

2025 WINTER PROGRAMS



January 6-March 30, 2025

West Richmond Community Centre

9180 No 1 Road | Richmond, BC | 604-238-8400

HOW TO REGISTER

Get ready to register for Fall Programs:

Tuesday, November 19 at 9:00pm (Online)
(8:00pm for City of Richmond Aquatics)

Wednesday, November 20
(In-Person/Call Centre)

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

FACILITY HOURS

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

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

Holiday hours:

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

Feb 17: 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

	PRESCHOOLERS (0-5YRS)	PG 2-4
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	YOUTH (13-18YRS)	PG 11-12
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CONTACT US

Address: 9180 No 1 Road
Richmond, BC V7E 6L5

Phone: 604-238-8400

Email: westrich@richmond.ca

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	Jan 14-Mar 11	Tu	3:15pm-4:00pm	\$59.40/9 sess	reg # 00373224
5-6yrs	Jan 14-Mar 11	Tu	4:05pm-4:50pm	\$59.40/9 sess	reg # 00373225

Jazz

JAZZ DANCING - PRESCHOOLERS

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

3-4yrs	Jan 22-Mar 12	W	3:20pm-3:50pm	\$35.20/8 sess	reg# 00373121
4-5yrs	Jan 22-Mar 12	W	3:55pm-4:40pm	\$52.80/8 sess	reg # 00373122

Arts - Music

Music and Play

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

Parent and Tot (Parent Participation Required)

6-18mos	Jan 18-Mar 15	Sa	9:15am-9:45am	\$39.60/9 sess	reg # 00365832
12-24mos	Jan 18-Mar 15	Sa	10:00am-10:45am	\$59.40/9 sess	reg # 00365836

Music and Play

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

Preschoolers

4-5yrs	Jan 18-Mar 15	Sa	11:00am-11:45am	\$59.40/9 sess	reg # 00365839
4-5yrs	Jan 12-Mar 09	Su	12:00pm-12:45pm	\$59.40/9 sess	reg # 00366302
4-5yrs	Jan 12-Mar 09	Su	1:00pm-1:45pm	\$59.40/9 sess	reg # 00366303
4-5yrs	Jan 12-Mar 09	Su	2:00pm-2:45pm	\$59.40/9 sess	reg # 00366305

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	Jan 12-Feb 09	Su	9:30am-10:30am	\$100/5 sess	reg # 00365629
4-5yrs	Feb 16 - Mar 09	Su	9:30am-10:30am	\$80/4 sess	reg # 00365630

Arts - Visual

Arts Combo

ARTS COMBO - PRESCHOOLERS

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

4-5yrs	Jan 18-Mar 15	Sa	9:15am-10:15am	\$70.40/8 sess	reg # 00363492
4-5yrs	Jan 18-Mar 15	Sa	10:30am-11:30am	\$70.40/8 sess	reg # 00363493

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	Jan 14-Mar 11	Tu	3:30pm-4:15pm	\$59.40/9 sess	reg # 00363477
4-5yrs	Jan 14-Mar 11	Tu	4:30pm-5:15pm	\$59.40/9 sess	reg # 00363479
4-5yrs	Jan 16-Mar 13	Th	3:30pm-4:15pm	\$59.40/9 sess	reg # 00363480
4-5yrs	Jan 16-Mar 13	Th	4:30pm-5:15pm	\$59.40/9 sess	reg # 00363481

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	Jan 18-Mar 15	Sa	10:40am-11:10am	\$39.60/9 sess	reg # 00365669
4-5yrs	Jan 18-Mar 15	Sa	11:15am-11:45am	\$39.60/9 sess	reg # 00365670

Sports

Basketball

BASKETBALL - PRESCHOOLERS

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

3-5yrs	Jan 13-Mar 10	M	3:30pm-4:15pm	\$39.35/8 sess	reg # 00367595
4-5yrs	Jan 11-Mar 08	Sa	10:25am-11:10am	\$39.35/8 sess	reg # 00368479

Soccer

SOCCER - PRESCHOOLERS

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

4-5yrs	Jan 15-Mar 12	W	3:30pm-4:15pm	\$44.30/9 sess	reg # 00368158
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PRESCHOOLERS (0-5YRS)

