

# 2025 SUMMER PROGRAMS



**July 1 - September 2, 2025**

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



# REGISTRATION

## HOW TO REGISTER

Get ready to register for Summer Programs:

**Tuesday, May 6 at 9:00 pm (Online)**  
**(8:00 pm for City of Richmond Aquatics)**

**Wednesday, May 7**  
**(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 - 8:30 pm  
**Saturday - Sunday:** 9:00 am - 1:00 pm

**Holiday hours:**

**July 1 Canada Day:** 8:00 am - 8:00 pm

**August 4 (BC Day):** 8:00 am - 8:00 pm

**September 1 (Labour 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












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## PROGRAMS

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## CONTACT US

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Richmond, BC V7E 6L5  
**Phone:** 604-238-8400  
**Email:** [westrich@richmond.ca](mailto:westrich@richmond.ca)



# **SAVE THE DATE**

**for our Summer Event Series!**

## **Summer Event Series**

(stay tuned for themes/activities!)

**Tuesday July 22 - 5:30 - 6:30pm**

**Tuesday July 28 - 5:30 - 6:30pm**

**Tuesday Aug 5 - 5:30 - 6:30pm**

## **West Fest!**

**Tuesday Aug 12 - 5:00 - 8:00pm**



# PRESCHOOLERS (0-5YRS)

## Arts - Dance

### Jazz

#### JAZZ DANCING - PRESCHOOLERS

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

4-5yrs	Jul 02-Aug 06	W	3:20pm-4:05pm	\$39.60/6 sess	reg # 00405301
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## 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	Jul 05-Aug 16	Sa	9:15am-9:45am	\$26.40/6 sess	reg # 00417547
18-36mos	Jul 05-Aug 16	Sa	10:00am-10:45am	\$39.60/6 sess	reg # 00417548

#### Preschoolers

4-5yrs	Jul 05-Aug 16	Sa	11:00am-11:45am	\$39.60/6 sess	reg # 00417549
4-5yrs	Jul 06-Aug 17	Su	10:00am-10:45am	\$39.60/6 sess	reg # 00417552
4-5yrs	Jul 06-Aug 17	Su	11:00am-11:45am	\$39.60/6 sess	reg # 00417558
4-5yrs	Jul 06-Aug 17	Su	12:00pm-12:45pm	\$39.60/6 sess	reg # 00417563

### Music - Parent and Tot

#### MUSIC - PARENT AND TOT-PRESCHOOLERS

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

1-5yrs	Jul 11-Aug 22	F	1:30pm-2:00pm	\$26.40/6 sess	reg # 00414961
1-5yrs	Jul 11-Aug 22	F	2:05pm-2:35pm	\$26.40/6 sess	reg # 00414963
1-5yrs	Jul 11 -Aug 22	F	2:40pm-3:10pm	\$26.40/6 sess	reg # 00414965
1-5yrs	Jul 11 -Aug 22	F	3:15pm-3:45pm	\$26.40/6 sess	reg # 00414969

## Arts - Visual

### Arts

#### ART JAM - 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	Jul 07-Jul 10	M/Tu/W/Th	1:30pm-2:30pm	\$80/4 sess	reg # 00411880
4-5yrs	Jul 14-Jul 17	M/Tu/W/Th	1:30pm-2:30pm	\$80/4 sess	reg # 00411913

# 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	Jul 21-Jul 24	M/Tu/W/Th	1:30pm-2:00pm	\$17.60/4 sess	reg # 00417217
4-5yrs	Jul 28-Jul 31	M/Tu/W/Th	1:30pm-2:00pm	\$17.60/4 sess	reg # 00417218
4-5yrs	Aug 18-Aug 21	M/Tu/W/Th	1:30pm-2:00pm	\$17.60/4 sess	reg # 00417219

## Sports

### Soccer

#### OUTDOOR - SOCCER SKILLS

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

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

2-3yrs	Jul 02-Jul 04	W/Th/F	9:30am-10:15am	\$14.75/3 sess	reg # 00411173
2-3yrs	Jul 07-Jul 11	M/Tu/W/Th/F	9:30am-10:15am	\$24.60/5 sess	reg # 00413799
2-3yrs	Jul 14-Jul 18	M/Tu/W/Th/F	9:30am-10:15am	\$24.60/5 sess	reg # 00413811
2-3yrs	Aug 11-Aug 15	M/Tu/W/Th/F	9:30am-10:15am	\$24.60/5 sess	reg # 00413832

#### Preschoolers (4-5yrs)

4-5yrs	Jul 02-Jul 04	W/Th/F	10:20am-11:05am	\$14.75/3 sess	reg # 00411176
4-5yrs	Jul 07-Jul 11	M/Tu/W/Th/F	10:20am-11:05am	\$24.60/5 sess	reg # 00413839
4-5yrs	Jul 14-Jul 18	M/Tu/W/Th/F	10:20am-11:05am	\$24.60/5 sess	reg # 00413859
4-5yrs	Aug 11-Aug 15	M/Tu/W/Th/F	10:20am-11:05am	\$24.60/5 sess	reg # 00413863

## Sports

### Floor Hockey

#### INDOOR - FLOOR HOCKEY SKILLS

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

3-5yrs	Jul 02-Jul 04	W/Th/F	9:30am-10:15am	\$14.75/3 sess	reg # 00414223
3-5yrs	Jul 21-Jul 25	M/Tu/W/Th/F	9:30am-10:15am	\$24.60/5 sess	reg # 00414258
3-5yrs	Aug 05-Aug 08	Tu/W/Th/F	9:30am-10:15am	\$19.70/4 sess	reg # 00414229
3-5yrs	Aug 18-Aug 22	M/Tu/W/Th/F	9:30am-10:15am	\$24.60/5 sess	reg # 00415020

## Information

New friends, fun activities, creative crafts and good times are ahead for children enrolled in Richmond summer camps. Led by enthusiastic and experienced staff, children are inspired to stay active and socialize in a safe and respectful way as they connect with new peers and learn healthy new skills to last a lifetime.

Our fun, healthy, high-quality programs adhere to all provincial health directives.

Read more about our policies for refunds, withdrawals & transfer guidelines at [richmond.ca/camps](https://richmond.ca/camps).

## Campers to Bring (if applicable)

If applicable, a nut-free and healthy non-microwavable lunch and/or snack, filled water bottle, sunscreen, hat, swimsuit, towel and weather- and activity-appropriate clothing and footwear. \*Label all camp items with child's name.

Please note, once available camp calendars with details of the daily activity or theme will be posted to [richmond.ca/camps](https://richmond.ca/camps).

## Informed Consent and Permission Form

A completed Informed Consent and Permission Form and recent photo of child must be **submitted one week prior to start of camp** to provide lead time for staff to review the submitted information. Download a copy of the form at [richmond.ca/camps](https://richmond.ca/camps) and follow the instructions for submission details.

