

# Thompson Community Centre



2024

## WINTER PROGRAMS

JAN 8  
TO  
APR 1



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





# **GUIDED** **SNOWSHOEING** **FOR ADULTS/55+**

**SAT, FEB 24**  
**9:00AM-5:45PM**

**ADULT**  
**\$88.00**  
**#279650**



**55+**  
**\$78.00**  
**#279175**



Banish the winter blues atop Cypress or Seymour Mountain (TBA). No experience required but participants must be in good general health. Bring or buy lunch. Price includes transportation, guide and snowshoe rentals.

## HOW TO REGISTER

Get ready to register for Fall Programs:

**Tue, Nov 21 | 8 PM | Aquatics Online**

**Tue, Nov 21 | 9 PM | All Programs Online**

**Wed, Nov 22 | 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!



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

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











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

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

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

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## FACILITY HOURS

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

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

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

## 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](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 - Dance

### MOVE AND GROOVE - PRESCHOOLERS

Jan 17 - Mar 13	Wed	04:30 PM - 05:00 PM	\$38.30 / 9 sess	3-5 YRS	00280671
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## Arts - Music

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

Jan 13 - Mar 09	Sat	09:00AM - 09:30 AM	\$120.00 / 8 sess	3-5 YRS	00279683
Jan 13 - Mar 09	Sat	09:35 AM - 10:05 AM	\$120.00 / 8 sess	3-5 YRS	00279688

### MUSIC AND MOVEMENT STORY TIME - PARENT AND TOT - PRESCHOOLERS

Jan 17 - Mar 13	Wed	03:45 PM - 04:15 PM	\$38.30 / 9 sess	1-3 YRS	00280675
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## Arts - Visual

### ART JAM WITH A DISNEY ANIMATOR - PRESCHOOLERS

Jan 11 - Feb 08	Thu	03:15PM - 04:15PM	\$90.00 / 5 sess	4-5 YRS	00275891
Feb 15 - Mar 14	Thu	03:15PM - 04:15PM	\$90.00 / 5 sess	4-5 YRS	00275895

## Nature and Science

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

Jan 13 - Mar 09	Sat	09:30 AM - 10:30 AM	\$94.80 / 8 sess	15-36 mos	00282479
Jan 23 - Mar 12	Tue	09:30 AM - 10:30 AM	\$94.80 / 8 sess	15-36 mos	00282474
Jan 25 - Mar 14	Thu	11:00 AM - 12:00 PM	\$94.80 / 8 sess	0-15 mos	00282473

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

Jan 13 - Mar 09	Sat	11:00AM - 12:00PM	\$94.80 / 8 sess	30-48 mos	00282480
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Sports

SPORTBALL MULTISPORT - PARENT AND TOT - PRESCHOOLERS

Jan 15 - Mar 11	Mon	11:00 AM - 11:45 AM	\$124.80 / 8 sess	2-3 YRS	00273313
Jan 15 - Mar 11	Mon	11:45 AM - 12:30 PM	\$124.80 / 8 sess	3-5 YRS	00273314

SPORTBALL BASKETBALL - PRESCHOOLERS

Jan 19 - Mar 15	Fri	03:30 PM - 04:30 PM	\$140.40 / 9 sess	4-6 YRS	00274463
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SPORTBALL SOCCER - PRESCHOOLERS

Jan 15 - Mar 11	Mon	04:00 PM - 05:00 PM	\$124.80 / 8 sess	3-5 YRS	00274221
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SPORTBALL FLOOR HOCKEY - PRESCHOOLERS

Jan 16 - Mar 12	Tue	4:00PM - 5:00PM	\$140.40 / 9 sess	4-6 YRS	00274349
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## Arts - Dance

### BALLET - CHILDREN

Jan 13 - Mar 09	Sat	03:15PM - 04:15PM	\$76.60 / 9 sess	5-8 YRS	00280883
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### K-POP DANCING - CHILDREN

Jan 17 - Mar 13	Wed	05:30PM - 06:30PM	\$76.60 / 9 sess	6-9 YRS	00287718
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## Arts - Music