Sports

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	Jan 12-Feb 23	Su	9:30am-10:15am	\$108.00/6 sess	reg # 00370849
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Preschoolers (4-5yrs)

4-5yrs	Jan 12-Feb 23	Su	10:15am-11:15am	\$108.00/6 sess	reg # 00370845
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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	Jan 11-Mar 08	Sa	9:30am-10:15am	\$67.50/9 sess	reg # 00368189
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2-3yrs	Jan 11-Mar 08	Sa	10:20am-11:05am	\$67.50/9 sess	reg # 00368357
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Preschoolers (4-5yrs)

4-5yrs	Jan 11-Mar 08	Sa	11:15am-12:00pm	\$67.50/9 sess	reg # 00368360
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4-5yrs	Jan 11-Mar 08	Sa	12:05pm-12:50pm	\$67.50/9 sess	reg # 00368365
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T-Ball

T-BALL - PRESCHOOLERS

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

4-5yrs	Jan 11-Mar 08	Sa	9:30am-10:15am	\$39.35/8 sess	reg # 00368370
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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	Jan 22-Mar 12	W	10:00am-10:45am	\$53.05/7 sess	reg # 00365652
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1-5yrs	Jan 22-Mar 12	W	10:45am-11:30am	\$53.05/7 sess	reg # 00336779
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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	Jan 12-Mar 09	Su	1:00pm-3:00pm	\$320.00/8 sess	reg # 00369655
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Arts - Dance

Hip Hop

HIP HOP - CHILDREN

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

6-9yrs	Jan 14-Mar 11	Tu	4:55pm-5:55pm	\$79.20/9 sess	reg # 00373226
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Jazz

JAZZ DANCING - CHILDREN

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

6-8yrs	Jan 22-Mar 12	W	4:45pm-5:45pm	\$70.40/8 sess	reg # 00373123
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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	Jan 16-Mar 13	Th	3:45pm-4:45pm	\$79.20/9 sess	reg # 00366400
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9-12yrs	Jan 16-Mar 13	Th	4:50pm-5:50pm	\$79.20/9 sess	reg # 00366385
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Arts - Music

Ukulele

UKULELE - CHILDREN

Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukuleles provided for use during session.

6-8yrs	Jan 11-Mar 08	Sa	11:00am-12:00pm	\$73.90/8 sess	reg # 00363755
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Arts - Music

Guitar or Ukulele Private Lessons

UKULELE - PRIVATE LESSONS - ALL AGES

Start to learn to play ukulele based on special interests and fundamental goals in this fun and stress-free program.

6yrs+	Jan 11-Mar 08	Sa	9:15am-9:45am	\$199.75/8 sess	reg # 00363753
6yrs+	Jan 11-Mar 08	Sa	9:50am-10:20am	\$199.75/8 sess	reg # 00363752
6yrs+	Jan 11-Mar 08	Sa	10:25am-10:55am	\$199.75/8 sess	reg # 00363751

Piano Private Lessons

LAMUSIQUE MUSIC ACADEMY - PRIVATE PIANO LESSONS - ALL AGES

Work privately on an individually-designed curriculum specifically for age and ability. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at www.richmond.ca/subsidy. Instructed by LaMusique Music Academy.

6yrs+	Jan 11-Feb 15	Sa	12:10pm-12:40pm	\$204.00/6 sess	reg # 00369889
6yrs+	Jan 11-Feb 15	Sa	12:45pm-1:15pm	\$204.00/6 sess	reg # 00369894
6yrs+	Jan 11-Feb 15	Sa	1:20pm-1:50pm	\$204.00/6 sess	reg # 00369899
6yrs+	Jan 11-Feb 15	Sa	1:55pm-2:25pm	\$204.00/6 sess	reg # 00369900
6yrs+	Jan 12-Feb16	Su	9:50am-10:20am	\$204.00/6 sess	reg # 00369879
6yrs+	Jan 12-Feb16	Su	10:25am-10:55am	\$204.00/6 sess	reg # 00369880
6yrs+	Jan 12-Feb16	Su	11:00am-11:30am	\$204.00/6 sess	reg # 00369881
6yrs+	Jan 12-Feb16	Su	11:35am-12:05pm	\$204.00/6 sess	reg # 00369882
6yrs+	Jan 12-Feb16	Su	12:45pm-1:15pm	\$204.00/6 sess	reg # 00369883