# CAMPS (PRESCHOOL)

## Licensed - Day Camps

### PRESCHOOL CAMP - LICENSED - BORN 2020-2021 - OUTDOOR - PRESCHOOLERS

Play games, make crafts and join in well-rounded and age-appropriate activities led by Early Childhood Educators. Explore and learn with creative and cooperative play opportunities inside, outdoors and in the local community. Age calculated by Dec 31, 2024.

This Licensed Daycamp is currently subsidized by the Provincial Child Care Fee Reduction Initiative.

3-4yrs	Jul 14-Jul 18	M/Tu/W/Th/F	9:30am-12:30pm	\$141.10/5 sess	reg # 00416990
3-4yrs	Jul 21-Jul 25	M/Tu/W/Th/F	9:30am-12:30pm	\$141.10/5 sess	reg # 00417075
3-4yrs	Aug 11-Aug 15	M/Tu/W/Th/F	9:30am-12:30pm	\$141.10/5 sess	reg # 00417108



# CAMPS (CHILDREN)

## Licensed - Day Camps

### DAYCAMP - BORN 2018-2019 - LICENSED - CHILDREN | West Richmond

Get ready for super fun and memory-making good times with qualified leaders and age-appropriate activities. Explore and learn with creative and cooperative play opportunities inside, outdoors and in the local community. Age calculated by Dec 31, 2024.

Find camp calendars at [www.richmond.ca/camps](http://www.richmond.ca/camps).

This Licensed Daycamp is currently subsidized by the Provincial Child Care Fee Reduction Initiative.

5-6yrs	Jun 30-Jul 04	M/W/Th/F	9:00am-4:00pm	\$165.70/4 sess	reg # 00416184
5-6yrs	Jul 07-Jul 11	M/Tu/W/Th/F	9:00am-4:00pm	\$207.15/5 sess	reg # 00416191
5-6yrs	Jul 14-Jul 18	M/Tu/W/Th/F	9:00am-4:00pm	\$207.15/5 sess	reg # 00416192
5-6yrs	Jul 21-Jul 25	M/Tu/W/Th/F	9:00am-4:00pm	\$207.15/5 sess	reg # 00416194
5-6yrs	Jul 28-Aug 01	M/Tu/W/Th/F	9:00am-4:00pm	\$207.15/5 sess	reg # 00416195
5-6yrs	Aug 05-Aug 08	Tu/W/Th/F	9:00am-4:00pm	\$165.70/4 sess	reg # 00416197
5-6yrs	Aug 11-Aug 15	M/Tu/W/Th/F	9:00am-4:00pm	\$207.15/5 sess	reg # 00416199
5-6yrs	Aug 18-Aug 22	M/Tu/W/Th/F	9:00am-4:00pm	\$207.15/5 sess	reg # 00416202
5-6yrs	Aug 25-Aug 28	M/Tu/W/Th	9:00am-4:00pm	\$165.70/4 sess	reg # 00416204

## Licensed - Before/After Care

### BEFORE CAMP CARE - BORN 2018-2019 - LICENSED - CHILDREN | Gilmore School

Start the camp day early with a variety of crafts and activities led by enthusiastic staff.

Before Camp Care will take place at James Gilmore Elementary. At 9am, participants will be walked to West Richmond.

5-6yrs	Jun 30-Jul 04	M/W/Th/F	7:00am-9:00am	\$33.35/4 sess	reg # 00416231
5-6yrs	Jul 07-Jul 11	M/Tu/W/Th/F	7:00am-9:00am	\$41.70/5 sess	reg # 00416233
5-6yrs	Jul 14-Jul 18	M/Tu/W/Th/F	7:00am-9:00am	\$41.70/5 sess	reg # 00416237
5-6yrs	Jul 21-Jul 25	M/Tu/W/Th/F	7:00am-9:00am	\$41.70/5 sess	reg # 00416238
5-6yrs	Jul 28-Aug 01	M/Tu/W/Th/F	7:00am-9:00am	\$41.70/5 sess	reg # 00416240
5-6yrs	Aug 05-Aug 08	Tu/W/Th/F	7:00am-9:00am	\$33.35/4 sess	reg # 00416243
5-6yrs	Aug 11-Aug 15	M/Tu/W/Th/F	7:00am-9:00am	\$41.70/5 sess	reg # 00416244
5-6yrs	Aug 18-Aug 22	M/Tu/W/Th/F	7:00am-9:00am	\$41.70/5 sess	reg # 00416248
5-6yrs	Aug 25-Aug 28	M/Tu/W/Th	7:00am-9:00am	\$33.35/4 sess	reg # 00416249

### AFTER CAMP CARE - BORN 2018-2019 - LICENSED - CHILDREN | West Richmond

Extend the fun of camp with a variety of crafts and activities led by enthusiastic staff.

5-6yrs	Jun 30-Jul 04	M/W/Th/F	4:00pm-6:00pm	\$33.35/4 sess	reg # 00416276
5-6yrs	Jul 07-Jul 11	M/Tu/W/Th/F	4:00pm-6:00pm	\$41.70/5 sess	reg # 00416339
5-6yrs	Jul 14-Jul 18	M/Tu/W/Th/F	4:00pm-6:00pm	\$41.70/5 sess	reg # 00416343
5-6yrs	Jul 21-Jul 25	M/Tu/W/Th/F	4:00pm-6:00pm	\$41.70/5 sess	reg # 00416345
5-6yrs	Jul 28-Aug 01	M/Tu/W/Th/F	4:00pm-6:00pm	\$41.70/5 sess	reg # 00416347
5-6yrs	Aug 05-Aug 08	Tu/W/Th/F	4:00pm-6:00pm	\$33.35/4 sess	reg # 00416349
5-6yrs	Aug 11-Aug 15	M/Tu/W/Th/F	4:00pm-6:00pm	\$41.70/5 sess	reg # 00416350
5-6yrs	Aug 18-Aug 22	M/Tu/W/Th/F	4:00pm-6:00pm	\$41.70/5 sess	reg # 00416352
5-6yrs	Aug 25-Aug 28	M/Tu/W/Th	4:00pm-6:00pm	\$33.35/4 sess	reg # 00416357

# CAMPS (CHILDREN)

## Licensed - Day Camps

### DAYCAMP - BORN 2013-2017 - LICENSED - CHILDREN | Gilmore School

Get ready for super fun and memory-making good times with qualified leaders and age-appropriate activities. Explore and learn with creative and cooperative play opportunities inside, outdoors and in the local community. Age calculated by Dec 31, 2024.

Find camp calendars at [www.richmond.ca/camps](http://www.richmond.ca/camps).

This Licensed Daycamp is currently subsidized by the Provincial Child Care Fee Reduction Initiative.

