

2023 FALL PROGRAMS



September 5 - December 31, 2023

West Richmond Community Centre
9180 No 1 Rd | Richmond, BC | 604-238-8400



HOW TO REGISTER

Get ready to register for Fall Programs:

Tuesday, July 18 at 9:00 pm (Online)
(8:00 pm for City of Richmond Aquatics)

Wednesday, July 19
(In-Person/Call Centre)

1. Online: richmond.ca/register
2. By Phone: **604-276-4300**,
Mon-Fri 8:30 am - 5:00 pm
3. In-person at any parks, recreation or cultural facility

FACILITY HOURS

Monday - Friday: 8:00 am - 9:30 pm

Saturday - Sunday: 9:00 am - 4:30 pm

Holiday Hours:

September 4 (Labor Day): 8:00 am - 8:00 pm

September 30 (Truth & Reconciliation Day): 8:00 am - 8:00 pm

October 9 (Thanksgiving): 8:00 am - 8:00 pm

November 11 (Remembrance Day): 9:00 am - 3:00 pm

December 24 (Christmas Eve): 9:00 am - 3:00 pm

December 25 (Christmas Day): CLOSED

December 26 (Boxing Day): 8:00 am - 8:00 pm

December 31 (New Years Eve): 9:00 am - 3:00 pm

SAFETY MEASURES

The City of Richmond is restoring programs and services impacted by COVID-19 in accordance with public health orders and through a carefully planned approach that will maintain and protect public safety.

Proof of vaccination is no longer required for City programs, events and activities.

Mandatory mask-wearing is no longer required in City facilities. However, the wearing of masks is encouraged and appreciated. Safety protocols will remain in place in many facilities including enhanced hygiene practices and plexi-glass barriers.

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PROGRAMS

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CONTACT US

Address: 9180 No. 1 Road

Richmond, BC V7E 6L5

Phone: 604-238-8400

Email: westrich@richmond.ca

PRESCHOOLERS (0-5YRS)

Arts - Dance

● space available ● waitlist

Ballet

Spin, twirl and leap in this introductory class that focuses on fun and specific-age group ballet techniques.

Parent and Tot (Parent Participation Required)

2-3yrs	Sep 12-Oct 24	Tu	2:15pm-3:00pm	\$38.30/6 sess	reg # 250287	●
2-3yrs	Nov 07-Dec 19	Tu	2:15pm-3:00pm	\$44.65/7 sess	reg # 250675	●

Preschoolers

3-5yrs	Sep 12-Oct 24	Tu	3:05pm-3:50pm	\$38.30/6 sess	reg # 250289	●
3-5yrs	Sep 12-Oct 24	Tu	4:00pm-4:45pm	\$38.30/6 sess	reg # 250302	●
3-5yrs	Sep 12-Oct 24	Tu	4:50pm-5:35pm	\$38.30/6 sess	reg # 250303	●
3-5yrs	Nov 07-Dec 19	Tu	3:05pm-3:50pm	\$44.65/7 sess	reg # 250671	●
3-5yrs	Nov 07-Dec 19	Tu	4:00pm-4:45pm	\$44.65/7 sess	reg # 250673	●
3-5yrs	Nov 07-Dec 19	Tu	4:50pm-5:35pm	\$44.65/7 sess	reg # 250674	●

Jazz

JAZZ DANCING - PRESCHOOLERS

Explore this popular and energetic form of dance that is characterized by syncopated rhythms and free expression.

3-5yrs	Sep 13-Oct 25	W	3:45pm-4:30pm	\$44.65/7 sess	reg # 253147	●
3-5yrs	Nov 01-Dec 13	W	3:45pm-4:30pm	\$44.65/7 sess	reg # 253149	●

Arts - Music

Music and Play

Move, dance, sing and play instruments for large motor, language and listening skills development.

Parent and Tot (Parent Participation Required)

6-18mos	Sep 17-Oct 29	Su	10:00am-10:30am	\$25.50/6 sess	reg # 255257	●
6-18mos	Nov 05-Dec 10	Su	10:00am-10:30am	\$25.50/6 sess	reg # 255262	●

Preschoolers

4-5yrs	Sep 17-Oct 29	Su	12:00pm-12:45pm	\$38.30/6 sess	reg # 255267	●
4-5yrs	Sep 17-Oct 29	Su	1:00pm-1:45pm	\$38.30/6 sess	reg # 255269	●
4-5yrs	Sep 17-Oct 29	Su	2:00pm-2:45pm	\$38.30/6 sess	reg # 255272	●
4-5yrs	Nov 05-Dec 10	Su	12:00pm-12:45pm	\$38.30/6 sess	reg # 255277	●
4-5yrs	Nov 05-Dec 10	Su	1:00pm-1:45pm	\$38.30/6 sess	reg # 255279	●
4-5yrs	Nov 05-Dec 10	Su	2:00pm-2:45pm	\$38.30/6 sess	reg # 255284	●

PRESCHOOLERS (0-5YRS)

Arts - Visual

● space available ● waitlist

Arts

ART JAM WITH A DISNEY ANIMATOR - PRESCHOOLERS

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. This program is instructed by Happy Kids Studios.

4-5yrs	Sep 17-Nov 05	Su	9:30am-10:30am	\$126/7 sess	reg # 252274	●
4-5yrs	Nov 12-Dec 17	Su	9:30am-10:30am	\$108/6 sess	reg # 252275	●

Arts Combo

ARTS COMBO - PRESCHOOLERS

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

4-5yrs	Sep 16-Oct 28	Sa	9:15am-10:15am	\$42.55/5 sess	reg # 250250	●
4-5yrs	Sep 16-Oct 28	Sa	10:30am-11:30am	\$42.55/5 sess	reg # 250251	●
4-5yrs	Nov 04-Dec 09	Sa	9:15am-10:15am	\$42.55/5 sess	reg # 254137	●
4-5yrs	Nov 04-Dec 09	Sa	10:30am-11:30am	\$42.55/5 sess	reg # 254144	●

Clay Handbuilding

Dress for a mess and create handmade pieces that develop skills in this self-confidence building, fun and creative class.