### GUITAR/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	Jan 19 - Mar 08	45 min sess	04:15 PM - 07:15 PM	\$289.85 / 8 sess	9+ YRS
PIANO	Jan 09 - Mar 12 (Tue)	30 min sess	03:30 PM - 06:30 PM	\$300.00 / 10 sess	5+ YRS
	Jan 13 - Mar 09 (Sat)		09:30 AM - 02:30 PM	\$240.00 / 8 sess	
VIOLIN	Jan 04 - Feb 08 (Thur) Feb 15 - Mar 21 (Thur)	1h sess	03:30 PM - 07:30 PM	\$289.80 / 6 sess	6+ YRS

### MUSICAL EXPRESSIONS - UKULELE FUN TIME - CHILDREN

Jan 13 - Mar 09	Sat	10:10AM - 10:40AM	\$120.00 / 8 sess	6-8 YRS	00285280
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## Arts - Visual

### CARTOON WITH A DISNEY ANIMATOR - CHILDREN

Jan 09 - Feb 06	Tue	03:15PM - 04:15PM	\$90.00 / 5 sess	6-8 YRS	00275893
Feb 13 - Mar 12	Tue	03:15PM - 04:15PM	\$90.00 / 5 sess	6-8 YRS	00275909

### CARTOONING ANIMALS - CHILDREN

Feb 01 - Mar 07	Thu	05:00PM - 06:00PM	\$51.06 / 6 sess	9-12 YRS	00279412
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### COMICS AND MANGA - CHILDREN

Feb 01 - Mar 07	Thu	03:45PM - 04:45PM	\$51.06 / 6 sess	9-12 YRS	00279442
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## Computers, Technology and Social Media

### LEGO® EV3 ROBOTICS - CHILDREN

Feb 15 - Mar 07	Thu	05:00PM - 06:30PM	\$100.00 / 4 sess	8-12 YRS	00282770
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### LEGO® WEDO ROBOTICS 1 - CHILDREN

Jan 16 - Feb 06	Tue	03:45PM - 05:15PM	\$100.00 / 4 sess	6-10 YRS	00280089
Jan 18 - Feb 08	Thu	05:00PM - 06:30PM	\$100.00 / 4 sess	7-11 YRS	00282769
Feb 13 - Mar 05	Tue	03:45PM - 05:15PM	\$100.00 / 4 sess	6-10 YRS	00281100
Mar 18 - Mar 22	M,T,W,T,F	02:00PM - 04:00PM	\$175.00 / 5 sess	8-12 YRS	00280049

## Martial Arts

### TAEKWONDO - BEGINNER - CHILDREN

Jan 09 - Mar 05	Every Tue	05:00PM - 06:00PM	\$81.00 / 9 sess	6+ YRS	00277342
Jan 09 - Mar 05	Every Tue	06:00PM - 07:00PM	\$81.00 / 9 sess	6+ YRS	00277343
Jan 11 - Mar 07	Every Thu	05:00PM - 06:00PM	\$81.00 / 9 sess	6+ YRS	00277349

### TAEKWONDO - INTERMEDIATE - ALL AGES

Jan 09 - Mar 05	Every Tue	07:00PM - 08:00PM	\$81.00 / 9 sess	6+ YRS	00277346
Jan 11 - Mar 07	Every Thu	06:00PM - 07:00PM	\$81.00 / 9 sess	6+ YRS	00277350
Jan 11 - Mar 07	Every Thu	07:00PM - 08:00PM	\$81.00 / 9 sess	6+ YRS	00277351

NEW

## UKULELE FUN TIME

CHILDREN | 6-8

Explore this fun instrument through colours, numbers, jamming and singing along to popular tunes. Parent participation required. Ukuleles provided for use during session. Instructed by Musical Expressions.



## Nature and Science

### BEYOND 4 WALLS - CHILDREN

Jan 09 - Mar 12	Tue	04:00PM - 05:30PM	\$177.75 / 10 sess	5-7 YRS	00280690
Jan 15 - Mar 11	Mon	04:00PM - 05:30PM	\$142.20 / 8 sess	8-10 YRS	00280724
Jan 15 - Mar 11	Mon	04:00PM - 05:30PM	\$142.20 / 8 sess	11-13 YRS	00280726

### BEYOND 4 WALLS - TRAILBLAZERS - CHILDREN

Jan 10 - Mar 13	Wed	09:15AM - 02:15PM	\$592.50 / 10 sess	5-13 YRS	00280754
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### STEAM SMARTS - CHILDREN

