

# 2026 SPRING PROGRAMS

  
**west**  
live, play, grow



**Mar 30 - Jun 28, 2026**

**West Richmond Community Centre**

**9180 No 1 Rd | Richmond, BC | 604-238-8400**



## HOW TO REGISTER

Get ready to register for Winter Programs:

**Tue, Feb 10 at 9:00pm (Online)**  
**(8:00pm for City of Richmond Aquatics)**

**Wed, Feb 11**  
**(In-Person/Call Centre)**

1. Online: [richmond.ca/register](http://richmond.ca/register)
2. By Phone: **604-276-4300**,  
Mon-Fri 8:30am-5:00pm
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:**

**Apr 3 (Good Friday):** 8:00 am - 6:00 pm  
**Apr 6 (Easter Monday):** 8:00 am - 8:00 pm  
**May 18 (Victoria Day):** 8:00 am - 8:00 pm

## PROGRAMS

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## CONTACT US

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## FOLLOW US ON SOCIAL MEDIA



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*Sunday*

**April 5**



# **Easter Eggstravaganza!**

**2-9 YRS  
\$12.05**

**9:30 AM - 10:45 AM**

**#00494149**

**11:15 AM - 12:30 PM**

**#00494154**

**CELEBRATE WITH AN EASTER EGG  
HUNT, CRAFTS, GAMES AND A  
VISIT WITH THE EASTER BUNNY!  
ADULT PARTICIPATION AND  
REGISTRATION OF CHILD  
REQUIRED.**



**WEST RICHMOND COMMUNITY CENTRE**  
9180 No 1 Rd. 604-238-8400



# PRESCHOOLERS (0-5YRS)

## Events and Seasonal Programs

### Easter Eggstravaganza

EASTER EGGSTRAVAGANZA - Adult and Child - Preschoolers/Children/Adults  
Celebrate with an Easter Egg Hunt, crafts, and games. Adult participation and registration of child only required.

1-9yrs	Apr 5	Su	9:30-10:45am	\$12.05/1 sess	#00494149
1-9yrs	Apr 5	Su	11:15am-12:30pm	\$12.05/1 sess	#00494154

## Arts - Dance

### Creative Movement

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	Apr 8-Jun 10	W	3:30-4:15pm	\$67.95/10 sess	
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### Ballet

BALLET - PRESCHOOLERS

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

3-5yrs	Apr 11-Jun 13	Sa	12:50-1:35pm	\$67.95/10 sess	#00489337
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## Arts - Visual

### Arts For Twos

ART FOR TWOS - PARENT AND TOT - PRESCHOOLERS

Paint, draw, make crafts and sing songs in this fun and interactive program. Parent participation required.

2-3yrs	Apr 18-Jun 20	Sa	9:15-10:15am	\$90.60/10 sess	#00495058
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## Arts - Visual

### Cartoons, Comics and Manga

#### 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.

4-5yrs	Apr 12-May 10	Su	10:40am-11:40pm	\$100.00/5 sess	#00492254
4-5yrs	May 24-Jun 21	Su	11:40am-12:40pm	\$100.00/5 sess	#00492255

### Drawing and Sketching

#### 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	Apr 11-Jun 13	Sa	10:40am-11:10am	\$40.75/9 sess	#00492002
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### Arts Combo

#### ARTS COMBO - PRESCHOOLERS

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

4-5yrs	Apr 18-Jun 20	Sa	10:45am-11:45am	\$90.60/10 sess	#00495059
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## Arts - Music

### Music - Parent and Tot

#### MUSIC - PARENT AND TOT - PRESCHOOLERS

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

1-5yrs	Apr 10-Jun 19	F	9:15-9:45am	\$45.30/10 sess	#00492025
1-5yrs	Apr 10-Jun 19	F	9:50-10:20am	\$45.30/10 sess	#00492027
1-5yrs	Apr 10-Jun 19	F	10:25-10:55am	\$45.30/10 sess	#00492029

# PRESCHOOLERS (0-5YRS)

## General Interest

### Variety

CONNECT, PLAY AND EXPLORE - PARENT AND TOT - PRESCHOOLERS

Boost early learning development with sensory play, music and art activities that encourage connection and interaction in a safe, enriching and social setting. Parent participation required. Supplies included.

