privately on an individual curriculum designed specifically for age and ability.  
Please contact front desk for more information.

SINGING	Sep 10 - Oct 22 (Wed) Oct 29 - Dec 10 (Wed)	45 min	04:15 PM - 07:15 PM	\$270.25 / 7 sess	9+ YRS
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## Arts - Visual

### CROCHET 101 - BEGINNER - PRETEENS

Sep 11 - Oct 23	Thu	03:45PM - 04:45PM	\$63.40 / 7 sess	9-12 YRS	00442186
Nov 06 - Dec 11	Thu	03:45PM - 04:45PM	\$54.35 / 6 sess	9-12 YRS	00442189



## Arts - Dance

### K-POP DANCING - PRETEENS

Sep 11 - Oct 30	Thu	03:45PM - 04:45PM	\$72.50 / 8 sess	9-12 YRS	00442140
Nov 06 - Dec 11	Thu	03:45PM - 04:45PM	\$54.35 / 6 sess	9-12 YRS	00442141

### HIP HOP - PRETEENS

Sep 08 - Oct 27	Mon	05:45PM - 06:45PM	\$63.40 / 7 sess	9-12 YRS	00442131
Nov 03 - Dec 08	Mon	05:45PM - 06:45PM	\$54.35 / 6 sess	9-12 YRS	00442133



## General Interest

### WRITING ADVENTURES - BEGINNER - PRETEENS

Sep 10 - Oct 22	Wed	03:15PM - 04:15PM	\$196.00 / 7 sess	7-13 YRS	00440609
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### WRITING ADVENTURES - INTERMEDIATE - PRETEENS

Sep 10 - Oct 22	Wed	04:15PM - 05:15PM	\$196.00 / 7 sess	7-13 YRS	00440612
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### DEBATING - BEGINNER - YOUTH

Sep 14 - Oct 26	Sun	01:30PM - 03:00PM	\$58.95 / 6 sess	11-16 YRS	00442121
Nov 02 - Dec 14	Sun	01:30PM - 03:00PM	\$68.80 / 7 sess	11-16 YRS	00442126

## Nature and Science

### BEYOND 4 WALLS - LEADERS-IN-TRAINING - YOUTH

Sep 09 - Nov 25	Tue	04:00PM - 05:30PM	\$180.45 / 10 sess	13-16 YRS	00438027
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## Cooking

### BAKING TREATS AND SWEETS - PRETEENS

Sep 12 - Oct 24	Fri	06:30PM - 08:30PM	\$196.30 / 6 sess	9-12 YRS	00442217
Nov 07 - Dec 12	Fri	06:30PM - 08:30PM	\$196.30 / 6 sess	9-12 YRS	00442219

### COOKING BASICS - PRETEENS

Sep 12 - Oct 24	Fri	03:30PM - 05:30PM	\$196.30 / 6 sess	10-14 YRS	00442196
Nov 07 - Dec 12	Fri	03:30PM - 05:30PM	\$196.30 / 6 sess	10-14 YRS	00442201

## Sports

### BASKETBALL - PRETEENS

Sep 08 - Oct 27	Mon	04:45PM - 05:45PM	\$47.25 / 7 sess	9-12 YRS	00439206
Nov 03 - Dec 08	Mon	04:45PM - 05:45PM	\$40.50 / 6 sess	9-12 YRS	00439214

### BASKETBALL DEVELOPMENT SKILLS - YOUTH

Sep 08 - Oct 27	Mon	06:00PM - 07:00PM	\$47.25 / 7 sess	13-18 YRS	00439208
Nov 03 - Dec 08	Mon	06:00PM - 07:00PM	\$40.50 / 6 sess	13-18 YRS	00439220

### MULTISPORT - PRETEENS

Sep 09 - Nov 04	Tue	04:00PM - 05:00PM	\$54.00 / 8 sess	10-14 YRS	00445278
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### VOLLEYBALL - PRETEENS

