

Thompson Community Centre



2025 WINTER PROGRAMS

JAN 7 TO MAR 30



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



HOW TO REGISTER

Get ready to register for Fall Programs:

Tue, Nov 19 | 8 PM | Aquatics Online

Tue, Nov 19 | 9 PM | All Programs Online

Wed, Nov 20 | In-Person/Phone/Online

Scan here to register!



Online: 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)

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

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



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

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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 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

Jan 11 - Mar 15	Sat	09:00AM - 09:30 AM	\$146.25 / 9 sess	3-5 YRS	00368888
Jan 11 - Mar 15	Sat	09:35 AM - 10:05 AM	\$146.25 / 9 sess	3-5 YRS	00368893

Arts - Visual



ART JAM WITH A DISNEY ANIMATOR - PRESCHOOLERS

Jan 07 - Feb 04	Tue	03:15PM - 04:15PM	\$100.00 / 5 sess	4-5 YRS	00367676
Feb 11 - Mar 11	Tue	03:15PM - 04:15PM	\$100.00 / 5 sess	4-5 YRS	00367678

ART ADVENTURES - PRESCHOOLERS

Jan 12 - Mar 09	Sun	02:30PM - 03:15PM	\$52.80 / 8 sess	3-4 YRS	00367642
Jan 12 - Mar 09	Sun	03:30PM - 04:15PM	\$52.80 / 8 sess	4-5 YRS	00367675

ART FOR TWOS - PARENT AND TOT - PRESCHOOLERS

Jan 12 - Mar 09	Sun	01:30PM - 02:15PM	\$52.80 / 8 sess	2-2 YRS	00367641
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Nature and Science



BEYOND 4 WALLS - PARENT AND TOT - PRESCHOOLERS

Jan 11 - Mar 08	Sat	09:30AM - 10:30AM	\$94.80 / 8 sess	15-36 mos	00365840
Jan 11 - Mar 08	Sat	11:00 AM - 12:00 PM	\$94.80 / 8 sess	15-36 mos	00365845
Jan 23 - Feb 13	Thu	09:30AM - 10:30AM	\$47.40 / 4 sess	15-36 mos	00365849
Feb 20 - Mar 13	Thu	09:30AM - 10:30AM	\$47.40 / 4 sess	15-36 mos	00365850

BEYOND 4 WALLS - CHICKADEES - PARENT AND TOT - PRESCHOOLERS

Jan 23 - Feb 13	Thu	11:00AM - 12:00PM	\$47.40 / 4 sess	0-15 mos	00365852
Feb 20 - Mar 13	Thu	11:00AM - 12:00PM	\$47.40 / 4 sess	0-15 mos	00365853

General Interest

TIME FOR TWOS - PRESCHOOLERS - SEASONAL

Jan 07 - Mar 11	Tue	11:30AM - 12:30PM	\$129.80 / 10 sess	2-2 YRS	00374348
Jan 09 - Mar 13	Thu	11:30AM - 12:30PM	\$129.80 / 10 sess	2-2 YRS	00374350



Sports

SPORTBALL MULTISPORT - PARENT AND TOT - PRESCHOOLERS

Jan 06 - Mar 10	Mon	10:30AM - 11:15AM	\$162.00 / 9 sess	2-3 YRS	00367722
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SPORTBALL - MULTISPORT - PRESCHOOLERS

Jan 06 - Mar 10	Mon	11:15AM - 12:15PM	\$162.00 / 9 sess	3.5-5 YRS	00367724
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SPORTBALL SOCCER - PRESCHOOLERS

Jan 10 - Mar 14	Fri	04:15PM - 05:15PM	\$180.00 / 10 sess	3.5-5 YRS	00367776
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SPORTBALL - SOCCER - PARENT AND TOT - PRESCHOOLERS

Jan 10 - Mar 14	Fri	03:30PM - 04:15PM	\$180.00 / 10 sess	2-3 YRS	00367774
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SPORTBALL® - BASKETBALL - PRESCHOOLERS

Jan 09 - Mar 13	Thu	04:15PM - 05:15PM	\$180.00 / 10 sess	4-6 YRS	00367761
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Arts - Music