7-11yrs	Jun 30-Jul 04	M/W/Th/F	9:00am-4:00pm	\$165.70/4 sess	reg # 00416380
7-11yrs	Jul 07-Jul 11	M/Tu/W/Th/F	9:00am-4:00pm	\$207.15/5 sess	reg # 00416381
7-11yrs	Jul 14-Jul 18	M/Tu/W/Th/F	9:00am-4:00pm	\$207.15/5 sess	reg # 00416384
7-11yrs	Jul 21-Jul 25	M/Tu/W/Th/F	9:00am-4:00pm	\$207.15/5 sess	reg # 00416387
7-11yrs	Jul 28-Aug 01	M/Tu/W/Th/F	9:00am-4:00pm	\$207.15/5 sess	reg # 00416388
7-11yrs	Aug 05-Aug 08	Tu/W/Th/F	9:00am-4:00pm	\$165.70/4 sess	reg # 00416389
7-11yrs	Aug 11-Aug 15	M/Tu/W/Th/F	9:00am-4:00pm	\$207.15/5 sess	reg # 00416390
7-11yrs	Aug 18-Aug 22	M/Tu/W/Th/F	9:00am-4:00pm	\$207.15/5 sess	reg # 00416394
7-11yrs	Aug 25-Aug 28	M/Tu/W/Th	9:00am-4:00pm	\$165.70/4 sess	reg # 00416396

## Licensed - Before/After Care

### BEFORE CAMP CARE - BORN 2013-2017 - LICENSED - CHILDREN | Gilmore School

Start the camp day early with a variety of crafts and activities led by enthusiastic staff.

7-11yrs	Jun 30-Jul 04	M/W/Th/F	7:00am-9:00am	\$33.35/4 sess	reg # 00416407
7-11yrs	Jul 07-Jul 11	M/Tu/W/Th/F	7:00am-9:00am	\$41.70/5 sess	reg # 00416408
7-11yrs	Jul 14-Jul 18	M/Tu/W/Th/F	7:00am-9:00am	\$41.70/5 sess	reg # 00416410
7-11yrs	Jul 21-Jul 25	M/Tu/W/Th/F	7:00am-9:00am	\$41.70/5 sess	reg # 00416411
7-11yrs	Jul 28-Aug 01	M/Tu/W/Th/F	7:00am-9:00am	\$41.70/5 sess	reg # 00416413
7-11yrs	Aug 05-Aug 08	Tu/W/Th/F	7:00am-9:00am	\$33.35/4 sess	reg # 00416414
7-11yrs	Aug 11-Aug 15	M/Tu/W/Th/F	7:00am-9:00am	\$41.70/5 sess	reg # 00416417
7-11yrs	Aug 18-Aug 22	M/Tu/W/Th/F	7:00am-9:00am	\$41.70/5 sess	reg # 00416419
7-11yrs	Aug 25-Aug 28	M/Tu/W/Th	7:00am-9:00am	\$33.35/4 sess	reg # 00416421

### AFTER CAMP CARE - BORN 2013-2017 - LICENSED - CHILDREN | Gilmore School

Extend the fun of camp with a variety of crafts and activities led by enthusiastic staff.

7-11yrs	Jun 30-Jul 04	M/W/Th/F	4:00pm-6:00pm	\$33.35/4 sess	reg # 00416435
7-11yrs	Jul 07-Jul 11	M/Tu/W/Th/F	4:00pm-6:00pm	\$41.70/5 sess	reg # 00416440
7-11yrs	Jul 14-Jul 18	M/Tu/W/Th/F	4:00pm-6:00pm	\$41.70/5 sess	reg # 00416446
7-11yrs	Jul 21-Jul 25	M/Tu/W/Th/F	4:00pm-6:00pm	\$41.70/5 sess	reg # 00416447
7-11yrs	Jul 28-Aug 01	M/Tu/W/Th/F	4:00pm-6:00pm	\$41.70/5 sess	reg # 00416448
7-11yrs	Aug 05-Aug 08	Tu/W/Th/F	4:00pm-6:00pm	\$33.35/4 sess	reg # 00416449
7-11yrs	Aug 11-Aug 15	M/Tu/W/Th/F	4:00pm-6:00pm	\$41.70/5 sess	reg # 00416450
7-11yrs	Aug 18-Aug 22	M/Tu/W/Th/F	4:00pm-6:00pm	\$41.70/5 sess	reg # 00416451
7-11yrs	Aug 25-Aug 28	M/Tu/W/Th	4:00pm-6:00pm	\$33.35/4 sess	reg # 00416452



# CAMPS (CHILDREN/YOUTH)

## Camps - Children

### Variety Camps

#### DAYCAMP - MAGIC CAMP - CHILDREN

Amaze friends and family by learning magic tricks and sleight-of-hand skills taught by a professional magician. A magic show for family members presented on the last day of class. This program is instructed by John Kaplan of Abracadabra Show Productions.

8-11yrs	Jul 28-Aug 01	M/Tu/W/Th/F	9:00am-11:30am	\$155.00/5 sess	reg # 00417064
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8-11yrs	Aug 25-Aug 29	M/Tu/W/Th/F	12:30pm-3:00pm	\$155.00/5 sess	reg # 00417065
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### Art Camps

#### DAYCAMP - FILM CAMP IN A BOX - LEGO® STOP MOTION - 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.

7-12yrs	Jul 14-Jul 18	M/Tu/W/Th/F	9:00am-4:00pm	\$364.00/5 sess	reg # 00417074
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7-12yrs	Aug 18-Aug 22	M/Tu/W/Th/F	9:00am-4:00pm	\$364.00/5 sess	reg # 00417076
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## Camps - Youth

### Variety Camps

#### DAYCAMP - SKILLS FOR SUCCESS - HIGH SCHOOL PREP - YOUTH

Develop organizational skills and make connections with others in this fun and social program designed to prepare youth for a successful first year of high school.

Please note, this camp is for students entering Grade 8 in Sept 2025.

12-13yrs	Aug 05-Aug 08	Tu/W/Th/F	1:00pm-5:00pm	\$88.95/4 sess	reg # 00417059
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### Adventure Camps

#### DAYCAMP - ADVENTURE CAMP - YOUTH

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

11-16yrs	Jul 08-Jul 11	Tu/W/Th/F	10:00am-4:00pm	\$344.65/4 sess	reg # 00417021
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11-16yrs	Jul 15-Jul 18	Tu/W/Th/F	10:00am-4:00pm	\$344.65/4 sess	reg # 00417025
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11-16yrs	Jul 22-Jul 25	Tu/W/Th/F	10:00am-4:00pm	\$344.65/4 sess	reg # 00417027
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### Adventure Camps

#### DAYCAMP - ADVENTURE CAMP - BIKE TOURS - YOUTH

Hop on for group bike adventures led by an experienced leader that include out trips, activities and neighbourhood explorations. Bike, helmet and prior riding experience required.

11-16yrs	Jul 02-Jul 04	W/Th/F	11:00am-3:00pm	\$110.50/3 sess	reg # 00417031
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11-16yrs	Jul 29-Jul 31	Tu/W/Th	11:00am-3:00pm	\$110.50/3 sess	reg # 00417039
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11-16yrs	Aug 12-Aug 14	Tu/W/Th	11:00am-3:00pm	\$110.50/3 sess	reg # 00417043
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11-16yrs	Aug 26-Aug 28	Tu/W/Th	11:00am-3:00pm	\$110.50/3 sess	reg # 00417047
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### Art Camps

#### DAYCAMP - FILM CAMP IN A BOX - HOLLYWOOD FILM MAKING- YOUTH

Learn about cinematography, script writing and editing and then create, act in and edit a 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.