Sep 12 - Oct 24	Fri	04:00PM - 05:00PM	\$47.25 / 7 sess	9-12 YRS	00439492
Nov 07 - Dec 19	Fri	04:00PM - 05:00PM	\$47.25 / 7 sess	9-12 YRS	00445957

### VOLLEYBALL - YOUTH

Sep 12 - Oct 24	Fri	05:00PM - 06:00PM	\$47.25 / 7 sess	13-18 YRS	00439493
Nov 07 - Dec 19	Fri	05:00PM - 06:00PM	\$47.25 / 7 sess	13-18 YRS	00445959

## Children's Parties

Parties are hosted in the Banquet Hall and feature a fully decorated room with ride on cars, play slide, photo station with props, face painting, game facilitation and party leaders to assist with setting up/taking down.



MORE INFORMATION



REGISTER HERE

## Arts - Visual

### NEEDLE FELTING WORKSHOP - ADULTS

Sep 21	Sun	02:30PM - 05:00PM	\$55.00 / 1 sess	18+ YRS	00442273
Oct 26	Sun	02:30PM - 05:00PM	\$55.00 / 1 sess	18+ YRS	00442274
Dec 14	Sun	02:30PM - 05:00PM	\$55.00 / 1 sess	18+ YRS	00442277



### CREATIVE PAINTING - ADULTS

Nov 16 - Dec 14	Sun	09:30AM - 11:30AM	\$90.60 / 5 sess	18+ YRS	00437344
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## Arts - Music

### GROUP UKULELE LESSONS - LEVEL 1 - ADULTS

Sep 14 - Nov 02	Sun	10:15AM - 11:00AM	\$126.00 / 7 sess	19+ YRS	00441115
Nov 09 - Dec 14	Sun	10:15AM - 11:00AM	\$108.00 / 6 sess	19+ YRS	00441116

## Arts - Dance

### K-POP DANCING - ADULTS

Sep 08 - Oct 27	Mon	08:15PM - 09:15PM	\$63.40 / 7 sess	19+ YRS	00442226
Nov 03 - Dec 08	Mon	08:15PM - 09:15PM	\$54.35 / 6 sess	19+ YRS	00442229

### HIP HOP - BEGINNER - ADULTS

Sep 13 - Oct 25	Sat	05:00PM - 06:00PM	\$54.35 / 6 sess	19+ YRS	00441214
Nov 01 - Dec 13	Sat	05:00PM - 06:00PM	\$63.40 / 7 sess	19+ YRS	00441221

## Sports

### FLOOR HOCKEY - ADULTS

Sep 02 - Dec 16	Tue	07:00PM - 09:00PM	\$94.50 / 14 sess	18+ YRS	00442085
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### SOCCER - ADULTS

Sep 04 - Dec 18	Thu	07:30PM - 09:30PM	\$108.00 / 16 sess	18+ YRS	00442086
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### SKATEBOARDING - BEGINNER - YOUTH/ADULTS

Sep 09 - Oct 21	Tue	05:45PM - 06:45PM	\$111.00 / 6 sess	13+ YRS	00442092
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## Racquet Sports

### PICKLEBALL - INTERMEDIATE - ADULTS

Sep 05 - Oct 24	Fri	01:45PM - 03:00PM	\$67.50 / 8 sess	18+ YRS	00446332
Nov 07 - Dec 19	Fri	01:45PM - 03:00PM	\$59.10 / 7 sess	18+ YRS	00446335



## Wellness Clinics

### WELLNESS CLINIC - SHIATSU - RUNA - 55+

Sep 08	Mon	09:00AM - 12:00PM	20 min	\$18.02 / 1 sess	55+ YRS
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## Health and Wellness



### SLEEP WORKSHOP - 55+

Sep 18	Thu	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00437826
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### HOLISTIC HEALTH SERIES - ACID REFLUX AND G.E.R.D. WORKSHOP - 55+

Oct 20	Mon	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00436626
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### ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM - 55+