GUITAR/VIOLIN/ 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	Jan 13 - Mar 10 (Mon)	45 min	04:15 PM - 07:15 PM	\$299.95 / 8 sess	9+ YRS
GUITAR	Jan 15 - Mar 12 (Wed)	45 min	04:15 PM - 07:15 PM	\$337.40 / 8 sess	9+ YRS
VOILIN	Jan 09 - Feb 13 (Thu) Feb 20 - Mar 20 (Thu)	1 hour	03:30 PM - 07:30 PM	\$299.95 / 6 sess \$249.95 / 5 sess	6+ YRS

MUSICAL EXPRESSIONS - UKULELE FUN TIME - CHILDREN

Jan 11 - Mar 22	Sat	10:10AM - 10:40AM	\$162.50 / 10 sess	5-7 YRS	00368886
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MUSICAL EXPRESSIONS - PIANO PRIVATE LESSONS - ALL AGES

Jan 07 - Mar 11	Tue	30 min	03:30 PM - 06:30 PM	\$325.00 / 10 sess	5+ YRS
Jan 11 - Mar 15	Sat	30 min	09:30 AM - 02:30 PM	\$292.50 / 9 sess	5+ YRS

MUSICAL EXPRESSIONS - GUITAR OR UKULELE PRIVATE LESSONS - ALL AGES

Jan 11 - Mar 15	Sat	30 min	1:00 PM - 03:30 PM	\$292.50 / 9 sess	6+ YRS
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Arts - Dance

BALLET - CHILDREN

Jan 12 - Mar 09	Sun	09:30AM - 10:30AM	\$70.40 / 8 sess	5-8 YRS	00374974
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K-POP DANCING - CHILDREN

Jan 13 - Mar 10	Mon	04:00PM - 05:00PM	\$70.40 / 8 sess	5-8 YRS	00369841
Jan 15 - Mar 05	Wed	05:30PM - 06:30PM	\$70.40 / 8 sess	5-8 YRS	00366085

Arts - Visual

CARTOON WITH A DISNEY ANIMATOR - CHILDREN

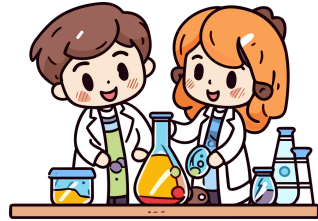
Jan 07 - Feb 04	Tue	04:25PM - 05:25PM	\$100.00 / 5 sess	6-8 YRS	00367669
Feb 11 - Mar 11	Tue	04:25PM - 05:25PM	\$100.00 / 5 sess	6-8 YRS	00367670

CHARACTER DESIGN - CHILDREN

Jan 07 - Feb 04	Tue	05:35PM - 06:35PM	\$100.00 / 5 sess	9-12 YRS	00367672
Feb 11 - Mar 11	Tue	05:35PM - 06:35PM	\$100.00 / 5 sess	9-12 YRS	00367674

CHARACTER DESIGN AND STORYBOARD ANIMATION - CHILDREN

Jan 06 - Feb 03	Mon	03:30PM - 04:45PM	\$150.00 / 5 sess	9-12 YRS	00366948
Feb 10 - Mar 10	Mon	03:30PM - 04:45PM	\$150.00 / 5 sess	9-12 YRS	00367684



Nature and Science

BEYOND 4 WALLS - CHILDREN

Jan 06 - Mar 10	Mon	04:00PM - 05:30PM	\$160.00 / 9 sess	8-10 YRS	00365871
Jan 06 - Mar 10	Mon	04:00PM - 05:30PM	\$160.00 / 9 sess	11-13 YRS	00365874
Jan 07 - Mar 11	Tue	04:00PM - 05:30PM	\$177.75 / 10 sess	5-7 YRS	00365864

BEYOND 4 WALLS - TRAILBLAZERS - CHILDREN

Jan 08 - Mar 12	Wed	09:15AM - 02:15PM	\$592.50 / 10 sess	5-13 YRS	00365877
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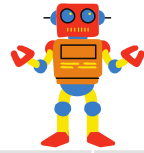
STEAM SMARTS - CHILDREN