1-5yrs	Apr 15-Jun 10	W	11:45am-12:45pm	\$72.50/8 sess	#00494888
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## Sports

### Basketball

BASKETBALL - PRESCHOOLERS

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

3-5yrs	Mar 30-Jun 22	M	3:30-4:15pm	\$60.75/12 sess	#00491703
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3-5yrs	Apr 2-Jun 25	Th	3:30-4:15pm	\$65.80/13 sess	#00491494
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3-5yrs	Apr 11-Jun 27	Sa	10:25-11:10am	\$60.75/12 sess	#00491727
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### Soccer

SOCCER - PRESCHOOLERS

Learn sport specific skills in a fun and welcoming environment.

4-5yrs	Apr 1-Jun 24	W	3:30-4:15pm	\$65.80/13 sess	#00491633
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### T-Ball

T-BALL - PRESCHOOLERS

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

4-5yrs	Apr 11-Jun 27	Sa	9:30-10:15am	\$60.75/12 sess	#00491722
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# PRESCHOOLERS (0-5YRS)

## Sports

### Sportball Multisport

#### SPORTBALL MULTISPORT - PARENT AND TOT - PRESCHOOLERS

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

#### Parent and Tot (Parent participation required)

2-3yrs	Apr 12-Jun 21	Su	9:30-10:15am	\$180.00/10 sess	#00491839
2-3yrs	Apr 12-Jun 21	Su	10:15-11:00am	\$180.00/10 sess	#00491847

### Gymnastics Kids Canmove™

#### GYMNASTICS KIDS CANMOVE (TM)

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	Apr 11-Jun 27	Sa	10:20-11:05am	\$90.00/12 sess	#00491710
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#### Preschoolers (4-5yrs)

4-5yrs	Apr 11-Jun 27	Sa	9:30-10:15am	\$90.00/12 sess	#00491709
4-5yrs	Apr 11-Jun 27	Sa	11:10-11:55am	\$90.00/12 sess	#00491718
4-5yrs	Apr 11-Jun 27	Sa	12:00-12:45pm	\$90.00/12 sess	#00491715

## Fitness

### Mind Body, Mobility and Flexibility

#### YOGA PLAYTIME - PARENT AND TOT - PRESCHOOLERS

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

1-5yrs	Apr 08-Jun 10	W	10:45-11:30am	\$75.80/10 sess	
1-5yrs	Apr 08-Jun 10	W	4:30-5:15pm	\$75.80/10 sess	

## Computers, Technology and Social Media

### Animation

#### DIGITAL ANIMATION - 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	Apr 12-May 10	Su	11:50am-1:05pm	\$150.00/5 sess	# 00492243
8-12yrs	May 24-Jun 21	Su	11:50am-1:05pm	\$150.00/5 sess	# 00492246

## Arts - Dance

### Ballet

#### BALLET - CHILDREN

Spin, twirl and leap in this fun dance program.

6-9yrs	Apr 11-Jun 13	Sa	11:45am-12:45pm	\$90.60/10 sess	# 00489341
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### Pop Song and Dance

#### K-POP DANCING - CHILDREN/PRETEENS

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

#### Children (6-9 yrs)

6-9yrs	Apr 2-Jun 11	Th	3:45-4:45pm	\$99.65/11 sess	#00488304
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#### Preteens (9-12 yrs)

9-12yrs	Apr 2-Jun 11	Th	4:50pm-5:50pm	\$99.65/11 sess	#00488306
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## 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+	Apr 18-Jun 6	Sa	9:15-9:45am	\$205.70/8 sess	#00493559
6yrs+	Apr 18-Jun 6	Sa	9:50-10:20am	\$205.70/8 sess	#00493566
6yrs+	Apr 18-Jun 6	Sa	10:25-10:55am	\$205.70/8 sess	#00493569
6yrs+	Apr 18-Jun 6	Sa	11:00-11:30am	\$205.70/8 sess	#00493570

# CHILDREN (6-12YRS)

## Arts - Music

### Piano Private Lessons

#### 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](http://www.richmond.ca/subsidy). Instructed by LaMusique Music Academy.

