

West Richmond Community Centre

Fall 2026 Program Guide

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



Sep
8
-
Jan
3



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:

Sept 30: 8:00am-8:00pm

Oct 13: 8:00am-8:00pm

Nov 11: 8:00am-8:00pm

Dec 24: 8:00am-4:00pm

Dec 25: CLOSED

Dec 26: 8:00am-8:00pm

Dec 31: 8:00am-4:00pm

Jan 1: 8:00am-8:00pm



How to Register:

Get ready to register for
Fall 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](https://www.facebook.com/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!

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	Sep 12-Oct 24	Sa	12:50-1:35pm	\$49.20/7 sess	#00537619
3-5yrs	Sep 12-Oct 24	Sa	1:45-2:30pm	\$49.20/7 sess	#00537625
3-5yrs	Nov 7-Dec 5	Sa	12:50-1:35pm	\$35.15/5 sess	#00537621
3-5yrs	Nov 7-Dec 5	Sa	1:45-2:30pm	\$35.15/5 sess	#00537626



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	Sep 16-Oct 21	W	3:30-4:15pm	\$35.15/6 sess	#00537615
3-5yrs	Nov 18-Dec 9	W	3:30-4:15pm	\$28.10/4 sess	#00537616

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	Sep 11-Dec 18	F	9:15-9:45am	\$60.90/13 sess	#00538063
1-5yrs	Sep 11-Dec 18	F	9:50-10:20am	\$60.90/13 sess	#00538068
1-5yrs	Sep 11-Dec 18	F	10:25-10:55am	\$60.90/13 sess	#00541119
1-5yrs	Sep 11-Dec 18	F	10:55-11:25am	\$60.90/13 sess	#00538070

Arts - Visual

ARTS COMBO - PRESCHOOLERS

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

4-5yrs	Sep 12-Oct 24	Sa	10:30-11:30am	\$65.60/7 sess	#00537650
4-5yrs	Nov 7-Dec 12	Sa	10:30-11:30am	\$56.20/6 sess	#00537652

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	Sep 12-Oct 24	Sa	9:15-10:15am	\$65.60/7 sess	#00537636
2-3yrs	Nov 7-Dec 12	Sa	9:15-10:15am	\$56.20/6 sess	#00537641

DRAW ME A STORY - PRESCHOOLERS

Expand imagination and language skills through the introduction of lines, shapes and colours all inspired by popular children's literature.

4-5yrs	Sep 12-Oct 24	Sa	10:30-11:00am	\$32.80/7 sess	#00542355
4-5yrs	Nov 7-Dec 12	Sa	10:30-11:00am	\$28.15/6 sess	#00542549

Fitness

YOGA PLAYTIME - ADULT AND TOT - PRESCHOOLERS/ADULTS

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

Adult participation required.

1-5yrs	Sep 16-Dec 9	W	10:45-11:30am	\$85.05/11 sess	#00537613
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Languages

FRENCH FUN FOR PRESCHOOLERS - PRESCHOOLERS

Explore Canada's second official language through play, music, art and stories prior to enrollment in French immersion.

3yrs	Oct 7-Dec 16	W	1:15- 2:00pm	\$69.90/10 sess	#00542586
4-5yrs	Oct 7-Dec 16	W	2:15 - 3:15pm	\$93.30/10 sess	#00542597

Sports

BASKETBALL - PRESCHOOLERS

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

3-5yrs	Sep 14-Dec 14	M	3:30 - 4:15pm	\$68.45/13 sess	#00538111
3-5yrs	Sep 17-Dec 17	Th	3:30 - 4:15pm	\$73.70/14 sess	#00537231
3-5yrs	Sep 19-Dec 19	Sa	10:20-11:05am	\$68.45/13 sess	#00538642
3-5yrs	Dec 21-Dec 24	M-Th	9:00-9:45am	\$21.05/4 sess	#00539079
3-5yrs	Dec 28-Dec 31	M-Th	9:00-9:45am	\$21.05/4 sess	#00539274

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.

Adult participation required.