Nov 03 - Dec 08	Mon	12:30PM - 03:00PM	FREE / 6 sess	55+ YRS	00436782
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## Events and Seasonal Programs



### NATIONAL SENIORS DAY - PICKLEBALL TOURNAMENT - INDOOR - 55+

Oct 01	Wed	10:30AM - 01:00PM	\$11.70 / 1 sess	55+ YRS	00437346
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### THANKSGIVING DINNER - 55+

Oct 10	Fri	06:00PM - 08:00PM	\$22.65 / 1 sess	55+ YRS	00437306
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### SEASONAL HOLIDAY BRUNCH - 55+

Dec 12	Fri	10:00AM - 11:30AM	\$11.70 / 1 sess	55+ YRS	00437314
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### LOADS OF MUSIC - SENIORS CHRISTMAS MUSIC SHOW - 55+

Dec 12	Fri	01:00PM - 02:00PM	FREE / 1 sess	55+ YRS	00437343
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## Racquet Sports

### PICKLEBALL - BEGINNER - 55+

Sep 04 - Oct 16	Thu	01:15PM - 02:30PM	\$59.10 / 7 sess	55+ YRS	00437808
Oct 23 - Dec 11	Thu	01:15PM - 02:30PM	\$67.50 / 8 sess	55+ YRS	00437811

### PICKLEBALL - INTERMEDIATE - 55+

Sep 04 - Oct 16	Thu	02:35PM - 03:50PM	\$59.05 / 7 sess	55+ YRS	00437812
Oct 23 - Dec 11	Thu	02:35PM - 03:50PM	\$67.50 / 8 sess	55+ YRS	00437814

## Arts - Visual

### CREATIVE PAINTING - TRY-IT - 55+



Nov 02	Sun	09:30AM - 11:30AM	FREE / 1 sess	55+ YRS	00436638
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### CREATIVE PAINTING - 55+

Nov 16 - Dec 14	Sun	09:30AM - 11:30AM	\$67.20 / 5 sess	55+ YRS	00436640
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### PHOTOGRAPHY FUNDAMENTALS - LEVEL 1 - TRY-IT - 55+

Sep 24	Wed	09:30AM - 11:30AM	FREE / 1 sess	55+ YRS	00436600
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### PHOTOGRAPHY FUNDAMENTALS - LEVEL 1 - 55+

Oct 08 - Nov 12	Wed	09:30AM - 11:30AM	\$98.05 / 6 sess	55+ YRS	00436623
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## Online - Programs

### ONLINE - NAME THAT TUNE - 55+

Sep 15 - Dec 15	3rd Mon of month	10:30AM - 11:45AM	FREE / 4 sess	55+ YRS	00436631
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# OLDER ADULTS

## 55+ YRS

### Arts - Dance



#### BALLROOM DANCING - BEGINNER - TRY-IT - 55+

Sep 03	Wed	09:00AM - 10:30AM	FREE / 1 sess	55+ YRS	00436769
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#### BALLROOM DANCING - INTERMEDIATE - ADULTS/55+

Sep 13 - Oct 25	Sat	01:30PM - 03:00PM	\$60.50 / 6 sess	55+ YRS	00438228
Nov 01 - Dec 13	Sat	01:30PM - 03:00PM	\$70.55 / 7 sess	55+ YRS	00438231

#### BALLROOM DANCING - CHA CHA AND WALTZ - BEGINNER - 55+

Sep 17 - Oct 22	Wed	09:00AM - 10:30AM	\$60.50 / 6 sess	55+ YRS	00436576
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#### BALLROOM DANCING - JIVE AND TANGO - BEGINNER - 55+

Oct 29 - Dec 10	Wed	09:00AM - 10:30AM	\$70.55 / 7 sess	55+ YRS	00436579
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#### LINE DANCING VARIETY - BEGINNER - TRY-IT - 55+

