

# 2025 SPRING PROGRAMS



March 31 - June 29, 2025

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



# REGISTRATION

## HOW TO REGISTER

Get ready to register for Fall Programs:

**Tuesday, Feb 11 at 9:00 pm (Online)**  
**(8:00 pm for City of Richmond Aquatics)**

**Wednesday, Feb 12**  
**(In-Person/Call Centre)**

1. Online: [richmond.ca/register](http://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:**

**April 18 (Good Friday):** 8:00 am - 6:00 pm  
**April 21 (Easter Monday):** 8:00 am - 8:00 pm  
**May 20 (Victoria Day):** 8:00 am - 8:00 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.

## FOLLOW US ON SOCIAL MEDIA










@westrichmondcc



@westrichmondcc



## PROGRAMS

	PRESCHOOLERS (0-5YRS) .....	PG 2-5
	CHILDREN (6-12YRS) .....	PG 6-10
	YOUTH (13-18YRS) .....	PG 11
	ADULTS (19+YRS) .....	PG 12-16
	55+YRS .....	PG 17-23
	FACILITY PASSES .....	PG 24
	FITNESS .....	PG 25-26

## CONTACT US

**Address:** 9180 No. 1 Road  
Richmond, BC V7E 6L5  
**Phone:** 604-238-8400  
**Email:** [westrich@richmond.ca](mailto:westrich@richmond.ca)

# PRESCHOOLERS (0-5YRS)

## Events and Seasonal Programs

### Easter Eggstravaganza

#### EASTER EGGSTRAVAGANZA - PRESCHOOLERS

Celebrate with an Easter Egg Hunt, crafts, and games. Parent participation and registration of child only required.

2-9yrs	Apr 20	Su	9:30am-10:45am	\$11.70/1 sess	reg # 00387499
2-9yrs	Apr 20	Su	11:15am-12:30pm	\$11.70/1 sess	reg # 00387502

## Arts - Dance

### Hip Hop

#### MINI HIP HOPPERS - PRESCHOOLERS

Groove to new and exciting moves in these fun and active sessions that cover basic choreography and dance games.

4-5yrs	Apr 08-Jun 10	Tu	3:15pm-4:00pm	\$66.00/10 sess	reg # 00388907
5-6yrs	Apr 08-Jun 10	Tu	4:05pm-4:50pm	\$66.00/10 sess	reg # 00388913

### Jazz

#### JAZZ DANCING - PRESCHOOLERS

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

4-5yrs	Apr 09-Jun 11	W	3:20pm-4:05pm	\$66.00/10 sess	reg# 00389206
--------	---------------	---	---------------	-----------------	---------------

## Arts - Music

### 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	May 10-Jun 28	Sa	9:15am-9:45am	\$35.20/8 sess	reg # 00385192
12-24mos	May 10-Jun 28	Sa	10:00am-10:45am	\$52.80/8 sess	reg # 00385201

# PRESCHOOLERS (0-5YRS)

## Arts - Music

### Music

#### MUSIC AND PLAY - PRESCHOOLERS

Explore music, sing songs, play games, and play small instruments all in this magical introduction to the world of sound.

4-5yrs	May 10-Jun 28	Sa	11:00am-11:45am	\$52.80/8 sess	reg # 00385187
4-5yrs	May 11-Jun 29	Su	12:00pm-12:45pm	\$52.80/8 sess	reg # 00385214
4-5yrs	May 11-Jun 29	Su	1:00pm-1:45pm	\$52.80/8 sess	reg # 00385216
4-5yrs	May 11-Jun 29	Su	2:00pm-2:45pm	\$52.80/8 sess	reg # 00385217

## Arts - Visual

### 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	Apr 06-May 11	Su	9:30am-10:30am	\$120/6 sess	reg # 00390237
4-5yrs	May 25-Jun 29	Su	9:30am-10:30am	\$120/6 sess	reg # 00390238

### Arts Combo

#### ARTS COMBO - PRESCHOOLERS

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

4-5yrs	Apr 05-Jun 14	Sa	9:15am-10:15am	\$88.00/10 sess	reg # 00385979
4-5yrs	Apr 05-Jun 14	Sa	10:30am-11:30am	\$88.00/10 sess	reg # 00385980

### Clay Handbuilding

#### CLAY HANDBUILDING - PRESCHOOLERS

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

4-5yrs	Apr 08-Jun 10	Tu	3:30pm-4:15pm	\$66.00/10 sess	reg # 00389346
4-5yrs	Apr 08-Jun 10	Tu	4:30pm-5:15pm	\$66.00/10 sess	reg # 00389348
4-5yrs	Apr 10-Jun 12	Th	3:30pm-4:15pm	\$66.00/10 sess	reg # 00389350
4-5yrs	Apr 10-Jun 12	Th	4:30pm-5:15pm	\$66.00/10 sess	reg # 00389352