6yrs+	Apr 12-Jun 14	Su	9:15-9:45am	\$340.00/10 sess	#00493574
6yrs+	Apr 12-Jun 14	Su	9:50-10:20am	\$340.00/10 sess	#00493575
6yrs+	Apr 12-Jun 14	Su	10:25-10:55am	\$340.00/10 sess	#00493578
6yrs+	Apr 12-Jun 14	Su	11:00-11:30am	\$340.00/10 sess	#00493579
6yrs+	Apr 12-Jun 14	Su	11:35-12:05pm	\$340.00/10 sess	#00493581
6yrs+	Apr 12-Jun 14	Su	12:10-12:40pm	\$340.00/10 sess	#00493584
6yrs+	Apr 12-Jun 14	Su	12:45-1:15pm	\$340.00/10 sess	#00493585
6yrs+	Apr 12-Jun 14	Su	1:20-1:50pm	\$340.00/10 sess	#00493586
6yrs+	Apr 12-Jun 14	Su	1:55-2:25pm	\$340.00/10 sess	#00493587

## Arts - Visual

### Cartoons, Comics and Manga

#### CARTOON -HAPPY KIDS STUDIO - CHILDREN

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

6-8yrs	Apr 12-May 10	Su	9:30-10:30am	\$100.00/5 sess	#00492238
6-8yrs	May 24-Jun 21	Su	9:30-10:30am	\$100.00/5 sess	#00492239

### Cartoons, Comics and Manga

#### COMICS AND CARTOONING - CHILDREN

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

8-10yrs	Apr 11-May 9	Sa	9:30-10:30am	\$45.30/5 sess	#00492005
8-10yrs	May 23-Jun 13	Sa	9:30-10:30am	\$36.25/4 sess	#00500554

## Arts - Visual

### Fibre and Textile Arts

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

8-12yrs   Apr 18-Jun 20   Sa   12:00-1:00pm   \$90.60/10 sess   #00495063

### Fibre and Textile Arts

#### 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   Apr 18-Jun 20   Sa   1:15-2:15pm   \$90.60/10 sess   #00495065

## General Interest

### Variety

#### DUNGEONS AND DRAGONS - BEGINNER - PRETEENS

Explore a new imaginary world, create and role play unique characters and work collaboratively as a team to solve unique puzzles during progressive game play in this popular table top game. Character sheets, dice and map included.

9-12yrs   Apr 10-Jun 19   F   4:30-6:00pm   \$156.90/11 sess   #00493442

### Variety

#### DUNGEONS & DRAGONS - 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   Apr 8-Jun 17   W   4:30pm-6:00pm   \$156.90/11 sess   #00493441

# CHILDREN (6-12YRS)

## General Interest

### Leadership

#### 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.

9-12yrs	Mar 30-Jun 15	M	5:15pm-6:15pm	Free/10 sess	#00488517
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## Racquet Sport

### Pickleball Beginner

#### PICKLEBALL - BEGINNER - CHILDREN

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

9-12yrs	Apr 10-Jun 26	F	3:30pm-4:30pm	\$81.00/12 sess	#00489061
9-12yrs	Apr 10-Jun 26	F	4:30pm-5:30pm	\$81.00/12 sess	#00489064

## Sports

### Basketball

#### BASKETBALL - CHILDREN/PRETEENS

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

#### Children (6-9 yrs)

6-9yrs	Mar 30-Jun 22	M	4:20-5:20pm	\$81.00/12 sess	#00491696
6-9yrs	Apr 2-Jun 25	Th	4:20-5:20pm	\$87.75/13 sess	#00491493
6-9yrs	Apr 11-Jun 27	Sa	11:15am-12:15pm	\$81.00/12 sess	#00491490

#### Preteens (9-12 yrs)

10-12yrs	Apr 2-Jun 25	Th	5:25-6:25pm	\$87.75/13 sess	#00491492
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## Sports

### 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	Mar 30-Jun 22	M	5:25-6:25pm	\$81.00/12 sess	#00491691
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### Soccer