9-14yrs	Aug 11-Aug 15	M/Tu/W/Th/F	9:00am-4:00pm	\$364.00/5 sess	reg # 00417067
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## Arts - Dance

### Jazz

#### JAZZ DANCING - CHILDREN

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

6-8yrs	Jul 02-Aug 06	W	4:10pm-5:10pm	\$52.80/6 sess	reg # 00405302
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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.

6-9yrs	Jul 03-Aug 21	Th	3:45pm-4:45pm	\$70.40/8 sess	reg # 00417132
9-12yrs	Jul 03-Aug 21	Th	4:50pm-5:50pm	\$70.40/8 sess	reg # 00417134

## 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+	Jul 05-Aug 16	Sa	9:15am-9:45am	\$149.80/6 sess	reg # 00406096
6yrs+	Jul 05-Aug 16	Sa	9:50am-10:20am	\$149.80/6 sess	reg # 00406097
6yrs+	Jul 05-Aug 16	Sa	10:25am-10:55am	\$149.80/6 sess	reg # 00406098
6yrs+	Jul 05-Aug 16	Sa	11:00am-11:30am	\$149.80/6 sess	reg # 00406100

## 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	Jul 21-Jul 24	M/Tu/W/Th	3:00pm-4:15pm	\$44.00/4 sess	reg # 00417625
9-12yrs	Jul 28-Jul 31	M/Tu/W/Th	3:00pm-4:15pm	\$44.00/4 sess	reg # 00417727
9-12yrs	Aug 18-Aug 21	M/Tu/W/Th	3:00pm-4:15pm	\$44.00/4 sess	reg # 00417729

# CHILDREN (6-12YRS)

## Arts - Visual

### Cartoons, Comics and Manga

#### CHARACTER DESIGN - CHILDREN

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

9-11yrs	Jul 07-Jul 10	M/Tu/W/Th	3:50pm-4:50pm	\$80.00/4 sess	reg # 00411884
9-11yrs	Jul 14-Jul 17	M/Tu/W/Th	3:50pm-4:50pm	\$80.00/4 sess	reg # 00411932

### Cartoons, Comics and Manga

#### CARTOONING - 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	Jul 07-Jul 10	M/Tu/W/Th	2:40pm-3:40pm	\$80.00/4 sess	reg # 00411881
6-8yrs	Jul 14-Jul 17	M/Tu/W/Th	2:40pm-3:40pm	\$80.00/4 sess	reg # 00411924

### 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	Jul 21-Jul 24	M/Tu/W/Th	2:10pm-3:10pm	\$35.20/4 sess	reg # 00417220
6-8yrs	Jul 28-Jul 31	M/Tu/W/Th	2:10pm-3:10pm	\$35.20/4 sess	reg # 00417223
6-8yrs	Aug 18-Aug 21	M/Tu/W/Th	2:10pm-3:10pm	\$35.20/4 sess	reg # 00417229

## Arts - Performing

### Drama

#### ACTING STUDIO - CHILDREN / PRETEEN

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	Aug 05-Aug 07	Tu/W/Th	3:30pm-4:30pm	\$26.40/3 sess	reg # 00417271
6-8yrs	Aug 11-Aug 14	M/Tu/W/Th	3:30pm-4:30pm	\$35.20/4 sess	reg # 00417278
6-8yrs	Aug 25-Aug 28	M/Tu/W/Th	3:30pm-4:30pm	\$35.20/4 sess	reg # 00417281
9-12yrs	Aug 05-Aug 07	Tu/W/Th	4:35pm-5:35pm	\$26.40/3 sess	reg # 00417264
9-12yrs	Aug 11-Aug 14	M/Tu/W/Th	4:35pm-5:35pm	\$35.20/5 sess	reg # 00417265
9-12yrs	Aug 25-Aug 28	M/Tu/W/Th	4:35pm-5:35pm	\$35.20/5 sess	reg # 00417266

## Sport

### Golf

#### LEARN TO GOLF - CHILDREN

Cover putting, chipping, pitching and completing a full swing all in a casual group atmosphere. Price includes rentals if required.

6-9yrs	Jul 07-Jul 10	M/Tu/W/Th	12:00pm-2:00pm	\$120.00/4 sess	reg # 00409211
6-9yrs	Jul 07-Jul 10	M/Tu/W/Th	2:15pm-4:15pm	\$120.00/4 sess	reg #00409214
6-9yrs	Jul 14-Jul 17	M/Tu/W/Th	12:00pm-2:00pm	\$120.00/4 sess	reg # 00411252
6-9yrs	Jul 14-Jul 17	M/Tu/W/Th	2:15pm-4:15pm	\$120.00/4 sess	reg # 00411251
6-9yrs	Jul 21-Jul 24	M/Tu/W/Th	12:00pm-2:00pm	\$120.00/4 sess	reg # 00411254
6-9yrs	Jul 21-Jul 24	M/Tu/W/Th	2:15pm-4:15pm	\$120.00/4 sess	reg #00411253
6-9yrs	Aug 11-Aug 14	M/Tu/W/Th	12:00pm-2:00pm	\$120.00/4 sess	reg # 00411256
6-9yrs	Aug 11-Aug 14	M/Tu/W/Th	2:15pm-4:15pm	\$120.00/4 sess	reg # 00411255
6-9yrs	Aug 18-Aug 21	M/Tu/W/Th	12:00pm-2:00pm	\$120.00/4 sess	reg # 00411258
6-9yrs	Aug 18-Aug 21	M/Tu/W/Th	2:15pm-4:15pm	\$120.00/4 sess	reg # 00411257

### Soccer

#### OUTDOOR - SOCCER SKILLS - CHILDREN AND PRETEENS

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

6-9yrs	Jul 02-Jul 04	W/Th/F	11:10am-12:10pm	\$19.70/3 sess	reg # 00411178
6-9yrs	Jul 07-Jul 11	M/Tu/W/Th/F	11:10am-12:10pm	\$32.80/5 sess	reg # 00413870
6-9yrs	Jul 14-Jul 18	M/Tu/W/Th/F	11:10am-12:10pm	\$32.80/5 sess	reg # 00413869
6-9yrs	Aug 11-Aug 15	M/Tu/W/Th/F	11:10am-12:10pm	\$32.80/5 sess	reg # 00413874
9-12yrs	Jul 02-Jul 04	W/Th/F	12:15pm-1:45pm	\$29.50/3 sess	reg # 00413865
9-12yrs	Jul 07-Jul 11	M/Tu/W/Th/F	12:15pm-1:45pm	\$49.20/5 sess	reg # 00413875
9-12yrs	Jul 14-Jul 18	M/Tu/W/Th/F	12:15pm-1:45pm	\$49.20/5 sess	reg # 00413881
9-12yrs	Aug 11-Aug 15	M/Tu/W/Th/F	12:15pm-1:45pm	\$49.20/5 sess	reg # 00413886