Parent and Tot (Parent Participation Required)

2-3yrs	Sep 16-Oct 28	Sa	9:15am-10:00am	\$38.30/6 sess	reg # 253189	●
2-3yrs	Sep 16-Oct 28	Sa	10:15am-11:00am	\$38.30/6 sess	reg # 253193	●
2-3yrs	Nov 04-Dec 16	Sa	9:15am-10:00am	\$38.30/6 sess	reg # 254148	●
2-3yrs	Nov 04-Dec 16	Sa	10:15am-11:00am	\$38.30/6 sess	reg # 254149	●

Preschoolers (4-5yrs)

4-5yrs	Sep 16-Oct 28	Sa	11:15am-12:00pm	\$38.30/6 sess	reg # 253200	●
4-5yrs	Sep 16-Oct 28	Sa	12:15pm-1:00pm	\$38.30/6 sess	reg # 253202	●
4-5yrs	Nov 04-Dec 16	Sa	11:15am-12:00pm	\$38.30/6 sess	reg # 254160	●
4-5yrs	Nov 04-Dec 16	Sa	12:15pm-1:00pm	\$38.30/6 sess	reg # 254163	●
4-5yrs	Sep 12-Oct 24	Tu	3:00pm-3:45pm	\$44.65/7 sess	reg # 263379	●
4-5yrs	Nov 07-Dec 19	Tu	3:00pm-3:45pm	\$44.65/7 sess	reg # 263383	●

Variety

HOLIDAY CRAFT MAKING - PRESCHOOLERS

Create seasonal home decorations and presents for friends using new and recycled materials. Price includes materials and instruction.

4-5yrs	Dec 16	Sa	9:15am-10:15am	\$8.50/1 sess	reg # 253364	●
4-5yrs	Dec 16	Sa	10:30am-11:30am	\$8.50/1 sess	reg # 253366	●

PRESCHOOLERS (0-5YRS)

Sports

● space available ● waitlist

Basketball

BASKETBALL - PRESCHOOLERS

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

3-5yrs	Sep 11-Nov 06	M	3:30pm-4:15pm	\$33.30/7 sess	reg # 251081	●
3-5yrs	Nov 20-Dec 18	M	3:30pm-4:15pm	\$23.80/5 sess	reg # 252667	●

Floor Hockey

FLOOR HOCKEY - PRESCHOOL

Learn the basics of this popular indoor sport that provides a great foundation for fun, teamwork and fitness.

3-5yrs	Sep 13-Nov 01	W	3:30pm-4:15pm	\$38.10/8 sess	reg # 253263	●
3-5yrs	Nov 8-Dec 20	W	3:30pm-4:15pm	\$33.30/7 sess	reg # 260822	●

Soccer - Girls Only

SOCCER - FOR GIRLS - PRESCHOOLERS

Learn sport specific skills in a fun and welcoming environment. This program is run in partnership with the Richmond United Soccer Club Association.

3-5yrs	Sep 14-Nov 02	Th	3:30pm-4:15pm	\$38.10/8 sess	reg # 253266	●
3-5yrs	Nov 9-Dec 21	Th	3:30pm-4:15pm	\$33.30/7 sess	reg # 260831	●

T-Ball

T-BALL - PRESCHOOLERS

Build skills and learn the game while having fun with others in the introduction to the game of baseball.

4-6yrs	Sep 16-Nov 04	Sa	10:00am-10:45am	\$28.55/6 sess	reg # 253526	●
4-6yrs	Nov 18-Dec 16	Sa	10:00am-10:45am	\$23.80/5 sess	reg # 254723	●

Multisport

MULTISPORT SKILLS - PRESCHOOLERS

Learn the basic fundamental movement skills for improved participation in basketball, hockey, soccer, volleyball and baseball.

3-5yrs	Sep 16-Nov 04	Sa	9:15am-10:00am	\$28.55/6 sess	reg # 253522	●
3-5yrs	Nov 18-Dec 16	Sa	9:15am-10:00am	\$23.80/5 sess	reg # 254708	●

PRESCHOOLERS (0-5YRS)

Sports

● space available ● waitlist

Gymnastics Kids Canmove™

GYMNASTICS KIDS CANMOVE (TM) - PARENT AND TOT AND PRESCHOOLERS

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 and Tot (Parent Participation Required)

2-3yrs	Sep 16-Nov 04	Sa	9:30am-10:15am	\$45.00/6 sess	reg #254647	●
2-3yrs	Nov 18-Dec 16	Sa	9:30am-10:15am	\$37.50/5 sess	reg #254671	●

Preschoolers (3-4yrs)

3-4yrs	Sep 15-Nov 03	F	2:30pm-3:15pm	\$60.00/8 sess	reg # 253293	●
3-4yrs	Sep 15-Nov 03	F	3:15pm-4:00pm	\$60.00/8 sess	reg # 253288	●
3-4yrs	Sep 16-Nov 04	Sa	10:15am-11:00am	\$45.00/6 sess	reg # 254652	●
3-4yrs	Sep 16-Nov 04	Sa	11:15am-12:00pm	\$45.00/6 sess	reg # 254663	●
3-4yrs	Nov 10-Dec 22	F	2:30pm-3:15pm	\$52.50/7 sess	reg # 260835	●
3-4yrs	Nov 10-Dec 22	F	3:15pm-4:00pm	\$52.50/7 sess	reg # 260837	●
3-4yrs	Nov 18-Dec 16	Sa	10:15am-11:00am	\$37.50/5 sess	reg # 254674	●
3-4yrs	Nov 18-Dec 16	Sa	11:15am-12:00pm	\$37.50/5 sess	reg # 254679	●

Preschoolers (4-5yrs)

4-5yrs	Sep 15-Nov 03	F	4:15pm-5:00pm	\$60.00/8 sess	reg # 253508	●
4-5yrs	Sep 16-Nov 04	Sa	12:00pm-12:45pm	\$45.00/6 sess	reg # 254667	●
4-5yrs	Nov 10-Dec 22	F	4:15pm-5:00pm	\$52.50/7 sess	reg # 260838	●
4-5yrs	Nov 18-Dec 16	Sa	12:00pm-12:45pm	\$37.50/5 sess	reg # 254680	●

Fitness

Mind Body, Mobility and Flexibility

YOGA PLAYTIME - PARENT AND TOT - PRESCHOOLERS

Run around, play and wind down in this child centered play program.