2-3yrs	Sep 19-Dec 19	Sa	9:30-10:15am	\$97.50/13 sess	#00538650
2-3yrs	Sep 19-Dec 19	Sa	10:20-11:05am	\$97.50/13 sess	#00538667

GYMNASTICS KIDS CANMOVE™ - PRESCHOOLERS

4-5yrs	Sep 19-Dec 19	Sa	11:10-11:55am	\$97.50/13 sess	#00538677
4-5yrs	Sep 19-Dec 19	Sa	12:00-12:45pm	\$97.50/13 sess	#00538683

Sports

SOCCER - PRESCHOOLERS

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

4-5yrs	Sep 16-Dec 16	W	3:30-4:15pm	\$63.20/12 sess	#00538388
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SPORTBALL MULTISPORT - ADULT AND TOT PRESCHOOLERS/ADULT

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.

Adult participation required. Instructed by Sportball®.

2-3yrs	Sep 20-Dec 13	Su	9:30-10:15am	\$216.00/12 sess	#00538704
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SPORTBALL MULTISPORT - PRESCHOOLERS

Refine, rehearse, repeat in these sessions that focus on the basic skills common to all sports such as balance, coordination and stamina all in a fun, supportive and non-competitive setting that emphasizes teamwork.

Instructed by Sportball®.

4-5yrs	Sep 20-Dec 13	Su	10:15-11:15am	\$216.00/12 sess	#00538706
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T-BALL - PRESCHOOLERS

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

4-5yrs	Sep 19-Dec 19	Sa	9:30-10:15am	\$68.45/13 sess	#00538641
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Children (6-12yrs)

Arts - Dance

BALLET - CHILDREN

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

6-9yrs	Sep 12- Oct 24	Sa	11:45am-12:45pm	\$65.60/7 sess	#00537627
6-9yrs	Nov 7- Dec 5	Sa	11:45am-12:45pm	\$46.85/5 sess	#00537628

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	Sep 17- Dec 3	Th	3:45-4:45pm	\$112.45/12 sess	#00537333
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K- POP DANCING - PRETEENS

9-12yrs	Sep 17- Dec 3	Th	4:50-5:50pm	\$112.45/12 sess	#00537335
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Arts - Music

LAMUSIQUE MUSIC ACADEMY - PRIVATE PIANO 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.

Instructed by LaMusique Music Academy.

6yrs+	Sep 13-Dec 13	Su	9:15-9:45am	\$455.00/13 sess	#00537466
6yrs+	Sep 13-Dec 13	Su	9:45-10:15am	\$455.00/13 sess	#00537596
6yrs+	Sep 13-Dec 13	Su	10:15-10:45am	\$455.00/13 sess	#00537598
6yrs+	Sep 13-Dec 13	Su	10:45-11:15am	\$455.00/13 sess	#00537600
6yrs+	Sep 13-Dec 13	Su	11:15-11:45am	\$455.00/13 sess	#00537601

Arts - Music

LAMUSIQUE MUSIC ACADEMY - PRIVATE PIANO LESSONS - ALL AGES

6yrs+	Sep 13-Dec 13	Su	11:45am-12:15pm	\$455.00/13 sess	#00537606
6yrs+	Sep 13-Dec 13	Su	12:15-12:45pm	\$455.00/13 sess	#00537609
6yrs+	Sep 13-Dec 13	Su	12:45-1:15pm	\$455.00/13 sess	#00537603
6yrs+	Sep 13-Dec 13	Su	1:15-1:45pm	\$455.00/13 sess	#00537611

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 17-Dec 12	Sa	9:15-9:45am	\$211.80/9 sess	#00536917
6yrs+	Oct 17-Dec 12	Sa	9:50-10:20am	\$211.80/9 sess	#00536920
6yrs+	Oct 17-Dec 12	Sa	10:25-10:55am	\$211.80/9 sess	#00536921
6yrs+	Oct 17-Dec 12	Sa	11:00-11:30am	\$211.80/9 sess	#00536923

UKULELE - CHILDREN

Play this easy-to-learn instrument for fun and to increase cognitive abilities.

Ukuleles provided for use during session.

8-14yrs	Oct 17-Dec 12	Sa	11:30am-12:30pm	\$78.30/9 sess	#00536925
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Arts - Visual

COMICS AND CARTOONING - CHILDREN

Create a comic book by developing original characters, style and storyline while learning comic drawing techniques.

6-8yrs	Sep 12- Oct 24	Sa	11:15am-12:30pm	\$82.00/7 sess	#00542542
6-8yrs	Nov 7- Dec 12	Sa	11:15am-12:30pm	\$70.25/6 sess	#00542545

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	Sep 15- Nov 3	Tu	4:30-6:00pm	\$117.50/8 sess	#00537323
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Arts - Visual

CROCHET 101 - BEGINNER - CHILDREN

Make small take-home pieces in this instructor-led class that introduces three basic stitches and the Foundation Chain.