Sep 03	Wed	10:45AM - 11:45AM	FREE / 1 sess	55+ YRS	00437044
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#### LINE DANCING VARIETY - BEGINNER - 55+

Sep 17 - Oct 22	Wed	10:45AM - 11:45AM	\$40.30 / 6 sess	55+ YRS	00437069
Oct 29 - Dec 10	Wed	10:45AM - 11:45AM	\$47.05 / 7 sess	55+ YRS	00437080

### General Interest

**FRAUD ALERT**

#### FRAUDS AND SCAMS WORKSHOP - 55+

Oct 23	Thu	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00437824
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#### VISION WORKSHOP - 55+

Oct 30	Thu	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00437834
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#### FALLS PREVENTION WORKSHOP - 55+

Nov 06	Thu	01:00PM - 02:30PM	FREE / 1 sess	55+ YRS	00436857
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# OUT TRIPS & TOURS

55+ YRS

## September - Out Trips and Tours

### SQUAMISH SEA TO SKY GONDOLA TRIP - 55+

Sep 04	Thu	09:00AM - 05:15PM	\$78.50 / 1 sess	55+ YRS	00436373
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### ABBOTSFORD WATER BUFFALO AND BISON FARM TOUR - 55+

Sep 12	Fri	09:30AM - 05:30PM	\$42.00 / 1 sess	55+ YRS	00438396
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### GRANVILLE ISLAND MARKET TRIP - 55+

Sep 17	Wed	09:45AM - 02:45PM	\$25.00 / 1 sess	55+ YRS	00436376
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### KITSILANO BOATHOUSE RESTAURANT TRIP - 55+

Sep 18	Thu	11:00AM - 03:00PM	\$20.50 / 1 sess	55+ YRS	00437349
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## October - Out Trips and Tours



### FOUR WINDS BEACH HOUSE AND BREWERY TRIP - 55+

Oct 08	Wed	04:00PM - 08:00PM	\$20.50 / 1 sess	55+ YRS	00437166
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### SOUTHLANDS TSAWWASSEN FARMERS MARKET TRIP - 55+

Oct 25	Sat	11:00AM - 03:00PM	\$22.00 / 1 sess	55+ YRS	00437348
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### RIVERHOUSE RESTAURANT AND PUB DINNER TRIP - 55+

Oct 28	Tue	04:30PM - 08:00PM	\$20.50 / 1 sess	55+ YRS	00437302
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## November - Out Trips and Tours



### VANCOUVER WELSH MEN'S CHOIR TRIP - 55+

Nov 11	Tue	01:30PM - 05:30PM	\$45.50 / 1 sess	55+ YRS	00437170
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### MUSIC BINGO NIGHT AT MATCH EATERY - 55+

Nov 20	Thu	05:30PM - 09:00PM	\$23.50 / 1 sess	55+ YRS	00437817
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## December - Out Trips and Tours

### CANYON LIGHTS CAPILANO SUSPENSION BRIDGE TRIP - 55+

Dec 02	Tue	04:30PM - 09:00PM	\$76.50 / 1 sess	55+ YRS	00437186
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### MARTINI TOWN - MERRY AND BRIGHT TRIP - 55+

Dec 19	Fri	02:15PM - 08:30PM	\$42.00 / 1 sess	55+ YRS	00430210
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### CHRISTMAS LIGHTS TOUR OF SOUTH DELTA - 55+

Dec 22	Mon	04:30PM - 08:00PM	\$24.00 / 1 sess	55+ YRS	00437252
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### BURNABY VILLAGE CHRISTMAS AND LAFARGE LAKE LIGHTS TRIP - 55+

Dec 23	Tue	12:00PM - 05:30PM	\$22.50 / 1 sess	55+ YRS	00437352
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### CHRISTMAS LIGHTS TOUR OF VANCOUVER - 55+

Dec 29	Mon	05:00PM - 08:30PM	\$24.75 / 1 sess	55+ YRS	00437350
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## Computers, Technology and Social Media

### SMARTPHONES, TABLETS AND LAPTOPS - LEARN FROM A YOUTH - 55+

Meet one-on-one and get help from a friendly and informative youth member to learn about text messaging, apps, GPS, and Skype.