Jan 11 - Mar 15	Sat	10:00AM - 11:30AM	\$174.15 / 9 sess	7-10 YRS	00372409
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WACKY SCIENCE - CHILDREN

Jan 08 - Mar 12	Wed	03:30PM - 04:30PM	\$88.00 / 10 sess	6-8 YRS	00367718
Jan 08 - Mar 12	Wed	04:45PM - 05:45PM	\$88.00 / 10 sess	9-12 YRS	00367721

Computers, Technology and Social Media



LEGO® WEDO ROBOTICS 1 - CHILDREN

Jan 16 - Feb 06	Thu	04:00PM - 05:30PM	\$100.00 / 4 sess	6-10 YRS	00369033
Mar 24 - Mar 28	M,Tu, W, Th,F	12:30PM - 02:30PM	\$175.00 / 5 sess	6-12 YRS	00369041

LEGO® WEDO ROBOTICS 2 - CHILDREN

Feb 13 - Mar 06	Thu	04:00PM - 05:30PM	\$100.00 / 4 sess	6-10 YRS	00369039
Mar 24 - Mar 28	M,Tu, W, Th,F	03:00PM - 05:00PM	\$175.00 / 5 sess	6-12 YRS	00369050

Martial Arts

TAEKWONDO - BEGINNER - CHILDREN

Jan 07 - Mar 04	Tue	05:00PM - 06:00PM	\$81.00 / 9 sess	6+ YRS	00367784
Jan 07 - Mar 04	Tue	06:00PM - 07:00PM	\$81.00 / 9 sess	6+ YRS	00367828
Jan 08 - Mar 05	Wed	05:00PM - 06:00PM	\$81.00 / 9 sess	6+ YRS	00369491
Jan 08 - Mar 05	Wed	06:00PM - 07:00PM	\$81.00 / 9 sess	6+ YRS	00367830
Jan 09 - Mar 06	Thu	05:00PM - 06:00PM	\$81.00 / 9 sess	6+ YRS	00367832

TAEKWONDO - INTERMEDIATE - ALL AGES

Jan 07 - Mar 04	Tue	07:00PM - 08:00PM	\$81.00 / 9 sess	6+ YRS	00367847
Jan 09 - Mar 06	Thu	06:00PM - 07:00PM	\$81.00 / 9 sess	6+ YRS	00367853
Jan 09 - Mar 06	Thu	07:00PM - 08:00PM	\$81.00 / 9 sess	6+ YRS	00367849

Fitness



ZUMBA® AND YOGA - CHILDREN

Jan 11 - Mar 08	Sat	10:45AM - 11:45AM	\$80.90 / 8 sess	10-17 YRS	00369781 00369922
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Sports

BADMINTON - BEGINNER - CHILDREN

Jan 08 - Mar 12	Wed	03:25PM - 04:25PM	\$65.60 / 10 sess	6-8 YRS	00365186
Jan 08 - Mar 12	Wed	04:30PM - 05:30PM	\$65.60 / 10 sess	9-12 YRS	00367418
Jan 11 - Mar 15	Sat	12:30PM - 01:30PM	\$59.05 / 9 sess	6-8 YRS	00365223
Jan 11 - Mar 15	Sat	01:45PM - 02:45PM	\$59.05 / 9 sess	9-12 YRS	00365226

BASKETBALL - CHILDREN

Jan 06 - Mar 10	Mon	03:30PM - 04:30PM	\$59.05 / 9 sess	6-8 YRS	00365152
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SPORTBALL® - BASKETBALL - CHILDREN

Jan 09 - Mar 13	Thu	05:15PM - 06:15PM	\$180.00 / 10 sess	6-9 YRS	00367445
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SOCCER - CHILDREN

Jan 07 - Mar 11	Tue	04:00PM - 05:00PM	\$65.60 / 10 sess	6-8 YRS	00365172
Jan 07 - Mar 11	Tue	05:15PM - 06:15PM	\$65.60 / 10 sess	9-12 YRS	00365174

TOP SHELF FLOOR HOCKEY SKILLS - CHILDREN

Jan 09 - Mar 13	Thu	03:30PM - 04:30PM	\$65.60 / 10 sess	6-8 YRS	00365191
Jan 09 - Mar 13	Thu	04:45PM - 05:45PM	\$65.60 / 10 sess	9-12 YRS	00365204

