



2023 FALL PROGRAMS

SEPT 5
TO
JAN 1



5151 Granville Ave, Richmond, BC
604-238-8422



HOW TO REGISTER

Get ready to register for Fall Programs:

Tue, Jul 18 | 8 PM | Aquatics Online

Tue, Jul 18 | 9 PM | All Programs Online

Wed, Jul 19 | In-Person/Phone/Online

Scan here to
register!



1. **Online:** richmond.ca/register
2. **By Phone:** 604-276-4300 | Mon to Fri | 8:30-5:00 PM
3. **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.

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FACILITY HOURS

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

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

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

SATELLITE LOCATIONS

JAMES THOMPSON ELEMENTARY SCHOOL
6211 Forsyth Cres.

THOMPSON PARK/BURNETT SECONDARY SCHOOL
5011 Granville Ave.

BLAIR ELEMENTARY SCHOOL
6551 Lynas Ln.

TERRA NOVA PARK
2340 River Rd.

MCKAY ELEMENTARY SCHOOL
7360 Lombard 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 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.

FITNESS

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> <div></div> Drop-in classes <div></div> Requires registration </div>				Bootcamp 6:15 - 7:00 am Stephany / AR		Bootcamp 8:00 - 8:45 am Leanne / AR
Fit & Functional 9:15 - 10:15 am Janet / Gym	Step & Sculpt 9:15 - 10:15 am Deb / Gym	Weight Training ⁵⁵⁺ 9:30 - 10:30 am #248957	Body Blast 9:15 - 10:15 am Deb / Gym	Fit & Functional 9:15 - 10:15 am Janet / Gym	Dance Fit 9:30 - 10:30 am Gloria / Gym	Pilates - Fusion Jeanette 9:00 - 10:00 am #251862
TABATA 10:30 - 11:30 am Annie / AR	Active and Fit ⁵⁵⁺ Leanne 9:30 - 10:30 am #251845	Cardio & Strength 9:15 - 10:15 am Janet / Gym	Ease into Fitness 10:30 - 11:30 am Monika / AR	Stay Strong ⁵⁵⁺ Ray 10:30 - 11:30 am #251849	Strength & Stretch 10:45 - 11:45 am Annie / Gym	Weight Training Adults 10:00 - 11:00 am #250503
	Barre - Elle 10:45 - 11:45 am #251855	Ball 10:30 - 11:30 Janet		Dance & Tone 10:30 - 11:30 am Lizbeth / Gym	Weight Training Adults 12:00 - 1:00 pm #250547	Weight Training Advanced - Adults 11:00 - 12:00 pm #248121
Pilates - Yoga - Fusion - Deb 12:00 - 1:00 pm #251866	Yoga* 12:00 - 1:00 pm Elle / AR	Mom & Baby Stroller Fit - Leanne 11:00 - 12:00 pm #251933	Yoga* 12:00 - 1:00 pm Monika / AR	Pilates - Deb 12:00 - 1:00 pm #251971		Yoga* 10:30 - 11:30 am Rocio / AR
Weight Training Youth 5:00 - 6:00 pm #248120	Weight Training Youth 4:00 - 5:00 pm #248956	Dance & Tone 12:00 - 1:00 pm Sofya / AR	Ladies Who Lift ⁵⁵⁺ Jacob 1:00 - 2:00 pm #251848			
Pilates Deb 5:30 - 6:30 pm #251877	HIIT (circuit) 6:30 - 7:30 Tomo / AR	Total Body Conditioning 6:00 - 7:00 pm Annie / AR	Pilates - Deb 5:30 - 6:30 pm #251963	Yoga - Youth Elle 3:30 - 4:30 pm #256851		
Yoga* 7:00 - 8:00 pm Monika / AR	Kickboxing Drills & Skills - Tomo 7:45 - 8:45 pm #521945	Yin Yoga - Angel 7:15 - 8:15 pm #251856	Yoga* 6:45 - 7:45 pm Angel / AR			



requires registration



drop-in classes

- Please take 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



DROP-IN FITNESS & PERSONAL TRAINING FEES

FEES	ADULTS (19-54)	Youth (13-18) Older Adults (55+)
One Time Drop-In	\$6.90	\$5.00
*10 Visit Card	\$55.00	\$40.00
1 Month	\$59.00	\$47.00
3 Months	\$128.00	\$105.00
6 Months	\$219.00	\$180.00
1 Year	\$365.00	\$300.00
**1 Year Family Add-On	\$300.00	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

*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.

- 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 \$4.70 (Minoru Centre for Active Living and Watermania).
- Yoga classes and drop-in 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.