A \$15.00 non-refundable supplies fee charged when registering.

8-12yrs	Sep 12- Oct 24	Sa	12:00-1:00pm	\$65.60/7 sess	#00537658
8-12yrs	Nov 7- Dec 12	Sa	12:00-1:00pm	\$56.25/6 sess	#00537663

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 session. Supply list provided or a \$15.00 supplies fee added when registering.

10-14yrs	Sep 12- Oct 24	Sa	1:15-2:15pm	\$65.60/7 sess	#00537667
10-14yrs	Nov 7- Dec 12	Sa	1:15-2:15pm	\$56.25/6 sess	#00537668

Computers, Technology and Social Media

3D PRINTING - BUILDING 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	Sep 15- Oct 27	Tu	3:30-4:30pm	\$140.00/7 sess	#00538150
6-9yrs	Nov 3-Dec 15	Tu	3:30-4:30pm	\$140.00/7 sess	#00538153

2D GAME DEVELOPMENT WITH SCRATCH - COMPUCHILD

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	Sep 15- Oct 27	Tu	4:45-5:45pm	\$140.00/7 sess	#00538154
6-9yrs	Nov 3-Dec 15	Tu	4:45-5:45pm	\$140.00/7 sess	#00538155

General Interest

DUNGEONS AND DRAGON - BEGINNER - PRETEENS

Dive into this popular table top game with other 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	Sep 18-Oct 23	F	4:30-6:00pm	\$88.15/6 sess	#00537327
9-12yrs	Oct 30-Dec 4	F	4:30-6:00pm	\$88.15/6 sess	#00538527

DUNGEONS AND DRAGON - INTERMEDIATE - 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	Sep 17-Oct 22	Th	4:30-6:00pm	\$88.15/6 sess	#00537326
9-12yrs	Oct 29-Dec 3	Th	4:30-6:00pm	\$88.15/6 sess	#00538525

PRETEEN LEADERSHIP - TAKE ACTION! - PRETEEN

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.

9-12yrs	Sep 21-Dec 14	M	5:15-6:15pm	\$42.60/12 sess	#00537328
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Languages

FRENCH - BEGINNER - CHILDREN

Explore Canada's second official language through music, art and stories.

Conducted in French and English.

6-9yrs	Oct 7-Dec 16	W	3:30-4:30pm	\$93.30/10 sess	#00542609
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Sports

BASKETBALL - CHILDREN

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

6-9yrs	Sep 14-Dec 14	M	4:20-5:20pm	\$91.25/13 sess	#00538115
6-9yrs	Sep 17-Dec 17	Th	4:20-5:20pm	\$98.30/14 sess	#00537237
6-9yrs	Sep 19-Dec 19	Sa	11:10am-12:10pm	\$91.25/13 sess	#00538648
6-9yrs	Dec 21-Dec 24	M-Th	9:50-10:50am	\$28.10/4 sess	#00539083
6-9yrs	Dec 28-Dec 31	M-Th	9:50-10:50am	\$28.10/4 sess	#00539276



BASKETBALL - PRETEENS

9-12yrs	Sep 17-Dec 17	Th	5:25-6:25pm	\$98.30/14 sess	#00537241
9-12yrs	Dec 21-Dec 24	M-Th	10:55-11:55am	\$28.10/4 sess	#00539258
9-12yrs	Dec 28-Dec 31	M-Th	10:55-11:55am	\$28.10/4 sess	#00539277

BASKETBALL - FOR GIRLS - CHILDREN

7-10yrs	Sep 14-Dec 14	M	5:25-6:25pm	\$91.25/13 sess	#00538213
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Sports

SOCCER SKILLS - CHILDREN

Learn sport-specific skills in a fun and welcoming environment.