Free half an hour time slots on the following dates:

**Sep 25 | Oct 23 | Nov 27**

**03:30PM - 04:30PM**

To register your spot, call front desk 604-238-8422 or the

registration call centre at 604-276-4300.



## Youth - Fitness

### SPORTS PERFORMANCE AND DEVELOPMENT - YOUTH

Sep 18 - Nov 06	Thu	04:00PM - 05:00PM	\$113.70 / 8 sess	12-16 YRS	00436691
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### GET INTO FITNESS - LEVEL 1 - YOUTH

Sep 16 - Oct 28	Tue	05:00PM - 06:00PM	\$85.25 / 6 sess	12-15 YRS	00436698
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### GET INTO FITNESS - LEVEL 2 - YOUTH

Sep 16 - Oct 28	Tue	05:00PM - 06:00PM	\$85.25 / 6 sess	12-15 YRS	00436699
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### ZUMBA AND YOGA - YOUTH

Sep 20 - Dec 13	Sat	10:45AM - 11:45AM	\$107.15 / 12 sess	10-17 YRS	00437696
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## Adults - Fitness



### BARRE FITNESS - ADULTS

Sep 16 - Dec 09	Tue	10:45AM - 11:45AM	\$98.25 / 11 sess	16+ YRS	00436890
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### PILATES-BARRE FUSION - ADULTS

Sep 15 - Dec 08	Mon	09:15AM - 10:15AM	\$121.30 / 12 sess	16+ YRS	00436873
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### PILATES FUSION - ADULTS

Sep 18 - Dec 11	Thu	09:00AM - 10:00AM	\$131.45 / 13 sess	16+ YRS	00439367
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### PILATES - LEVEL 1 AND 2 - ADULTS

Sep 15 - Dec 08	Mon	05:30PM - 06:30PM	\$111.20 / 11 sess	16+ YRS	00436881
Sep 18 - Dec 11	Thu	05:30PM - 06:30PM	\$131.45 / 13 sess	16+ YRS	00436884

### ZUMBA® - ADULTS

Sep 19 - Dec 12	Fri	05:00PM - 06:00PM	\$116.10 / 13 sess	16+ YRS	00436902
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## PILATES - ALL LEVELS - ADULTS

Sep 14 - Dec 07	Sun	09:00AM - 10:00AM	\$111.20 / 11 sess	16+ YRS	00436878
Sep 15 - Dec 08	Mon	12:00PM - 01:00PM	\$111.20 / 11 sess	16+ YRS	00436880
Sep 19 - Dec 12	Fri	12:00PM - 01:00PM	\$131.45 / 13 sess	16+ YRS	00436885

## KICKBOXING - DRILLS AND SKILLS - ADULTS

Sep 16 - Dec 09	Tue	07:45PM - 08:45PM	\$98.25 / 11 sess	16+ YRS	00436896
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## ADAPTED SENSORY-FRIENDLY KICKBOXING DRILLS AND SKILLS - ADULTS

Oct 02 - Nov 06	Thu	01:30PM - 02:30PM	\$37.50 / 6 sess	18+ YRS	00445528
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## POWERBUILDING 101

Oct 19 - Nov 23	Sun	12:00PM - 01:00PM	\$85.25 / 6 sess	16+ YRS	00437262
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## FULL BODY CIRCUIT WORKOUT - ADULTS

Sep 16 - Nov 04	Tue	06:00PM - 07:00PM	\$99.45 / 7 sess	18+ YRS	00436645
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## MOM AND BABY CORE AND STRENGTH - ADULTS

Sep 15 - Dec 08	Mon	09:30AM - 10:30AM	\$89.30 / 10 sess	16+ YRS	00438095
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## MOM AND BABY STROLLER FIT - INDOOR - ADULTS

