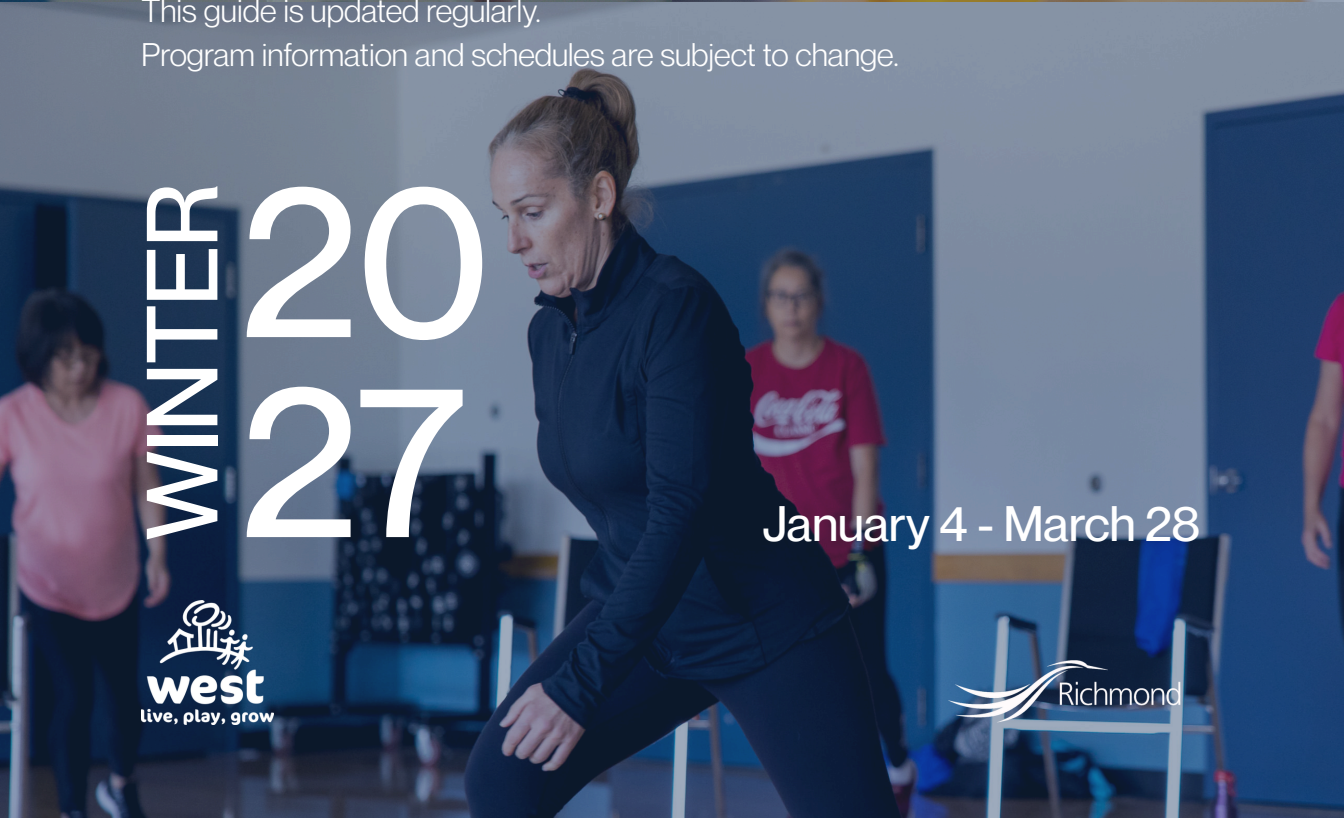




West Richmond Community Centre

Program Guide

This guide is updated regularly.
Program information and schedules are subject to change.



WINTER 2027

January 4 - March 28

west
live, play, grow

Richmond

Address & Facility Hours:

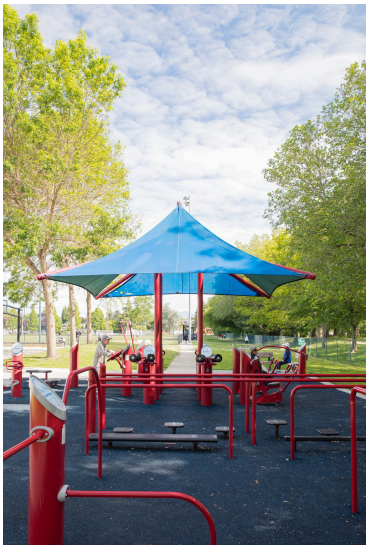
9180 No 1 Road
Richmond, BC V7E 6L5
604-238-8400

Monday-Friday: 8:00am-9:30pm
Saturday: 9:00am-4:30pm
Sunday: 9:00am-4:30pm

Holiday Hours:
Feb 15: 8:00am-8:00pm
Mar 26: 8:00am-6:00pm
Mar 29: 8:00am-8:00pm









How to Register:

Get ready to register for Winter Programs

1) Online: Visit richmond.ca/register to register at any time.
2) By Phone: Registration Call Centre at 604-276-4300,
Mon-Fri 8:30am-5:00pm.
3) In Person: At any parks, recreation or cultural facility.
To browse available programs, please check out richmond.ca/register.
A MyRichmond account and credit card are required for online registration.