#### SOCCER SKILLS - CHILDREN

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

6-9yrs	Apr 1-Jun 24	W	4:20-5:20pm	\$87.75/13 sess	#00491629
6-9yrs	Apr 1-Jun 24	W	5:25-6:25pm	\$87.75/13 sess	#00491628

### 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	Apr 11-Jun 13	Sa	1:40-2:40pm	\$60.75/9 sess	#00488284
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#### VOLLEYBALL - BEGINNER - FOR GIRLS - 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	Apr 11-Jun 13	Sa	12:35-1:35pm	\$60.75/9 sess	#00488282
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# YOUTH (13-18YRS)

## Fitness

### Cardio, Strength and Athletics

#### 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. Led by certified fitness instructors.

13-18yrs	Apr 7-Jun 23	Tu	3:15-4:00pm	Free/12 sess	#00493082
13-18yrs	Apr 10-Jun 12	F	3:15-4:00pm	Free/9 sess	#00493083

## Sports

### Volleyball

#### VOLLEYBALL -YOUTH

Development fundamental volleyball skills in this developmental program.

13-18yrs	Apr 11-Jun 13	Sa	2:45-3:45pm	\$60.75/9 sess	#00488288
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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	Apr 10-Jun 19	F	7:10-8:10pm	\$99.65/11 sess	#00488518
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## Out Trips and Tours

### May

#### KAYAKING TRIP - INDIAN ARM - YOUTH

Please bring water appropriate clothing, a towel, change of clothes & water shoes. Additionally, please bring a nut free snack & lunch, a water bottle and sunscreen.

13-18yrs	May 15	W	10:00am-4:00pm	\$62.90/1 sess	#00493590
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## Fitness

### Cardio, Strength and Athletics

#### 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+	Apr 10-Jun 26	F	9:30-10:30am	\$170.50/12 sess	#00489193
19yrs+	Apr 10-Jun 26	F	10:45-11:45am	\$170.50/12 sess	#00489197

#### LADIES WHO LIFT - BEGINNER/INTERMEDIATE - 40+

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.

40yrs+	Apr 7-Jun 23	Tu	6:00-7:00pm	\$170.50/12 sess	#00489180
40yrs+	Apr 8-Jun 24	W	9:30-10:30am	\$170.50/12 sess	#00489181
40yrs+	Apr 8-Jun 24	W	10:45-11:45am	\$170.50/12 sess	#00489182
40yrs+	Apr 8-Jun 24	W	6:00-7:00pm	\$170.50/12 sess	#00489183
40yrs+	Apr 8-Jun 24	W	7:15-8:15pm	\$170.50/12 sess	#00489187

### Dance Fitness

#### CARDIO SALSA - LEVEL 1 - ADULTS

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

18yrs+	Apr 9-Jun 25	Th	1:00-2:00pm	\$89.30/10 sess	#00484864
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#### CARDIO SALSA - LEVEL 2 - 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 intermediate/advanced.

18yrs+	Apr 10-Jun 26	F	9:15-10:15am	\$89.30/10 sess	#00484865
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#### CARDIO DANCE FIT - LATIN - ADULTS

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

18yrs+	Apr 13-Jun 22	M	7:15-8:15pm	\$89.30/10 sess	#00496967
18yrs+	Apr 8-Jun 24	W	7:15-8:15pm	\$107.15/12 sess	#00496968

# ADULTS (19+YRS)

## Fitness

### Dance Fitness

#### 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+	Apr 10-Jun 26	F	6:00-7:00pm	\$107.15/12 sess	#00489191
18yrs+	Apr 25-Jun 13	Sa	10:30-11:30am	\$71.45/8 sess	#00498325

### Dance Fitness

#### LATIN FUNK WORKSHOP - 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. Suitable for intermediate/advanced levels. No partner required. Drop-ins welcome if space permits.