PERSONAL TRAINING

1 Hour Sessions	1 - on - 1	2 - 3 people
1 session	\$61.85	\$92.85
3 sessions	\$176.35	\$264.60
5 sessions	\$278.50	\$417.80
10 sessions	\$526.05	\$789.20
30 Minute Sessions		
5 sessions	\$146.95	
10 sessions	\$278.49	
20 sessions	\$526.06	

Book your personal training consultation by contacting our fitness coordinator at natalia.orekhova@richmond.ca or 604-238-8434.

December 1st-12th

Join Thompson Team for

12 Days of Fit-Mas,
Fitness Challenge!



Fitness

PILATES - ADULTS

Sep 22 - Dec 15	Every Fri	12:00PM - 01:00PM	\$115.55 / 12 sess	16+ YRS	00251971
Sep 21 - Dec 14	Every Thu	05:30PM - 06:30PM	\$125.20 / 13 sess	16+ YRS	00251963
Sep 18 - Dec 11	Every Mon	05:30PM - 06:30PM	\$96.30 / 10 sess	16+ YRS	00251877

PILATES FUSION - ADULTS

Sep 17 - Dec 10	Every Sun	09:00AM - 10:00AM	\$96.30 / 10 sess	16+ YRS	00251862
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PILATES YOGA FUSION - ADULTS

Sep 18 - Dec 11	Every Mon	12:00PM - 01:00PM	\$96.30 / 10 sess	16+ YRS	00251866
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YIN STYLE YOGA - ADULTS

Sep 20 - Dec 13	Every Wed	07:15PM - 08:15PM	\$125.20 / 13 sess	16+ YRS	00251856
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GROUP WEIGHT TRAINING - BEGINNER - FOR WOMEN - ADULTS

Sep 09 - Nov 04	Every Sat	12:00PM - 01:00PM	\$87.00 / 7 sess	18+ YRS	00250547
Sep 10 - Nov 05	Every Sun	10:00AM - 11:00AM	\$99.45 / 8 sess	18+ YRS	00250503

GROUP WEIGHT TRAINING - ADVANCE - ADULTS

Sep 17 - Nov 19	Every Sun	11:00AM - 12:00PM	\$99.45/ 8 sess	18+ YRS	00248121
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BARRE FITNESS - ADULTS

Sep 19 - Dec 12	Tue	10:45AM - 11:45AM	\$109.45/ 13 sess	16+ YRS	00251855
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KICK BOXING - DRILLS AND SKILLS - ADULTS

Sep 19 - Dec 12	Every Tue	07:45PM - 08:45PM	\$109.45 / 13 sess	16+ YRS	00251945
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MOM AND BABY INDOOR STROLLERFIT - ADULTS

Sep 20 - Dec 13	Every Wed	11:00AM - 12:00PM	\$109.45 / 13 sess	18+ YRS	00251933
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Fitness 55+ - Page #20

Fitness Youth - Page #17



Arts - Dance

MOVE AND GROOVE - PRESCHOOLERS

Sep 13 - Oct 25	Wed	03:00PM - 03:30PM	\$29.80 / 7 sess	3-5 YRS	00254167
Sep 13 - Oct 25	Wed	04:30PM - 05:00PM	\$29.80 / 7 sess	3-5 YRS	00254170
Nov 01 - Dec 20	Wed	03:00PM - 03:30PM	\$34.05 / 8 sess	3-5 YRS	00254202
Nov 01 - Dec 20	Wed	04:30PM - 05:00PM	\$34.05 / 8 sess	3-5 YRS	00254218

Arts - Music

UKULELE AND ME - PARENT AND TOT - PRESCHOOLERS

Sep 16 - Oct 28	Sat	09:00AM - 09:30AM	\$90.00 / 6 sess	3-5 YRS	00254272
Sep 16 - Oct 28	Sat	09:35AM - 10:05AM	\$90.00 / 6 sess	3-5 YRS	00254275
Nov 04 - Dec 16	Sat	09:00AM - 09:30AM	\$90.00 / 6 sess	3-5 YRS	00254280
Nov 04 - Dec 16	Sat	09:35AM - 10:05AM	\$90.00 / 6 sess	3-5 YRS	00254284

MUSIC AND MOVEMENT STORY TIME - PARENT AND TOT - PRESCHOOLERS

Sep 13 - Oct 25	Wed	03:45PM - 04:15PM	\$29.80 / 7 sess	1-3 YRS	00254180
Nov 01 - Dec 20	Wed	03:45PM - 04:15PM	\$34.05 / 8 sess	1-3 YRS	00254195

Arts - Visual

ART JAM WITH A DISNEY ANIMATOR - PRESCHOOLERS

Sep 21 - Oct 26	Thu	03:15PM - 04:15PM	\$108.00 / 6 sess	4-5 YRS	00251841
Nov 09 - Dec 14	Thu	03:15PM - 04:15PM	\$108.00 / 6 sess	4-5 YRS	00251842