Refunds and Withdrawals:

To receive a refund, or to withdraw or transfer from a class, call the Registration Call Centre at 604-276-4300, Monday to Friday, 8:30am-5:00pm.
Visit richmond.ca/register for our full refund policy.

Stay In Touch!

Follow us on social media to get updates on programs and events that are happening at the community centre!

Facebook and Instagram: @westrichmondcc

Register early to avoid program cancellations!

Programs are cancelled approximately seven days prior to start date if there are not enough participants. Register as early as possible to reserve your spot and avoid program cancellations!

Volunteer Opportunities:

Interested in volunteering with West Richmond Community Centre? Visit icanhelp.richmond.ca to browse volunteer opportunities!

WEST RICHMOND COMMUNITY CENTRE

Sunday
March 28

Easter Eggstravaganza!

Celebrate with an Easter Egg Hunt, crafts, games and a visit with the Easter Bunny! Adult participation and registration of child required.



9:30 AM - 11:00 AM
ID: 00574610

11:30 AM - 1:00 PM
ID: 00574613

9180 No 1 Road, Richmond, BC - 604-238-8400

Preschoolers (0-5yrs)

Arts - Dance

BALLET - PRESCHOOLERS

Spin, twirl, and leap in these introductory sessions that focus on fun and specific-age group ballet techniques.

3-5yrs	Jan 16-Mar 13	Sa	12:50-1:35pm	$63.25/9 sess	#00575611
3-5yrs	Jan 16-Mar 13	Sa	1:45-2:30pm	$63.25/9 sess	#00575616

CREATIVE MOVEMENT - PRESCHOOLERS

Explore rhythm, spatial awareness and body movement in this introduction to the basic concepts of dance. Develop motor skills and self-esteem, connect with others and allow creativity to blossom while using music.

3-5yrs	Jan 20-Mar 10	W	9:45-10:30am	$56.20/8 sess	#00573268

Arts - Music

MUSIC - ADULT AND TOT - PRESCHOOLERS/ADULTS

Move, sing and play instruments for large motor and listening skills development.
Adult participation required.

1-5yrs	Jan 15-Mar 12	F	9:15-9:45am	$42.15/9 sess	#00573103
1-5yrs	Jan 15-Mar 12	F	9:50-10:20am	$42.15/9 sess	#00573126
1-5yrs	Jan 15-Mar 12	F	10:25-10:55am	$42.15/9 sess	#00573129

Arts - Visual

ARTS COMBO - PRESCHOOLERS

Draw, paint and try other mixed media art projects in this introduction to visual arts.

4-5yrs	Jan 16-Mar 13	Sa	10:30-11:30am	$84.35/9 sess	#00575535

ART FOR TWOS - ADULT AND TOT - PRESCHOOLERS/ADULTS

Paint, draw, make crafts and sing songs in this fun and interactive program.
Adult participation required and limited to only one adult per child.

2-3yrs	Jan 16-Mar 13	Sa	9:15-10:15am	$84.35/9 sess	#00575549

Arts - Visual

COMIC BOOK CREATION - HAPPY KIDS STUDIO - PRESCHOOLERS

Design a fun comic book inspired by exciting themes while learning to draw vibrant illustrations and craft panels that tell powerful stories with minimal text.

Supplies included.

Instructed by Happy Kids Studio.

3-4yrs	Jan 10-Feb 7	Su	10:40-11:10am	$107.50/5 sess	#00574937
3-4yrs	Feb 21-Mar 21	Su	10:40-11:10am	$107.50/5 sess	#00574940

Fitness

YOGA PLAYTIME - ADULT AND TOT - PRESCHOOLERS/ADULTS

Run around, play and wind down together.

Adult participation required.

1-5yrs	Jan 25-Mar 15	M	4:30-5:15pm	$61.85/8 sess	#00573457
1-5yrs	Jan 20-Mar 10	W	10:45-11:30am	$61.85/8 sess	#00573244

Sports

BASKETBALL - PRESCHOOLERS

Practice dribbling, passing and shooting skills followed by active and friendly games.

3-5yrs	Jan 4-Mar 8	M	3:30 - 4:15pm	$42.15/8 sess	#00569713
3-5yrs	Jan 7-Mar 11	Th	3:30 - 4:15pm	$47.40/9 sess	#00571707
3-5yrs	Jan 9-Mar 6	Sa	10:20-11:05am	$42.10/8 sess	#00571760
3-5yrs	Mar 15-Mar 19	M-F	9:00-9:45am	$26.30/5 sess	#00573366





Sports

GYMNASTICS KIDS CANMOVE™ - ADULT AND TOT - PRESCHOOLERS/ADULTS

Add to healthy life skills in these gymnastics-based sessions that cover the seven Fundamental Movement patterns of rotations, swings, springs, landings, stationary positions and object manipulation.
Parent participation required.