Jan 20 - Mar 09	Sat	10:00AM - 11:30AM	\$132.30 / 7 sess	7-9 YRS	00280775
Jan 20 - Mar 09	Sat	11:45AM - 01:15PM	\$132.30 / 7 sess	9-12 YRS	00280764

### WACKY SCIENCE - CHILDREN

Jan 10 - Mar 13	Wed	03:30PM - 04:30PM	\$85.10 / 10 sess	6-8 YRS	00271590
Jan 10 - Mar 13	Wed	04:45PM - 05:45PM	\$85.10 / 10 sess	9-12 YRS	00273091

## General Interest

### BRICKS 4 KIDZ® - LEGO® SPACE ADVENTURES - CHILDREN

Jan 15 - Mar 04	Mon	03:15PM - 04:15PM	\$140.00 / 7 sess	5-10 YRS	00276036
Jan 15 - Mar 04	Mon	04:30PM - 05:30PM	\$140.00 / 7 sess	5-10 YRS	00277646

## BABY SITTING BASICS

Saturday, Jan 20 - 9:00am - 5:00pm #274204

Saturday, Feb 24 - 9:00am - 5:00pm #274205

Saturday, Mar 23 - 9:00am - 5:00pm #274206

\*11-15 years old



## Sports

### BADMINTON - BEGINNER - CHILDREN

Jan 10 - Mar 13	Wed	03:15PM - 04:15PM	\$63.40 / 10 sess	6-8 YRS	00271579
Jan 10 - Mar 13	Wed	04:30PM - 05:30PM	\$63.40 / 10 sess	9-12 YRS	00271580
Jan 13 - Mar 16	Sat	12:30PM - 01:30PM	\$63.40 / 10 sess	6-8 YRS	00271620
Jan 13 - Mar 16	Sat	01:45PM - 02:45PM	\$63.40 / 10 sess	9-12 YRS	00271621

### BASKETBALL - CHILDREN

Jan 08 - Mar 11	Mon	03:30PM - 04:30PM	\$57.05 / 9 sess	6-8 YRS	00271523
Jan 08 - Mar 11	Mon	04:45PM - 05:45PM	\$57.05 / 9 sess	9-12 YRS	00271529

### SOCCER - CHILDREN

Jan 09 - Mar 12	Tue	04:00PM - 05:00PM	\$63.40 / 10 sess	6-8 YRS	00271577
Jan 09 - Mar 12	Tue	05:15PM - 06:15PM	\$63.40 / 10 sess	9-12 YRS	00271578

### TOP SHELF FLOOR HOCKEY SKILLS - CHILDREN

Jan 11 - Mar 14	Thu	03:30PM - 04:30PM	\$63.40 / 10 sess	6-8 YRS	00271610
Jan 11 - Mar 14	Thu	04:45PM - 05:45PM	\$63.40 / 10 sess	9-12 YRS	00271617

### SPORTBALL® - BASKETBALL - CHILDREN

Jan 19 - Mar 15	Fri	04:30PM - 05:30PM	\$140.40 / 9 sess	6-9 YRS	00282563
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### SPORTBALL® - FLOOR HOCKEY - CHILDREN

Jan 16 - Mar 12	Tue	05:00PM - 06:00PM	\$140.40 / 9 sess	6-9 YRS	00274346
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### SPORTBALL® - INDOOR SOCCER - CHILDREN

Jan 15 - Mar 11	Mon	05:00PM - 06:00PM	\$124.80 / 8 sess	6-9 YRS	00274219
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## 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.



## Adventure Camps

### DAYCAMP - ADVENTURE CAMP - YOUTH

Mar 19 - Mar 21	T,W,T	09:30AM - 03:30PM	\$154.45 / 3 sess	11-16 YRS	00281664
Mar 26 - Mar 28	T,W,T	09:30AM - 03:30PM	\$154.45 / 3 sess	11-16 YRS	00281666

## Bricks 4 Kidz® Camps

### DAYCAMP - BRICKS 4 KIDZ® - LEGO GALAXY FAR AWAY CAMP - CHILDREN

Mar 18 - Mar 22	M,T,W,T,F	09:30AM - 12:30PM	\$220.00 / 5 sess	5-10 YRS	00275888
Mar 25 - Mar 28	M,T,W,T	01:00PM - 04:00PM	\$176.00 / 4 sess	5-10 YRS	00275890