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	Jan 16-Mar 13	Th	4:30pm-5:45pm	\$99.00/9 sess	reg # 00365554
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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	Jan 12-Feb 09	Su	11:50am-12:50pm	\$100/5 sess	reg # 00365635
9-11yrs	Feb 16-Mar 09	Su	11:50am-12:50pm	\$80/4 sess	reg # 00365636

Arts - Visual

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	Jan 12-Feb 09	Su	10:40am-11:40am	\$100/5 sess	reg # 00365631
9-11yrs	Feb 16-Mar 09	Su	10:40am-11:40am	\$80/4 sess	reg # 00365634

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	Jan 18 -Mar 15	Sa	9:30am-10:30am	\$79.20/9 sess	reg # 00365673
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Drawing and Painting

DRAWING & PAINTING - PRETEENS

Develop a passion for creativity by experimenting with pencils, pastels, paint, sponges, salt, collages and china markers.

9-12yrs	Jan 16-Mar 13	Th	5:50pm-6:50pm	\$79.20/9 sess	reg # 00365556
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Fabric Arts - For Beginners

CROCHET 101 FOR BEGINNERS - CHILDREN

Make small take-home pieces in this instructor-led class that introduces three basic stitches and the foundation chain. A \$15.00 non-refundable supplies fee charged when registering.

8-12yrs	Jan 18-Mar 15	Sa	12:00pm-1:00pm	\$70.40/8 sess	reg # 00363649
8-12yrs	Jan 18-Mar 15	Sa	12:00pm-1:00pm	\$70.40/8 sess	reg # 00363649

Fabric Arts

COMMUNITY CROCHET ARTWORK - CHILDREN

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

10-14yrs	Jan 18-Mar 15	Sa	1:15pm-2:15pm	\$70.40/8 sess	reg # 00363650
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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	Jan 14-Mar 11	Tu	5:30pm-6:30pm	\$79.20/9 sess	reg # 00363484
6-9yrs	Jan 16-Mar 13	Th	5:30pm-6:30pm	\$79.20/9 sess	reg # 00363485

Arts - Visual

Workshop

FAMILY DAY - PHOTO FRAME CREATION WORKSHOP - PARENT AND CHILD

Make a personalized photo frame keepsake together using wood sticks and cotton thread. Supplies included. Registration required.

8+yrs	Feb 15	Sa	9:15am-10:15am	Free/1 sess	reg # 00369160
8+yrs	Feb 15	Sa	10:30am-11:30am	Free/1 sess	reg # 00369912
8+yrs	Feb 15	Sa	11:45am-12:45pm	Free/1 sess	reg # 00369914

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	Jan 18-Mar 15	Sa	12:00pm-1:00pm	\$79.20/9 sess	reg # 00365682
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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	Jan 13-Mar 10	M	3:30pm-4:30pm	\$70.40/8 sess	reg # 00363860
6-8yrs	Mar 17-Mar 21	M/Tu/W/Th/F	3:30pm -4:30pm	\$44.00/5 sess	reg # 00363862
9-12yrs	Jan 13-Mar 10	M	4:35pm -5:35pm	\$70.40/8 sess	reg # 00363861
9-12yrs	Mar 17-Mar 21	M/Tu/W/Th/F	4:35pm -5:35pm	\$44.00/5 sess	reg # 00363863

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	Jan 22-Feb 26	W	4:30pm-6:00pm	\$83.15/6 sess	reg # 00366628
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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	Jan 21-Mar 11	Tu	4:30pm-6:00pm	\$110.90/8 sess	reg # 00374160
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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	Jan 13-Mar 10	M	5:15pm-6:15pm	FREE/7 sess	reg # 00364252
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Racquet Sports

Badminton - Intermediate

BADMINTON INTERMEDIATE - PRETEENS

Master more basic skills plus footwork along with an introduction about the rules of singles and doubles play. Pre-requisite: Previous badminton experience required.