1-5yrs	Sep 13-Oct 25	W	9:15am-9:45am	\$33.75/7 sess	reg # 254122	●
1-5yrs	Sep 13-Oct 25	W	9:50am-10:20am	\$33.75/7 sess	reg # 254123	●
1-5yrs	Sep 13-Oct 25	W	10:25am-10:55am	\$33.75/7 sess	reg # 254125	●
1-5yrs	Nov 01-Dec 13	W	9:15am-9:45am	\$33.75/7 sess	reg # 254126	●
1-5yrs	Nov 01-Dec 13	W	9:50am-10:20am	\$33.75/7 sess	reg # 254127	●
1-5yrs	Nov 01-Dec 13	W	10:25am-10:55am	\$33.75/7 sess	reg # 254128	●

Arts - Dance

● space available ● waitlist

Jazz

JAZZ DANCING - CHILDREN

Explore this popular and energetic form of dance that is characterized by syncopated rhythms and free expression.

6-10yrs	Sep 13-Oct 25	W	4:35pm-5:35pm	\$59.60/7 sess	reg # 253154	●
6-10yrs	Nov 01-Dec 13	W	4:35pm-5:35pm	\$59.60/7 sess	reg # 253157	●

Arts - Music

Guitar or Ukulele Private Lessons

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+	Oct 14-Dec 16	Sa	9:15am-9:45am	\$217.15/9 sess	reg # 253446	●
6yrs+	Oct 14-Dec 16	Sa	9:50am-10:20am	\$217.15/9 sess	reg # 253455	●
6yrs+	Oct 14-Dec 16	Sa	10:25am-10:55am	\$217.15/9 sess	reg # 253456	●
6yrs+	Oct 14-Dec 16	Sa	11:00am-11:30am	\$217.15/9 sess	reg # 253461	●

Private Piano Lessons

PIANO PRIVATE LESSONS - 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.

6yrs+	Sep 14-Oct 26	Th	3:30pm-4:00pm	\$189.85/7 sess	reg # 255363	●
6yrs+	Sep 14-Oct 26	Th	4:05pm-4:35pm	\$189.85/7 sess	reg # 255368	●
6yrs+	Sep 14-Oct 26	Th	4:40pm-5:10pm	\$189.85/7 sess	reg # 255372	●
6yrs+	Sep 14-Oct 26	Th	5:15pm-5:45pm	\$189.85/7 sess	reg # 255375	●
6yrs+	Sep 14-Oct 26	Th	5:50pm-6:20pm	\$189.85/7 sess	reg # 255379	●
6yrs+	Nov 02-Dec 14	Th	3:30pm-4:00pm	\$189.85/7 sess	reg # 255399	●
6yrs+	Nov 02-Dec 14	Th	4:05pm-4:35pm	\$189.85/7 sess	reg # 255406	●
6yrs+	Nov 02-Dec 14	Th	4:40pm-5:10pm	\$189.85/7 sess	reg # 255410	●
6yrs+	Nov 02-Dec 14	Th	5:15pm - 5:45pm	\$189.85/7 sess	reg # 260820	●
6yrs+	Nov 02-Dec 14	Th	5:50pm - 6:20pm	\$189.85/7 sess	reg # 260821	●

CHILDREN (6-12YRS)

Arts - Visual

● space available ● waitlist

Cartoons, Comics and Manga

CARTOON WITH A DISNEY ANIMATOR - CHILDREN AND PRETEENS

Learn to tell stories through drawings and by working on character development, thumbnails, layout pages, paneling and more. Led by a former Disney animator. Instructed by Happy Kids Studios.

6-8yrs	Sep 17-Nov 05	Su	10:40am-11:40am	\$126/7 sess	reg # 252277	●
9-12yrs	Sep 17-Nov 05	Su	11:50am-12:50pm	\$126/7 sess	reg # 252285	●
6-8yrs	Nov 12-Dec 17	Su	10:40am-11:40am	\$108/6 sess	reg # 252283	●
9-12yrs	Nov 12-Dec 17	Su	11:50am-12:50pm	\$108/6 sess	reg # 252287	●

Clay Handbuilding

CLAY HANDBUILDING - CHILDREN

Dress for a mess and create handmade pieces that develop skills in this self-confidence building, fun and creative class.

6-9yrs	Sep 16-Oct 28	Sa	1:15pm-2:15pm	\$51.05/6 sess	reg # 253475	●
6-9yrs	Nov 04-Dec 16	Sa	1:15pm-2:15pm	\$51.05/6 sess	reg # 253478	●
6-9yrs	Sep 12-Oct 24	Tu	4:00pm-5:00pm	\$59.60/7 sess	reg # 263381	●
6-9yrs	Nov 07-Dec 19	Tu	4:00pm-5:00pm	\$59.60/7 sess	reg # 263382	●

Drawing and Sketching

ILLUSTRATION AND SKETCH FUNDAMENTALS - PRETEENS

Learn foundational drawing skills and techniques that include using perspective light, form, space, composition and shading to create coherent images.

10-12yrs	Sep 14-Oct 26	Th	4:30pm-5:30pm	\$59.55/7 sess	reg # 254618	●
10-12yrs	Nov 02-Dec 21	Th	4:30pm-5:30pm	\$68.10/8 sess	reg # 254621	●

Fabric Arts

COMMUNITY CROCHET ARTWORK - CHILDREN

Re-purpose yarn and work collectively to create community art work to be displayed at West Richmond Community Centre. Suitable for intermediate/advanced crocheters. Pre-requisite: Crochet 101 - Beginner or equivalent.

10-14yrs	Sep 16-Dec 09	Sa	1:15pm-2:15pm	\$85.10/10 sess	reg # 253511	●
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Fabric Arts - For Beginners

CROCHET 101 FOR BEGINNERS - CHILDREN

Make small take-home pieces in this instructor-led class that introduces three basic stitches and the foundation chain. A \$14.25 non-refundable supplies fee charged when registering.

8-12yrs	Sep 16-Dec 09	Sa	12:00pm-1:00pm	\$85.10/10 sess	reg # 250259	●
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CHILDREN (6-12YRS)

General Interest

● space available ● waitlist

Financial Literacy

MONEY MANAGEMENT 101 - PRETEENS

Develop useful know-how on budgeting while practicing financial goal setting skills with the help of resources and tools in this introduction to financial planning.
Parents / caregivers are invited to participate.