### DAYCAMP - BRICKS 4 KIDZ® - LEGO® BUILDING IS AWESOME - CHILDREN

Mar 18 - Mar 22	M,T,W,T,F	01:00PM - 04:00PM	\$220.00 / 5 sess	5-10 YRS	00277753
Mar 25 - Mar 28	M,T,W,T	09:30AM - 12:30PM	\$176.00 / 4 sess	5-10 YRS	00276035

## General - Day Camps

### DAYCAMP - BORN 2010-2017 - CHILDREN

Mar 18 - Mar 22	M,T,W,T,F	09:00AM - 04:00PM	\$182.75 / 5 sess	5-12 YRS	00281531
Mar 25 - Mar 28	M,T,W,T	09:00AM - 04:00PM	\$146.15 / 4 sess	5-12 YRS	00281532

## 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.*

## Licensed - Day Camps

### PRESCHOOL CAMP - BORN 2019-2020 - LICENSED - PRESCHOOLERS

Mar 18 - Mar 22	M,T,W,T,F	09:00AM - 01:00PM	\$169.20/5 sess	3-4 YRS	00279639
Mar 25 - Mar 28	M,T,W,T	09:00AM - 01:00PM	\$135.35/ 4 sess	3-4 YRS	00279643

## Sports Camps

### DAYCAMP - SPORTBALL® - BASKETBALL CAMP - CHILDREN

Mar 18 - Mar 22	M,T,W,T,F	01:00PM - 04:00PM	\$195.00/ 5 sess	8-12 YRS	00274483
Mar 25 - Mar 28	M,T,W,T	01:00PM - 04:00PM	\$156.00 / 4 sess	8-12 YRS	00274485

## Science Camps

### DAYCAMP - STEM - CLEAN TECH CAMP - CHILDREN

Mar 18 - Mar 22	M,T,W,T,F	09:30AM - 12:30PM	\$189.00/5 sess	7-10 YRS	00284726
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### DAYCAMP - STEM - SPACE EXPLORATION CAMP - CHILDREN

Mar 25 - Mar 28	M,T,W,T	09:30AM - 12:30PM	\$151.20/4 sess	7-10 YRS	00284762
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## General Interest

### WRITING ADVENTURES - BEGINNER - PRETEENS

Jan 10 - Feb 21	Wed	03:15PM - 04:15PM	\$175.00 / 7 sess	7-13 YRS	00275878
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### WRITING ADVENTURES - INTERMEDIATE - PRETEENS

Jan 10 - Feb 21	Wed	04:15PM - 05:15PM	\$196.00 / 7 sess	7-13 YRS	00275883
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### WORKSHOPS - STAY SAFE WORKSHOP - PRETEENS

Feb 10	Sat	10:00AM - 02:00PM	\$70.00 / 1 sess	8-11 YRS	00274212
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## Nature and Science

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

Jan 09 - Mar 12	Tue	04:00PM - 05:30PM	\$177.75 / 10 sess	13-15 YRS	00280723
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## Arts - Dance

### BALLET - PRETEEN S

Jan 13 - Mar 09	Sat	04:30PM - 05:30PM	\$76.60 / 9 sess	9-12 YRS	00281684
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### HIP HOP - YOUTH

Jan 14 - Mar 10	Sun	10:00AM - 11:00AM	\$76.60 / 9 sess	13-18 YRS	00281639
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### HIP HOP - PRETEEN

Jan 14 - Mar 10	Sun	09:00AM - 10:00AM	\$76.60 / 9 sess	9-12 YRS	00281584
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## Arts - Music

### SONGWRITING - YOUTH

Jan 19 - Mar 08	Fri	04:30PM - 5:30PM	\$68.10 / 8 sess	13-24 YRS	00281683
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# PRETEEN & YOUTH

9-18 YRS

## Guitar Private Lessons - ALL AGES

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

GITAR	Jan 19 - Mar 08	45 min sess	04:15 PM - 07:15 PM	\$289.85 / 8 sess	9+ YRS
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## Sports

### BASKETBALL DEVELOPMENT SKILLS - YOUTH

Jan 08 - Mar 11	Mon	06:00PM - 07:00PM	\$57.05 / 9 sess	13-18 YRS	00271533
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### BASKETBALL - PRETEENS