FAMILY DAY - SPORTS DAY

CHILDREN & ADULTS
MON, FEB 17
10:30AM - 12:00PM
FREE / 1 SESS
#00369014



Sports Camps

DAYCAMP - SPORTBALL® - BASKETBALL CAMP - CHILDREN

Mar 17 - Mar 21	M,T,W,T,F	10:00AM - 01:00PM	\$195.00 / 5 sess	8-12 YRS	00372687
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DAYCAMP - SPORTBALL® - SOCCER CAMP - CHILDREN

Mar 24 - Mar 28	M,T,W,T,F	10:00AM - 01:00PM	\$195.00 / 5 sess	8-12 YRS	00372689
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Adventure Camps

DAYCAMP - ADVENTURE CAMP - YOUTH

Mar 18 - Mar 20	T,W,T	09:30AM - 03:30PM	\$159.50 / 3 sess	11-17 YRS	00367538
Mar 25 - Mar 27	T,W,T	09:30AM - 03:30PM	\$159.50 / 3 sess	11-17 YRS	00367539

General - Day Camps

DAYCAMP - BORN 2012-2019 - CHILDREN

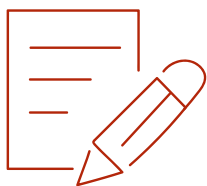
Mar 17 - Mar 21	M,T,W,T,F	09:00AM - 04:00PM	\$189.00 / 5 sess	5-12 YRS	00367535
Mar 24 - Mar 28	M,T,W,T,F	09:00AM - 04:00PM	\$189.00 / 5 sess	5-12 YRS	00367537

Licensed - Day Camps

DAYCAMP - PRESCHOOL CAMP - BORN 2020-2021 - LICENSED - PRESCHOOLERS

Mar 17 - Mar 21	M,T,W,T,F	09:00AM - 01:00PM	\$146.25 / 5 sess	3-4 YRS	00366191
Mar 24 - Mar 28	M,T,W,T,F	09:00AM - 01:00PM	\$146.25 / 5 sess	3-4 YRS	00366192

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/VIOLIN/ SINGING PRIVATE LESSONS - ALL AGES

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

VOILIN	Jan 09 - Feb 13 (Thu) Feb 20 - Mar 20 (Thu)	1 hour	03:30 PM - 07:30 PM	\$299.95 / 6 sess \$249.95 / 5 sess	6+ YRS
GUITAR	Jan 13 - Mar 10 (Mon)	45 min sess	04:15 PM - 07:15 PM	\$299.95 / 8 sess	9+ YRS
SINGING	Jan 15 - Mar 12 (Wed)	45 min sess	04:15 PM - 07:15 PM	\$337.40 / 9 sess	9+ YRS

Arts - Dance

K-POP DANCING - PRETEENS

Jan 16 - Mar 13	Thu	04:00PM - 05:00PM	\$79.20 / 9 sess	9-12 YRS	00366096
Jan 13 - Mar 10	Mon	07:00 PM - 08:00 PM	\$70.40 / 8 sess	13-18 YRS	00376690

BALLET - PRETEENS

Jan 12 - Mar 09	Sun	10:45AM - 11:45AM	\$70.40 / 8 sess	9-12 YRS	00374976
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General Interest

WRITING ADVENTURES - BEGINNER - PRETEENS

Jan 15 - Feb 26	Wed	03:15PM - 04:15PM	\$196.00 / 7 sess	7-13 YRS	00366539
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WRITING ADVENTURES - INTERMEDIATE - PRETEENS

Jan 15 - Feb 26	Wed	04:15PM - 05:15PM	\$196.00 / 7 sess	7-13 YRS	00366544
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PEEK INTO BUSINESS WORKSHOP - YOUTH

Jan 10 - Feb 07	Fri	03:45PM - 05:15PM	FREE / 5 sess	11-16 YRS	00367529
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Nature and Science

BEYOND 4 WALLS - LEADERS-IN-TRAINING - YOUTH

Jan 07 - Mar 11	Tue	04:00PM - 05:30PM	\$177.75 / 10 sess	13-15 YRS	00365869
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SLIME-MAKING - PRETEENS