18yrs+	May 22	F	9:15-11:15am	\$30.00/1 sess	#00489202
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### Mind Body, Mobility and Flexibility

#### 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. Pre-requisite: Pilates - Level 1.

#### PILATES FUSION - LEVEL 1 - ADULTS

18yrs+	Apr 13-Jun 22	M	10:30-11:30am	\$101.10/10 sess	#00484861
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#### PILATES FUSION - LEVEL 2 - ADULTS

18yrs+	Apr 10-Jun 26	F	10:30-11:30am	\$101.10/10 sess	#00484863
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## Martial Arts

### Tai Chi

#### TAI CHI - ALL LEVELS - 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 beginners.

18 yrs+	Apr 9-Jun 11	Th	7:30-9:00pm	\$213.15/10 sess	#00492997
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## Arts - Dance

### Ballroom Dancing

#### BALLROOM DANCING - WALTZ - 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.

19yrs+	Apr 10-Jun 19	F	3:30-4:30pm	\$99.65/11 sess	#00488602
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#### BALLROOM DANCING - RUMBA - 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.

19yrs+	Apr 10-Jun 19	F	4:40-5:40pm	\$99.65/11 sess	#00488603
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### Pop Song and Dance

#### K-POP DANCING - ADULT

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

19yrs+	Apr 10-Jun 19	F	8:15-9:15pm	\$99.65/11 sess	#00488520
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### Bellydancing

#### BELLYDANCING - LEVEL 1 - ADULTS

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

18yrs+	Apr 15-Jun 10	W	6:00-7:00pm	\$81.55/9 sess	#00496212
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#### BELLYDANCING - LEVEL 2- ADULTS

Continue to build skills in these positive, and highly expressive dance sessions that focus primarily on movements of the hips and torso. Prerequisite: Bellydancing - Level 1.

18yrs+	Apr 13-Jun 8	M	8:20-9:20pm	\$72.50/8 sess	#00496209
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# ADULTS (19+YRS)

## Arts - Music

### Ukulele

#### UKULELE - ABSOLUTE BEGINNER - ADULTS

Learn how to play this fun and versatile instrument while developing an understanding of music fundamentals with the Ukulele in the Classroom approach (Level 1). No experience required. Ukulele required at each session.

18yrs+	Apr 18-Jun 6	Sa	11:30am-12:30pm	\$76.10/8 sess	#00493571
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### Drums

#### DRUMMING RHYTHMS FROM AROUND THE WORLD

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+	Apr 10-May 15	F	6:30pm-8:00pm	\$81.55/6 sess	#00488675
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## Arts - Visual

### Fibre and Textile Arts

#### 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+	Apr 14-Jun 16	Tu	9:30-10:30am	\$90.60/10 sess	#00495067
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## Sports

### Soccer

#### SOCCER - FOR WOMEN - ADULTS

Develop skills in this indoor, instructional program for all skill and fitness levels. Drop-ins welcome if space permits.

18yrs+	Mar 30-Jun 22	M	7:30-9:00pm	\$121.50/12 sess	#00491649
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## Racquet Sports

### Badminton

#### 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+	Mar 30-Jun 22	M	10:00-11:15am	\$101.25/12 sess	#00491822
19yrs+	Mar 30-Jun 22	M	11:15am-12:30pm	\$101.25/12 sess	#00491829
19yrs+	Apr 2-Jun 25	Th	10:00-11:15am	\$109.70/13 sess	#00491803
19yrs+	Apr 2-Jun 25	Th	11:15am-12:30pm	\$109.70/13 sess	#00491813

### Pickleball

#### PICKLEBALL - BEGINNER - ADULTS

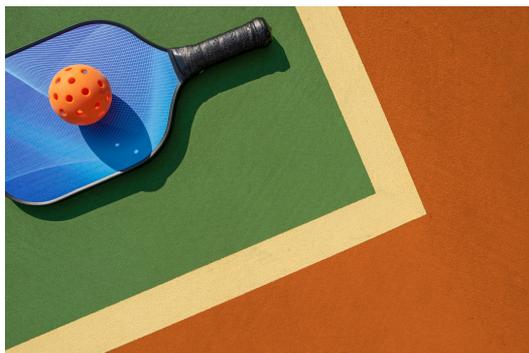
Learn the rules and basic techniques of this increasingly popular game that combines ping pong, tennis and badminton on a badminton size court utilizing wooden paddles and a plastic wiffle ball. This fun, simple and fast-paced program is designed for beginners. Racquets are supplied if required.