10-12yrs	Oct 11-Oct 25	W	4:45pm-5:45pm	FREE/3 sess	reg # 255450	●
10-12yrs	Nov 08-Nov 22	W	4:45pm-5:45pm	FREE/3 sess	reg # 255453	●

Martial Arts

Taekwondo

TAEKWONDO - CHILDREN

Learn the art of self-defence with an emphasis on control, kicking and punching moves all in a safe environment.

TAEKWONDO - BEGINNER - CHILDREN

6-18yrs	Sep 14-Oct 26	Th	3:45pm-4:45pm	\$52.10/7 sess	reg # 256081	●
6-18yrs	Nov 02-Dec 14	Th	3:45pm-4:45pm	\$52.10/7 sess	reg # 256084	●

TAEKWONDO - INTERMEDIATE - CHILDREN

6-18yrs	Sep 14-Oct 26	Th	4:50pm-5:50pm	\$52.10/7 sess	reg # 256083	●
6-18yrs	Nov 02-Dec 14	Th	4:50pm-5:50pm	\$52.10/7 sess	reg # 256086	●

Sports

Basketball

BASKETBALL - CHILDREN

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

6-9yrs	Sep 11-Nov 06	M	4:30pm-5:30pm	\$44.40/7 sess	reg # 251262	●
6-9yrs	Nov 20-Dec 18	M	4:30pm-5:30pm	\$31.70/5 sess	reg # 252675	●

Basketball - Girls Only

BASKETBALL - FOR GIRLS - CHILDREN

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

7-10yrs	Sep 11-Nov 06	M	5:45pm-6:45pm	\$44.40/7 sess	reg # 252614	●
7-10yrs	Nov 20-Dec 18	M	5:45pm-6:45pm	\$31.70/5 sess	reg # 252677	●

Sports

● space available ● waitlist

Floor Hockey

FLOOR HOCKEY - CHILDREN

Learn the basics of this popular indoor sport that provides a great foundation for fun, teamwork and fitness.

6-9yrs	Sep 13-Nov 01	W	4:15pm-5:15pm	\$50.70/8 sess	reg # 253264	●
6-9yrs	Nov 08-Dec 20	W	4:15pm-5:15pm	\$44.40/7 sess	reg # 260823	●

Multisport

MULTISPORT - CHILDREN

Learn the basic fundamental movement skills for improved participation in basketball, hockey, soccer, volleyball and baseball.

6-9yrs	Sep 16-Nov 04	Sa	11:00am-12:00pm	\$38.05/6 sess	reg # 253534	●
6-9yrs	Nov 18-Dec 16	Sa	11:00am-12:00pm	\$31.70/5 sess	reg # 254728	●
7-11yrs	Sep 13-Nov 01	W	5:25pm-6:25pm	\$50.70/8 sess	reg # 253265	●

Soccer

SOCCER SKILLS - CHILDREN

Learn sport-specific skills in a fun and welcoming environment. This program is run in partnership with the Richmond United Soccer Club Association.

7-10yrs	Sep 14-Nov 02	Th	5:35pm-6:35pm	\$50.70/8 sess	reg # 253271	●
7-10yrs	Nov 09-Dec 21	Th	5:35pm-6:35pm	\$44.40/7 sess	reg # 260834	●

Soccer - Girls Only

SOCCER SKILLS - FOR GIRLS - CHILDREN

Learn sport-specific skills in a fun and welcoming environment. This program is run in partnership with the Richmond United Soccer Club Association.

6-9yrs	Sep 14-Nov 02	Th	4:30pm-5:30pm	\$50.70/8 sess	reg # 253268	●
6-9yrs	Nov 09-Dec 21	Th	4:30pm-5:30pm	\$44.40/7 sess	reg # 260832	●

Volleyball

VOLLEYBALL - BEGINNER - PRETEENS

Improve gameplay in these professionally-designed sessions that include mini-games and a fun and non-competitive atmosphere. Suitable for new players.

9-12yrs	Sep 16-Nov 04	Sa	12:00pm-1:15pm	\$47.60/6 sess	reg # 253536	●
9-12yrs	Nov 18-Dec 16	Sa	12:00pm-1:15pm	\$39.65/5 sess	reg # 254729	●

YOUTH (13-18YRS)





Fitness

Cardio, Strength and Athletics

 space available  waitlist

FITNESS - FOR GIRLS - YOUTH


Try different physical activities and routines aimed to develop and improve self-esteem, reduce stress and build confidence along with other aspects of fitness and overall health.

13-18yrs	Sep 15-Sep 29	F	3:45pm-4:45pm	\$29.25/3 sess	reg # 254635	
13-18yrs	Oct 06-Oct 27	F	3:45pm-4:45pm	\$39/4 sess	reg # 254629	
13-18yrs	Nov 03-Nov 24	F	3:45pm-4:45pm	\$39/4 sess	reg # 254637	
13-18yrs	Dec 01-Dec 22	F	3:45pm-4:45pm	\$39/4 sess	reg # 254640	

Dance Fitness

ZUMBA® - YOUTH

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

13-18yrs	Sep 11-Dec 11	M	3:45pm-4:45pm	\$79.95/12 sess	reg # 256814	
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Arts - Dance

Pop Song and Dance

K-POP DANCING - YOUTH

Dance to up-tempo music and learn choreography to match with this fun, social and popular dance style with quick, repetitive movements done in synchronicity.



13-18yrs	Sep 18-Dec 18	M	4:45pm-5:45pm	\$93.60/11 sess	reg # 255703	
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Arts - Performing

Improvisation

IMPROV THEATRE - FUNDAMENTALS - YOUTH

Join this boot camp-style program full of engaging theatre sports activities to inspire creativity, laughter and empowerment.



13-18yrs	Sep 15-Oct 27	F	3:30pm-4:30pm	\$59.55/7 sess	reg # 254610	
13-18yrs	Nov 03-Dec 22	F	3:30pm-4:30pm	\$68.10/8 sess	reg # 254612	

General Interest

Financial Literacy

FINANCIAL LITERACY SERIES - YOUTH



Achieve financial goals that might include paying for post-secondary school or buying a car by learning how to spend and save wisely in this social program specifically designed for youth. Registration required.