6-9yrs

Sep 16-Dec 16

W

4:20-5:20pm

\$84.25/12 sess

#00538405



SOCCER SKILLS - PRETEENS

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

9-12yrs

Sep 16-Dec 16

W

5:25-6:25pm

\$84.25/12 sess

#00538410

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 19-Dec 12

Sa

1:40-2:40pm

\$91.25/13 sess

#00538000

VOLLEYBALL - BEGINNERS - FOR GIRLS - PRETEENS

9-12yrs

Sep 19-Dec 12

Sa

12:35-1:35pm

\$91.25/13 sess

#00537981

Youth (13-18yrs)

Arts - 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 13-Dec 1	Tu	5:00-6:00pm	\$112.45/12 sess	#00537339
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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	Sep 15-Nov 24	Tu	3:15-4:00pm	Free/11 sess	#00529323
13-18yrs	Sep 11-Dec 11	F	3:15-4:00pm	Free/12 sess	#00529324

Sports

VOLLEYBALL - YOUTH

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

13-18yrs	Sep 19-Dec 12	Sa	2:45-3:45pm	\$91.25/13 sess	#00537962
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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.**

Foxtrot/Quick Step

19yrs+	Sep 18-Dec 11	F	3:30-4:30pm	\$112.45/12 sess	#00538639
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Jive/Samba

19yrs+	Sep 18-Dec 11	F	4:40-5:40pm	\$112.45/12 sess	#00538640
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BELLYDANCING - LEVEL 1 - ADULTS

Sweat and shimmy in these positive, fun and highly expressive dance sessions that focus primarily on movements of the hips and torso.

18yrs+	Sep 16-Dec 16	W	6:00-7:00pm	\$112.45/12 sess	#00538073
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BELLYDANCING - LEVEL 2 - ADULTS

Continue to build skills in these positive, fun and highly expressive dance sessions that focus primarily on movements of the hips and torso.

Prerequisite: Bellydancing - Level 1.

18yrs+	Sep 21-Dec 14	M	8:20-9:20pm	\$112.45/12 sess	#00538093
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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+	Sep 15-Dec 1	Tu	6:05-7:05pm	\$112.45/12 sess	#00537343
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Arts - Music

DRUMMING RHYTHMS FROM AROUND THE WORLD - ADULTS

Venture through global rhythms, including Brazilian and African, while learning patterns and tunes on the Djembe drum.

Drum required at each session or available for use if required.

19yrs+	Oct 16-Nov 20	F	6:30-8:00pm	\$84.35/6 sess	#00538344
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Arts - Music

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+	Oct 7-Dec 9	W	10:00-11:00am	\$88.10/9 sess	#00537701
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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+	Oct 7-Dec 9	W	11:15am-12:15pm	\$88.10/9 sess	#00537702
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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+	Sep 15-Dec 15	Tu	9:30-10:30am	\$131.20/14 sess	#00537634
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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+	Sep 25-Nov 13	F	10:00-11:30am	\$112.45/8 sess	#00538646
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Fitness

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+	Sep 14-Dec 7	M	7:15-8:15pm	\$109.20/12 sess	#00529321
18yrs+	Sep 9-Dec 9	W	7:15-8:15pm	\$109.20/12 sess	#00529322

CARDIO SALSA - 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.

18yrs+	Sep 10-Dec 17	Th	1:00-2:00pm	\$127.40/14 sess	#00529006
18yrs+	Sep 11-Dec 18	F	9:15-10:15am	\$127.40/14 sess	#00529005

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 beginners/intermediate.

19yrs+	Sep 9-Dec 9	W	6:00-7:00pm	\$173.90/12 sess	#00532286
19yrs+	Sep 8-Nov 24	Tu	6:00-7:00pm	\$173.90/12 sess	#00544556

LADIES WHO LIFT - BEGINNER/INTERMEDIATE - 40+

40yrs+	Sep 9-Dec 9	W	9:30-10:30am	\$173.90/12 sess	#00532269
40yrs+	Sep 9-Dec 9	W	10:45-11:45am	\$173.90/12 sess	#00532273
40yrs+	Sep 9-Dec 9	W	7:15-8:15pm	\$173.90/12 sess	#00532288
40yrs+	Sep 11-Dec 11	F	9:30-10:30am	\$202.85/14 sess	#00532281
40yrs+	Sep 11-Dec 11	F	10:45-11:45am	\$202.85/14 sess	#00532283

Fitness

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.

18yrs+	Sep 14-Dec 14	M	10:30-11:30am	\$113.40/11 sess	#00529000
18yrs+	Sep 8-Dec 8	Tu	7:15-8:15pm	\$144.30/14 sess	#00529001
18yrs+	Sep 10-Dec 10	Th	7:15-8:15pm	\$144.30/14 sess	#00529002
18yrs+	Sep 11-Dec 18	F	10:30-11:30am	\$144.30/14 sess	#00529004

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 12	Sa	10:30-11:30am	Free/1 sess	#00541650
18yrs+	Sep 11-Dec 11	F	6:00-7:00pm	\$127.40/14 sess	#00515903
18yrs+	Oct 3-Nov 21	Sa	10:30-11:30am	\$72.80/8 sess	#00541654

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.