18yrs+	Mar 31-Jun 23	Tu	3:30-4:45pm	\$101.25/12 sess	#00488830
18yrs+	Mar 31-Jun 23	Tu	4:45-6:00pm	\$101.25/12 sess	#00488831

#### 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+	Mar 30-Jun 22	M	2:00-3:15pm	\$92.80/11 sess	#00488828
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## Arts - Dance

### Variety

#### JAZZ AND BALLET BLEND - BEGINNER - 55+

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

55yrs+	Apr 8-Jun 17	W	2:20-3:20pm	\$73.90/11 sess	#00488527
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### Ballroom Dancing

#### BALLROOM DANCING - BEGINNERS

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. Please note the 4 different types of ballroom dance listed below.

#### Registered Weekly Class - Waltz - Beginner

55yrs+	Apr 10-Jun 19	F	3:30-4:30pm	\$73.90/11 sess	#00491904
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#### Registered Weekly Class - Rumba - Beginner

55yrs+	Apr 10-Jun 19	F	4:40-5:40pm	\$73.90/11 sess	#00488595
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### Chinese Folk Dancing

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

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

55yrs+	Apr 11-Jun 20	Sa	3:00-4:15pm	\$84.00/10 sess	#00488519
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### Hip Hop

#### HIP HOP- 55+

Cover fundamental choreography, technique and freestyle in these positive and fun sessions that includes grooving, pop and locking, krumping and street jazz movements.

#### Try-it (single session - registration required)

55yrs+	Apr 14	Tu	3:30-4:30pm	Free/1 sess	#00488533
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#### Registered Weekly Class

55yrs+	Apr 21-Jun 16	Tu	3:30-4:30pm	\$60.50/9 sess	#00488534
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## Arts - Music

### Drums

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+	Apr 10-May 15	F	6:30pm-8:00pm	\$60.50/6 sess	#00488668
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### Guitar

GUITAR GROUP LESSONS - BEGINNER - 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+	Apr 8-May 27	W	10:00am-11:00am	\$65.35/8 sess	#00501394
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### Guitar

GUITAR GROUP LESSONS - BEGINNER - 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+	Apr 8-May 27	W	11:15am-12:15pm	\$65.35/8 sess	#00501406
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## Arts - Visual

### Ceramics and Sculpture

CREATIVE CLAY - 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+	Apr 10-Jun 12	F	9:30-10:30am	\$67.20/10 sess	#00488734
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### Photography

PHOTOGRAPY FUNDAMENTALS - LEVEL 1 - 55+

Explore a camera's functions and learn some basic photographic techniques. Digital camera provided for use if required.

55yrs+	Apr 10-Jun 12	F	11:00am-12:30pm	\$100.80/10 sess	#00488735
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## Computers, Technology and Social Media

### 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+	Apr 8	W	10:00-10:30am	Free/1 sess	#00489042
55yrs+	Apr 8	W	10:30-11:00am	Free/1 sess	#00489046
55yrs+	Apr 8	W	11:00-11:30am	Free/1 sess	#00489048
55yrs+	May 13	W	10:00-10:30am	Free/1 sess	#00489044
55yrs+	May 13	W	10:30-11:00am	Free/1 sess	#00489049
55yrs+	May 13	W	11:00-11:30am	Free/1 sess	#00489047
55yrs+	Jun 10	W	10:00-10:30am	Free/1 sess	#00489045
55yrs+	Jun 10	W	10:30-11:00am	Free/1 sess	#00489050
55yrs+	Jun 10	W	11:00-11:30am	Free/1 sess	#00489051

## Racquet Sports

### Pickleball

PICKLEBALL - BEGINNER - FOR WOMEN - 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+	Apr 10-Jun 26	F	9:30-10:45am	\$84.35/10 sess	#00489038
55yrs+	Apr 10-Jun 26	F	10:45am-12:00pm	\$84.35/10 sess	#00489039

### 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+	Mar 30-Jun 22	M	12:45-2:00pm	\$92.80/11 sess	#00488822
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### Pickleball

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

55yrs+	Apr 1-Jun 24	W	11:45am-1:15pm	\$131.60/13 sess	#00488836
55yrs+	Apr 1-Jun 24	W	1:15-2:45pm	\$131.60/13 sess	#00488837

## Sports

### Golf

#### GOLF LESSONS FOR SENIORS - BEGINNER - 55+

Learn the basics of putting, chipping and pitching in this beginner 45-minute group lesson followed by a 9 hole round with the golf instructor. Rentals included if required.