Arts - Performing

ROCK'N'BEAU - MUSICAL STARS - PRESCHOOLERS

Sep 13 - Oct 25	Wed	03:30PM - 04:15PM	\$72.00 / 6 sess	4-5 YRS	00251085
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Nature and Science

BEYOND 4 WALLS - CHICKADEES - PRESCHOOLERS

Sep 14 - Oct 12	Thu	11:00AM - 12:00PM	\$59.25 / 5 sess	0-15 mos	00252657
Oct 19 - Nov 16	Thu	11:00AM - 12:00PM	\$59.25 / 5 sess	0-15 mos	00252659

BEYOND 4 WALLS - PARENT AND TOT - PRESCHOOLERS

Sep 12 - Oct 17	Tue	09:30AM - 10:30AM	\$71.10 / 6 sess	15-36 mos	00252674
Sep 12 - Oct 17	Tue	11:00AM - 12:00PM	\$71.10 / 6 sess	15-36 mos	00252697
Sep 16 - Nov 25	Sat	09:30AM - 10:30AM	\$94.80 / 8 sess	15-36 mos	00252758
Oct 24 - Nov 28	Tue	09:30AM - 10:30AM	\$71.10 / 6 sess	15-36 mos	00252680
Oct 24 - Nov 28	Tue	11:00AM - 12:00PM	\$71.10 / 6 sess	15-36 mos	00252705

BEYOND 4 WALLS - PARENT AND PRESCHOOLERS - PRESCHOOLERS

Sep 16 - Nov 25	Every Sat	11:00AM - 12:00PM	\$94.80 / 8 sess	2-4 YRS	00252773
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Sports

SPORTBALL MULTISPORT - PARENT AND TOT - PRESCHOOLERS

Sep 11 - Oct 30	Mon	10:30AM - 11:15AM	\$93.60 / 6 sess	2-3 YRS	00255650
Nov 6 - Dec 18	Mon	10:30AM - 11:15AM	\$93.60 / 6 sess	2-3 YRS	00255661

SPORTBALL MULTISPORT - PRESCHOOLERS

Sep 11 - Oct 30	Mon	11:15AM - 12:15PM	\$93.60 / 6 sess	3-6 YRS	00255947
Nov 6 - Dec 18	Mon	11:15AM - 12:15PM	\$93.60 / 6 sess	3-6 YRS	00255951

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.



PRESCHOOL

0-5 YRS

Sports

SPORTBALL SOCCER - PARENT AND TOT - PRESCHOOLERS

Sep 15 - Oct 27	Fri	2:30PM - 3:15PM	\$109.20 / 7 sess	2-3 YRS	00255980
Nov 3 - Dec 15	Fri	2:30PM - 3:15PM	\$109.20 / 7 sess	2-3 YRS	00255982

SPORTBALL SOCCER - PRESCHOOLERS

Sep 15 - Oct 27	Fri	3:15PM-4:15PM	\$109.20 / 7 sess	3-5 YRS	00255984
Nov 3 - Dec 15	Fri	3:15PM - 4:15PM	\$109.20 / 7 sess	3-5 YRS	00255986

SPORTBALL FLOOR HOCKEY - PRESCHOOLERS

Sep 12 - Oct 24	Tue	4:00PM - 5:00PM	\$109.20 / 7 sess	4-6 YRS	00255967
Nov 7 - Dec 19	Tue	4:00PM - 5:00PM	\$109.20 / 7 sess	4-6 YRS	00255970



Arts - Dance

BALLET - CHILDREN

Sep 30 - Dec 16	Every Sat	03:15PM - 04:15PM	\$97.35 / 12 sess	5-8 YRS	00256946
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Arts - Music

PIANO/VIOLIN PRIVATE LESSONS - ALL AGES

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

GUITAR	Sep 11 - Oct 30 (Mon) Nov 06 - Dec 18 (Mon)	45 minute session	04:15PM - 08:00PM	\$253.60 / 7 sess	9+ YRS
PIANO	Sep 09 - Dec 16 (Sat) Sep 12 - Dec 19 (Tue)	30 minute sessions	09:30AM - 03:00PM 03:30PM - 07:00PM	\$390.00 / 13 sess \$420.00 / 14 sess	5+ YRS
VIOLIN	Sep 09 - Oct 28 (Sat) Nov 04 - Dec 23 (Sat)	1 hour sessions	03:30PM - 05:30PM	\$289.80 / 6 sess \$338.10 / 8 sess	6+ YRS