13-18yrs	Oct 25	W	3:30pm-4:30pm	FREE/1 sess	reg # 255463	
13-18yrs	Nov 22	W	3:30pm-4:30pm	FREE/1 sess	reg # 255464	

University Prep

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 important decisions about a post-secondary education. Registration required.

15-18yrs	Sep 22	F	10:00am-4:00pm	FREE/1 sess	reg # 205631	
15-18yrs	Oct 20	F	10:00am-4:00pm	FREE/1 sess	reg # 255526	

Fitness

● space available ● waitlist

Cardio, Strength and Athletics

LADIES WHO LIFT - 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 beginners.

19yrs+	Sep 08-Oct 27	F	10:45am-11:45am	\$99.45/8 sess	reg # 248874	●
19yrs+	Sep 08-Oct 27	F	12:00pm-1:00pm	\$99.45/8 sess	reg # 259722	●
19yrs+	Nov 03-Dec 22	F	10:45am-11:45am	\$99.45/8 sess	reg # 248877	●
19yrs+	Nov 03-Dec 22	F	12:00pm-1:00pm	\$99.45/8 sess	reg # 259723	●

Dance Fitness

CARDIO SALSA - BEGINNER - ADULTS

Work out to recognizable Latin rhythms that include the Salsa, Reggaetón, Cumbia and Merengue in this low impact fitness dance class with a focus on rhythm, balance, range of motion and coordination. No partner required. Suitable for beginners.

18yrs+	Sep 14-Dec 14	Th	1:00pm-2:00pm	\$117.88/14 sess	reg # 251638	●
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CARDIO SALSA - INTERMEDIATE/ADVANCED - ADULTS

Work out to recognizable Latin rhythms that include the Salsa, Reggaetón, Cumbia and Merengue in this high-energy fitness dance class. No partner required. Suitable for intermediate/advanced.

18yrs+	Sep 08-Dec 15	F	9:30am-10:30am	\$109.45/13 sess	reg # 248634	●
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LATIN FUNK - ADULTS

Incorporate a mix of seven Latin dance styles all with a splash of Hip Hop, Afro Funk and Jazz in this original high-energy dance fitness class. No partner required.
Drop-ins welcome if space permits

Level 1 - Beginner

18yrs+	Sep 20-Dec 20	W	7:15pm-8:15pm	\$168.00/14 sess	reg # 248882	●
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Level 2 - Intermediate/Advanced

18yrs+	Sep 16-Dec 16	Sa	10:30am-11:30am	\$144.00/12 sess	reg # 248885	●
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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+	Sep 11-Dec 11	M	7:15pm-8:15pm	\$101.07/12 sess	reg # 248872	●
18yrs+	Sep 08-Dec 08	F	6:15pm-7:15pm	\$117.88/14 sess	reg # 250236	●

Fitness

● space available ● waitlist

Mind Body, Mobility and Flexibility

PILATES - LEVEL 1 - ADULTS

Combine basic mat Pilates with body sculpting and strength and stretch exercises for a low impact and varied intensity workout adjustable to all fitness levels that enhances body tone, core strength and flexibility. Suitable for intermediate/advanced participants.

18yrs+	Sep 12-Dec 05	Tu	7:15pm-8:15pm	\$125.20/11 sess	reg # 248880	●
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PILATES FUSION - ADULTS

Combine basic mat Pilates with body sculpting and strength and stretch exercises for a low impact and varied intensity workout adjustable to all fitness levels that enhances body tone, core strength and flexibility. Registration required.

LEVEL 1 Pilates Fusion - Beginner/Intermediate

18yrs+	Sep 11-Dec 18	M	10:35am-11:35am	\$125.20/13 sess	reg # 248869	●
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LEVEL 2 Pilates Fusion - Intermediate/Advanced (Pre-requisite: Pilates - Level 1)

18yrs+	Sep 08-Dec 15	F	10:35am-11:35am	\$125.20/13 sess	reg # 248870	●
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Martial Arts

Tai Chi

TAI CHI - 42 FORM - BEGINNER - ADULTS

Designed specifically for beginners, this is an excellent introduction to this Chinese martial art.

18yrs+	Sep 07-Dec 14	Th	7:30pm-9:00pm	\$126.30/15 sess	reg # 248881	●
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Arts - Dance

Bellydancing

BELLYDANCING - LEVEL 1 - ADULTS

Sweat and shimmy in this positive and fun dance class focusing primarily on movements of the hips and torso.

18yrs+	Sep 20-Dec 13	W	6:00pm-7:00pm	\$110.65/13 sess	reg # 258417	●
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BELLYDANCING - LEVEL 2- ADULTS

Continue to build Bellydance skills in this positive and fun class focusing primarily on movements of the hips and torso. Prerequisite: Bellydance - Level 1.

18yrs+	Sep 18-Dec 11	M	8:20pm-9:20pm	\$85.10/11 sess	reg # 258425	●
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Sports

Volleyball

VOLLEYBALL LEAGUE - ADULTS

Play in this recreational league that is open to teams of all skill and fitness abilities. Games are based on a ladder system with start times varying depending on seeding for the week. A \$100 Performance Bond is charged when registering.

18yrs+	Sep 17-May 05	Su	7:00am-6:00pm	\$800/27 sess	reg # 255265	●
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Racquet Sports

● space available ● waitlist

Badminton

BADMINTON - INTERMEDIATE - ADULTS

Learn various serves, forehand and backhand grips along with other badminton basics. All levels welcome.

19yrs+	Sep 11-Dec 11	M	10:00am-11:15am	\$79.25/10 sess	reg # 254791	●
19yrs+	Sep 11-Dec 11	M	11:30am-12:30pm	\$63.40/10 sess	reg # 254801	●
19yrs+	Sep 14-Dec 14	Th	10:00am-11:00am	\$88.75/14 sess	reg # 254981	●
19yrs+	Sep 14-Dec 14	Th	11:15am-12:30pm	\$111.00/14 sess	reg # 254985	●

Pickleball

PICKLEBALL - ADULTS

Learn the rules and basic techniques of this increasingly popular game that combines ping pong, tennis and badminton on a badminton size court utilizing wooden paddles and a plastic wiffle ball. This fun, simple and fast-paced program is designed for beginners. Racquets are supplied if required.