55yrs+	Jun 9, Jun 11	Tu/Th	1:00-2:30pm	\$45.00/2 sess	#00489528
55yrs+	Jun 16, Jun 18	Tu/Th	1:00-2:30pm	\$45.00/2 sess	#00489529
55yrs+	Jun 23, Jun 25	Tu/Th	1:00-2:30pm	\$45.00/2 sess	#00489530

## 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+	Apr 8-Jun 24	W	1:00-2:00pm	\$79.85/11 sess	#00489174
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### Cardio, Strength and Athletics

#### LADIES WHO LIFT - 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. Suitable for beginners.

60yrs+	Apr 13-Jun 22	M	9:30-10:30am	\$111.40/10 sess	#00489159
60yrs+	Apr 13-Jun 22	M	10:45-11:45am	\$111.40/10 sess	#00489165

### Cardio, Strength and Athletics

#### STRONG AND FIT - 65+

Exercise safely with gentle movements that focus on increasing range of motion, strength, balance and agility to better manage daily activities.

65yrs+	Apr 13-Jun 22	M	2:15-3:10pm	\$70.00/10 sess	#00489164
65yrs+	Apr 2-Jun 25	Th	2:15-3:10pm	\$77.00/11 sess	#00486366
65yrs+	Apr 10-Jun 26	F	11:45am-12:45pm	\$84.00/12 sess	#00486359

## 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+	Apr 12-Jun 29	M	1:00-2:00pm	\$70.00/10 sess	#00489162
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## Fitness

### Cycling

#### 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+	Mar 31-Jun 23	Tu	11:50am-12:50pm	\$84.00/12 sess	#00489167
55yrs+	Apr 2-Jun 25	Th	11:50am-12:50pm	\$84.00/12 sess	#00486363

### Cycling

#### CYCLE FIT - SILVER - 55+

Cycle to age-appropriate music to become stronger, more balanced and energized. These results-oriented sessions cover cadence and balance. Suitable for beginners 55+ years.

55yrs+	Apr 8-Jun 24	W	12:10-12:50pm	\$84.00/12 sess	#00489178
55yrs+	Apr 10-Jun 26	F	1:00-1:40pm	\$84.00/12 sess	#00486361

### 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+	Apr 7-Jun 23	Tu	1:00-2:00pm	\$84.00/12 sess	#00489169
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### Mind Body, Mobility and Flexibility

#### HATHA YOGA - SILVER - 55+

Aim to achieve a healthier body and clearer mind in this slower-paced and stretching-focused class that covers breathing techniques and meditation.

55yrs+	Apr 7-Jun 23	T	2:05-3:05pm	\$133.70/12 sess	#00489170
55yrs+	Apr 9-Jun 25	Th	2:05-3:05pm	\$133.70/12 sess	#00489177

## Martial Arts

### Health Qigong

#### QIGONG FOR HEALTH - ALL LEVELS - 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.

55yrs+	Apr 10-Jun 12	F	2:00-3:00pm	\$67.30/10 sess	#00488676
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## Health and Wellness

### Workshops

#### PREVENTING AND REDUCING THE RISKS OF DIABETES WORKSHOP - 55+

Learn about the different types of diabetes, risks, symptoms, prevention, treatment and current health and community support available. Presented by BC Diabetes. Registration required.