Arts - Performing

ROCK'N'BEAU - POPSTAR ACADEMY - CHILDREN

Sep 13 - Oct 25	Every Wed	04:30PM - 05:30PM	\$90.00 / 6 sess	6-9 YRS	00251069
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Arts - Visual

CARTOON WITH A DISNEY ANIMATOR - CHILDREN

Sep 19 - Oct 24	Every Tue	03:15PM - 04:15PM	\$108.00 / 6 sess	6-8 YRS	00251839
Nov 07 - Dec 12	Every Tue	03:15PM - 04:15PM	\$108.00 / 6 sess	6-8 YRS	00251840

CRAFT COMBO - CHILDREN

Nov 1 - Dec 20	Every Wed	03:30PM - 04:30PM	\$68.05 / 8 sess	6-8 YRS	00251452
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Computers, Technology and Social Media

LEGO® WEDO ROBOTICS 1 - CHILDREN

Sep 18 - Oct 09	Every Mon	03:45PM - 05:15PM	\$100.00 / 4 sess	7-12 YRS	00253457
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General Interest

BABYSITTING BASICS - PRETEENS

Sep 23	Sat	09:00AM - 05:00PM	\$85.00 / 1 sess	11-15 YRS	00252386
Nov 18	Sat	09:00AM - 05:00PM	\$85.00 / 1 sess	11-15 YRS	00252389

BRICKS 4 KIDZ® - PLANES, TRAINS AND AUTOMOBILES - CHILDREN

Oct 16 - Dec 11	Every Mon	03:15PM - 04:15PM	\$160.00 / 8 sess	5-10 YRS	00251575
Oct 16 - Dec 11	Every Mon	04:30PM - 05:30PM	\$160.00 / 8 sess	5-10 YRS	00251576

STAY SAFE WORKSHOP - PRETEENS

Nov 4	Sat	10:00AM - 03:00PM	\$70.00 / 1 sess	8-11 YRS	00252419
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WRITING ADVENTURES - BEGINNER - PRETEENS

Sep 13 - Oct 25	Every Wed	03:15PM - 04:15PM	\$175.00 / 7 sess	7-13 YRS	00251042
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WRITING ADVENTURES - INTERMEDIATE - PRETEENS

Sep 13 - Oct 25	Every Wed	04:15PM - 05:15PM	\$196.00 / 7 sess	7-13 YRS	00251044
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Martial Arts

TAEKWONDO - BEGINNER - CHILDREN

Sep 19 - Dec 19	Every Tue	05:00PM - 06:00PM	\$104.00 / 13 sess	6+ YRS	00251562
Sep 19 - Dec 19	Every Tue	06:00PM - 07:00PM	\$104.00 / 13 sess	6+ YRS	00251563
Sep 21 - Dec 14	Every Thu	05:00PM - 06:00PM	\$104.00 / 13 sess	6+ YRS	00251565

TAEKWONDO - INTERMEDIATE - ALL AGES

Sep 19 - Dec 19	Every Tue	07:00PM - 08:00PM	\$104.00 / 13 sess	6+ YRS	00251564
Sep 21 - Dec 14	Every Thu	06:00PM - 07:00PM	\$104.00 / 13 sess	6+ YRS	00251566
Sep 21 - Dec 14	Every Thu	07:00PM - 08:00PM	\$104.00 / 13 sess	6+ YRS	00251567

Nature and Science

BEYOND 4 WALLS - CHILDREN

Sep 11 - Nov 27	Every Mon	04:00PM - 05:30PM	\$177.75 / 10 sess	11-13 YRS	00252263
Sep 11 - Nov 27	Every Mon	04:00PM - 05:30PM	\$177.75 / 10 sess	8-10 YRS	00252262
Sep 12 - Nov 14	Every Tue	04:00PM - 05:30PM	\$177.75 / 10 sess	5-7 YRS	00252267

BEYOND 4 WALLS - COLLAGE AND CONSTRUCT - CHILDREN

Nov 06 - Dec 04	Every Mon	04:00PM - 05:30PM	\$71.10 / 4 sess	6-8 YRS	00252266
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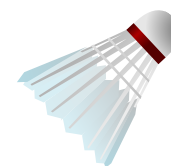
BEYOND 4 WALLS - TRAILBLAZERS - CHILDREN

Sep 13 - Nov 29	Every Wed	09:15AM - 02:15PM	\$711.00 / 12 sess	5-13 YRS	00252272
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STEAM SMARTS - CHILDREN

Sep 16 - Nov 04	Every Sat	10:00AM - 11:30AM	\$113.40 / 6 sess	6-9 YRS	00254228
Sep 16 - Nov 04	Every Sat	11:45AM - 01:15PM	\$113.40 / 6 sess	9-12 YRS	00254241
Nov 18 - Dec 23	Every Sat	10:00AM - 11:30AM	\$113.40 / 6 sess	6-9 YRS	00254265
Nov 18 - Dec 23	Every Sat	11:45AM - 01:15PM	\$113.40 / 6 sess	6-9 YRS	00254252