2-3yrs	Jan 9-Mar 13	Sa	9:30-10:15am	$67.50/9 sess	#00571729
2-3yrs	Jan 9-Mar 13	Sa	10:20-11:05am	$67.50/9 sess	#00571736

GYMNASTICS KIDS CANMOVE™ - PRESCHOOLERS/ADULTS

Add to healthy life skills in these gymnastics-based sessions that cover the seven Fundamental Movement patterns of rotations, swings, springs, landings, stationary positions and object manipulation.

4-5yrs	Jan 9-Mar 13	Sa	11:10-11:55am	$67.50/9 sess	#00571740
4-5yrs	Jan 9-Mar 13	Sa	12:00-12:45pm	$67.50/9 sess	#00571742

SOCCER - PRESCHOOLERS

Dribble, pass and kick in this fun, non-competitive atmosphere.

4-5yrs	Jan 6-Mar 10	W	3:30-4:15pm	$47.40/9 sess	#00571698
4-5yrs	Mar 15-Mar 19	M-F	12:30-1:15pm	$26.30/5 sess	#00573442
4-5yrs	Mar 22-25	M-Th	12:30-1:15pm	$21.05/4 sess	#00573723



Sports

T-BALL - PRESCHOOLERS

Start to build skills and have fun with others in this introduction to the game of baseball.

4-5yrs	Jan 9-Mar 6	Sa	9:30-10:15am	$42.10/8 sess	#00571744

SPORTBALL - MULTISPORT - ADULT AND TOT - PRESCHOOLERS

Focus on Physical Literacy and social exploration and learn Fundamental Sport Skills together through creative and challenging games. In addition, adults are taught techniques to help toddlers refine motor skills.

Parent participation required.
Instructed by Sportball®.

2-3yrs	Jan 10-Mar 7	Su	9:30-10:15am	$144.00/8 sess	#00574755

ADAPTED SPORT AND PLAY - PRESCHOOLERS

Learn to kick, throw, catch and play along with other basic fundamental movement skills for sports and physical activities. Suitable for young children with autism and neuro/developmental differences.

Adults and caregivers welcome to participate and must be present during the session.

3-5yrs	Jan 10-Feb 7	Su	11:45am-12:30pm	$21.05/4 sess	#00574836
3-5yrs	Feb 14-Mar 7	Su	11:45am-12:30pm	$21.05/4 sess	#00574843

Events and Seasonal Programs

FAMILY DAY - FREEZE DANCE PARTY - ADULT AND TOT - PRESCHOOLERS/ADULTS

Join this party with dancing, laughter, games, music, hot cocoa and surprises. Dance freely to upbeat tunes, then freeze in place when the music stops for a fun twist.

Adult participation required.
Visit richmond.ca/FamilyDay for all programs offered.

0-6yrs	Feb 15	M	10:45am-12:15pm	Free/1 sess	#00574829

EASTER EGGSTRAVAGANZA - ADULT AND CHILD - PRESCHOOLERS/CHILDREN/ADULTS

Celebrate with an Easter Egg Hunt, crafts, games and a visit with the Easter Bunny.

Adult participation and registration of child only required.

1-9yrs	Mar 28	Su	9:30-11:00am	$12.40/1 sess	#00574610
1-9yrs	Mar 28	Su	11:30am-1:00pm	$12.40/ 1 sess	#00574613

WEST RICHMOND COMMUNITY CENTRE



Family Day

FREEZE DANCE PARTY

PARENT AND CHILD 0-6 YRS



Join this party with dancing, laughter, games, music, hot cocoa and surprises.
Dance freely to upbeat tunes, then freeze in place when the music stops
for a fun twist. Enjoy freeze dance and many other games at
West Richmond's Family Day Freeze Dance Party. Parent participation required.

MON 15 FEB 2027

10:45AM - 12:15PM

$12.40/ 1 SESSION

ID: 00574829





west
live, play, grow

9180 No 1Road, Richmond,BC

Richmond

Children (6-12yrs)

Arts - Dance

BALLET - CHILDREN

Spin, twirl and leap while discovering the fun aspects of this popular dance style.

6-9yrs	Jan 16-Mar 13	Sa	11:45am-12:45pm	$84.35/9 sess	#00575604

K- POP DANCING - CHILDREN

Dance to up-tempo music and learn choreography to match in these fun and social sessions with quick, repetitive movements done in synchronicity.

6-9yrs	Jan 7-Mar 11	Th	3:45-4:45pm	$103.05/10 sess	#00569192

K- POP DANCING - PRETEENS

9-12yrs	Jan 7-Mar 11	Th	4:50-5:50pm	$103.05/10 sess	#00569193

Arts - Music

PRIVATE PIANO LESSONS - LAMUSIQUE MUSIC ACADEMY - ALL AGES

Work privately on an individually-designed curriculum specifically for age and ability. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy.

Instructed by LaMusique Music Academy.