55yrs+	Apr 29	W	10:30am-12:00pm	Free/1 sess	#00491173
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## General Interest

### Workshops

#### STAYING SAFE ON TRANSIT AND AS A PEDESTRIAN- TIPS FOR SENIORS - 55+

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

55yrs+	Apr 22	W	10:30am-12:00pm	Free/1 sess	#00488862
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## Out Trips and Tours

### April

#### PAT QUINN'S AT TSAWWASSEN SPRINGS TRIP - 55+

Savour the flavours from this classic steak and seafood restaurant and bar set in a contemporary West Coast atmosphere overlooking the golf course fairways. Transportation only included.

55yrs+	Apr 14	Tu	4:45-8:15pm	\$19.50/1 sess	#00490510
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### May

#### BASEBALL AND FIREWORKS AT NAT BAILEY STADIUM TRIP - 55+

Cheer on the Vancouver Canadians at this historical and picturesque outdoor stadium and watch a special fireworks show after the game. Transportation and admission included. Home drop off available for \$3.00 additional. No refunds 14 days prior to trip.

55yrs+	May 28	Thu	6:15-11:00pm	\$46.50/1 sess	#00490506
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# FACILITY PASSES

## YOUTH FACILITY PASSES (13-18YRS)

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

Monday-Friday	Lunch Time Facility Access	12:50-1:35pm
Monday	Dance Space	3:30-4:15pm
Fridays	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
Fridays	Friday Night Basketball	8:00-11:15pm
Fridays	Friday Night Volleyball	6:00-9:00pm
Fridays	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, Spikeball, and phone charger rental.

## 55+YRS FACILITY PASS

**Cost: \$19.00/year**

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

Sundays	Chinese Folk Dancing	2:00-4:00pm
Mondays	French Conversation Group *Dates may vary, please contact Karen Chiu at 604-238-8431	10:30am-12:00pm
Mondays	Guitar Circle	6:30-8:30pm
Tuesdays	Chinese Folk Dancing	9:00-10:30am
Tuesdays	English Conversation Group Beginner *contact Karen Chiu for level information	11:00am-12:30pm
Tuesdays	Spanish Conversation Group Online - Intermediate	1:30-3:00pm
Tuesdays	Scottish Country Dancing	2:15-3:45pm
Wednesdays	Ukulele Circle	6:30-8:00pm
Thursdays	Multicultural Social	9:45-10:45am
Thursdays	English Conversation Group Intermediate *contact Karen Chiu for level information	11:00am-12:15pm

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 (Winter 2026)

MON	TUES	WEDS	THURS	FRI	SAT	SUN
▲ 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* 9:00-10:10AM	■ 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 - Fit 4Life - Low Impact ** 10:30-11:30AM	● Hybrid - Pure Stretch** 10:20-10:50AM	● Roll and Release* 10:05-10:35AM		■ Cycle Fit* 10:30-11:15AM	■ Cycle Fit* 10:30-11:15AM
● Hybrid** Pure Strength 11:45AM-12:45PM		● Hybrid Pure Strength** 11:00AM-12:00PM	● Hybrid - Ease into Fitness** 10:45-11:45AM			
■ Drop-In Cardio Combo 6:00-7:00PM	■ Cycle Fit* 6:15-7:00PM		■ Drop-in Cardio Combo 6:00-7:00PM			
	● Drop-In Yoga - Hatha Style 7:10-8:10PM					

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



LOW INTENSITY



MODERATE INTENSITY



HIGH INTENSITY

**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](http://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, Feb. 10 at 9:00pm. Register online at [richmond.ca/register](http://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	\$5.10	\$6.95
Yoga Drop-in	\$8.75	\$8.75
Visit Card	\$41.00/10	\$56.00/10
*1 Month	\$48.00	\$59.00
*3 Months	\$107.00	\$129.00
*6 Months	\$184.00	\$221.00
*1 Year	\$306.00	\$371.00
**Family Add-On	N/A	\$306.00

## PERSONAL TRAINING

Total Fitness Pass	One on One	Train with a friend
1 session	\$67.54	\$101.36
3 sessions	\$192.58	\$288.93
5 sessions	\$304.10	\$456.21
10 sessions	\$574.44	\$861.77
5 sessions	\$154.25	(30 minutes)
10 sessions	\$304.10	(30 minutes)
20 sessions	\$574.44	(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 \$4.80 (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

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Richmond, BC

604-238-8400



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