### Floor Hockey

#### INDOOR - FLOOR HOCKEY

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

6-9yrs	Jul 02-Jul 04	W/Th/F	10:20am-11:20am	\$19.70/3 sess	reg # 00414233
6-9yrs	Jul 02-Jul 04	W/Th/F	11:25am-12:25pm	\$19.70/3 sess	reg # 00414240
6-9yrs	Jul 21-Jul 25	M/Tu/W/Th/F	10:20am-11:20am	\$32.80/5 sess	reg # 00414250
6-9yrs	Jul 21-Jul 25	M/Tu/W/Th/F	11:25am-12:25pm	\$32.80/5 sess	reg # 00414253
6-9yrs	Aug 05-Aug 08	Tu/W/Th/F	10:20am-11:20am	\$26.25/4 sess	reg # 00414236
6-9yrs	Aug 05-Aug 08	Tu/W/Th/F	11:25am-12:25pm	\$26.25/4 sess	reg # 00414242
6-9yrs	Aug 18-Aug 22	M/Tu/W/Th/F	10:20am-11:20am	\$32.80/5 sess	reg # 00415021
6-9yrs	Aug 18-Aug 22	M/Tu/W/Th/F	11:25am-12:25pm	\$32.80/5 sess	reg # 00415024

## Sport

### 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	Jul 05-Aug 23	Sa	10:35am-11:35am	\$52.50/8 sess	reg # 00417570
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#### VOLLEYBALL - BEGINNER - PRETEENS - FOR GIRLS

9-12yrs	Jul 05-Aug 23	Sa	9:30am-10:30am	\$52.50/8 sess	reg # 00421207
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## Racquet Sports

### Badminton - Intermediate

#### BADMINTON - INTERMEDIATE - PRETEENS

Focus on serving techniques, forehand and backhand grips, rules and basic game concepts to improve both single and doubles play at all skill levels.

9-12yrs	Jul 14 - Jul 18	M/Tu/W/Th/F	9:45am-10:45am	\$32.80/5 sess	reg #00415029
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9-12yrs	Jul 28 - Aug 01	M/Tu/W/Th/F	9:45am-10:45am	\$32.80/5 sess	reg #00415030
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### 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	Jul 07-Jul 10	M/Tu/W/Th	10:15am-11:15am	\$26.25/4 sess	reg # 00414303
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9-12yrs	Jul 07-Jul 10	M/Tu/W/Th	11:20am-12:20pm	\$26.25/4 sess	reg # 00414313
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9-12yrs	Aug 12-Aug 15	Tu/W/Th/F	10:15am-11:15am	\$26.25/4 sess	reg # 00414327
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9-12yrs	Aug 12-Aug 15	Tu/W/Th/F	11:20am-12:20pm	\$26.25/4 sess	reg # 00414330
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### Pickleball - Beginner

#### OUTDOOR PICKLEBALL LESSONS - 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	Jul 21-Jul 24	M/Tu/W/Th	10:15am-11:15am	\$26.25/4 sess	reg #00414275
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9-12yrs	Jul 21-Jul 24	M/Tu/W/Th	11:20am-12:20pm	\$26.25/4 sess	reg #00414277
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9-12yrs	Aug 05-Aug 08	Tu/W/Th/F	10:15am-11:15am	\$26.25/4 sess	reg #00414278
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9-12yrs	Aug 05-Aug 08	Tu/W/Th/F	11:20am-12:20pm	\$26.25/4 sess	reg #00414289
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# 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	Jul 05-Aug 23	Sa	11:40am-12:40pm	\$52.50/8 sess	reg # 00417569
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## Racquet Sports

### Badminton - Beginner

#### BADMINTON - BEGINNER - YOUTH

Learn various serves and forehand and backhand grips in these fun and active sessions that include basic game concepts and rules for single and double play.

13-18yrs	Jul 14 - Jul 18	M/Tu/W/Th/F	10:50am-11:50am	\$32.80/5 sess	reg #00415035
13-18yrs	Jul 28 - Aug 01	M/Tu/W/Th/F	10:50am-11:50am	\$32.80/5 sess	reg #00415036

### Badminton - Intermediate

#### BADMINTON - INTERMEDIATE - YOUTH

Apply the strategy, speed and placement skills learned in practices to high-energy games. Basic and refined strokes are covered along with control and consistency. Pre-requisite: previous badminton experience.

13-18yrs	Jul 14 - Jul 18	M/Tu/W/Th/F	11:55am-1:10pm	\$41.00/5 sess	reg #00415040
13-18yrs	Jul 28 - Aug 01	M/Tu/W/Th/F	11:55am-1:10pm	\$41.00/5 sess	reg #00415044

## 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	Jul 7 - Jul 10	M/Tu/W/Th	6:00pm-7:00pm	\$35.20/4 sess	reg # 00421353
13-18yrs	Jul 14 - Jul 17	M/Tu/W/Th	6:00pm-7:00pm	\$35.20/4 sess	reg # 00421354



# SUMMER SLAM BASKETBALL



## SKILL DEVELOPMENT CAMPS

Summer Slam Basketball is an inclusive, recreation-based experience where athletes will learn the appropriate skills for their age level throughout the week. Our camps are delivered by qualified graduates of the program who are currently playing basketball at the post secondary level.

Registration is based on an athlete's **September 2025 Grade level**.

Questions: [WRSummerSlam@richmond.ca](mailto:WRSummerSlam@richmond.ca)

## Basketball - Summer Slam Camps

### SUMMER SLAM BASKETBALL CAMP - GRADES 2/3 - CHILDREN

Jul 02-Jul 04	W/Th/F	1:15pm-2:30pm	\$41.25/3 sess	reg # 00417151
Jul 14-Jul 18	M/Tu/W/Th/F	1:15pm-2:30pm	\$55.00/5 sess	reg # 00417154
Aug 11-Aug 15	M/Tu/W/Th/F	1:15pm-2:30pm	\$55.00/5 sess	reg # 00417156

### SUMMER SLAM BASKETBALL CAMP - GRADES 4/5 - CHILDREN

Jul 02-Jul 04	W/Th/F	11:00am-12:30pm	\$45.00/3 sess	reg # 00417163
Jul 07, 08, 10, 11	M/Tu/Th/F	9:15am-10:30am	\$60.00/4 sess	reg # 00417405
Jul 14-Jul 18	M/Tu/W/Th/F	11:00am-12:30pm	\$75.00/5 sess	reg # 00417168
Jul 21-Jul 25	M/Tu/W/Th/F	9:15am-10:30am	\$70.00/5 sess	reg # 00417406
Aug 5-Aug 08	Tu/W/Th/F	9:15am-10:30am	\$60.00/4 sess	reg # 00417459
Aug 11-Aug 15	M/Tu/W/Th/F	11:00am-12:30pm	\$75.00/5 sess	reg # 00417178
Aug 18-Aug 22	M/Tu/W/Th/F	9:15am-10:30am	\$75.00/5 sess	reg # 00417409