Beginner

18yrs+	Sep 12-Oct 24	Tu	3:30pm-5:00pm	\$66.55/7 sess	reg # 255416	●
18yrs+	Nov 07-Dec 19	Tu	3:30pm-5:00pm	\$66.55/7 sess	reg # 255427	●

Beginner - Family Lessons - All Ages

All Ages	Sep 12-Oct 24	Tu	5:15pm-6:15pm	\$44.40/7 sess	reg # 255422	●
All Ages	Nov 07-Dec 19	Tu	5:15pm-6:15pm	\$44.40/7 sess	reg # 255430	●




Arts - Dance

 space available
  waitlist

Ballet

BALLET - BEGINNER - 55+


Learn basic ballet techniques that improve coordination, balance, musicality and fluidity of movement while also learning skills that are a complement to other sports and dance styles.

55yrs+	Sep 13-Oct 25	W	2:30pm-3:30pm	\$44.40/7 sess	reg # 253092	
55yrs+	Nov 01-Dec 13	W	2:30pm-3:30pm	\$38.05/6 sess	reg # 253093	

Variety

BAROQUE DANCING - LEVEL 1 - 55+

Learn and enjoy this early form of dance that includes social, theatrical and elegant themes from the 17th and 18th centuries. Suitable for beginners.

55yrs+	Sep 11-Dec 11	M	2:15pm-3:30pm	\$87.10/11 sess	reg # 252155	
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BAROQUE DANCING - LEVEL 2 - 55+

Continue to learn this early form of dance that involves gentle bending and rising, and low extensions done with control and placement. Pre-requisite: Baroque Dancing - Level 1, previous Baroque dance experience or formal dance training.

55yrs+	Sep 14-Dec 07	Th	2:15pm-3:30pm	\$102.95/13 sess	reg # 255244	
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Arts - Music

Ukulele

UKULELE - EARLY INTERMEDIATE - 55+

Move to Ukulele - Early Intermediate, learn new skills, broaden music literacy and enjoy repertoire in many styles from around the world.




Pre-requisite: Ukulele - Advanced Beginner and/or the ability to read musical notation.

55yrs+	Sept 09-Nov 18	Sa	11:35am-12:35pm	\$50.70/8 sess	reg # 252115	
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African Drumming

AFRICAN DRUMMING - BEGINNER - 55+

Socialize, de-stress and have fun while learning African rhythms and tunes on the Djembe drum. Bring a drum or use one available at each class.

55yrs+	Sep 28	Th	6:45pm-8:15pm	\$9.50/1 sess	reg # 252167	
55yrs+	Oct 26	Th	6:45pm-8:15pm	\$9.50/1 sess	reg # 252168	
55yrs+	Nov 30	Th	6:45pm-8:15pm	\$9.50/1 sess	reg # 252170	

Arts - Visual

Ceramics and Sculpture

● space available ● waitlist

CLAY THERAPY - 55+

Exercise hands and improve hand-eye coordination by kneading clay and creating art. This type of creative therapy has been known to stimulate neurological pathways and may also aid in stress reduction. Supplies included.

55yrs+	Sep 08-Nov 10	F	10:45am-11:45am	\$50.70/8 sess	reg # 252104	●
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Fabric Arts

CROCHET 101 - BEGINNER - 55+

Learn the basics that include the Foundation Chain and three other beginner stitches to start making a small take-home piece. No previous experience required for these instructor-led sessions. Supply list provided or a \$15.00 supplies fee add when registering.

55yrs+	Sep 08-Nov 10	F	9:30am-10:30am	\$50.70/8 sess	reg # 252106	●
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Computers, Technology and Social Media

Smart Phones, Tablets and Laptops

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, taking photos, Google maps and more. Personal device required at each class. Registration required.

55yrs+	Sep 28	Th	3:30pm-4:00pm	FREE/1 sess	reg # 252134	●
55yrs+	Sep 28	Th	4:00pm-4:30pm	FREE/1 sess	reg # 252143	●
55yrs+	Oct 26	Th	3:30pm-4:00pm	FREE/1 sess	reg # 252138	●
55yrs+	Oct 26	Th	4:00pm-4:30pm	FREE/1 sess	reg # 252144	●
55yrs+	Nov 30	Th	3:30pm-4:00pm	FREE/1 sess	reg # 252140	●
55yrs+	Nov 30	Th	4:00pm-4:30pm	FREE/1 sess	reg # 252145	●

Smart Phones, Tablets and Laptops

SMARTPHONES, TABLETS AND LAPTOPS: LEARN FROM A VOLUNTEER - 55+

Meet one-on-one and get help from a friendly and informative volunteer to learn how to use text messaging, email, camera, browsers, downloading and using apps and more. Bring questions. Personal device required at each class or utilize our iPad during the session. Registration required.

55yrs+	Sep 20	W	10:00am-10:30am	FREE/1 sess	reg # 251826	●
55yrs+	Sep 20	W	10:30am-11:00am	FREE/1 sess	reg # 251827	●
55yrs+	Sep 20	W	11:00am-11:30am	FREE/1 sess	reg # 251828	●
55yrs+	Oct 18	W	10:00am-10:30am	FREE/1 sess	reg # 251829	●
55yrs+	Oct 18	W	10:30am-11:00am	FREE/1 sess	reg # 251830	●
55yrs+	Oct 18	W	11:00am-11:30am	FREE/1 sess	reg # 251831	●
55yrs+	Nov 15	W	10:00am-10:30am	FREE/1 sess	reg # 251832	●
55yrs+	Nov 15	W	10:30am-11:00am	FREE/1 sess	reg # 251833	●
55yrs+	Nov 15	W	11:00am-11:30am	FREE/1 sess	reg # 251835	●

General Interest

 space available
  waitlist

Workshops

JOURNEY THROUGH TIME WORKSHOP - 55+

Travel back through time and discover the history of Richmond. Offered in collaboration with the Friends of the Richmond Archives. Registration required.

55yrs+	Oct 25 & Nov 15	W	10:30am-12:00pm	FREE/2 sess	reg # 252214	
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Racquet Sports

Pickleball

PICKLEBALL - BEGINNER - 55+

Improve shots using a drilling format to move to the next level of play and learn intermediate skills, techniques and strategies along with rules and etiquette. Pre-requisite: Pickleball - Beginner or basic Pickleball knowledge.