Sports



BADMINTON - BEGINNER - CHILDREN

Sep 13 - Dec 20	Every Wed	03:15PM - 04:15PM	\$95.10 / 15 sess	6-8 YRS	00251455
Sep 13 - Dec 20	Every Wed	04:30PM - 05:30PM	\$95.10 / 15 sess	9-12 YRS	00251456
Sep 16 - Dec 23	Every Sat	12:30PM - 01:30PM	\$95.10 / 15 sess	6-8 YRS	00251460
Sep 16 - Dec 23	Every Sat	01:45PM - 02:45PM	\$95.10 / 15 sess	9-12 YRS	00251461

Sports

BASKETBALL - CHILDREN

Sep 11 - Dec 18	Every Mon	03:30PM - 04:30PM	\$88.75 / 14 sess	6-8 YRS	00251446
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BASKETBALL - PRETEENS

Sep 11 - Dec 18	Every Mon	04:45PM - 05:45PM	\$88.75 / 14 sess	9-12 YRS	00251447
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SOCCER - CHILDREN

Sep 12 - Dec 19	Every Tue	04:00PM - 05:00PM	\$95.10 / 15 sess	6-8 YRS	00251449
Sep 12 - Dec 19	Every Tue	05:15PM - 06:15PM	\$95.10 / 15 sess	9-12 YRS	00251450

TOP SHELF FLOOR HOCKEY SKILLS - CHILDREN

Sep 14 - Dec 21	Every Thu	03:30PM - 04:30PM	\$95.10 / 15 sess	6-8 YRS	00251453
Sep 14 - Dec 21	Every Thu	04:45PM - 05:45PM	\$95.10 / 15 sess	9-12 YRS	00251454

VOLLEYBALL - PRETEENS

Sep 15 - Dec 22	Every Fri	03:30PM - 04:30PM	\$95.10 / 15 sess	9-12 YRS	00251457
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VANCOUVER ULTIMATE LEAGUE - ULTIMATE FRISBEE INTRODUCTION - PRETEENS

Oct 16 - Dec 18	Every Mon	03:30PM - 04:30PM	\$157.30 / 10 sess	9-12 YRS	00255085
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Events and Seasonal Programs

BREAKFAST WITH SANTA - CHILDREN

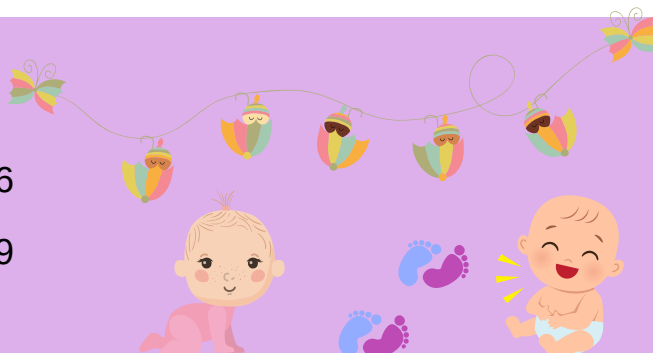
Dec 09	Sat	10:00AM - 12:00PM	Single-Booking: \$11.25	1+ YRS	00256152
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BABY SITTING BASICS

Saturday, Sept 23 - 9:00pm - 5:00pm #252386

Saturday, Nov 18 - 9:00am - 5:00pm #252389

*11-15 years old



Children - Day Camps

DAYCAMP - BORN 2010-2017 - CHILDREN

Dec 27 - Dec 29	W, T, F	09:00AM - 04:00PM	\$109.65 / 3 sess	5-12 YRS	00255087
Jan 02 - Jan 05	T-F	09:00AM - 04:00PM	\$146.15 / 4 sess	5-12 YRS	00255088

BRICKS 4 KIDZ® - LEGO GALAXY FAR FAR AWAY - CHILDREN

Jan 02 - Jan 05	T-F	09:30AM - 12:30PM	\$176.00 / 4 sess	5-10 YRS	00252291
Jan 02 - Jan 05	T-F	01:00 - 04:00PM	\$176.00 / 4 sess	5-10 YRS	00252298

DAYCAMP - STEM - WINTER CELEBRATION CAMP - CHILDREN

Jan 02 - Jan 05	T-F	09:30AM - 12:30PM	\$151.20 / 4 sess	6-9 YRS	00254266
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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.



PRETEEN & YOUTH

9-18 YRS

Arts - Music

GUITAR PRIVATE LESSONS - ALL AGES

Work privately on an individual curriculum designed specifically for age and ability.