# PRESCHOOLERS (0-5YRS)

## Arts - Visual

### 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 05-Jun 14	Sa	10:40am-11:10am	\$44.00/10 sess	reg # 00385149
4-5yrs	Apr 05-Jun 14	Sa	11:15am-11:45am	\$44.00/10 sess	reg # 00385150

## Sports

### Basketball

#### BASKETBALL - PRESCHOOLERS

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

3-5yrs	Apr 07-Jun 09	M	3:30pm-4:15pm	\$39.35/8 sess	reg # 00386926
3-5yrs	Apr 10-Jun 12	Th	3:30pm-4:15pm	\$49.20/10 sess	reg # 00387306
4-5yrs	Apr 12-Jun 14	Sa	10:25am-11:10am	\$49.20/10 sess	reg # 00387317

### Soccer

#### SOCCER - PRESCHOOLERS

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

4-5yrs	Apr 09-Jun 13	W	3:30pm-4:15pm	\$49.20/10 sess	reg # 00387300
--------	---------------	---	---------------	-----------------	----------------

### Sportball Multisport

#### SPORTBALL MULTISPORT - PARENT AND TOT - 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. This program is instructed by Sportball®.

#### Parent and Tot (Parent Participation Required)

2-3yrs	Apr 06-May 18	Su	9:30am-10:15am	\$108.00/6 sess	reg # 00390263
2-3yrs	May 25-Jun 29	Su	9:30am-10:15am	\$108.00/6 sess	reg # 00390265

#### Preschoolers (4-5yrs)

4-5yrs	Apr 06-May 18	Su	10:15am-11:15am	\$108.00/6 sess	reg # 00390271
4-5yrs	May 25-Jun 29	Su	10:15am-11:15am	\$108.00/6 sess	reg # 00390273

# PRESCHOOLERS (0-5YRS)

## Sports

### 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	Apr 12-Jun 14	Sa	9:30am-10:15am	\$75.00/10 sess	reg # 00387319
2-3yrs	Apr 12-Jun 14	Sa	10:20am-11:05am	\$75.00/10 sess	reg # 00387320

#### Preschoolers (4-5yrs)

4-5yrs	Apr 12-Jun 14	Sa	11:15am-12:00pm	\$75.00/10 sess	reg # 00387321
4-5yrs	Apr 12-Jun 14	Sa	12:05pm-12:50pm	\$75.00/10 sess	reg # 00387322

## T-Ball

T-BALL - PRESCHOOLERS

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

4-5yrs	Apr 12-Jun 14	Sa	9:30am-10:15am	\$49.20/10 sess	reg # 00387316
--------	---------------	----	----------------	-----------------	----------------

## 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	Apr 09-Jun 11	W	10:00am-10:45am	\$75.80/10 sess	reg # 00389203
1-5yrs	Apr 09-Jun 11	W	10:45am-11:30am	\$75.80/10 sess	reg # 00389204



## Computers, Technology and Social Media

### Film Making

#### FILM CAMP IN A BOX- LEGO® STOPMOTION ANIMATION - CHILDREN

Learn about cinematography, script writing and editing and then create a LEGO® stop motion short film and movie trailer. Movies presented at a red carpet and popcorn film festival at the end of the week. Instructed by Film Camp in a Box.

7-10yrs	Apr 27-Jun 15	Su	1:00pm-3:00pm	\$330.00/8 sess	reg # 00389334
---------	---------------	----	---------------	-----------------	----------------

## Arts - Dance

### Hip Hop

#### HIP HOP - CHILDREN

Move, groove, and learn dance steps to the newest beats in this fun-filled setting.

7-10yrs	Apr 08-Jun 10	Tu	4:55pm-5:55pm	\$88.00/10 sess	reg # 00388929
---------	---------------	----	---------------	-----------------	----------------

### Jazz

#### JAZZ DANCING - CHILDREN

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

6-8yrs	Apr 09-Jun 11	W	4:10pm-5:10pm	\$88.00/10 sess	reg # 00389209
--------	---------------	---	---------------	-----------------	----------------

## 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.

6-9yrs	Apr 10-Jun 19	Th	3:45pm-4:45pm	\$96.80/11 sess	reg # 00391233
--------	---------------	----	---------------	-----------------	----------------

9-12yrs	Apr 10-Jun 19	Th	4:50pm-5:50pm	\$96.80/11 sess	reg # 00391235
---------	---------------	----	---------------	-----------------	----------------