6yrs+	Jan 17-Mar 7	Su	9:00-9:30am	$280.00/8 sess	#00574717
6yrs+	Jan 17-Mar 7	Su	9:30-10:00am	$280.00/8 sess	#00574732
6yrs+	Jan 17-Mar 7	Su	10:00-10:30am	$280.00/8 sess	#00574866
6yrs+	Jan 17-Mar 7	Su	10:30-11:00am	$280.00/8 sess	#00574867
6yrs+	Jan 17-Mar 7	Su	11:00-11:30am	$280.00/8 sess	#00574871
6yrs+	Jan 17-Mar 7	Su	11:30am-12:00pm	$280.00/8 sess	#00574874
6yrs+	Jan 17-Mar 7	Su	12:00-12:30pm	$280.00/8 sess	#00574875
6yrs+	Jan 17-Mar 7	Su	12:30-1:00pm	$280.00/8 sess	#00574876
6yrs+	Jan 17-Mar 7	Su	1:00-1:30pm	$280.00/8 sess	#00574877
6yrs+	Jan 17-Mar 7	Su	1:30-2:00pm	$280.00/8 sess	#00574880

Arts - Music

UKULELE PRIVATE LESSONS - ALL AGES

Start to learn to play ukulele based on special interests and fundamental goals in this fun and stress-free program.

6yrs+	Jan 9-Feb 27	Sa	9:15-9:45am	$211.85/8 sess	#00572913
6yrs+	Jan 9-Feb 27	Sa	9:50-10:20am	$211.85/8 sess	#00572922
6yrs+	Jan 9-Feb 27	Sa	10:25-10:55am	$211.85/8 sess	#00572927
6yrs+	Jan 9-Feb 27	Sa	11:00-11:30am	$211.85/8 sess	#00572929

Arts - Visual

CARTOONING - CHILDREN

Learn to tell stories through drawings and by working on character development, thumbnails, layout pages, paneling and more in these specialized sessions designed by a former Disney animator from Happy Kids Studios.

6-8yrs	Jan 10-Feb 7	Su	9:30-10:30am	$107.50/5 sess	#00574915
6-8yrs	Feb 21-Mar 21	Su	9:30-10:30am	$107.50/5 sess	#00574917

CRAFT CLUB - PRETEENS

Create amazing art projects in these social sessions that include painting, air dry clay and collaging using a variety of art materials and tools.
Supplies included.

10-12yrs	Jan 12-Mar 9	Tu	4:30-6:00pm	$132.15/9 sess	#00569187

CROCHET 101 - BEGINNER - CHILDREN

Make small take-home pieces in this instructor-led class that introduces three basic stitches and the Foundation Chain.
A $15 non-refundable supplies fee charged when registering.

8-12yrs	Jan 16-Mar 13	Sa	12:00-1:00pm	$84.35/9 sess	#00575537

CROCHET CREATIONS - PRETEENS

Start to make take-home pieces by learning or improving on a variety of stitches including the Fountain Chain.
All levels welcome in these instructor-led sessions. Supply list provided or a $15 supplies fee added when registering.

10-14yrs	Jan 16-Mar 13	Sa	1:15-2:15pm	$84.35/9 sess	#00575538

Arts - Visual

NAGOMI ART WORKSHOP - BEGINNER - PRETEEN

Learn this form of Japanese art that uses soft pastels and fingers to create calming and gentle art pieces.
No experience required.
A $10 non-refundable supplies fee charged when registering.

10-12yrs	Jan 18-Feb 8	M	3:30 - 04:15pm	$29.35/4 sess	#00577354

Computers, Technology and Social Media

3D PRINTING - BUILD YOUR OWN TOY - COMPUCHILD - CHILDREN

Transform drawings into 3D toys using 3D pens and essential design principles for eye-catching, creative results. Explore exciting design ideas and craft unique works of art that inspire imagination and boost creativity.
Supplies included. Instructed by CompuChild.

6-9yrs	Jan 12-Mar 9	Tu	3:30-4:30pm	$180.00/9 sess	#00574618

2D GAME DEVELOPMENT WITH SCRATCH - COMPUCHILD - CHILDREN

Our 2D Game Development with Scratch course provides a solid, highly engaging foundation for younger learners stepping into the world of technology. By utilizing Scratch's intuitive visual block coding language, students bypass frustrating typing syntax and jump straight into the logic of programming. Through hands-on creation, students will learn core computer science and mathematical concepts while building their very own video games, interactive stories, and creative animations.
No prior coding or game design experience required.
Instructed by CompuChild.

6-9yrs	Jan 12-Mar 9	Tu	4:45-5:45pm	$180.00/9 sess	#00574617

DIGITAL ANIMATION - HAPPY KIDS STUDIOS - CHILDREN

Discover the art of storytelling through the creation of walking and talking characters, animations, and storyboards.
iPad or tablet with compatible stylus required at each session.
Instructed by Happy Kids Studios.

8-12yrs	Jan 10-Feb 7	Su	11:50am-1:05pm	$132.50/5 sess	#00574890
8-12yrs	Feb 21-Mar 21	Su	11:50am-1:05pm	$132.50/5 sess	#00574894

General Interest

DUNGEONS AND DRAGONS® - PRETEENS

Dive deeper into this popular table top game with other experienced Dungeons & Dragons players. Explore an imaginary world, create and role play unique characters and work collaboratively as a team to solve classic puzzles during progressive game play.
Character sheets, dice and map included. Players are welcome to bring previously created characters.