18yrs+	Sep 10-Nov 26	Th	7:00-8:00pm	\$173.90/12 sess	#00534821
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TAI CHI - KOO STYLE - INTERMEDIATE/ADVANCE - ADULTS

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

Suitable for intermediate/advanced participants.

18yrs+	Sep 10-Nov 26	Th	8:15-9:15pm	\$173.90/12 sess	#00535543
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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+	Sep 14-Dec 14	M	10:00-11:15am	\$105.30/12 sess	#00537215
19yrs+	Sep 14-Dec 14	M	11:15am-12:30pm	\$105.30/12 sess	#00537218
19yrs+	Sep 17-Dec 17	Th	10:00-11:15am	\$122.85/14 sess	#00537226
19yrs+	Sep 17-Dec 17	Th	11:15am-12:30pm	\$122.85/14 sess	#00537227

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 wooden paddles and a plastic wiffle ball.

Suitable for beginners. Paddles provided for use if required.

18yrs+	Sep 29-Dec 15	Tu	3:30-5:00pm	\$126.35/12 sess	#00537210
18yrs+	Sep 29-Dec 15	Tu	5:05-6:35pm	\$126.35/12 sess	#00537211

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+	Sep 14-Dec 14	M	2:00-3:15pm	\$105.30/12 sess	#00538084
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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+	Sep 14-Dec 14	M	7:30-9:00pm	\$136.90/13 sess	#00546607
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55yrs+

Arts - Dance

ANCIENT ECHOES: THE SPIRIT OF CHINESE DANCING - ALL LEVELS - 55+

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.

55yrs+	Sep 12-Dec 5	Sa	3:00-4:15pm	\$104.25/12 sess	#00538078
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BALLROOM DANCING - BEGINNER - 55+

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.

No experience required. Suitable for singles and pairs.

Foxtrot/Quick Step

55yrs+	Sep 18-Dec 11	F	3:30-4:30pm	\$83.40/12 sess	#00538633
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Jive/Samba

55yrs+	Sep 18-Dec 11	F	4:40-5:40pm	\$83.40/12 sess	#00538636
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JAZZ AND BALLET BLEND - BEGINNER - 55+

Explore some fundamental techniques of two dance styles along with choreography in these upbeat and enjoyable sessions.

No experience required.

55yrs+	Sep 14-Dec 7	M	3:25-4:10pm	\$62.55/12 sess	#00537912
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55yrs+	Sep 9-Dec 9	W	2:20-3:20pm	\$83.40/12 sess	#00537686
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Arts - Music

DRUMMING RHYTHMS FROM AROUND THE WORLD - 55+

Venture through global rhythms, including Brazilian and African, while learning patterns and tunes on the djembe drum.

Drum required at each session or available for use if required.

55yrs+	Oct 16-Nov 20	F	6:30-8:00pm	\$62.55/6 sess	#00538337
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Arts - Music

GUITAR GROUP LESSONS - BEGINNERS LEVEL 1 - 55+

Learn the basic fundamentals of guitar chords, tabs, basic fretting and strumming techniques while having fun.

Guitar required at each session. No experience required.

55yrs+	Oct 7-Dec 9	W	10:00-11:00am	\$75.70/9 sess	#00537699
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GUITAR GROUP LESSONS - BEGINNERS LEVEL 2 - 55+

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.

55yrs+	Oct 7-Dec 9	W	11:15am-12:15pm	\$75.70/9 sess	#00537700
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Arts - Visual

WATERCOLOUR PAINTING - TECHNIQUES AND STYLES - ALL LEVELS - 55+

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

Suitable for all levels. Supplies list provided.

55yrs+	Sep 25-Nov 13	F	10:00-11:30am	\$83.40/8 sess	#00538110
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Computers, Technology and Social Media

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.