## 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 26-Jun 14	Sa	9:15am-9:45am	\$174.80/7 sess	reg # 00387173
-------	---------------	----	---------------	-----------------	----------------

6yrs+	Apr 26-Jun 14	Sa	9:50am-10:20am	\$174.80/7 sess	reg # 00387174
-------	---------------	----	----------------	-----------------	----------------

6yrs+	Apr 26-Jun 14	Sa	10:25am-10:55am	\$174.80/7 sess	reg # 00387182
-------	---------------	----	-----------------	-----------------	----------------

6yrs+	Apr 26-Jun 14	Sa	11:00am-11:30am	\$174.80/7 sess	reg # 00387202
-------	---------------	----	-----------------	-----------------	----------------

# CHILDREN (6-12YRS)

## Arts - Visual

### Cartoons, Comics and Manga

#### COMICS AND CARTOONING - PRETEENS

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

9-12yrs	Apr 10-Jun 12	Th	4:30pm-5:45pm	\$110.00/10 sess	reg # 00390227
---------	---------------	----	---------------	------------------	----------------

### Cartoons, Comics and Manga

#### CHARACTER DESIGN WITH A DISNEY ANIMATOR - CHILDREN

Focus on creating appealing characters in animation, comics, games and more. Instructed by a former Disney animator from Happy Kids Studios.

9-11yrs	Apr 06-May 11	Su	11:50am-12:50pm	\$120.00/6 sess	reg # 00391751
---------	---------------	----	-----------------	-----------------	----------------

9-11yrs	May 25-Jun 29	Su	11:50am-12:50pm	\$120.00/6 sess	reg # 00391755
---------	---------------	----	-----------------	-----------------	----------------

### Cartoons, Comics and Manga

#### CARTOON WITH A DISNEY ANIMATOR - CHILDREN

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

6-8yrs	Apr 06-May 11	Su	10:40am-11:40am	\$120.00/6 sess	reg # 00391747
--------	---------------	----	-----------------	-----------------	----------------

6-8yrs	May 25-Jun 29	Su	10:40am-11:40am	\$120.00/6 sess	reg # 00391749
--------	---------------	----	-----------------	-----------------	----------------

### Drawing and Sketching

#### FOUNDATIONS IN DRAWING - CHILDREN

Learn how to draw objects, characters, proportions, structure, volume and perspective along with techniques that include shade and shadow, quick sketches and colouring.

6-8yrs	Apr 05 -Jun 14	Sa	9:30am-10:30am	\$88.00/10 sess	reg # 00385131
--------	----------------	----	----------------	-----------------	----------------

### Fibre and Textiles 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 05-Jun 14	Sa	12:00pm-1:00pm	\$88.00/10 sess	reg # 00385983
---------	---------------	----	----------------	-----------------	----------------

## Arts - Visual

### Fibre and Textile 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	Apr 05-Jun 14	Sa	1:15pm-2:15pm	\$88.00/10 sess	reg # 00385984
----------	---------------	----	---------------	-----------------	----------------

### 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	Apr 08-Jun 10	Tu	5:30pm-6:30pm	\$88.00/10 sess	reg # 00389380
--------	---------------	----	---------------	-----------------	----------------

6-9yrs	Apr 10-Jun 12	Th	5:30pm-6:30pm	\$88.00/10 sess	reg # 00389382
--------	---------------	----	---------------	-----------------	----------------

## Arts - Performing

### Musical Theatre

#### MUSICAL THEATRE - CHILDREN

Combine music, dance and drama in these high-energy, confidence building sessions that include performing popular musical numbers and songs.

6-8yrs	Apr 05-Jun 14	Sa	12:00pm-1:00pm	\$88.00/10 sess	reg # 00385151
--------	---------------	----	----------------	-----------------	----------------

### Drama

#### ACTING STUDIO - CHILDREN & PRETEENS

Experience all that the world of drama has to offer through games, improvisation exercises and simple scenes designed to develop a wide range of acting skills.

6-8yrs	Apr 07-Jun 16	M	3:30pm-4:30pm	\$79.20/9 sess	reg # 00391295
--------	---------------	---	---------------	----------------	----------------

9-12yrs	Apr 07-Jun 16	M	4:35pm -5:35pm	\$79.20/9 sess	reg # 00391298
---------	---------------	---	----------------	----------------	----------------

## General Interest

### Workshops

#### DUNGEONS & 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 16-May 21	W	4:30pm-6:00pm	\$83.15/6 sess	reg # 00390225
---------	---------------	---	---------------	----------------	----------------

# CHILDREN (6-12YRS)

## General Interest

### Workshops

#### 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 15-Jun 03	Tu	4:30pm-6:00pm	\$110.90/8 sess	reg # 00390224
---------	---------------	----	---------------	-----------------	----------------