9-12yrs	Jan 14-Feb 25	Th	4:30-6:00pm	$102.80/7 sess	#00569196

PRETEEN LEADERSHIP - TAKE ACTION! - PRETEENS

Join weekly activities, engage in arts and crafts sessions and help lead community projects and events while creating new friendships, gaining leadership skills and making a difference in the community.

10-12yrs	Jan 4-Mar 8	M	5:15-6:15pm	$31.95/ 9 sess	#00569182

Languages

FRENCH - BEGINNER - CHILDREN

Explore Canada's second official language through play, music, art and stories.
Conducted in French and English.

6-9yrs	Jan 13-Mar 10	W	3:30-4:30pm	$83.95/9 sess	#00576906

Sports

BASKETBALL - CHILDREN

Practice dribbling, passing and shooting skills followed by friendly games.

6-9yrs	Jan 4-Mar 8	M	4:20-5:20pm	$56.15/8 sess	#00569725
6-9yrs	Jan 7-Mar 11	Th	4:20-5:20pm	$63.20/9 sess	#00571710
6-9yrs	Jan 9-Mar 6	Sa	11:10am-12:10pm	$56.15/8 sess	#00571778
6-9yrs	Mar 15-Mar 19	M-F	9:50-10:50am	$35.10/5 sess	#00573402
6-9yrs	Mar 22-Mar 25	M-Th	9:50-10:50am	$28.10/4 sess	#00573700

BASKETBALL - FOR GIRLS - CHILDREN

Learn the fundamentals of basketball that include ball handling, passing, shooting and basic offense and defense.

7-10yrs	Jan 4-Mar 8	M	5:25-6:25pm	$56.15/8 sess	#00569729

Sports

BASKETBALL - PRETEENS

9-12yrs	Jan 7-Mar 11	Th	5:25-6:25pm	$63.20/9 sess	#00571713
10-12yrs	Mar 15-Mar 19	M-F	10:55-11:55am	$35.10/5 sess	#00573419
10-12yrs	Mar 22-Mar 25	M-Th	10:55-11:55am	$28.10/4 sess	#00573714

SOCCER SKILLS - CHILDREN

Learn sport specific skills in a fun and welcoming environment.

6-9yrs	Jan 6-Mar 10	W	4:20-5:20pm	$63.20/9 sess	#00571700
6-9yrs	Mar 15-Mar 19	M-F	1:20-2:20pm	$35.10/5 sess	#00573465
6-9yrs	Mar 22-Mar 25	M-Th	1:20-2:20pm	$28.10/4 sess	#00573725

SOCCER SKILLS - PRETEENS

Dribble, pass and kick in this fun, non-competitive atmosphere.

9-12yrs	Jan 6-Mar 10	W	5:25-6:25pm	$63.20/9 sess	#00571702
9-12yrs	Mar 15-Mar 19	M-F	2:25-3:25pm	$35.10/5 sess	#00573489
9-12yrs	Mar 22-Mar 25	M-Th	2:25-3:25pm	$28.10/4 sess	#00573728

VOLLEYBALL - PRETEENS

Improve game play in these professionally-designed sessions that include mini games and a fun and non-competitive atmosphere.

Suitable for new players.

9-12yrs	Jan 9-Mar 13	Sa	1:40-2:40pm	$63.20/9 sess	#00569300

VOLLEYBALL - FOR GIRLS - PRETEENS

9-12yrs	Jan 9-Mar 13	Sa	12:35-1:35pm	$63.20/9 sess	#00569299

Youth (13-18yrs)

Arts - Dance

K-POP DANCING - YOUTH

Dance to up-tempo music and learn choreography to match in these fun and social sessions with quick, repetitive movements done in synchronicity.

13-18yrs	Jan 5-Mar 9	Tu	6:15-7:15pm	$93.70/10 sess	#00576877

Camps

DAYCAMP - ADVENTURE CAMP - YOUTH

Plan on awesome out trips, crazy adventures and super cool activities and games.
Lunch and proper clothing required each day.

11-16yrs	Mar 23-Mar 25	Tu-Th	9:00am-3:00pm	$204.85/3 sess	#00573152

Fitness

FITNESS - FOR GIRLS - YOUTH

Try different physical activities and routines aimed at developing and improving self-esteem, reducing stress and building confidence in addition to other aspects of fitness and overall health.
Instructed by certified fitness instructors.

13-18yrs	Jan 12-Mar 9	Tu	3:30-4:15pm	Free/9 sess	#00566268
13-18yrs	Jan 8-Mar 12	F	3:30-4:15pm	Free/10 sess	#00566270

General Interest

UNIVERSITY TOUR - UBC - YOUTH

Learn about UBC and gain a better understanding of university life and academics in this in-person campus tour. Ask questions and gain insight to help make imporant decisions about a post-secodary education.
Registration required.

15-18yrs	Feb 12	F	10:00am-3:00pm	Free/1 sess	#00575569

Sports

VOLLEYBALL - YOUTH

Improve game play in these professionally-designed sessions that include mini games and a fun and non-competitive atmosphere.