55yrs+	Sep 11-Dec 11	M	12:45pm-2:00pm	\$79.30/10 sess	reg # 254874	
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PICKLEBALL - BEGINNER - FOR WOMEN - 55+

Learn the rules and basic techniques of this increasingly popular game that combines ping pong, tennis and badminton on a badminton size court. These fun, simple and fast-paced sessions are designed for beginners. Paddles supplied if needed.

55yrs+	Sep 29-Dec 15	F	9:15am-10:30am	\$87.25/11 sess	reg # 255324	
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55yrs+	Sep 29-Dec 15	F	10:45am-12:00pm	\$87.25/11 sess	reg # 255338	
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PICKLEBALL - DRILLS AND SKILLS - 55+

Improve shots using a drilling format to move to the next level of play and learn intermediate skills, techniques and strategies along with rules and etiquette. Pre-requisite: Pickleball - Beginner or basic Pickleball knowledge.

55yrs+	Sep 11-Dec 11	M	2:00pm-3:15pm	\$87.25/11 sess	reg # 254884	
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55yrs+	Sep 13-Oct 25	W	11:30am-1:00pm	\$66.55/7 sess	reg # 254966	
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55yrs+	Sep 13-Oct 25	W	1:15pm-2:45pm	\$66.55/7 sess	reg # 254954	
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55yrs+	Nov 01-Dec 13	W	11:30am-1:00pm	\$66.55/7 sess	reg # 254968	
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55yrs+	Nov 01-Dec 13	W	1:15pm-2:45pm	\$66.55/7 sess	reg # 254957	
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Fitness

Active Movement for Chronic Conditions

MIND TO MUSCLE - 55+

Improve overall fitness and well-being by focusing on mobility to stability work that includes balance, agility, flexibility, rehabilitation, core, cardio and overall strengthening. Suitable for beginners.

55yrs+	Sep 13-Dec 13	W	1:00pm-2:00pm	\$92.40/14 sess	reg # 248995	
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Fitness

 space available
  waitlist

Cardio, Strength and Athletics

LADIES WHO LIFT - 65+



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 beginners.

65yrs+	Sep 11-Oct 30	M	10:45am-11:45am	\$68.25/7 sess	reg # 253916	
65yrs+	Nov 06-Dec 18	M	10:45am-11:45am	\$58.50/6 sess	reg # 253917	

Cycling



CYCLE AND STRENGTH - GOLD- 75+

Combine cycling and strength training to become stronger, more balanced and energized. This results-oriented class covers cadence, balance and strength and is done to age-appropriate music. Suitable for beginners 75+ years.

75yrs+	Sep 11-Oct 23	M	1:00pm-2:00pm	\$39.60/6 sess	reg #249001	
75yrs+	Oct 30-Dec 11	M	1:00pm-2:00pm	\$39.60/6 sess	reg #249002	

CYCLE AND STRENGTH - SILVER - 55+

Combine cycling and strength training to become stronger, more balanced and energized. This results-oriented class covers cadence, balance and strength and is done to age-appropriate music. Suitable for beginners 55+ years.

55yrs+	Sep 12-Oct 24	Tu	11:50am-12:50pm	\$46.20/7 sess	reg # 248996	
55yrs+	Oct 31-Dec 12	Tu	11:50am-12:50pm	\$46.20/7 sess	reg # 248997	
55yrs+	Sep 14-Oct 26	Th	11:50am-12:50pm	\$46.20/7 sess	reg # 248999	
55yrs+	Nov 02-Dec 14	Th	11:50am-12:50pm	\$46.20/7 sess	reg # 249000	

Dance Fitness

ZUMBA® - GOLD - 55+

Move gently with low impact exercises designed for older adults with slight mobility issues. Experience all of the fun, zesty Latin music and easy-to-follow routines of traditional Zumba®! Suitable for all fitness levels.

55yrs+	Sep 12-Dec 12	Tu	1:00pm-2:00pm	\$92.40/14 sess	reg # 248990	
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Martial Arts

Health Qigong

QIGONG FOR HEALTH - INTERMEDIATE - 55+

Continue to build on this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation. Instructed by a certified Qigong instructor. Pre-requisite: Previous Qigong experience.

55yrs+	Sep 15-Dec 08	F	1:30pm-2:30pm	\$81.90/13 sess	reg # 252087	
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Health and Wellness

 space available  waitlist

Osteoarthritis Series

OSTEOARTHRITIS SERIES - EXERCISE AND ARTHRITIS - 55+

Learn about the various types and amount of exercise that can help those with osteoarthritis to increase range of motion, strength and endurance. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55yrs+	Sep 13	W	10:00am-12:00pm	FREE/1 sess	reg # 252514	
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OSTEOARTHRITIS SERIES - PAIN MANAGEMENT - 55+

Gain an understanding of why pain occurs for those with osteoarthritis, factors that increase pain and strategies to manage a flare up and chronic pain. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55yrs+	Oct 11	W	10:00am-12:00pm	FREE/1 sess	reg # 252490	
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OSTEOARTHRITIS SERIES - MANAGING HIP AND KNEE OSTEOARTHRITIS - 55+

Learn about osteoarthritis in these commonly affected joints, ways of managing osteoarthritis without surgery and what happens during joint replacement surgery. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55yrs+	Nov 08	W	10:00am-12:00pm	FREE/1 sess	reg # 252503	
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Workshops

JUST FOR YOU - HEALTH TALK WORKSHOP - 55+

Support healthy aging with community connection, relevant presentations by healthcare providers and practical information designed specifically for seniors. Registration required.

55yrs+	Sep 06-Dec 06	W	10:30am-12:00pm	FREE/4 sess	reg # 252129	
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Events and Seasonal Programs

October

NATIONAL SENIORS DAY - SOCIAL - 55+

Celebrate the day with a light refreshments, learning about 55+ year program activities and sharing ideas for future programming. Registration required.

55yrs+	Oct 03	Tu	10:00am-10:45am	FREE/1 sess	reg # 255032	
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December

UKE-ING AROUND THE CHRISTMAS TREE - 55+

Bring a ukulele and a music stand and celebrate the season playing and singing familiar holiday tunes with ukulele friends. Music, light refreshments and snacks provided. No refunds within 7 days of event.