### 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	Apr 14-Jun 16	M	5:15pm-6:15pm	FREE/10 sess	reg # 00389337
---------	---------------	---	---------------	--------------	----------------

## Racquet Sports

### 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 11-Jun 13	F	3:30pm-4:30pm	\$65.60/10 sess	reg # 00387314
---------	---------------	---	---------------	-----------------	----------------

9-12yrs+	Apr 11-Jun 13	F	4:30pm-5:30pm	\$65.60/10 sess	reg # 00387315
----------	---------------	---	---------------	-----------------	----------------

## Sports

### Basketball

#### BASKETBALL - CHILDREN AND PRETEENS

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

6-9yrs	Apr 07-Jun 09	M	4:20pm-5:20pm	\$52.50/8 sess	reg # 00386932
--------	---------------	---	---------------	----------------	----------------

6-9yrs	Apr 10-Jun 12	Th	4:20pm-5:20pm	\$65.60/10 sess	reg # 00387310
--------	---------------	----	---------------	-----------------	----------------

6-9yrs	Apr 12-Jun 14	Sa	11:15am-12:15pm	\$65.60/10 sess	reg # 00387318
--------	---------------	----	-----------------	-----------------	----------------

10-12yrs	Apr 10-Jun 12	Th	5:25pm-6:25pm	\$65.60/10 sess	reg # 00387311
----------	---------------	----	---------------	-----------------	----------------



## 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    Apr 07-Jun 09    M    5:20pm-6:20pm    \$52.50/8 sess    reg # 00386933

### Soccer

#### SOCCER SKILLS - CHILDREN

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

6-9yrs    Apr 09-Jun 11    W    4:20pm-5:20pm    \$65.60/10 sess    reg # 00387303

### Soccer - Girls Only

#### SOCCER SKILLS - FOR GIRLS - CHILDREN

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

6-9yrs    Apr 09-Jun 11    W    5:25pm-6:25pm    \$65.60/10 sess    reg # 00387302

### 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 05-Jun 07    Sa    2:15pm-3:15pm    \$52.50/8 sess    reg # 00389349



# YOUTH (13-18YRS)

## Sports

### Volleyball

#### VOLLEYBALL -YOUTH

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

13-18yrs    Apr 05-Jun 07    Sa    1:00pm-2:00pm    \$52.46/8 sess    reg # 00389345

## 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 14-Jun 23    M    4:45pm-5:45pm    \$96.80/11 sess    reg # 00391237

## 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 16    W    9:00am-3:00pm    \$60.70/1 sess    reg # 00390240



## Fitness

### 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+	Apr 02-Jun25	W	6:00pm-7:00pm	\$177.70/13 sess	reg # 00383207
19yrs+	Apr 02-Jun25	W	7:15pm-8:15pm	\$177.70/13 sess	reg # 00383209
19yrs+	Apr 04-Jun 27	F	9:30am-10:30am	\$164.05/12 sess	reg # 00383183
19yrs+	Apr 04-Jun 27	F	10:45am-11:45am	\$164.05/12 sess	reg # 00383186

#### LADIES WHO LIFT - 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.

40yrs+	Apr 02-Jun 25	W	9:30am-10:30am	\$177.70/13 sess	reg # 00391427
40yrs+	Apr 02-Jun 25	W	10:45am-11:45am	\$177.70/13 sess	reg # 00383180

### 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+	Apr 03-Jun 19	Th	1:00pm-2:00pm	\$106.10/12 sess	reg # 00381587
--------	---------------	----	---------------	------------------	----------------

#### 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+	Apr 04-Jun 20	F	9:15am-10:15am	\$88.40/10 sess	reg # 00381588
--------	---------------	---	----------------	-----------------	----------------

# ADULTS (19+YRS)

## Fitness

### Dance Fitness

#### CARDIO DANCE FIT - LATIN - FOR WOMEN

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

18yrs+	Mar 31-Jun 23	M	7:15pm-8:15pm	\$97.25/11 sess	reg # 00383196
--------	---------------	---	---------------	-----------------	----------------

#### 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 02-Jun 18	W	7:15pm-8:15pm	\$106.10/12 sess	reg # 00381914
--------	---------------	---	---------------	------------------	----------------

#### 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 04-Jun 20	F	6:00pm-7:00pm	\$97.25/11 sess	reg # 00383211
--------	---------------	---	---------------	-----------------	----------------

### Mind Body, Mobility and Flexibility

#### PILATES - LEVEL 1 AND LEVEL 2 - 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+	Apr 01-Jun 24	Tu	7:15pm-8:15pm	\$131.45/13 sess	reg # 00383212
--------	---------------	----	---------------	------------------	----------------