Please contact front desk for more information.

Sep 11 - Oct 30	Mon	30 minute sessions	04:15PM - 08:00PM	\$253.60 / 7 sess	9+ YRS
Nov 06 - Dec 18	Mon	30 minute sessions	04:15PM - 08:00PM	\$241.45 / 7 sess	9+ YRS

SONGWRITING - BEGINNER LYRICS - YOUTH

Sep 29 - Dec 15	Every Fri	03:15PM - 04:45PM	\$153.25 / 12 sess	13-18 YRS	00255070
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Nature and Science

BEYOND 4 WALLS - LEADERS-IN-TRAINING - YOUTH-BORN 2009-2008-2007

Sep 12 - Nov 14	Every Tue	04:00PM - 05:30PM	\$177.75 / 10 sess	13-15 YRS	00252269
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Sports

BASKETBALL DEVELOPMENT SKILLS - YOUTH

Sep 11 - Dec 18	Every Mon	06:00PM - 07:00PM	\$88.75 / 14 sess	13-18 YRS	00251448
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VOLLEYBALL - YOUTH

Sep 15 - Dec 22	Every Fri	04:45PM - 05:45PM	\$95.10 / 15 sess	13-18 YRS	00251458
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FOOTBALL FUNDAMENTALS - YOUTH

Sep 28 - Nov 30	Every Thu	03:45PM - 05:00PM	\$63.40 / 10 sess	9-16 YRS	00255086
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ULTIMATE FRISBEE INTRODUCTION - VANCOUVER ULTIMATE LEAGUE - YOUTH

Oct 16 - Dec 18	Every Mon	04:45PM - 05:45PM	\$157.30 / 10 sess	13-18 YRS	0025084
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Fitness

GROUP WEIGHT TRAINING - YOUTH

Sep 20 - Nov 08	Every Wed	04:00PM - 05:00PM	\$99.43 / 8 sess	12-15 YRS	00248956
Sep 18 - Nov 20	Every Mon	05:00PM - 06:00PM	\$99.45 / 8 sess	12-15 YRS	00248120

PRETEEN & YOUTH

9-18 YRS

Fitness

KICK BOXING - DRILLS AND SKILLS - YOUTH

Oct 03 - Dec 05	Every Tue	03:30PM - 04:30PM	\$84.20 / 10 sess	13-18 YRS	00255072
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YOGA - YOUTH

Sep 22 - Dec 15	Every Fri	03:30PM - 04:30PM	\$79.90 / 12 sess	12-18 YRS	00256851
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Arts - Dance

BALLROOM DANCING - YOUTH

Sep 25 - Nov 27	Every Mon	06:30PM - 08:00PM	\$123.50 / 10 sess Drop-In: \$12.34	13-18 YRS	00256466
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Arts - Performing

Sep 05 - Jan 02	Every Tue	07:00PM - 8:30PM	FREE	13-18 YRS	00255082
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YOUTH CAMPS

Stay tuned for updates on youth camps this coming Fall!
Call Thompson Community Centre at (604) 238-8422 for more info.

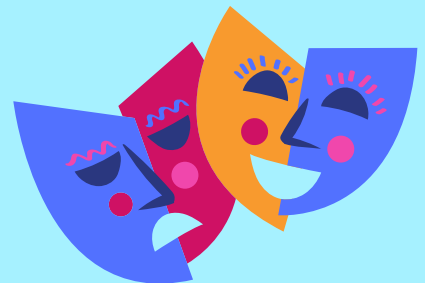


YOUTH IMPROV

Tuesdays 7:00pm - 8:30pm

FREE

Sept 19 - Nov 21



Arts

ACRYLIC PAINTING - ADULTS

Sep 29 - Nov 10	Fri	10:00AM - 12:00PM	\$102.10 / 6 sess	18+ YRS	00256514
Nov 17 - Dec 15	Fri	10:00AM - 12:00PM	\$85.10 / 5 sess	18+ YRS	00256515

MIXED MEDIA ART - ADULTS

Sep 27 - Nov 1	Wed	10:00AM - 12:00PM	\$102.10 / 6 sess	18+ YRS	00256510
Nov 8 - Dec 13	Wed	10:00AM - 12:00PM	\$102.10 / 6 sess	18+ YRS	00256512

BALLROOM DANCING - BEGINNER - ADULTS

Sep 16 - Nov 25	Sat	12:00PM - 1:30PM	\$140.50 / 11 sess	19+ YRS	00256462
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First Aid

EMERGENCY FIRST AID, CPR C AND AED - ADULTS

Oct 07	Sat	09:00AM - 05:00PM	\$100.00 / 1 sess	13+ YRS	00252396
Dec 02	Sat	09:00AM - 05:00PM	\$100.00 / 1 sess	13+ YRS	00252402