Jan 15 - Mar 12	Wed	05:00PM - 06:00PM	\$79.20 / 9 sess	9-12 YRS	00367534
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Cooking

COOKING BASICS - PRETEENS

Jan 17 - Mar 07	Fri	03:45PM - 05:45PM	\$251.85 / 8 sess	10-14 YRS	00367527
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BAKING TREATS AND SWEETS - PRETEENS

Jan 17 - Mar 07	Fri	06:30PM - 08:30PM	\$251.85 / 8 sess	9-12 YRS	00367528
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Computers, Technology and Social Media

INTRODUCTION TO WEB DEVELOPMENT AND DESIGN - BEGINNER - PRETEENS

Jan 11 - Mar 08	Sat	02:30PM - 03:30PM	\$95.20 / 8 sess	9-12 YRS	00367488
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LUNAR NEW YEAR CELEBRATION

ALL AGES

SAT, FEB 1

10:30AM - 12:00PM

\$11.70 / 1 SESS

#00369004



Sports

BASKETBALL - PRETEENS

Jan 06 - Mar 10	Mon	04:45PM - 05:45PM	\$59.05 / 9 sess	9-12 YRS	00365167
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BASKETBALL DEVELOPMENT SKILLS - YOUTH

Jan 06 - Mar 10	Mon	06:00PM - 07:00PM	\$59.05 / 9 sess	13-18 YRS	00365171
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VOLLEYBALL - PRETEENS

Jan 10 - Mar 14	Fri	03:30PM - 04:30PM	\$65.60 / 10 sess	9-12 YRS	00365217
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VOLLEYBALL - YOUTH

Jan 10 - Mar 14	Fri	04:45PM - 05:45PM	\$65.60 / 10 sess	13-18 YRS	00365220
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FLAG FOOTBALL FUNDAMENTALS - PRETEENS

Jan 14 - Mar 11	Tue	03:45PM - 04:45PM	\$59.05 / 9 sess	10-16 YRS	00365762
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FLAG FOOTBALL FUNDAMENTALS - YOUTH

Jan 14 - Mar 11	Tue	03:45PM - 04:45PM	\$59.05 / 9 sess	10-16 YRS	00365776
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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.

Arts - Visual

CREATIVE PAINTING - ADULTS

Jan 29 - Mar 12	Wed	09:30AM - 11:30AM	\$123.20 / 7 sess	18+ YRS	00368618
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NEEDLE FELTING WORKSHOP - ADULTS

Feb 09	Sun	02:30PM - 05:00PM	\$55.00 / 1 sess	18+ YRS	00366600
Mar 12	Wed	06:00PM - 08:30PM	\$55.00 / 1 sess	18+ YRS	00367780



NEEDLE FELTING WORKSHOP

Learn to transform wool into 3D objects using a barbed needle and make a cute and fuzzy creation to take home. No experience required. Instructed by WhimzyMel. Tools and supplies included.



Languages

MANDARIN - BEGINNER - ADULTS

Jan 07 - Mar 11	Tue	07:00PM - 08:00PM	\$88.000 / 10 sess	18+ YRS	00367751
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Arts - Dance

HIP HOP - BEGINNER - ADULTS

Jan 11 - Mar 08	Sat	05:30PM - 6:30PM	\$70.40 / 8 sess	18+ YRS	00367759
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K-POP DANCING -- YOUNG ADULTS

Jan 13 - Mar 10	Mon	08:15PM - 09:15PM	\$70.40 / 8 sess	19-35 YRS	00365750
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BALLROOM DANCING - BEGINNER - ADULTS

Jan 16 - Mar 20	Thu	06:30PM - 08:00PM	\$105.60 / 8 sess	18+ YRS	00369268
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BALLROOM DANCING - INTERMEDIATE - ADULTS

Jan 11 - Mar 15	Sat	01:30PM - 03:00PM	\$105.60 / 8 sess	18+ YRS	00368457
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Arts - Music

GROUP UKULELE LESSONS - LEVEL 1 - ADULTS

Jan 11 - Mar 22	Sat	10:45AM - 11:30AM	\$180.00 / 10 sess	18+ YRS	00372962
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GROUP UKULELE LESSONS - LEVEL 2 - ADULTS