Sep 17 - Dec 10	Wed	11:00AM - 12:00PM	\$116.10 / 13 sess	16+ YRS	00437261
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## OSTEOFIT FOR BETTER BONES - ADULTS

Sep 16 - Dec 09	Tue	01:30PM - 02:30PM	\$68.75 / 11 sess	18+ YRS	00442234
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## GROUP WEIGHT TRAINING - ADULTS

Sep 14 - Dec 07	Sun	11:00AM - 12:00PM	\$142.10 / 10 sess	18+ YRS	00436650
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## GROUP WEIGHT TRAINING - MANDARIN - ADULTS

Sep 18 - Oct 23	Thu	05:15PM - 06:15PM	\$85.25 / 6 sess	18+ YRS	00436681
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## 55+ - Fitness

### CHAIR YOGA - 55+

Sep 17 - Dec 10	Wed	01:15PM - 02:15PM	\$94.40 / 13 sess	55+ YRS	00436866
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### STAY STRONG - 55+

Sep 19 - Dec 12	Fri	10:30AM - 11:30AM	\$81.25 / 13 sess	55+ YRS	00436854
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### GROUP WEIGHT TRAINING - MANDARIN/ENGLISH - 55+

Sep 15 - Dec 08	Mon	12:00PM - 01:00PM	\$133.70 / 12 sess	55+ YRS	00436661
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### OSTEOFIT FOR BETTER BONES - 55+

Sep 16 - Dec 09	Tue	01:30PM - 02:30PM	\$68.75 / 11 sess	55+ YRS	00437657
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## BETTER BACKS AND BALANCE - 55+

Sep 15 - Dec 08	Mon	11:00AM - 12:00PM	\$68.75 / 11 sess	55+ YRS	00436791
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## KICKBOXING - DRILLS AND SKILLS - 55+

Sep 18 - Oct 23	Thu	12:15PM - 01:15PM	\$42.00 / 6 sess	55+ YRS	00436810
Oct 30 - Dec 11	Thu	12:15PM - 01:15PM	\$49.00 / 7 sess	55+ YRS	00436815



**Choose to Move is a FREE program that supports people 55+ to BECOME and STAY active!**

## INFORMATION SESSION FOR CHOOSE TO MOVE ACTIVAGE™ - 55+

Attend the info session before registering for ACTIVAGE™ and CHOOSE TO MOVE.

Sep 11	Thu	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00437217
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## ACTIVAGE™ - 55+

Sep 25 - Dec 11	Thu	01:30PM - 02:30PM	FREE / 12 sess	55+ YRS	00437221
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## CHOOSE TO MOVE (CTM) - 55+

Sep 25 - Dec 11	Thu	02:30PM - 03:30PM	FREE / 9 sess	55+ YRS	00437224
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## DROP-IN FITNESS PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cardio &amp; Strength</b> 9:15 - 10:15am / Gym	<b>Step &amp; Sculpt</b> 9:15 - 10:15am Deb / Gym	<b>Cardio &amp; Strength</b> 9:15 - 10:15am / Gym	<b>NEW Step and More</b> 9:15 - 10:15am Deb / Gym	<b>Cardio &amp; Strength</b> 9:15 - 10:15am / Gym	<b>Dance Fit</b> 9:30 - 10:30am Gloria / Gym	<b>Bootcamp</b> 8:00 - 8:45am Leanne / AR
<b>NEW Intervals Workout</b> 10:30 - 11:30am Annie / AR		<b>NEW Ball Workout</b> 10:30 - 11:30am TBD / Gym	<b>Strong &amp; Stable</b> 10:30 - 11:30am Monika / AR	<b>Dance Fit</b> 10:30 - 11:30am Renee / Gym	<b>Strength &amp; Stretch</b> 10:45 - 11:45am Annie / Gym	<b>Kardio Kickbox</b> 10:15 - 11:15am Rocio / AR
	<b>Yoga*</b> 12:00 - 1:00 pm Elle / AR	<b>Dance &amp; Tone</b> 12:00 - 1:00pm Sofya / AR	<b>Yoga*</b> 12:00 - 1:00 pm Monika / BQ			<b>Yoga*</b> 11:30 - 12:30pm Rocio / AR
	<b>HIIT</b> 6:30 - 7:30pm Vafa/ AR	<b>Total Body Conditioning</b> 6:00 - 7:00pm Annie / AR			<b>Bootcamp</b> 3:45 - 4:30pm Tomo / AR	
<b>Yoga*</b> 7:00 - 8:00pm Monika / BQ		<b>Yoga*</b> 7:30 - 8:30pm Sonia / BQ	<b>Dance &amp; Tone</b> 6:45 - 7:45pm Renee / AR			