### SUMMER SLAM BASKETBALL CAMP - GIRLS-ONLY - GRADES 4/5 - CHILDREN

Jul 02-Jul 04	W/Th/F	2:45pm-4:00pm	\$45.00/3 sess	reg # 00417187
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### SUMMER SLAM BASKETBALL CAMP - GIRLS-ONLY - GRADES 4/5/6/7 - CHILDREN

Jul 14-Jul 18	M/Tu/W/Th/F	2:45pm-4:00pm	\$75.00/5 sess	reg # 00417199
Aug 11-Aug 15	M/Tu/W/Th/F	2:45pm-4:00pm	\$75.00/5 sess	reg # 00417210

### SUMMER SLAM BASKETBALL CAMP - GRADES 6/7 - CHILDREN

Jul 02-Jul 04	W/Th/F	9:15am-10:45am	\$45.00/3 sess	reg #00417221
Jul 07, 08, 10, 11	M/Tu/Th/F	10:45am-12:15pm	\$60.00/4 ses	reg # 00417411
Jul 14-Jul 18	M/Tu/W/Th/F	9:15am-10:45am	\$75.00/5 sess	reg #00417228
Jul 21-Jul 25	M/Tu/W/Th/F	10:45am-12:15pm	\$75.00/5 sess	reg # 00417414
Aug 05-Aug 08	Tu/W/Th/F	10:45am-12:15pm	\$60.00/4 sess	reg # 00417441
Aug 11-Aug 15	M/Tu/W/Th/F	9:15am-10:45am	\$75.00/5 sess	reg # 00417230
Aug 18-Aug 22	M/Tu/W/Th/F	10:45am-12:15pm	\$75.00/5 sess	reg # 00417422

### SUMMER SLAM BASKETBALL CAMP - GIRLS-ONLY - GRADES 7/8/9 - YOUTH

Jul 07, 08, 10, 11	M/Tu/Th/F	2:30pm-4:00pm	\$60.00/4 sess	reg # 00417425
Jul 21-Jul 25	M/Tu/W/Th/F	2:30pm-4:00pm	\$75.00/5 sess	reg # 00417426
Aug 05-Aug 08	Tu/W/Th/F	2:30pm-4:00pm	\$60.00/4 sess	reg # 00417439
Aug 18-Aug 22	M/Tu/W/Th/F	2:30pm-4:00pm	\$75.00/5 sess	reg # 00417429

### SUMMER SLAM BASKETBALL CAMP - GRADES 8/9 - YOUTH

Jul 07, 08, 10, 11	M/Tu/Th/F	1:00pm-2:15pm	\$60.00/4 sess	reg # 00417419
Jul 21-Jul 25	M/Tu/W/Th/F	1:00pm-2:15pm	\$75.00/5 sess	reg # 00417420
Aug 05-Aug 08	Tu/W/Th/F	1:00pm-2:15pm	\$60.00/4 sess	reg # 00417471
Aug 18-Aug 22	M/Tu/W/Th/F	1:00pm-2:15pm	\$75.00/5 sess	reg # 00417423

Camps are hosted at Hugh Boyd Secondary School Large Gym (9200 No. 1 Road).  
The entrance to the Large Gym is adjacent to Pendleton Road (West Richmond Pitch n' Putt).

# SUMMER SLAM BASKETBALL

## LEAGUE PLAY

An inclusive, recreational, and developmentally focused seven-week basketball experience for boys and girls from Kindergarten-12 (**based on Sept 2025 Grade level**).

Our Leagues are open to all skill levels; divisions with organized teams (Grade 4 and above) will be assigned a team after the first session. A Summer Slam League jersey is inclusive in the below price.

**Please note: registration for Summer Slam League Play closes on Sunday, June 22.**

Questions: [WRSummerslam@richmond.ca](mailto:WRSummerslam@richmond.ca).

## Basketball - Summer Slam

### SUMMER SLAM BASKETBALL LEAGUE - GRADES K/1 - CHILDREN

Jul 04-Aug 22	F	5:00pm-5:50pm	\$95.00/7 sess	reg # 00414117
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### SUMMER SLAM BASKETBALL LEAGUE - GRADES 2/3 - CHILDREN

Jul 04-Aug 22	F	6:00pm-6:50pm	\$95.00/7 sess	reg # 00414121
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Jul 04-Aug 22	F	7:00pm-7:50pm	\$95.00/7 sess	reg # 00414122
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\*Please note, the K-Gr. 3 program is 1 sessions/week (50 minutes each session) of skills and drills.

### SUMMER SLAM BASKETBALL LEAGUE - GIRLS ONLY - GRADES 4/5 - CHILDREN

Jul 04-Aug 22	F	5:30pm-7:00pm*	\$125.00/8 sess	reg # 00414935
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\*Please note, the Gr. 4/5 Girls Practice is 1 sessions/week (90 minutes each session) of skills and drills.

### SUMMER SLAM BASKETBALL LEAGUE - GRADES 4/5 - CHILDREN

June 25-Aug 20	M/W	5:30pm-6:45pm*	\$205.00/16 sess	reg # 00414142
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\*This division will practice on Mondays (5:15PM-6:45PM or 6:45PM-8:15PM).

Games will be on Wednesdays (5:30PM-6:30PM or 6:45PM-7:45PM).

### SUMMER SLAM BASKETBALL LEAGUE - GIRLS-ONLY - GRADES 6/7/8 - CHILDREN

June 27-Aug 22	W/F	5:30PM-6:45PM	\$205.00/16 sess	reg # 00414933
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\*Practices will be Wednesdays on 6:00PM or 7:00PM. Games will be on Fridays at either 5:30PM or 6:30PM.

### SUMMER SLAM BASKETBALL LEAGUE - GRADES 6/7 - CHILDREN

June 25-Aug 20	M/W	7:00pm-8:15pm*	\$205.00/16 sess	reg # 00414171
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\*This division will practice on Mondays (4:00PM, 5:00PM 6:00PM & 7:00PM)

Games will be on Wednesdays at either 5:10PM, 6:20PM or 7:30PM)

### SUMMER SLAM BASKETBALL LEAGUE - GIRLS-ONLY - GRADES 8/9 - YOUTH

Jul 03-Aug 21	Tu/Th	5:45pm-7:15pm*	\$235.00/15 sess	reg # 00414962
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\*This division will practice on Tuesdays from 5:15PM-6:30PM. Games will be on Thursday from 5:15PM-6:30PM.

### SUMMER SLAM BASKETBALL LEAGUE - GRADES 8/9 - YOUTH

June 26-Aug 21	Tu/Th	5:30pm-6:45pm*	\$205.00/16 sess	reg # 00414187
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\*This division will practice on Tuesdays at 4:00PM, 5:10PM, 6:20PM or 7:30PM. Games will be on Thursdays at either 5:15PM or 6:30PM.