Jan 11 - Mar 22	Sat	11:35AM - 12:30PM	\$180.00 / 10 sess	18+ YRS	00368887
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Sports

FLOOR HOCKEY - ADULTS

Jan 07 - Mar 11	Tue	07:00PM - 09:00PM	\$65.60 / 10 sess	18+ YRS	00365180
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SOCCER - ADULTS

Jan 09 - Mar 13	Every Thu	07:30PM - 09:30PM	\$65.60 / 10 sess	18+ YRS	00365216
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Arts - Dance

LINE DANCING VARIETY - BEGINNER - 55+

Jan 22 - Mar 12	Wed	10:45AM - 11:45AM	\$45.70 / 7 sess	55+ YRS	00369012
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BALLROOM DANCING - BEGINNER - TRY-IT - 55+

Jan 08	Wed	09:00AM - 10:30AM	FREE / 1 sess	55+ YRS	00368421
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BALLROOM - BEGINNER - 55+

Jan 16 - Mar 20	Thu	06:30PM - 08:00PM	\$78.35 / 8 sess	55+ YRS	00369263
Jan 22 - Mar 12	Wed	09:00AM - 10:30AM	68.55 / 7 sess	55+ YRS	00368417

BALLROOM - INTERMEDIATE - 55+

Jan 11 - Mar 15	Sat	01:30PM - 03:00PM	\$78.35 / 8 sess	55+ YRS	00368431
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Arts - Visual

CREATIVE PAINTING - TRY IT - 55+



Jan 15	Wed	12:30PM - 2:30PM	FREE / 1 sess	55+ YRS	00368611
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CREATIVE PAINTING - 55+

Jan 29 - Mar 12	Wed	12:30PM - 2:30PM	\$91.40 / 7 sess	55+ YRS	00369171
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General Interest



VISION WORKSHOP - 55+

Jan 20	Mon	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00370309
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VALENTINE'S DAY CARD MAKING EXTRAVAGANZA - 55+

Feb 14	Fri	04:00PM - 06:00PM	FREE / 1 sess	55+ YRS	00368658
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PENSION AND TAX OPTIONS WORKSHOP - 55+

Mar 10	Mon	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00368650
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Health and Wellness

HOLISTIC HEALTH SERIES - ACID REFLUX AND G.E.R.D. WORKSHOP - 55+

Feb 03	Mon	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	00368793
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Racquet Sports



PICKLEBALL - BEGINNER - 55+

Jan 09 - Mar 13	Thu	01:15PM - 02:30PM	\$82.00 / 10 sess	55+ YRS	00366819
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PICKLEBALL - INTERMEDIATE- 55+

Jan 09 - Mar 13	Thu	02:35PM - 03:50PM	\$82.00 / 10 sess	55+ YRS	00366822
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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 and times:

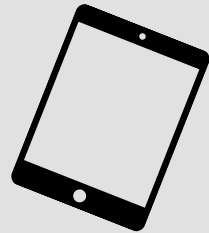


Jan 21 | Feb 25

3:30PM - 4:00PM

4:00PM - 4:30PM

4:30PM - 5:00PM



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

January - Out Trips and Tours



ROGERS ARENA TOUR - 55+

Jan 16	Thu	11:15AM - 03:45PM	\$36.75 / 1 sess	55+ YRS	00368734
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LET'S DO LUNCH SERIES TRIP - 55+

Jan 27	Mon	11:30AM - 02:00PM	\$17.75 / 1 sess	55+ YRS	00368737
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February - Out Trips and Tours



ONE UNDER GOLF TRIP - 55+

Feb 10	Mon	11:30AM - 03:30PM	\$35.50 / 1 sess	55+ YRS	00368725
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VANCOUVER ART GALLERY AND LUNCH TRIP - 55+

Feb 19	Wed	09:30AM - 02:45PM	\$49.50 / 1 sess	55+ YRS	00369034
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MUSEUM OF ANTHROPOLOGY TRIP - 55+

Feb 26	Wed	11:00AM - 03:30PM	\$33.75 / 1 sess	55+ YRS	00368706
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March - Out Trips and Tours