55yrs+	Sep 9	W	10:00-10:30am	Free/1 sess	#00538226
55yrs+	Sep 9	W	10:30-11:00am	Free/1 sess	#00538259
55yrs+	Sep 9	W	11:00-11:30am	Free/1 sess	#00538276

Computers, Technology and Social Media

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

55yrs+	Oct 14	W	10:00-10:30am	Free/1 sess	#00538236
55yrs+	Oct 14	W	10:30-11:00am	Free/1 sess	#00538265
55yrs+	Oct 14	W	11:00-11:30am	Free/1 sess	#00538284
55yrs+	Nov 18	W	10:00-10:30am	Free/1 sess	#00538241
55yrs+	Nov 18	W	10:30-11:00am	Free/1 sess	#00538266
55yrs+	Nov 18	W	11:00-11:30am	Free/1 sess	#00538289
55yrs+	Dec 9	W	10:00-10:30am	Free/1 sess	#00538247
55yrs+	Dec 9	W	10:30-11:00am	Free/1 sess	#00538267
55yrs+	Dec 9	W	11:00-11:30am	Free/1 sess	#00538290



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.

55yrs+	Oct 28	W	3:30-4:15pm	Free/1 sess	#00538159
55yrs+	Nov 25	W	3:30-4:15pm	Free/1 sess	#00538167

Events and Seasonal Programs

NATIONAL SENIORS DAY - BRUNCH TIME TEA AND TREATS - PETITE TEA PLATE - 55+

Enjoy a cozy morning in a warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee perfectly paired with delicious, bite-sized savoury and sweet treats.

55yrs+	Oct 1	Th	10:30-11:30am	Free/1 sess	#00532555
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UKE-ING AND SINGING 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 included.

No refunds within 7 days of event.

55yrs+	Dec 16	W	3:00-5:00pm	\$12.75/1 sess	#00537681
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Fitness

CYCLE FIT - SILVER - BEGINNER - 55+

Cycle to age-appropriate music to become stronger, more balanced and energized. These results-oriented sessions cover cadence and balance.

No experience required.

55yrs+	Sep 16-Dec 16	W	12:10-12:50pm	\$84.00/12 sess	#00529054
55yrs+	Sep 18-Dec 18	F	1:00-1:40pm	\$91.00/13 sess	#00529060

CYCLE AND STRENGTH - SILVER - BEGINNER - 55+

Combine cycling and strength training to age-appropriate music to become stronger, more balanced and energized. These result-oriented sessions cover cadence, balance and strength.

No experience required.

55yrs+	Sep 15-Dec 15	Tu	11:50am-12:50pm	\$98.00/14 sess	#00529056
55yrs+	Sep 17-Dec 17	Th	11:50am-12:50pm	\$98.00/14 sess	#00529058

CYCLE AND STRENGTH - GOLD - 75+

No experience required. Suitable for beginners 75+ years.

55yrs+	Sep 14-Dec 14	M	1:00-2:00pm	\$91.00/13 sess	#00529055
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Fitness

HATHA YOGA - SILVER - 55+

Aim to achieve a healthier body and clearer mind in these slower-paced and age-appropriate music sessions that cover stretching, breathing techniques and meditation.

55yrs+	Sep 8-Dec 8	Tu	2:05-3:05pm	\$159.00/14 sess	#00529012
55yrs+	Sep 10-Dec 10	Th	2:05-3:05pm	\$159.00/14 sess	#00529013

LADIES WHO LIFT - BEGINNER - 60+

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.

No experience required.

60yrs+	Sep 14-Dec 7	M	9:30-10:30am	\$136.30/12 sess	#00529047
60yrs+	Sep 14-Dec 7	M	10:45-11:45am	\$136.30/12 sess	#00529062

MIND TO MUSCLE - BEGINNER - 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.

No experience required.

55yrs+	Sep 9-Dec 16	W	1:00-2:00pm	\$84.00/12 sess	#00529011
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Fitness

STRONG AND FIT - 65+

Combine strength training with a cardio fitness warm up, focusing on building muscle, endurance, stability and functional movements for a full-body workout.

Suitable for 65+ years.

65yrs+	Sep 14-Dec 14	M	2:15-3:10pm	\$77.00/11 sess	#00529007
65yrs+	Sep 10-Dec 17	Th	2:15-3:10pm	\$98.00/14 sess	#00529009
65yrs+	Sep 18-Dec 18	F	11:45am-12:45pm	\$91.00/13 sess	#00529010

ZUMBA® - GOLD - ALL LEVELS - 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 8-Dec 8	Tu	1:00-2:00pm	\$98.00/14 sess	#00529320
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General Interest

HOME AND PERSONAL SAFETY TALKS - 55+

Learn invaluable residential break and enter prevention tips along with ways to maintain home and personal safety using inexpensive security props.