Sports

FLOOR HOCKEY - ADULTS

Sep 05 - Dec 19	Tue	07:00PM - 09:00PM	\$101.45 / 16 sess	18+ YRS	00253214
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SOCCER - ADULTS

Sep 07 - Dec 28	Thu	07:45PM - 09:30PM	\$107.75 / 17 sess	18+ YRS	00253219
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OLDER ADULTS

55+ YRS

Arts - Visual

MIXED MEDIA ART- 55+

Sep 27 - Nov 1	Every Wed	10:00AM - 12:00PM	\$76.10 / 6 sess	55+ YRS	00256496
Nov 8 - Dec 13	Every Wed	10:00AM - 12:00PM	\$76.10 / 6 sess	55+ YRS	00256505

CREATIVE PAINTING - 55+

Sep 29 - Nov 10	Every Fri	10:00AM - 12:00PM	\$76.10 / 6 sess	55+ YRS	00254870
Nov 17 - Dec 15	Every Fri	10:00AM - 12:00PM	\$63.40 / 5 sess	55+ YRS	00256171

CREATIVE PAINTING - TRY-IT - 55+

Sep 15	Fri	10:00AM - 12:00PM	FREE / 1 sess	55+ YRS	00254864
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Arts - Dance

LINE DANCING VARIETY - BEGINNER - 55+

Sep 20 - Nov 29	Every Wed	10:45AM - 11:45AM	\$69.75 / 11 sess Drop-in: \$8.23	55+ YRS	00252159
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LINE DANCING VARIETY - TRY-IT BEGINNER - 55+

Sep 13	Wed	10:45AM - 11:45AM	FREE / 1 sess	55+ YRS	0025152
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BALLROOM - BEGINNER - 55+

Sep 20 - Nov 29	Every Wed	09:00AM - 10:30AM	\$104.60 / 11 sess	55+ YRS	00250990
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BALLROOM - TRY-IT - BEGINNER - 55+

Sep 13	Wed	09:00AM - 10:30AM	FREE / 1 sess	55+ YRS	00250991
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BALLROOM - INTERMEDIATE- 55+

Sep 16 - Nov 25	Every Sat	01:30PM - 03:00PM	\$104.60 / 11 sess Drop-In: \$12.35	55+ YRS	00250989
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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 26 | Oct 24 | Nov 28

To register your spot, call front desk 604-238-8422 or the registration call centre at 604-276-4300.

OLDER ADULTS

55+ YRS

BOOK CLUB

Every Second Monday 2:15 - 3:45 pm

**seniors facility pass required*



Events and Seasonal Programs

THANKSGIVING DINNER - 55+

Oct 06	Fri	06:00PM - 08:00PM	\$22.00 / 1 sess	55+ YRS	00254573
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CARVE A PUMPKIN WITH A YOUTH - 55+

Oct 20	Thu	04:00PM - 06:00PM	FREE / 1 sess	55+ YRS	00254600
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SEASONAL HOLIDAY BRUNCH - 55+

Dec 15	Fri	10:00AM - 11:30AM	\$11.00 / 1 sess	55+ YRS	00254577
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NATIONAL SENIORS DAY - PICKLEBALL TOURNAMENT - INDOOR - 55+

Oct 1	Sun	12:30PM - 03:00PM	\$10.75 / 1 sess	55+ YRS	00256039
Oct 1	Sun	03:00PM - 05:30PM	\$10.75 / 1 sess	55+ YRS	00256042

LOADS OF MUSIC - SENIORS CHRISTMAS MUSIC SHOW - 55+

Dec 15	Fri	01:00 - 02:00PM	FREE / 1 sess	55+ YRS	00255550
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Fitness

LADIES WHO LIFT - 55+

Sep 21 - Oct 26	Every Thu	01:00PM - 02:00PM	\$58.50 / 6 sess	55+ YRS	00251848
Nov 2 - Dec 7	Every Thu	01:00PM - 02:00PM	\$58.50 / 6 sess	55+ YRS	00251851

STAY STRONG - 55+

Sep 22 - Dec 15	Every Fri	10:30AM - 11:30AM	\$65.65 / 12 sess	55+ YRS	00251849
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ACTIVE AND FIT - 55+

Sep 19 - Dec 12	Every Tue	09:30AM - 10:30AM	\$85.80 / 13 sess	55+ YRS	00251845
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GROUP WEIGHT TRAINING - 55+

Sep 20 - Nov 08	Every Wed	09:30AM - 10:30AM	\$78.00 / 8 sess	55+ YRS	00248957
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OLDER ADULTS