HIGH SCHOOL BASKETBALL TOURNAMENT TRIP - 55+

Mar 05	Wed	11:00AM - 03:30PM	\$36.75 / 1 sess	55+ YRS	00368723
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GRANVILLE ISLAND MARKET TRIP - 55+

Mar 11	Tue	10:15AM - 02:45PM	\$25.00 / 1 sess	55+ YRS	00368661
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HORSESHOE BAY FOR THE DAY TRIP - 55+

Mar 25	Tue	10:00AM - 03:15PM	\$24.50 / 1 sess	55+ YRS	00368665
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Youth - Fitness



KICK BOXING - DRILLS AND SKILLS - YOUTH

Jan 15 - Mar 12	Wed	04:00PM - 05:00PM	\$79.55 / 9 sess	13-18 YRS	00363349
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ZUMBA® AND YOGA - YOUTH

Jan 11 - Mar 08	Sat	10:45AM - 11:45AM	\$80.90 / 8 sess	10-17 YRS	00369925 00369923
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SPORTS PERFORMANCE AND DEVELOPMENT - YOUTH

Jan 16 - Mar 06	Thu	04:00PM - 05:00PM	\$109.35 / 8 sess	12-16 YRS	00366047
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GET INTO FITNESS - LEVEL 1 - GIRLS ONLY - YOUTH

Jan 19 - Mar 02	Sun	12:45PM - 01:45PM	\$82.00 / 6 sess	12-16 YRS	00366006
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GET INTO FITNESS - LEVEL 2 - GIRLS ONLY - YOUTH

Jan 19 - Mar 02	Sun	12:45PM - 01:45PM	\$82.00 / 6 sess	12-16 YRS	00366016
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GET INTO FITNESS - LEVEL 1 - YOUTH

Jan 14 - Feb 18	Tue	05:15PM - 06:15PM	\$82.00 / 6 sess	12-16 YRS	00366026
Mar 18 - Mar 27	Tue, Thu	05:00PM - 06:00PM	\$54.70 / 4 sess	12-15 YRS	00365960

GET INTO FITNESS - LEVEL 2 - YOUTH

Jan 14 - Feb 18	Tue	05:15PM - 06:15PM	\$82.00 / 6 sess	12-16 YRS	00366035
Mar 18 - Mar 27	Tue, Thu	05:00PM - 06:00PM	\$54.70 / 4 sess	12-15 YRS	00365969

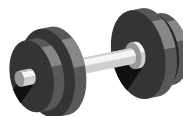
GET INTO FITNESS - LEVEL 3 - YOUTH

Mar 18 - Mar 27	Tue, Thu	06:15PM - 07:15PM	\$54.70 / 4 sess	12-15 YRS	00365980
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GET INTO FITNESS - LEVEL 4 - YOUTH

Mar 18 - Mar 27	Tue, Thu	06:15PM - 07:15PM	\$54.70 / 4 sess	12-15 YRS	00365989
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Adults - Fitness



PILATES - ADULTS

Jan 13 - Mar 10	Mon	12:00PM - 01:00PM	\$80.90 / 8 sess	18+ YRS	00362613
Jan 16 - Mar 13	Thu	09:00AM - 10:00AM	\$91.00 / 9 sess	16+ YRS	00366251
Jan 17 - Mar 14	Fri	12:00PM - 01:00PM	\$91.00 / 9 sess	18+ YRS	00362635

PILATES - LEVEL 1 - 2 - ADULTS

Jan 12 - Mar 09	Sun	09:00AM - 10:00AM	\$80.90 / 8 sess	16+ YRS	00365236
Jan 13 - Mar 10	Mon	05:30PM - 06:30PM	\$80.90 / 8 sess	18+ YRS	00362618
Jan 16 - Mar 13	Thu	05:30PM - 06:30PM	\$91.00 / 9 sess	18+ YRS	00362631

PILATES-BARRE FUSION - ADULTS

Jan 13 - Mar 10	Mon	09:15AM - 10:15AM	\$80.90 / 8 sess	16+ YRS	00365838
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LADIES WHO LIFT - ADULTS