13-18yrs	Jan 9-Mar 13	Sa	2:45-3:45pm	$63.20/9 sess	#00569302

Adults (19yrs+)

Arts - Dance

BALLROOM DANCING - BEGINNER - ADULTS

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques. Designed for those new to this style of dance.
Suitable for singles and pairs.
Samba

19yrs+	Jan 15-Mar 19	F	4:30-5:30pm	$93.70/10 sess	#00567810

Tango

19yrs+	Jan 15-Mar 19	F	5:40-6:40pm	$93.70/10 sess	#00567811

K-POP DANCING - ADULTS

Dance to up-tempo music and learn choreography to match in these fun and social sessions with quick, repetitive movements done in synchronicity.

19yrs+	Jan 5-Mar 9	Tu	7:15-8:15pm	$93.70/10 sess	#00576872

ANCIENT ECHOES - THE SPIRIT OF CHINESE DANCING - ALL LEVELS - ADULTS

Learn about and experience firsthand these early Chinese dance forms that burst with rich theatrical and elegant themes from the 12th century.
No experience required.

19yrs+	Jan 12-Mar 9	Tu	7:30-8:45pm	$105.40/9 sess	#00567817
19yrs+	Jan 9-Mar 20	Sa	3:00-4:15pm	$117.10/10 sess	#00567816

Arts - Music

UKULELE - GROUP - ADULTS

Learn how to play this fun and versatile instrument while developing an understanding of music fundamentals with the Ukulele in the Classroom approach.
Suitable for those with beginner Ukulele skills.
Ukulele required at each class.

18yrs+	Jan 9-Feb 27	Sa	11:30am-12:30pm	$78.30/8 sess	#00574603

GUITAR GROUP LESSONS - BEGINNER LEVEL 1 - ADULTS

Learn the basic fundamentals of guitar chords, tabs, basic fretting and strumming techniques while having fun.
Guitar required at each session. No experience required.

19yrs+	Jan 13-Mar 10	W	10:00-11:00am	$88.10/9 sess	#00567814

Arts - Music

GUITAR GROUP LESSONS - BEGINNER LEVEL 2 - ADULTS

Build on the basic foundation of guitar chords, tabs and strumming while learning additional techniques through easy-to-learn songs.

Guitar required at each session.

Pre-requisite: Guitar Group Lessons - Beginner Level 1 or previous guitar experience.

19yrs+	Jan 13-Mar 10	W	11:15am-12:15pm	$88.10/9 sess	#00567815

Arts - Visual

CROCHET CREATIONS - ADULTS

Start to make take-home pieces by learning or improving on a variety of stitches including the Fountain Chain.

All levels welcome in these instructor-led sessions.

Supply list provided or a $15 supplies fee added when registering.

18yrs+	Jan 12-Mar 9	Tu	12:00-1:00pm	$84.35/9 sess	#00575545

WATERCOLOUR PAINTING - TECHNIQUES AND STYLES - ALL LEVELS - ADULTS

Explore still lifes, landscapes and figure studies using different styles and a variety of brushes.

Suitable for all levels. Supplies list provided.

19yrs+	Jan 22-Mar 12	F	10:00-11:30am	$112.45/8 sess	#00567819

NAGOMI ART WORKSHOP - BEGINNER - ADULTS

Learn this form of Japanese art that uses soft pastels and fingers to create calming and gentle art pieces.

No experience required.

A $10 non-refundable supplies fee charged when registering.

19yrs+	Jan 18-Feb 8	M	4:30-6:00pm	$56.20/4 sess	#00577063

Fitness

BELLYDANCING - ALL LEVELS - ADULTS

Explore the rich traditions of Arabic music and Raqs Sharqi (bellydance) while discovering its history and cultural roots. Build confidence, improve posture and technique, develop musicality and master classic movements in this fun, welcoming environment.

No experience required.

19yrs+	Jan 6	W	6:00-7:00pm	Try It/Free	#00575859
19yrs+	Jan 13-Mar 17	W	6:00-7:00pm	$91.00/10 sess	#00575850

Fitness

BELLYDANCING - INTERMEDIATE / ADVANCED - ADULTS

Elevate Raqs Sharqi (bellydance) skills through an immersive exploration of Arabic music, culture and dance traditions. Refine posture, alignment, technique and musicality while advancing choreography and performance quality in these engaging sessions.

Recommended pre-requisite: Bellydancing experience.

19yrs+	Jan 11-Mar 15	M	8:15-9:15pm	$81.90/9 sess	#00575413

CARDIO DANCE FIT - LATIN - ALL LEVELS - ADULTS

Incorporate simple choreography into a wide variety of low and medium impact aerobic Latin dance moves set to high-energy music.

Suitable for all levels.

18yrs+	Jan 4-Mar 8	M	7:10-8:10pm	$81.90/9 sess	#00563511
18yrs+	Jan 6-Mar 10	W	7:10-8:10pm	$91.00/10 sess	#00563512

CARDIO SALSA FUSION - ALL LEVELS - ADULTS

Work out to recognizable Latin rhythms that include the Salsa, Reggaetón, Cumbia and Merengue in these high-energy fitness dance sessions.

No partner required. Suitable for all levels.