### SUMMER SLAM BASKETBALL LEAGUE - GIRLS-ONLY - GRADES 10/11 - YOUTH

Jul 03-Aug 21	Tu/Th	4:00pm-5:30pm*	\$235.00/15 sess	reg # 00414967
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\*This division will practice and play on Tuesdays and Thursdays from 4:15PM-5:30PM.

### SUMMER SLAM BASKETBALL LEAGUE - GRADES 10/11/12 - YOUTH

June 26-Aug 21	Tu/Th	7:00pm-8:15pm*	\$240.00/16 sess	reg # 00414203
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\*This division will practice on Tuesdays at 5:00PM, 6:20PM or 7:40PM. Games will be on Thursdays at 5:00PM, 6:15PM or 7:30PM.

**Registration is based on participant's September 2025 Grade level.**

**Leagues are hosted at Hugh Boyd Secondary School & West Richmond Community Centre.**

When signing up for league play, please ensure you have a current e-mail address on file with the City of Richmond. A Summer Slam Staff member will be in-touch after registration in regards to which time slot to attend for the first session.

## 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+	Jul 09-Aug 20	W	6:00pm-7:00pm	\$68.35/5 sess	reg # 00411015
19yrs+	Jul 11-Aug 22	F	9:30am-10:30am	\$68.35/5 sess	reg # 00411016
19yrs+	Jul 11-Aug 22	F	10:45am-11:45am	\$68.35/5 sess	reg # 00411017

#### 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+	Jul 09-Aug 20	W	9:30am-10:30am	\$68.35/5 sess	reg # 00410850
40yrs+	Jul 09-Aug 20	W	10:45am-11:45am	\$68.35/5 sess	reg # 00410932

### Dance Fitness

#### CARDIO SALSA - LEVEL 1 - 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+	Jul 10-Aug 14	Th	1:00pm-2:00pm	\$53.05/6 sess	reg # 00405369
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#### CARDIO SALSA - LEVEL 2 - 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+	Jul 11-Aug 15	F	9:15am-10:15am	\$53.05/6 sess	reg # 00405370
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#### 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+	Aug 23	S	10:30am-12:30pm	\$30.00/1 sess	reg # 00420615
18yrs+	Aug 30	S	10:30am-12:30pm	\$30.00/1 sess	reg # 00420627

# ADULTS (19+YRS)

## Fitness

### Dance Fitness

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

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

18yrs+	Aug 11-Aug 25	M	7:15pm-8:15pm	\$26.50/3 sess	reg # 00410563
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#### 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.

18yrs+	Aug 06-Aug 27	W	7:15pm-8:15pm	\$35.35/4 sess	reg # 00410578
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#### ZUMBA® - ALL LEVELS - 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+	Jul 11-Aug 15	F	6:00pm-7:00pm	\$53.05/6 sess	reg # 00414510
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### Mind Body, Mobility and Flexibility

#### PILATES FUSION - LEVEL 1 - 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.

18yrs+	Jul 07-Aug 11	M	10:30am-11:30am	\$50.55/5 sess	reg # 00405368
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#### PILATES FUSION - 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. Pre-requisite: Pilates - Level 1.

18yrs+	Jul 11-Aug 15	F	10:30am-11:30am	\$60.65/6 sess	reg # 00405371
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### Walking and Running

#### NORDIC POLE WALKING AND STRENGTH-OUTDOOR ADULTS

Learn how to turn walking into a total body exercise with this activity that provides aerobic and muscular conditioning using poles and tubing for some strength intervals. Poles provided for use during session.

18yrs+	Jul 08-Jul 29	T	11:45am-12:45pm	\$35.35/4 sess	reg # 00416284
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# 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+	Jul 02-Aug 06	W	2:15pm-3:15pm	\$52.80/6 sess	reg # 00409617
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#### 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+	Jul 8-Jul 31	Tu/Th	7:10pm-8:10pm	\$70.40/8 sess	reg # 00421355
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#### 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+	Jul 03-Jul 24	Th	2:15pm-3:15pm	\$35.20/4 sess	reg # 00409608
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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 - Foxtrot

19yrs+	Jul 13-Aug 24	Su	11:30am-12:30pm	\$52.80/6 sess	reg # 00409546
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#### Registered Weekly Class - Waltz

19yrs+	Jul 11-Aug 22	F	3:30pm-4:30pm	\$61.60/7 sess	reg # 00409584
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#### Registered Weekly Class - Rumba

19yrs+	Jul 11-Aug 22	F	4:40pm-5:40pm	\$61.60/7 sess	reg # 00409591
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## Arts - Music

### Drums

#### 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+	Jul 18-Aug 08	F	6:30pm-8:00pm	\$52.80/4 sess	reg # 00409665
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### 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.

19yrs+	Jul 05-Aug 16	Sa	11:30am-12:30pm	\$55.45/6 sess	reg # 00406102
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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+	Jul 02-Aug 06	W	2:15pm-3:15pm	\$39.20/6 sess	reg # 00409612
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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.

#### Try-it (Single Session - Registration Required) - Foxtrot

55yrs+	Jul 06	Su	11:30am - 12:30pm	Free/1 sess	reg # 00409526
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#### Registered Weekly Class - Foxtrot

55yrs+	Jul 13-Aug 24	Su	11:30am-12:30pm	\$39.20/6 sess	reg # 00409536
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#### Try-it (Single Session - Registration Required) - Waltz

55yrs+	Jul 04	F	3:30pm - 4:30pm	Free/1 sess	reg # 00409563
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#### Registered Weekly Class - Waltz

55yrs+	Jul 11-Aug 22	F	3:30pm-4:30pm	\$45.70/7 sess	reg # 00409572
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#### Try-it (Single Session - Registration Required) - Rumba

55yrs+	Jul 04	F	4:40pm - 5:40pm	Free/1 sess	reg # 00409566
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#### Registered Weekly Class - Rumba

55yrs+	Jul 11-Aug 22	F	4:40pm-5:40pm	\$45.70/7 sess	reg # 00409579
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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.

55yrs+	Jul 03 - Jul 24	Th	2:15pm - 3:15pm	\$26.10/4 sess	reg # 00409602
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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.

Try-it (Single Session - Registration Required)

55yrs+	Jul 11	F	6:30pm - 8:00pm	Free/1 sess	reg # 00409676
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Registered Weekly Class

55yrs+	Jul 18-Aug 08	F	6:30pm-8:00pm	\$39.20/4 sess	reg # 00409683
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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+	Jul 02	W	12:00pm-12:30pm	FREE/1 sess	reg # 00385385
55yrs+	Jul 02	W	12:30pm-1:00pm	FREE/1 sess	reg # 00410145
55yrs+	Jul 02	W	1:00pm-1:30pm	FREE/1 sess	reg # 00410146
55yrs+	Jul 02	W	1:30pm-2:00pm	FREE/1 sess	reg # 00410147
55yrs+	Aug 27	W	10:00am-10:30am	FREE/1 sess	reg # 00410164
55yrs+	Aug 27	W	10:30am-11:00am	FREE/1 sess	reg # 00410165
55yrs+	Aug 27	W	11:00am-11:30am	FREE/1 sess	reg # 00410166

## Racquet Sports

### Pickleball

OUTDOOR - INTRODUCTION TO PICKLEBALL WORKSHOP - 55+

Try this popular paddle sport that combines many elements of tennis, badminton, ping-pong and is also fun, social and easy on the body.