55yrs+	Dec 06	W	3:00pm-5:00pm	\$11.25/1 sess	reg # 252982	
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Out Trips and Tours

 space available
  waitlist

September

REIFEL BIRD SANCTUARY TRIP - 55+

Bring binoculars, walking shoes and questions for this introduction to birding at Boundary Bay's premier bird habitat. Led by an experienced naturalist. Rain or shine. Transportation, admission and tour included. No refunds within 7 days of trip.

55yrs+	Sep 13	W	9:30am-3:15pm	\$38.80/1 sess	reg # 252554	
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LANGLEY AVIATION ADVENTURE TRIP - 55+

Combine a guided tour of the Canadian Museum of Flight followed by lunch at Adrian's, a popular Greek restaurant that overlooks the Langley Airport runways. Transportation and museum admission included. No refunds within 7 days of trip.

55yrs+	Sep 16	Sa	9:15am-4:00pm	\$37/1 sess	reg # 256511	
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October

BILL REID GALLERY AND LUNCH TRIP - 55+

Visit the only public gallery in Canada dedicated to contemporary Indigenous Art of the Northwest Coast and celebrate the Haida master artist Bill Reid (1920-1998), and the diverse living cultures of the Northwest Coast. Lunch available for purchase at the local café. Transportation and admission included. No refunds within 7 days of trip.

55yrs+	Oct 17	Tu	10:00am-3:15pm	\$33.75/1 sess	reg # 252559	
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November

CITY OF RICHMOND ARCHIVES TOUR - 55+

Celebrate Archives Week with this special talk and behind-the-scenes tour of this local archives. Offered in collaboration with the Friends of the Richmond Archives. Registration required.

55yrs+	Nov 14	Tu	10:00am-11:00am	FREE/1 sess	reg # 254038	
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December

CHRISTMAS STORE AT POTTERS TRIP - 55+

Dine at Brogan's Diner followed by a shopping expedition at the 28,000 square foot store that offers all things Christmas with many unique items. Transportation only included. No refunds within 7 days of trip.

55yrs+	Dec 05	Tu	9:45am-4:15pm	\$29.50/1 sess	reg # 253836	
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YOUTH FACILITY PASSES (13-18YRS)

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

Monday-Friday	Lunch Time Facility Access	12:50pm-1:35pm
Fridays	Friday Night Hangout	8:00pm-11:30pm

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

Monday-Friday	Afternoon Fitness*	2:30pm-4:30pm
Fridays	Friday Night Basketball	8:00pm-11:30pm
Fridays	Friday Night Volleyball	7:00pm-9:00pm
Fridays	Friday Night Girls Only Volleyball	5:00pm-7:00pm

*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, Spikeball Set, and Phone Charger Rental

55+YRS FACILITY PASS

Cost: \$15.35/Year

The West Richmond Seniors Facility Pass provides access to the following drop-in activities:

Mondays	French Conversation Group	10:30am-12:00pm
Tuesdays	Indoor Walking	9:30am-10:30am
Tuesdays	Seniors Social	10:00am-11:00am
Tuesdays	English Conversation Group	11:00am-12:30pm
Tuesdays	Spanish Conversation Group Online - Intermediate	1:45pm-3:00pm
Tuesdays	Scottish Country Dancing	2:30pm-4:00pm
Wednesdays	Ukulele Circle	6:30pm-8:00pm

Have questions? Please contact Karen Chiu at 604-238-8431.
To purchase your Annual Facility Pass, please visit the front desk.

Drop-In & Pre-registered Fitness Classes (Fall 2023)

MON	TUES	WEDS	THURS	FRI	SAT	SUN
Cycle Fit 8:30-9:15 AM Sabine	Cycle Fit 8:30-9:15 AM Richard	Cycle Fit 8:30-9:15 AM Sabine	Cycle Fit 8:30-9:15 AM Sabine	Cycle Fit 8:30-9:15 AM Sabine		
Cardio Strength* 9:30-10:30 AM Olga	Body Sculpt* 9:30-10:30 AM Sabine	TBC* 9:30-10:30 AM Sabine	Tabata* 9:30-10:30 AM Olga			
	Hybrid Low Impact 10:35-11:35 AM Sabine	Drop-in Yoga Hatha Style 10:45-11:45 AM Amy	Hybrid Ease into Fitness 10:35-11:35 AM Gail			Cycle Fit 10:30-11:15 AM Richard/Alex
Hybrid Pure Strength 11:45-12:45 PM Sabine		Hybrid Pure Strength 55+ 12:00-1:00 PM Sabine		In-Person Pure Strength 55+ 12:00-1:00 PM Murray		
Drop-in Body Sculpt 6:00-7:00 PM Jackie	Cycle Fit 6:15-7:00 PM Alex		Cycle Fit 6:15-7:00 PM Alex			



ADULTS (19+YRS)



55+YRS

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

*INTERMEDIATE/ADVANCED CLASS

Weekly In-Person and Online Classes: Unless specified as a drop-in class, pre-registration is required and opens for the following week every Monday at 6:00 AM. 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".

Registered Classes: Registration is available starting Tuesday, July 18 at 9PM. 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 PASSES

Total Fitness Pass	Youth 13-18yrs Senior 55+yrs	Adult 19+yrs
Drop-in	\$4.90	\$6.75
Yoga Drop-in	\$8.75	\$8.75
Visit Card	\$39.00/10	\$54.00/10
*1 Month	\$46.00	\$57.00
*3 Months	\$103.00	\$126.00
*6 Months	\$176.00	\$215.00
*1 Year	\$294.00	\$360.00
**Family Add-On	N/A	\$291.00

PERSONAL TRAINING

Total Fitness Pass	One on One	Train with a friend
1 session	\$58.95	\$88.40
3 sessions	\$168.00	\$252.00
5 sessions	\$265.25	\$397.90
10 sessions	\$501.00	\$751.60
10 sessions	\$265.00	(30 minutes)
20 sessions	\$501.00	(30 minutes)

*Monthly/yearly pass holders can attend drop-in fitness classes and fitness centres at other facilities by presenting their pass for an add-on fee of \$1 (Community Centres) and \$4.50 (Minoru Centre for Active Living and Watermania). Yoga classes are not included in this offer.

**For family members residing in the same residence. With the purchase of a 1 year Adult Total Fitness Pass, one additional adult may be added for the price listed above. Passes must be purchased at the same time and are non-transferable.



West Richmond Community Centre
9180 No 1 Rd | Richmond, BC
604-238-8400



@westrichmondcc



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