19yrs+	Jan 7	Th	1:00-2:00pm	Try It/Free	#00564786
19yrs+	Jan 14-Mar 18	Th	1:00-2:00pm	$91.00/10 sess	#00563192
19yrs+	Jan 8	F	9:15-10:15am	Try It/Free	#00564787
19yrs+	Jan 15-Mar 19	F	9:15-10:15am	$91.00/10 sess	#00563194

GROUP WEIGHT TRAINING - FOR CHRONIC CONDITIONS - ADULTS

Improve strength and balance by learning how to properly use fitness equipment for a full body workout routine.

Suitable for all fitness levels with extreme chronic conditions.
No experience required. Registration required.

19yrs+	Jan 19-Feb 23	Tu	11:45am- 12:30pm	$86.95/6 sess	#00578478

LADIES WHO LIFT - BEGINNER/INTERMEDIATE - ADULTS

Develop lean and functional muscle tone with foundational lifts and learn how to create a fitness program for the gym while working on posture alignment and progressive overload.

Suitable for beginner/intermediate.

19yrs+	Jan 5-Mar 16	Tu	6:00-7:00pm	$159.40/11 sess	#00563519
19yrs+	Jan 5-Mar 16	Tu	7:15-8:15pm	$159.40/11 sess	#00563521
19yrs+	Jan 6-Mar 17	W	6:00-7:00pm	$159.40/11 sess	#00563874
19yrs+	Jan 6-Mar 17	W	7:15-8:15pm	$159.40/11 sess	#00563875

Fitness

LADIES WHO LIFT - BEGINNER/INTERMEDIATE - ADULTS

Develop lean and functional muscle tone with foundational lifts and learn how to create a fitness program for the gym while working on posture alignment and progressive overload.

Suitable for beginner/intermediate.

19yrs+	Jan 7- Mar 18	Th	6:00-7:00pm	$159.40/11 sess	#00580911
19yrs+	Jan 8-Mar 19	F	9:30-10:30am	$159.40/11 sess	#00563504
19yrs+	Jan 8-Mar 19	F	10:45-11:45am	$159.40/11 sess	#00563510

LADIES WHO LIFT - BEGINNER/INTERMEDIATE - 40+

Suitable for beginner/intermediate.

40yrs+	Jan 6-Mar 17	W	9:30-10:30am	$144.90/10 sess	#00563520
40yrs+	Jan 6-Mar 17	W	10:45-11:45am	$144.90/10 sess	#00563561
40yrs+	Jan 9-Mar 13	Sa	10:30-11:30am	$130.40/9 sess	#00563502
40yrs+	Jan 10 - Mar 14	Su	9:15-10:15am	$130.40/9 sess	#00566186

PILATES FUSION - ALL LEVELS - ADULTS

Combine basic mat Pilates with body sculpting and strength and stretch exercises for a low impact and varied intensity workout that increases body tone, core strength and flexibility.

Suitable for all levels.

19yrs+	Jan 4-Mar 15	M	10:30-11:30am	$103.10/10 sess	#00563144
18yrs+	Jan 5-Feb 23	Tu	7:15-8:15pm	$82.50/8 sess	#00563148
18yrs+	Jan 7-Feb 25	Th	7:15-8:15pm	$82.50/8 sess	#00563193
19yrs+	Jan 8-Mar 19	F	10:30-11:30am	$113.40/11 sess	#00563233

ZUMBA® - ADULTS

Move to zesty Latin and international music in this dance fitness program that offers a great cardiovascular workout with easy-to-follow routines.

18yrs+	Jan 15-Mar 19	F	6:00-7:00pm	$91.00/10 sess	#00563516
18yrs+	Jan 16-Mar 20	Sa	10:30-11:30am	$91.00/10 sess	#00563518

Martial Arts

TAI CHI - KOO STYLE - BEGINNER - ADULTS

Combine basic Chinese martial arts and meditation in these exercise sessions that improves health, balance, posture, flexibility and peace of mind.

Suitable for beginner students.

19yrs+	Jan 14-Mar 18	Thu	7:00-8:00 pm	$144.90/10 sess	#00578914

Martial Arts

WUDANG NEIGONG - FINGER SWORD - BEGINNER 1 - ADULTS

Build strength, balance and inner energy through Xiaolianxing as the main foundation, traditional stance work, controlled breathing and mindful movement. Improve flexibility, stability, coordination and focus while developing greater body awareness, calmness and physical confidence through a practice that nurtures overall well-being.

No experience required.

Conducted in English, Cantonese, and Mandarin.

19yrs+	Jan 19-Mar 16	Tu	4:15-5:45pm	$110.15/9 sess	#00569773

Racquet Sports

BADMINTON - INTERMEDIATE - ADULTS

Learn strategy, speed and placement skills to then work on in high-energy games. Basic and refined strokes and control and consistency are also covered.

Pre-requisite: Previous badminton experience required.

19yrs+	Jan 4-Mar 8	M	10:00-11:15am	$61.40/7 sess	#00569518
19yrs+	Jan 4-Mar 8	M	11:20am-12:35pm	$61.40/7 sess	#00569519
19yrs+	Jan 7-Mar 11	Th	10:00-11:15am	$79.00/9 sess	#00569645
19yrs+	Jan 7-Mar 11	Th	11:20am-12:35pm	$79.00/9 sess	#00569654

PICKLEBALL - BEGINNERS - ADULTS

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball.