55yrs+	Jul 21-Jul 24	M/Tu/W/Th	9:00am-10:15am	\$32.80/4 sess	reg # 00413940
55yrs+	Aug 05-Aug 08	Tu/W/TH/F	9:00am-10:15am	\$32.80/4 sess	reg # 00413947

## 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+	Jul 07-Jul 10	M/Tu/W/Th	9:00am-10:15am	\$32.80/4 sess	reg # 00413924
55yrs+	Aug 12-Aug15	Tu/W/Th/F	9:00am-10:15am	\$32.80/4 sess	reg # 00413964

## 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+	Jul 08-Jul 10	Tu/Th	9:30am-11:00am	\$45.00/2 sess	reg # 00410184
55yrs+	Jul 15-Jul 17	Tu/Th	9:30am-11:00am	\$45.00/2 sess	reg # 00410185
55yrs+	Jul 22-Jul 24	Tu/Th	9:30am-11:00am	\$45.00/2 sess	reg # 00410189
55yrs+	Aug 12-Aug 14	Tu/Th	9:30am-11:00am	\$45.00/2 sess	reg # 00410195
55yrs+	Aug 19-Aug 21	Tu/Th	9:30am-11:00am	\$45.00/2 sess	reg # 00410198

## 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+	Jul 09-Aug 13	W	1:00pm-2:00pm	\$41.95/6 sess	reg # 00405373
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### 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+	Jul 07-Aug 18	M	2:15pm-3:05pm	\$34.65/5 sess	reg # 00410551
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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+	Jul 07-Aug 18	M	9:30am-10:30am	\$53.60/5 sess	reg # 00410548
60yrs+	Jul 07-Aug 18	M	10:45am-11:45am	\$53.60/5 sess	reg # 00410550

## 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+	Jul 07-Jul 28	M	1:00pm-2:00pm	\$27.70/4 sess	reg # 00405681
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### 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+	Jul 08-Jul 29	Tu	11:45am-12:45pm	\$27.70/4 sess	reg # 00405689
55yrs+	Jul 10-Jul 31	Th	11:45am-12:45pm	\$27.70/4 sess	reg # 00405694

### 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+	Jul 09-Jul 20	W	12:10pm-12:50pm	\$34.65/5 sess	reg # 00410558
55yrs+	Jul 04-Jul 25	F	1:10pm-1:50pm	\$27.70/4 sess	reg # 00410557

### 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+	Jul 08-Aug 12	Tu	1:00pm-2:00pm	\$41.60/6 sess	reg # 00410553
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### 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+	Jul 08-Aug 19	Tu	2:05pm-3:05pm	\$53.60/5 sess	reg # 00410554
55yrs+	Jul 10-Aug 21	Th	2:05pm-3:05pm	\$53.60/5 sess	reg # 00410556

Out Trips and Tours

July

BOUNDARY BAY AIR SHOW TRIP - 55+

Watch exciting aerobatic performances, visit displays and community booths and try delicious food from a variety of food vendors at this annual Delta event. Bring a folding chair. Transportation only included. Free admission.

55yrs+	Jul 19	Sa	11:00am-4:30pm	\$25.50/1 sess	reg # 00409491
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May

BASEBALL AT NAT BAILEY STADIUM TRIP - 55+

Cheer on the Vancouver Canadians at this historical and picturesque outdoor stadium. Transportation and game admission included. No refunds 30 days prior to trip.

55yrs+	Aug 22	Fr	11:00am-4:30pm	\$45.00/1 sess	reg # 00409479
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## YOUTH SUMMER ACTIVE PASS (13-18YRS)

Included in the Summer Active Pass:

Monday-Friday	Fitness Centre	8:00-8:30pm
Sat-Sun	Fitness Centre	9:00-1:00pm
Mon	Basketball Drop-In	12:45-3:45pm**
Wed	For Girls Basketball Drop-In	12:45-3:30pm**
Fri	Volleyball Drop-In	12:45-3:30pm**

\*For access to the fitness centre, youth must submit a signed parental consent form, a PARQ form, and completion of a Youth Orientation Session. Please call ahead to check availability of a Youth Orientation Session.

\*\* Please note that during the weeks of **July 14-18** and **July 21-25**, our drop-in sports programs will start at **1:30 PM**.

### Youth Facility Pass 1: FREE

**Please note, the Youth Facility Pass 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:

<b>Mondays</b>	<b>French Conversation Group</b>	July 7      10:30am-12:00pm July 21     11:30am-1:00pm July 28     12:30-2:00pm August 25   10:30am-12:00pm
<b>Tuesdays</b>	<b>English Conversation Group Beginner</b> <b>*Contact Karen Chiu for level information</b>	July 8, 22    11:00am-12:30pm August 5, 26 10:00am-11:00am
<b>Tuesdays</b>	<b>Spanish Conversaton Group Online-Intermediate</b>	<b>1:30am-3:00pm</b>
<b>Wednesdays</b>	<b>Ukulele Circle</b>	<b>6:30-8:00pm</b>
<b>Thursdays</b>	<b>English Conversation Group Intermediate</b> <b>*Contact Karen Chiu for level information</b>	July 10, 24   11:30am-12:30pm August 7,28   10:30-11:30am

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 (Summer 2025)

MON	TUES	WED	THUR	FRI	SAT	SUN
Cycle Fit 8:15-9:00 AM Sabine	Cycle Fit 8:15-9:00 AM Richard	Cycle Fit 8:15-9:00 AM Sabine	Cycle Fit 8:15-9:00 AM Brenda	Cycle Fit 8:15-9:00 AM Sabine		
Cardio Strength* 9:15-10:15 AM Brenda	Step and Sculpt* 9:15-10:25 AM Sabine	Cardio Strength* 9:15-10:15 AM Brenda	Total Body Conditioning* 9:15-10:25 AM Sabine		Drop In Step 9:15-10:15 AM Jackie	Drop In Cardio Combo 9:15-10:15 AM Brenda
	Hybrid - Low Impact 10:30-11:30 AM Sabine	Hybrid - Pure Stretch-Express 10:20-10:50 AM Sabine	Hybrid - Ease into Fitness 10:30-11:30 AM Gail		Cycle Fit 10:30-11:15 AM Brenda	Cycle Fit 10:30-11:15 AM Richard
Hybrid Pure Strength 11:45-12:45 PM Sabine		Hybrid Pure Strength 11:00-12:00 PM Sabine		In-Person Pure Strength 55+ 12:00-1:00 PM Murray		
Drop-in Body Sculpt 6:00-7:00 PM Jackie	Cycle Fit 6:15-7:00 PM Olga		Drop-in Cardio Combo 6:00-7:00 PM Nidia			
	Drop-In Yoga - Hatha Style 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, May 6 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



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