18yrs+	Apr 03-Jun 26	Th	7:15pm-8:15pm	\$131.45/13 sess	reg # 00383213
--------	---------------	----	---------------	------------------	----------------

#### PILATES FUSION - 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. Designed for beginner and intermediate.

#### LEVEL 1 Pilates Fusion - Beginner/Intermediate

18yrs+	Mar 31-Jun 16	M	10:30am-11:30am	\$101.10/10 sess	reg # 00383177
--------	---------------	---	-----------------	------------------	----------------

#### LEVEL 2 Pilates Fusion - Intermediate/Advanced (Pre-requisite: Pilates - Level 1)

18yrs+	Apr 04-Jun 20	F	10:30am-11:30am	\$101.10/10 sess	reg # 00383179
--------	---------------	---	-----------------	------------------	----------------

## Martial Arts

### Tai Chi

TAI CHI - KOO STYLE - BEGINNER - ADULTS

Try this excellent introduction to this Chinese martial art. Designed and suitable for beginners.

18yrs+	Apr 10-Jun 12	Th	7:30pm-9:00pm	\$205.00/10 sess	reg # 00391462
--------	---------------	----	---------------	------------------	----------------

## Arts - Dance

### Ballroom Dancing

BALLROOM DANCING - BEGINNER - ADULTS

Cover the basic steps of the Vienna Waltz, Quick Step, Tango and the Cha Cha. Suitable for singles and pairs.

Registered Weekly Class - Vienna Waltz and Quick Step

19yrs+	Apr 13-Jun 22	Su	11:30am-12:30pm	\$79.20/9 sess	reg # 00386695
--------	---------------	----	-----------------	----------------	----------------

Registered Weekly Class - Tango

19yrs+	Apr 11-Jun 20	F	3:30pm-4:30pm	\$88.00/10 sess	reg # 00395334
--------	---------------	---	---------------	-----------------	----------------

Registered Weekly Class - Cha Cha

19yrs+	Apr 11-Jun 20	F	4:40pm-5:40pm	\$88.00/10 sess	reg # 00395335
--------	---------------	---	---------------	-----------------	----------------

BALLROOM DANCING - INTERMEDIATE- ADULTS

Build skills, expand ability and learn more dance variations. Suitable for singles and pairs.  
Pre-requisite: Ballroom Dancing - Beginner.

Registered Weekly Class - Jive

19yrs+	Apr 13-Jun 22	Su	12:35pm-1:35pm	\$79.20/9 sess	reg # 00386704
--------	---------------	----	----------------	----------------	----------------



# ADULTS (19+YRS)

## Arts - Dance

### Variety

#### JAZZ AND BALLET BLEND ADULTS

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

19yrs+	Apr 09-Jun 11	W	2:15pm-3:15pm	\$88.00/10 sess	reg # 00386553
--------	---------------	---	---------------	-----------------	----------------

#### BAROQUE DANCING - LEVEL 1 AND 2 - ADULTS

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

19yrs+	Apr 14-Jun 23	M	3:15pm-4:30pm	\$99.00/9 sess	reg # 00389245
--------	---------------	---	---------------	----------------	----------------

#### HIP HOP - ADULT

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

19yrs+	Apr 10-Jun 12	Th	2:15pm-3:15pm	\$88.00/10 sess	reg # 00394369
--------	---------------	----	---------------	-----------------	----------------

#### ANCIENT ECHOES: THE SPIRIT OF CHINESE DANCING - 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. Suitable for all skill levels.

19yrs+	May 03-Jun 21	Sa	3:00pm - 4:15pm	\$77.00/7 sess	reg # 00386597
--------	---------------	----	-----------------	----------------	----------------

## 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 class.

18yrs+	Apr 26-Jun 14	Sa	11:30am-12:30pm	\$64.70/7 sess	reg # 00387454
--------	---------------	----	-----------------	----------------	----------------



## 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+	Apr 07-Jun 09	M	7:30pm-9:00pm	\$72.70/8 sess	reg # 00386925
--------	---------------	---	---------------	----------------	----------------

## Racquet Sports

### Badminton

#### BADMINTON - INTERMEDIATE - ADULTS

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

19yrs+	Apr 07-Jun 23	M	10:00am-11:15am	\$90.20/11 sess	reg # 00386781
19yrs+	Apr 07-Jun 23	M	11:20am-12:35pm	\$90.20/11 sess	reg # 00386921
19yrs+	Apr 10-Jun 26	Th	11:20am-12:35pm	\$98.40/12sess	reg # 00387305

### Pickleball

#### PICKLEBALL - BEGINNER - ADULTS

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball. Suitable for beginners. Paddles provided for use if required.