Jan 08 - Mar 11	Mon	04:45PM - 05:45PM	\$57.05 / 9 sess	9-12 YRS	00271529
Jan 11 - Mar 14	Thu	06:00PM - 07:00PM	\$63.40 / 10 sess	9-12 YRS	00271606

### VOLLEYBALL - YOUTH

Jan 12 - Mar 15	Fri	04:45PM - 05:45PM	\$63.40 / 10 sess	13-18 YRS	00271619
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### VOLLEYBALL - PRETEENS

Jan 12 - Mar 15	Fri	03:30PM - 04:30PM	\$63.40 / 10 sess	9-12 YRS	00271618
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### SPIKEBALL - YOUTH

Jan 18 - Mar 07	Thu	05:30PM - 06:30PM	\$55.00 / 8 sess	13-18 YRS	00285338
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### SPIKEBALL - PRETEENS

Jan 18 - Mar 07	Thu	04:15PM - 05:15PM	\$55.00 / 8 sess	9-12 YRS	00285337
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## Workshops

### PEEK INTO BUSINESS WORKSHOP - YOUTH

Jan 19 - Feb 16	Fri	05:45PM - 07:15PM	FREE / 5 sess	11-16 YRS	00287328
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## Arts - Visual

### CREATIVE PAINTING - ADULTS

Feb 02 - Mar 08	Fri	10:00AM - 12:00PM	\$102.10 / 6 sess	18+ YRS	00279490
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## Out Trips and Tours

### GUIDED SNOWSHOEING TRIP - ADULTS

Feb 24	Sat	9:00AM - 5:45PM	\$88.00 / 1 sess	18+ YRS	00279650
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## Languages

### MANDARIN - BEGINNER - ADULTS

Jan 27 - Mar 09	Sat	12:30PM - 1:30PM	\$51.05 / 6 sess	18+ YRS	00279366
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## First Aid

### EMERGENCY FIRST AID, CPR C AND AED - ADULTS

Jan 27	Sat	09:00AM - 05:00PM	\$100.00 / 1 sess	13+ YRS	00274208
Mar 16	Sat	09:00AM - 05:00PM	\$100.00 / 1 sess	13+ YRS	00274211

## Sports

### FLOOR HOCKEY - ADULTS

Jan 09 - Mar 26	Every Tue	07:00PM - 09:00PM	\$76.05 / 12 sess	18+ YRS	00271572
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### SOCCER - ADULTS

Jan 11 - Mar 28	Every Thu	07:30PM - 09:30PM	\$76.05 / 12 sess	18+ YRS	00271571
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## Workshops

### CHILDREN'S EYE HEALTH - CONTROLLING MYOPIA AND SCREEN TIME

Mar 3	Sun	12:00 PM - 1:00 PM	FREE / 1 sess	18+ YRS	00290049
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## Arts - Visual

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

Jan 19	Fri	10:00AM - 12:00PM	FREE / 1 sess	55+ YRS	00279484
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### CREATIVE PAINTING - 55+

Feb 02 - Mar 08	Fri	10:00AM - 12:00PM	\$76.10 / 6 sess	55+ YRS	00279487
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## Arts - Dance

### LINE DANCING VARIETY - BEGINNER - 55+

Jan 17 - Mar 13	Wed	10:45AM - 11:45AM	\$57.05 / 9 sess	55+ YRS	00277652
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### BALLROOM - BEGINNER - 55+

Jan 17 - Mar 13	Wed	09:00AM - 10:30AM	\$85.60 / 9 sess	55+ YRS	00277649
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### BALLROOM - INTERMEDIATE - 55+

Jan 13 - Mar 16	Sat	01:30PM - 03:00PM	\$95.10 / 10 sess	55+ YRS	00280508
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## General Interest

### PENSION AND TAX OPTIONS WORKSHOP - 55+

Mar 11	Mon	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00283498
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### FRAUDS AND SCAMS WORKSHOP - 55+

Feb 20	Tue	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00280597
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### VALENTINE'S DAY CARD MAKING EXTRAVAGANZA - 55+

Feb 09	Fri	04:00PM - 06:00PM	FREE / 1 sess	55+ YRS	00280139
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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:

**Jan 23 | Feb 27**



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



## Events and Seasonal Programs

### ELEGANT BALLROOM AND SOCIAL SOIREE - 55+

Feb 14	Wed	06:00PM - 08:00PM	\$11.25 / 1 sess	55+ YRS	00280076
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## Online - Programs

### ONLINE - NAME THAT TUNE

Jan 15 - Mar 18	3rd Monday every month	10:30AM - 11:45AM	FREE / 3 sess	55+ YRS	00278272
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## Health and Wellness

### HOLISTIC HEALTH SERIES - THE TRUTH BEHIND WEIGHT LOSS WORKSHOP - 55+

Jan 22	Mon	01:00PM - 02:30PM	FREE / 1 sess	55+ YRS	00279761
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### SLEEP WORKSHOP - 55+

Jan 25	Thu	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00280472
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## Racquet Sports

### PICKLEBALL - BEGINNER - 55+

Jan 11 - Mar 14	Thu	01:15PM - 02:30PM	\$79.25/ 10 sess	55+ YRS	00277626
Jan 12 - Mar 15	Fri	01:45PM - 03:00PM	\$79.25/ 10 sess	55+ YRS	00283931

### PICKLEBALL - DRILLS AND SKILLS - 55+

Jan 11 - Mar 14	Thu	02:45PM - 04:00PM	\$79.25 / 10 sess	55+ YRS	00277638
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## Elegant Ballroom *and* Social Soiree

WED, FEB 14 FROM 6:00-8:00PM



Indulge in this evening of sophistication and charm dancing to live music, mingling and savouring light refreshments.  
No partner needed for this enchanting social event.

## January - Out Trips and Tours

### LET'S DO LUNCH SERIES TRIP - 55+

Jan 29	Mon	11:30AM - 02:00PM	\$16.75 / 1 sess	55+ YRS	00282466
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## February - Out Trips and Tours

### BC SPORTS HALL OF FAME TRIP - 55+

Feb 15	Thu	01:00PM - 05:00PM	\$35.75 / 1 sess	55+ YRS	00278476
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### GUIDED SNOWSHOEING TRIP - 55+

Feb 24	Sat	09:00AM - 05:45PM	\$78.00 / 1 sess	55+ YRS	00279175
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## March - Out Trips and Tours

### LET'S DO LUNCH SERIES TRIP - 55+

Mar 04	Mon	11:30AM - 02:00PM	\$16.75 / 1 sess	55+ YRS	00282467
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### ROGERS ARENA TOUR - 55+

Mar 07	Thu	11:00AM - 04:00PM	\$36.75 / 1 sess	55+ YRS	00279200
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### VANCOUVER WELSH MEN'S CHOIR AT CELTICFEST TRIP - 55+

Mar 16	Sat	05:00PM - 10:00PM	\$59.50 / 1 sess	55+ YRS	00279235
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### STANLEY PARK LUNCH TRIP - 55+

Mar 22	Fri	11:00AM - 03:30PM	\$22.00 / 1 sess	55+ YRS	00278469
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## Youth - Fitness

### KICK BOXING - DRILLS AND SKILLS - YOUTH

Jan 10 - Mar 13	Wed	04:00 PM - 05:00 PM	\$75.80 / 9 sess	13-18 YRS	00278252
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### SPORTS PERFORMANCE AND DEVELOPMENT - YOUTH

Jan 25 - Mar 07	Thu	04:00 PM - 05:00 PM	\$87.00 / 7 sess	12-15 YRS	00275482
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## Adults - Fitness

### PILATES - ADULTS

Jan 08 - Mar 11	Mon	05:30PM - 06:30PM	\$86.65 / 9 sess	16+ YRS	00273722
Jan 10 - Mar 13	Wed	09:45AM - 10:45AM	\$86.65 / 9 sess	16+ YRS	00278240
Jan 11 - Mar 14	Thu	05:30PM - 06:30PM	\$96.30 / 10 sess	16+ YRS	00273724
Jan 12 - Mar 15	Fri	12:00PM - 01:00PM	\$96.30 / 10 sess	16+ YRS	00273725

### PILATES FUSION - ADULTS

Jan 14 - Mar 10	Sun	09:00AM - 10:00AM	\$77.00 / 8 sess	16+ YRS	00273715
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## PILATES YOGA FUSION - ADULTS