Jan 16 - Mar 13	Thu	01:00PM - 02:00PM	\$123.05 / 9 sess	19+ YRS	00365251
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GROUP WEIGHT TRAINING - ADULTS

Jan 12 - Mar 09	Sun	11:00AM - 12:00PM	\$109.35 / 8 sess	18+ YRS	00366060
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BARRE FITNESS - ADULTS

Jan 14 - Mar 11	Tue	10:45AM - 11:45AM	\$79.55 / 9 sess	16+ YRS	00372863
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ZUMBA® - ADULTS

Jan 14 - Mar 11	Tue	10:30AM - 11:30AM	\$79.55 / 9 sess	16+ YRS	00365860
Jan 17 - Mar 14	Fri	05:00PM - 06:00PM	\$79.55 / 9 sess	16+ YRS	00362637

KICKBOXING - DRILLS AND SKILLS - ADULTS

Jan 14 - Mar 11	Tue	07:45PM - 08:45PM	\$79.55 / 9 sess	16+ YRS	00362626
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MOM AND BABY INDOOR STROLLERFIT - INDOOR - ADULTS

Jan 15 - Mar 12	Wed	11:00AM - 12:00PM	\$70.70 / 8 sess	18+ YRS	00363412
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Older Adults - Fitness

BETTER BACKS AND BALANCE - 55+

Jan 13 - Mar 10	Mon	11:00AM - 12:00PM	\$48.10 / 8 sess	55+ YRS	00362527
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KICKBOXING - DRILLS AND SKILLS - 55+

Jan 16 - Mar 13	Thu	11:45AM - 12:45PM	\$55.45 / 8 sess	55+ YRS	00362536
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STAY STRONG - 55+

Jan 17 - Mar 14	Fri	10:30AM - 11:30AM	\$54.10 / 9 sess	55+ YRS	00362531
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INFORMATION SESSION FOR CHOOSE TO MOVE ACTIVAGE™ - 55+

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

Jan 09	Thu	02:30PM - 03:30PM	FREE / 1 sess	55+ YRS	00366586
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Choose to Move is a FREE program that supports people 55+ to BECOME and STAY active!

CHOOSE TO MOVE (CTM) - 55+

Jan 16 - Mar 13	Thu	02:30PM - 03:30PM	FREE / 8 sess	55+ YRS	00366587
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ACTIVAGE™ - 55+

Jan 16 - Mar 20	Thu	01:30PM - 02:30PM	FREE / 10 sess	55+ YRS	00366591
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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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						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	Cardio & Strength 9:15 - 10:15 am Janet / Gym	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	
TABATA 10:30 - 11:30 am Annie / AR		Yoga 10:30 - 11:30am Monika / Gym	Ease into Fitness 10:30 - 11:30 am Monika / AR	Dance & Tone 10:30 - 11:30 am Lizbeth / Gym	Strength & Stretch 10:45 - 11:45 am Annie / Gym	Kardio Kickbox 10:15 - 11:15 am Rocio / AR
	Yoga* 12:00 - 1:00 pm Elle / AR	Dance & Tone 12:00 - 1:00 pm Sofya / AR	Yoga* 12:00 - 1:00 pm Monika / BQ			Yoga* 11:30 - 12:30 pm Rocio / AR
Yoga* 7:00 - 8:00 pm Monika / AR BQ	HIIT (circuit) 6:30 - 7:30 pm Tomo / AR	Total Body Conditioning 6:00 - 7:00 pm Annie / AR			MMA BootCamp 3:45 - 4:30 pm Tomo / MPR	
		Yoga* 7:30 - 8:30 pm Sonia / BQ	Cardio Combo 6:45 - 7:45 pm 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

For more information please contact: Fitness Coordinator; Natalia
natalia.orekhova@richmond.ca | 604.238.8434

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

FEE'S	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		
1 Hour Sessions	1 - on - 1	2 - 3 people
1 session	\$64.95	\$97.45
3 sessions	\$185.15	\$277.60
5 sessions	\$292.40	\$438.65
10 sessions	\$552.35	\$828.65
30 Minute Sessions	\$154.25	
5 sessions	\$292.40	
10 sessions	\$552.35	
20 sessions		

Book your personal training consultation by contacting our fitness coordinator at 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