18yrs+	Apr 08-Jun 24	Tu	3:30pm-4:45pm	\$98.40/12 sess	reg # 00386952
18yrs+	Apr 08-Jun 24	Tu	4:50pm-6:05pm	\$98.40/12 sess	reg # 00386953

#### 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+	Apr 07-Jun 23	M	2:00pm-3:15pm	\$82.00/10 sess	reg # 00386924
--------	---------------	---	---------------	-----------------	----------------

## 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 9-Jun 11	W	2:15pm-3:15pm	\$65.30/10 sess	reg # 00385413
--------	--------------	---	---------------	-----------------	----------------

## 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.

Try-it (Single Session - Registration Required) - Vienna Waltz and Quick Step

55yrs+	Apr 06	Su	11:30am - 12:30pm	Free/1 sess	reg # 00386724
--------	--------	----	-------------------	-------------	----------------

Registered Weekly Class - Vienna Waltz and Quick Step

55yrs+	Apr 13-Jun 22	Su	11:30am-12:30pm	\$58.75/9 sess	reg # 00386778
--------	---------------	----	-----------------	----------------	----------------

Try-it (Single Session - Registration Required) - Tango

55yrs+	Apr 04	F	3:30pm - 4:30pm	Free/1 sess	reg # 00395328
--------	--------	---	-----------------	-------------	----------------

Registered Weekly Class - Tango

55yrs+	Apr 11-Jun 20	F	3:30pm-4:30pm	\$65.30/10 sess	reg # 00395331
--------	---------------	---	---------------	-----------------	----------------

Try-it (Single Session - Registration Required) - Cha Cha

55yrs+	Apr 04	F	4:40pm - 5:40pm	Free/1 sess	reg # 00395329
--------	--------	---	-----------------	-------------	----------------

Registered Weekly Class - Cha Cha

55yrs+	Apr 11-Jun 20	F	4:40pm-5:40pm	\$65.30/10 sess	reg # 00395332
--------	---------------	---	---------------	-----------------	----------------

## Ballroom Dancing

## BALLROOM DANCING - INTERMEDIATE

Build skills, expand ability and learn more dance variations. Suitable for singles and pairs. Pre-requisite: Ballroom Dancing - Beginner - Jive.

Try-it (Single Session - Registration Required) - Jive

55yrs+	Apr 6	Su	12:35pm -1:35pm	Free/1 sess	reg # 00386744
--------	-------	----	-----------------	-------------	----------------

Registered Weekly Class - Jive

55yrs+	Apr 13-Jun 22	Su	12:35pm-1:35pm	\$58.75/9 sess	reg # 00386779
--------	---------------	----	----------------	----------------	----------------

## Arts - Dance

### Baroque

BAROQUE DANCING - LEVEL 1 & LEVEL 2 - 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+	Apr 14-Jun 23	M	3:15pm-4:30pm	\$73.45/9 sess	reg # 00389229
--------	---------------	---	---------------	----------------	----------------

### Chinese Folk Dancing

ANCIENT ECHOES: THE SPIRIT OF CHINESE DANCING - 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. Suitable for all skill levels.

Try-it (Single Session - Registration Required)

55yrs+	Apr 26	Sa	3:00pm - 4:15pm	Free/1 sess	reg # 00386054
--------	--------	----	-----------------	-------------	----------------

Registered Weekly Class

55yrs+	May 03 - Jun 21	Sa	3:00pm - 4:15pm	\$57.10/7 sess	reg # 00386055
--------	-----------------	----	-----------------	----------------	----------------

### 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.

55yrs+	Apr 10 - Jun 12	Th	2:15pm - 3:15pm	\$65.30/10 sess	reg # 00394367
--------	-----------------	----	-----------------	-----------------	----------------

## 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 25-May 16	F	6:30pm-8:00pm	\$39.20/4 sess	reg # 00389121
--------	---------------	---	---------------	----------------	----------------

## Arts - Visual

### Ceramics and Sculpture

Creative CLAY - 55+

Make unique pieces and designs to take home, gain social connections and build confidence while exploring this tactile and creative outlet. Supplies included.