- Obtain a ticket from reception as proof of payment to be presented at the program entry.
- 10 visit passes do NOT apply to yoga; the drop-in rate for yoga is \$8.75.
- Group Fitness Classes are included with a Fitness Membership or can be purchased as a single visit. Class schedule and instructor are subject to change.
- All registered programs require pre-registration and are not included with a fitness pass or single visit fee.
- All classes, instructors, and locations of the class are subject to change or cancellation without notice.
- Please check with the facility for holiday hours.
- For updated information on COVID safety policies and protocols, refer to [www.richmond.ca](http://www.richmond.ca)



## DROP-IN FITNESS PASSES, FITNESS MEMBERSHIP AND PERSONAL TRAINING FEES

FEES	ADULTS (19-54)	Youth (13-18) Older Adults (55+)
One Time Drop-In	\$6.95	\$5.10
* 10 Visit Card	\$56.00	\$41.00
1 Month	\$59.00	\$48.00
3 Months	\$129.00	\$107.00
6 Months	\$221.00	\$184.00
1 Year	\$371.00	\$306.00
** 1 Year Family Add-On	\$306.00	N/A
Yoga Drop-In	\$8.75	N/A
*** Youth Facility Pass 2	N/A	\$7.00

### FITNESS CENTRE ORIENTATION

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

Book your **FREE** fitness centre orientation: [Natalia.Orekhova@richmond.ca](mailto:Natalia.Orekhova@richmond.ca)

\* Fitness centre orientation is mandatory for youth 13-15 years old; for 16+ years old recommended. A Parental Consent Form is required for youth 13-18 years old.

PERSONAL TRAINING		
1 Hour Sessions	1 - on - 1	2 - 3 people
1 session	\$67.54	\$101.36
3 sessions	\$192.58	\$288.93
5 sessions	\$304.10	\$456.21
10 sessions	\$574.44	\$861.77
30 Minute Sessions	1 - on - 1	
5 sessions	\$154.25	
10 sessions	\$304.10	
20 sessions	\$574.44	

*Book your personal training consultation by contacting our fitness coordinator at [natalia.orekhova@richmond.ca](mailto:natalia.orekhova@richmond.ca) or 604-238-8434.*

- Fitness Memberships are non-refundable and non-transferable.
- \*\*Family add-on - 1 year: For immediate family members residing in the same residence. With the purchase of a 1-year Fitness Adult Membership, one additional adult may be added to the price listed in the above chart. The first family member pays the full rate, with the additional member paying the reduced rate. Fitness Memberships must be purchased at the same time, are non-transferable and only apply to 1-year terms.
- Valid Fitness Membership holders can attend drop-in fitness classes and fitness centres at other locations for an add-on fee of \$1 (community centres) or \$4.80 (Minoru Centre for Active Living and Watermania). Yoga classes and drop-in seasonal fitness programs are not included in this offer.
- \*\*\*Youth Facility Pass Fitness Centre - Drop-In schedule is subject to change or cancellation without notice. Please note: there are limited spots available. Contact the centre for the current schedule and availability.



**Thompson Community Centre**  
**5151 Granville Ave | Richmond, BC**  
**604-238-8422**