This talk is led by an RCMP officer and includes a brochure and check list to take home.

55yrs+	Oct 21	W	10:30am-12:00pm	Free/1 sess	#00537674
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STAYING SAFE ON TRANSIT - TIPS FOR SENIORS WORKSHOP - 55+

Learn practical strategies to stay alert and safe while using public transit in this session that includes guidance from ICBC and Transit Police on personal safety, scams, and accessibility supports.

55yrs+	Nov 4	W	10:30am-12:00pm	Free/1 sess	#00537458
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Health and Wellness

BONE HEALTH 101 - 55+

Cover what osteoporosis is, the risk factors, how to maintain healthy bones, fall prevention and the impact of nutrition and different types of physical activity.

Presented by Osteoporosis Canada.

55yrs+	Sep 23	W	10:30am-12:00pm	Free/1 sess	#00543281
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Martial Arts

QIGONG FOR HEALTH - ALL LEVELS - 55+

Maintain health, increase vitality and experience inner peace and healing with this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation.

Instructed by a certified Qigong instructor.

55yrs+	Sep 14-Dec 7	M	4:15-5:15pm	\$83.15/12 sess	#00537941
55yrs+	Sep 11-Dec 11	F	2:00-3:00pm	\$90.10/13 sess	#00537957

Out Trips and Tours

BURNABY VILLAGE CHRISTMAS AND LAFARGE LAKE LIGHTS TRIP - 55+

Take in the beautifully decorated village and farmhouse with lights and old-fashioned ornaments along with traditional entertainment, demonstrations and exhibits from the early 1900s followed by a visit Metro Vancouver's largest free outdoor winter lights display in Coquitlam.

Transportation only included. Free admission.

Home drop-off (\$3) available.

55yrs+	Dec 22	Tu	12:15-5:45pm	\$23.50/1 sess	#00538559
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TEAHOUSE IN STANLEY PARK LUNCH TRIP - 55+

Dine at this iconic restaurant located in the heart of Stanley Park with fresh west coast cuisine and spectacular views.

Transportation only included. Note: All meals are subject to an automatic gratuity of up to 18%, which may be added to bill.

55yrs+	Sep 24	Th	11:15am-3:45pm	\$23.75/1 sess	#00538551
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Racquet Sports

PICKLEBALL - BEGINNER - 55+

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.

55yrs+	Sep 14-Dec 14	M	12:45-2:00pm	\$105.30/12 sess	#00538058
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PICKLEBALL - BEGINNER - FOR WOMEN - 55+

55yrs+	Sep 18-Dec 18	F	9:30-10:45am	\$105.30/12 sess	#00538067
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55yrs+	Sep 18-Dec 18	F	10:45am-12:00pm	\$105.30/12 sess	#00538071
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PICKLEBALL - INTERMEDIATE- 55+

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

Instructed by a certified instructor.

Paddles provided for use if required. Pre-requisite: Pickleball - Beginner or basic Pickleball knowledge.

55yrs+	Sep 16-Dec 16	W	11:45am-1:15pm	\$126.35/12 sess	#00538620
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55yrs+	Sep 16-Dec 16	W	1:20-2:50pm	\$126.35/12 sess	#00538623
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Youth Facility Passes 13-18yrs

Youth Facility Pass 1:

FREE (includes the following drop-in activities from Sept 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.

55+yrs Facility Pass

55+yrs Facility Pass 1:

\$20.00/year
The West Richmond Seniors Facility Pass provides access to the following drop-in activities:

Sunday	Chinese Folk Dancing	2:00-4:00pm
Monday	French Conversation Group	10:30am-12:00pm
Monday	Guitar Circle	6:30-8:30pm
Tuesday	Chinese Folk Dancing	9:00-10:30am
Tuesday	English Conversation Group Beginner *contact Karen Chiu for level information	11:00am-12:00pm
Tuesdays	Spanish Conversation Group Online Intermediate	1:30-3:00pm
Tuesdays	Scottish Country Dancing	2:15-3:45pm
Wednesday	Ukulele Circle	6:30-8:00pm
Thursday	Multicultural Social	9:45-10:45am
Thursday	English Conversation Group Intermediate *contact Karen Chiu for level information	11:00am-12:00pm

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 2026

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, July 21st 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 55+yrs	Adult 19+yrs
Drop-in	\$5.30	\$7.20
Yoga Drop-in	\$8.75	\$8.75
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)



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