55yrs+	Apr 4-Jun 13	F	10:30am-11:30am	\$65.30/10 sess	reg # 00386006
--------	--------------	---	-----------------	-----------------	----------------

## 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+	Apr 24	Th	3:30pm-4:15pm	FREE/1 sess	reg # 00386544
55yrs+	May 29	Th	3:30pm-4:15pm	FREE/1 sess	reg # 00386547

## 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 9	W	10:00am-10:30am	FREE/1 sess	reg # 00385379
55yrs+	Apr 9	W	10:30am-11:00am	FREE/1 sess	reg # 00385388
55yrs+	Apr 9	W	11:00am-11:30am	FREE/1 sess	reg # 00385397
55yrs+	May 14	W	10:00am-10:30am	FREE/1 sess	reg # 00385383
55yrs+	May 14	W	10:30am-11:00am	FREE/1 sess	reg # 00385390
55yrs+	May 14	W	11:00am-11:30am	FREE/1 sess	reg # 00385400
55yrs+	Jun 11	W	10:00am-10:30am	FREE/1 sess	reg # 00385385
55yrs+	Jun 11	W	10:30am-11:00am	FREE/1 sess	reg # 00385394
55yrs+	Jun 11	W	11:00am-11:30am	FREE/1 sess	reg # 00385403

## 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+	Apr 7-Jun 23	M	12:45pm-2:00pm	\$90.20/11 sess	reg # 00386922
--------	--------------	---	----------------	-----------------	----------------

### 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 11-Jun 27	F	9:30am-10:45am	\$82.00/10 sess	reg # 00387312
55yrs+	Apr 11-Jun 27	F	10:50am-12:05pm	\$82.00/10 sess	reg # 00387313

### 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 in required. Pre-requisite: Pickleball - Beginner.

55yrs+	Apr 9-Jun 25	W	11:45am-1:15pm	\$118.10/12 sess	reg # 00386958
55yrs+	Apr 9-Jun 18	W	1:20pm-2:50pm	\$108.25/11 sess	reg # 00386960

## 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 10-Jun 12	Tu/Th	1:00pm-2:30pm	\$45.00/2 sess	reg # 00389783
55yrs+	Jun 17-Jun 19	Tu/Th	1:00pm-2:30pm	\$45.00/2 sess	reg # 00389787
55yrs+	Jun 24-Jun 26	Tu/Th	1:00pm-2:30pm	\$45.00/2 sess	reg # 00389788

## 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 02-Jun 18	W	1:00pm-2:00pm	\$83.90/12 sess	reg # 00382176
--------	---------------	---	---------------	-----------------	----------------

### Cardio, Strength and Athletics

#### STAY STRONG CIRCUIT WORKOUT - 55+

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

55yrs+	Mar 31-Jun 23	M	2:15pm-3:05pm	\$76.25/11 sess	reg # 00382173
--------	---------------	---	---------------	-----------------	----------------

### 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+	Mar 31-Jun 23	M	9:30am-10:30am	\$117.90/11 sess	reg # 00383217
--------	---------------	---	----------------	------------------	----------------

60yrs+	Mar 31-Jun 23	M	10:45am-11:45am	\$117.90/11 sess	reg # 00383216
--------	---------------	---	-----------------	------------------	----------------

## Fitness

### 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+	Mar 31-Jun 23	M	1:00pm-2:00pm	\$69.30/10 sess	reg #00383694
--------	---------------	---	---------------	-----------------	---------------

### 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 25-Jun 24	Tu	11:45am-12:45pm	\$83.15/12 sess	reg # 00383697
--------	---------------	----	-----------------	-----------------	----------------

55yrs+	Mar 27-Jun 26	Th	11:45am-12:45pm	\$83.15/12 sess	reg # 00383705
--------	---------------	----	-----------------	-----------------	----------------



## Fitness

### Cycling

#### CYCLE FIT EXPRESS - 55+

Improve cardio and muscle endurance to build power with moderate to low intensity cycling drills. Suitable for beginners 55+ years. 30 min class.

55yrs+	Apr 02-Jun 25	W	12:10pm-12:50pm	\$90.10/13 sess	reg # 00383218
55yrs+	Apr 04-Jun 27	F	1:10pm-1:50pm	\$69.30/10 sess	reg # 00383219

### 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 01-Jun 24	Tu	1:00pm-2:00pm	\$90.10/13 sess	reg # 00383220
--------	---------------	----	---------------	-----------------	----------------

### Mind Body, Mobility and Flexibility

#### HATHA YOGA - 55+

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

55yrs+	Apr 1-Jun 24	Tu	2:05pm-3:05pm	\$139.35/13 sess	reg # 00382183
55yrs+	Apr 3-Jun 26	Th	2:05pm-3:05pm	\$139.35/13 sess	reg # 00382184

## 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+	Apr 04-Jun 13	F	2:00pm-3:00pm	\$64.80/10 sess	reg # 00386011
--------	---------------	---	---------------	-----------------	----------------



## Health and Wellness

### 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+	Apr 16, May 21, Jun 18	W	10:30am-12:00pm	FREE/3 sess	reg # 00385370
--------	------------------------	---	-----------------	-------------	----------------

#### 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. Registration required.

55yrs+	Apr 05	Sa	11:00am-12:00pm	FREE/1 sess	reg # 00385513
--------	--------	----	-----------------	-------------	----------------

#### MANAGING STRESS, ANXIETY AND DEPRESSION WORKSHOP - 55+

Learn the causes and explore strategies to manage and reduce symptoms from these health issues and how to minimize the impact on daily and social life. Presented by Pathways Clubhouse. Registration required.