Jan 08 - Mar 11	Mon	12:00PM - 01:00PM	\$86.65 / 9 sess	16+ YRS	00273703
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## ZUMBA® - ADULTS

Jan 12 - Mar 15	Fri	05:00PM - 06:00PM	\$84.20 / 10 sess	16+ YRS	00277718
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## ZUMBA® - GOLD - ADULTS

Jan 16 - Mar 12	Tue	10:30AM - 11:30AM	\$75.80 / 9 sess	19+ YRS	00277371
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## BARRE FITNESS - ADULTS

Jan 09 - Mar 12	Tue	10:45AM - 11:45AM	\$84.20 / 10 sess	16+ YRS	00277356
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## KICK BOXING - DRILLS AND SKILLS - ADULTS

Jan 09 - Mar 12	Tue	07:45PM - 08:45PM	\$84.20 / 10 sess	16+ YRS	00273726
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## MOM AND BABY INDOOR STROLLERFIT - INDOOR - ADULTS

Jan 10 - Mar 13	Wed	11:00AM - 12:00PM	\$75.80 / 9 sess	18+ YRS	00273727
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## GROUP WEIGHT TRAINING - ADVANCED - ADULTS

Jan 21 - Mar 17	Sun	11:00AM - 12:00PM	\$87.00 / 7 sess	18+ YRS	00275490
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## Older Adults - Fitness

### BETTER BACKS AND BALANCE - 55+

Jan 08 - Mar 11	Mon	11:00AM - 12:00PM	\$49.25 / 9 sess	55+ YRS	00277347
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### LADIES WHO LIFT - 55+

Jan 18 - Mar 07	Thu	01:00PM - 02:00PM	\$78.00 / 8 sess	55+ YRS	00277292
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### STAY STRONG - 55+

Jan 12 - Mar 15	Fri	10:30AM - 11:30AM	\$54.70 / 10 sess	55+ YRS	00273931
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### ZUMBA® - GOLD - 55+

Jan 16 - Mar 12	Tue	10:30AM - 11:30AM	\$59.40 / 9 sess	55+ YRS	00277312
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## DROP-IN GROUP FITNESS SCHEDULE

Group Fitness Classes are included with a Fitness Membership or can be purchased as a single visit.

 **NEW**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 <b>Bootcamp</b> 6:15-7:00 am Stephany / AR					<b>Bootcamp</b> 8:00-8:45am Leanne / AR
<b>Fit &amp; Functional</b> 9:15-10:15am Janet / Gym	<b>Step &amp; Sculpt</b> 9:15-10:15am Deb / Gym	<b>Cardio &amp; Strength</b> 9:15-10:15am Janet / Gym	<b>Body Blast</b> 9:15-10:15am Deb / Gym	<b>Fit &amp; Functional</b> 9:15-10:15am Janet / Gym	<b>Dance Fit</b> 9:30-10:30am Gloria / Gym	
<b>TABATA</b> 10:30-11:30am Annie / AR		 <b>Core &amp; More</b> 10:30-11:30am Janet / Gym	<b>Ease into Fitness</b> 10:30-11:30am Monika / AR	<b>Dance &amp; Tone</b> 10:30-11:30am Lizbeth / 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> 12:00-1:00pm Elle / AR	<b>Dance &amp; Tone</b> 12:00-1:00 pm Sofya / AR	<b>Yoga*</b> 12:00-1:00 pm Monika / AR			<b>Yoga*</b> 11:30-12:30pm Rocio / AR
		<b>Total Body Conditioning</b> 6:00 - 7:00pm Annie / AR				
<b>Yoga*</b> 7:00-8:00pm Monika / AR	<b>HIIT (circuit)</b> 6:30-7:30pm Tomo / AR		<b>Yoga*</b> 6:45-7:45 pm Monika/Sofya 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	\$6.90	\$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.

PERSONAL TRAINING		
<b>1 Hour Sessions</b>	<b>1 - on - 1</b>	<b>2 - 3 people</b>
1 session	\$61.85	\$92.85
3 sessions	\$176.35	\$264.60
5 sessions	\$278.50	\$417.80
10 sessions	\$526.05	\$789.20
<b>30 Minute Sessions</b>		
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](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 \$4.70 (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**