Suitable for beginners. Paddles provided for use if required.

18yrs+	Jan 5-Mar 9	Tu	3:30-5:00pm	$94.75/9 sess	#00571680
18yrs+	Jan 5-Mar 9	Tu	5:05-6:35pm	$94.75/9 sess	#00571682

PICKLEBALL - INTERMEDIATE - ADULTS

Continue to improve in these high-intensity, drill-focused sessions that focus on perfecting shots and heightening game awareness.

Instructed by a certified instructor.

18yrs+	Jan 4-Mar 8	M	2:05-3:20pm	$61.40/7 sess	#00569507

Sports

SOCCER - FOR WOMEN - ADULTS

Develop skills in this indoor, instructional program for all skill and fitness levels.

Drop-ins welcome if space permits.

18yrs+	Jan 11-Mar 8	M	7:30-9:00pm	$84.25/8 sess	#00571631

Youth Facility Passes 13-18yrs

Youth Facility Pass 1:
FREE (includes the following drop-in activities from Sep to Jan)

Monday-Friday	Lunch Time Activity Room Access	12:50-1:35pm
Thursday & Friday	Lunch Time Basketball Drop In	Thursday: 1:00-1:55pm Friday: 12:45-1:30pm
Friday	Friday Night Hangout	8:00-11:15pm

Youth Facility Pass 2:
$7.00/year (includes Youth Facility Pass 1, plus):

Monday-Friday	Afternoon Fitness	3:00-5:00pm
Friday	Friday Night Basketball	8:00-11:15pm
Friday	Friday Night Volleyball	6:00-9:00pm
Friday	Basketball Drop-In	5:30-8:30pm

*For afternoon fitness, youth must submit a signed parental consent form, a PARQ form, and completion of a Youth Orientation Session.

Please note, the Youth Facility Pass also includes:
Activity Room Equipment Rentals - Pool, Foosball, Playstation 4, Nintendo Switch and table top games. Equipment loans - soccer ball, basketballs, volleyball, and phone charger rental.

Fun Fact!

Did you know we offer a facility pass and programs for people ages 55 and above? Please scan the QR code to access the 55+ program guide.
Thank you!

Drop-In & Pre-Registered Fitness Classes Winter 2027

Please note, all classes labelled **"Hybrid" (**)** have both an in-person and online option.
Pre-registration required for classes **(*)** not listed as drop-in.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Fit* 8:15-9:00am	**Cycle Fit*** 8:10-8:50am	**Cycle Fit*** 8:15-9:00am	**Cycle Fit*** 8:10-8:50am	**Cycle Fit*** 8:15-9:00am		
Cardio Strength* 9:15-10:15am	**Step and More*** 9:00-10:00am	**Cardio Strength*** 9:15-10:15am	**Total Body Conditioning*** 9:00-10:00am		Drop-In **Step and More** 9:15-10:15am	Drop-In **Cardio Combo** 9:15-10:15am
	Hybrid **Pure Stretch**** 10:05-10:30am	Hybrid **Pure Stretch**** 10:20-10:50am	**Roll and Release*** 10:05-10:30am		**Cycle Fit*** 10:30-11:15am	**Cycle Fit*** 10:30-11:15am
Hybrid **Pure Strength**** 11:45am-12:45pm	Hybrid **Fit 4Life Low Impact**** 10:35-11:35am	Hybrid **Pure Strength**** 11:00am-12:00pm	Hybrid **Ease into Fitness**** 10:40-11:40am			
Drop-In **Cardio Combo** 6:00-7:00pm	**Cycle Fit*** 6:15-7:00pm		Drop-in **Cardio Combo** 6:00-7:00pm			

Weekly In-Person and Online Classes: Unless specified as a drop-in class, pre-registration is required and opens for the following week every Tuesday at 6:00am. For in-person classes, register online at richmond.ca/register and under "Registered Visits" select West Richmond Community Centre. For online classes, under the appropriate age group, select "Online-Programs".

- High Intensity
- Moderate Intensity
- Low Intensity

Registered Classes: Registration is available starting Tuesday, December 1st at 9:00pm.
Register online at richmond.ca/register and under the appropriate age group, select "Fitness".
To register by phone, call the Registration Call Centre at 604-276-4300, Mon-Fri, 8:30am-5:00pm.

Total Fitness Pass

Total Fitness Pass	Youth 13-18yrs & Senior 55yrs+	Adult 19yrs+
Drop-in	$5.30	$7.20
Visit Card	$42.00/10	$58.00/10
*1 Month	$50.00	$61.00
*3 Months	$111.00	$134.00
*6 Months	$191.00	$229.00
*1 Year	$318.00	$384.00
**Family Add-On	N/A	$318.00

Personal Training

Total Fitness Pass	One on One	Train With a Friend
1 session	$68.89	$103.39
3 sessions	$196.42	$294.71
5 sessions	$310.18	$465.32
10 sessions	$585.93	$879.00
5 sessions	$157.33	(30 minutes)
10 sessions	$310.18	(30 minutes)
20 sessions	$585.93	(30 minutes)

west
live, play, grow

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