55yrs+	May 8	Th	10:30am-12:00pm	FREE/1 sess	reg # 00386004
--------	-------	----	-----------------	-------------	----------------

## Out Trips and Tours

### April

#### PAT QUINN'S AAT 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. Home drop off available for \$3.00 additional. Transportation only included.

55yrs+	Apr 25	F	4:15Pm-7:45pm	\$18.50/1 sess	reg # 00390334
--------	--------	---	---------------	----------------	----------------

### 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 (\$3) available. No refunds 14 days prior to trip.

55yrs+	May 27	Tu	5:45pm-10:30pm	\$45.00/1 sess	reg # 00390317
--------	--------	----	----------------	----------------	----------------

## 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-11:15pm

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

Monday-Friday	Afternoon Fitness*	3:00pm-5:00pm
Fridays	Friday Night Basketball	8:00pm-11:15pm
Fridays	Friday Night Volleyball	8:15pm-10:15pm
Fridays	Friday Night Girls Only Volleyball	6:15pm-8:15pm

\*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: \$18.00/Year**

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

Sundays	Chinese Folk Dancing	1:00pm-3:00pm
Mondays	French Conversation Group	10:30am-12:00pm
Tuesdays	Chinese Folk Dancing	9:45am-10:45am
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	2:15pm-3:45pm
Tuesdays	Mandarin Dance and Social	
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 (Spring 2025)

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Cycle Fit</b> 8:15-9:00 AM Sabine	<b>Cycle Fit</b> 8:15-9:00 AM Richard	<b>Cycle Fit</b> 8:15-9:00 AM Sabine	<b>Cycle Fit</b> 8:15-9:00 AM Brenda	<b>Cycle Fit</b> 8:15-9:00 AM Sabine		
<b>Tabata*</b> 9:15-10:15 AM Olga	<b>Body Sculpt*</b> 9:15-10:25 AM Sabine	<b>Cardio Strength*</b> 9:15-10:15 AM Brenda	<b>Total Body Conditioning*</b> 9:15-10:25 AM Sabine		<b>Drop In Step</b> 9:15-10:15 AM Jackie	<b>Drop In Cardio Combo</b> 9:15-10:15 AM Brenda
	<b>Hybrid - Low Impact</b> 10:30-11:30 AM Sabine	<b>Hybrid - Pure Stretch-Express</b> 10:25-10:55 AM Sabine	<b>Hybrid - Ease into Fitness</b> 10:30-11:30 AM Gail		<b>Cycle Fit</b> 10:30-11:15 AM Richard/Olga	<b>Cycle Fit</b> 10:30-11:15 AM Richard/Olga
<b>Hybrid Pure Strength</b> 11:45-12:45 PM Sabine		<b>Hybrid Pure Strength</b> 11:00-12:00 PM Sabine		<b>In-Person Pure Strength 55+</b> 12:00-1:00 PM Murray		
<b>Drop-in Body Sculpt</b> 6:00-7:00 PM Jackie	<b>Cycle Fit</b> 6:15-7:00 PM Olga		<b>Cycle Fit</b> 6:15-7:00 PM Olga/Richard			
	<b>Drop-In Yoga - Hatha Style</b> 7:10-8:10 PM Olga					

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



ADULTS (19+YRS)



55+YRS

**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 6:00 AM. 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, February 11 at 9PM. 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	\$5.00	\$6.90
Yoga Drop-in	\$8.75	\$8.75
Visit Card	\$40.00/10	\$55.00/10
*1 Month	\$47.00	\$59.00
*3 Months	\$105.00	\$128.00
*6 Months	\$180.00	\$219.00
*1 Year	\$300.00	\$365.00
**Family Add-On	N/A	\$300.00

## PERSONAL TRAINING

Total Fitness Pass	One on One	Train with a friend
1 session	\$61.85	\$92.85
3 sessions	\$176.35	\$264.60
5 sessions	\$278.50	\$417.80
10 sessions	\$526.05	\$789.20
10 sessions	\$278.50	(30 minutes)
20 sessions	\$526.05	(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 \$4.90 (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



@westrichmondcc