55+ YRS

General Interest

FALLS PREVENTION WORKSHOP - 55+

Nov 14	Tue	01:00PM - 02:00PM	FREE / 1 sess	55+ YRS	00256078
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VISION WORKSHOP - 55+

Nov 06	Mon	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00256069
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TECHNOLOGY AND AGING WORKSHOP - 55+

Nov 17	Thu	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00170534
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Health and Wellness

HOLISTIC HEALTH SERIES - HEADACHES AND MIGRAINES WORKSHOP - 55+

Oct 16	Mon	01:00PM - 02:30PM	FREE / 1 sess	55+ YRS	00254054
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HOLISTIC HEALTH SERIES - EPIGENETICS WORKSHOP - 55+

Nov 20	Mon	01:00PM - 02:30PM	FREE / 1 sess	55+ YRS	00254047
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Raquet Sports

PICKLEBALL - BEGINNER - 55+

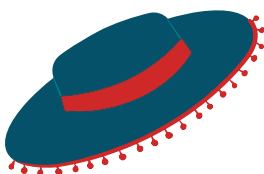
Sep 07 - Oct 26	Every Thu	01:15PM - 02:30PM	\$63.05 / 8 sess	55+ YRS	00252180
Nov 02 - Dec14	Every Thu	01:15PM - 02:30PM	\$55.15 / 7 sess	55+ YRS	00252183

PICKLEBALL - DRILLS AND SKILLS - LEVEL 2 - 55+

Sep 07 - Oct 26	Every Thu	02:45PM - 04:00PM	\$63.05 / 8 sess	55+ YRS	00252181
Nov 02 - Dec14	Every Thu	02:45PM - 04:00PM	\$55.15 / 7 sess	55+ YRS	00252184

55+ New Senior Facility Pass Program!

Spanish Conversation Group –
Wednesdays 10:00am – 11:30am



OUT TRIPS & TOURS

55+ YRS

Online - Programs

ONLINE - NAME THAT TUNE

Sep 18 - Dec 18	3rd Monday every month	10:30AM - 11:45AM	FREE / 4 sess	55+ YRS	00254812
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September - Out Trips and Tours

SOUTHLANDS TSAWWASSEN FARMERS NIGHT MARKET TRIP

Sep 08	Fri	4:45PM - 8:45PM	\$20.50 / 1 sess	55+ YRS	00254058
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LADNER VILLAGE MARKET TRIP

Sep 10	Sun	11:00AM - 3:00PM	\$20.50 / 1 sess	55+ YRS	00254893
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BRITANNIA MINING MUSEUM TRIP

Sep 25	Mon	9:00AM - 5:00PM	\$66.50 / 1 sess	55+ YRS	00254211
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October - Out Trips and Tours

RIVERHOUSE RESTAURANT & PUB DINNER

Oct 13	Fri	5:00PM - 8:30PM	\$20.50 / 1 sess	55+ YRS	00256200
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ALDOR ACRES PUMPKIN PATCH GRANDPARENT AND GRANDCHILD

Oct 27	Fri	10:30AM - 3:30PM	\$32.25 / 1 sess	55+ YRS	00254501
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November - Out Trips and Tours

VANCOUVER WELSH MEN'S CHOIR TRIP - 55+

Nov 11	Sat	1:15PM - 5:30PM	\$45.00 / 1 sess	55+ YRS	00249735
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TRIVIA NIGHT AT MATCH EATERY DINNER TRIP

Nov 16	Thu	5:00PM - 9:00PM	\$23.50 / 1 sess	55+ YRS	00256202
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STANLEY THEATRE: ELF THE MUSICAL TRIP

Nov 29	Wed	12:30PM - 5:30PM	\$75.50 / 1 sess	55+ YRS	00256198
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CRAFT GROUP
 Thursday at 11:00am - 1:00pm
**seniors facility pass required*

OUT TRIPS & TOURS

55+ YRS

December - Out Trips and Tours

CANYON LIGHTS CAPILANO SUSPENSION BRIDGE TRIP

Dec 05	Tue	4:30PM - 9:00PM	\$75.50 / 1 sess	55+ YRS	00254861
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BURNABY VILLAGE HERITAGE CHRISTMAS TRIP

Dec 18	Mon	1:00PM - 5:30PM	\$20.75 / 1 sess	55+ YRS	00252900
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CHRISTMAS LIGHTS TOUR OF SOUTH DELTA

Dec 22	Fri	5:30PM - 9:00PM	\$24.75 / 1 sess	55+ YRS	00252887
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CHRISTMAS LIGHTS TOUR OF VANCOUVER

Dec 29	Fri	5:30PM - 9:00PM	\$24.75 / 1 sess	55+ YRS	00254833
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Previous Trips!