9-12yrs	Mar 17-Mar 21	M/Tu/W/Th/F	2:00pm-3:00pm	\$32.80/5 sess	reg # 00369862
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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	Jan 10-Mar 14	F	3:30pm-4:30pm	\$52.50/8 sess	reg # 00368168
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9-12yrs+	Jan 10-Mar 14	F	4:30pm-5:30pm	\$52.50/8 sess	reg # 00368169
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Fitness

Cardio, Strength and Athletics

KICKBOXING - DRILLS & SKILLS - PRETEENS

Improve cardiovascular strength and conditioning using a variety of boxing equipment and techniques for a full body workout. Suitable for all fitness levels..

9-12yrs	Jan 17	F	4:30pm-5:30PM	FREE TRY-IT!	reg # 00374840
9-12yrs	Jan 24-Feb 14	F	4:30pm-5:30PM	\$35.35/4 sess	reg # 00369429

Sports

Basketball

BASKETBALL - CHILDREN

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

6-9yrs	Jan 13-Mar 10	M	4:20pm-5:20pm	\$52.50/8 sess	reg # 00367597
6-9yrs	Jan 11-Mar 08	Sa	11:15am-12:15pm	\$52.50/8 sess	reg # 00368486

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	Jan 13-Mar 10	M	5:20pm-6:20pm	\$52.50/8 sess	reg # 00367603
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Soccer

SOCCER SKILLS - CHILDREN

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

6-9yrs	Jan 15-Mar 12	W	4:20pm-5:20pm	\$59.05/9 sess	reg # 00368160
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Soccer - Girls Only

SOCCER SKILLS - FOR GIRLS - CHILDREN

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

6-9yrs	Jan 15-Mar 12	W	5:25pm-6:25pm	\$59.05/9 sess	reg # 00368161
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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	Jan 11-Mar 15	Sa	2:15pm-3:15pm	\$59.05/9 sess	reg # 00365253
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Fitness

Cardio, Strength and Athletics

GIRLS ONLY FITNESS - YOUTH

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

13-18yrs Jan 10-Mar 14 F 3:10pm-4:10pm Youth Pass 1 & 2 reg # 00369186

Sports

Volleyball

VOLLEYBALL - YOUTH

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

13-18yrs Jan 11-Mar 15 Sa 1:00pm-2:00pm \$59.05/9 sess reg # 00365257

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 Mar 17-Mar 21 M/Tu/W/Th/F 3:00pm-4:00pm \$32.80/5 sess reg # 00369864

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 Mar 17-Mar 21 M/Tu/W/Th/F 4:00pm-5:15pm \$32.80/5 sess reg # 00371809

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 Jan 13-Mar 10 M 4:45pm-5:45pm \$70.40/8 sess reg # 00366405

General Interest

Work Shops

PEEK INTO BUSINESS WORKSHOP - YOUTH

Start to understand some of the basic concepts of the business world in this interactive session that reviews marketing, budgets, business plans and a draft business pitch.

11-16yrs Jan 22- Feb 19 W 6:15pm-7:45pm FREE/5 sess reg # 00370858

University Prep

UNIVERSITY TOUR - UBC - YOUTH

Learn about UBC and gain a better understanding of university life and academics in this in-person campus tour. Ask questions and gain insight to help make important decisions about a post-secondary education. Registration required.

15-18yrs Feb 14 F 10:00am-4:00pm FREE/1 sess reg # 00366429



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.

9-12yrs Mar 17-Mar 21 M/Tu/W/Th/F 12:30pm-3:00pm \$152.50/5 sess reg # 00365578

Camps - Youth

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.

12-16yrs Mar 18-Mar 20 Tu/W/Th 11:00am-3:00pm \$106.30/3 sess reg # 00365584

Adventure Camps

DAYCAMP - TAKE ACTION CAMP - ADVENTURE CAMP - YOUTH

Develop public speaking and critical analysis skills while learning about global and environmental solutions.

13-18yrs Mar 25-Mar 28 Tu/W/Th/Fr 10:00am-4:00pm \$212.65/4 sess reg # 00365613

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 and follow the instructions for submission details.



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+	Jan 03-Mar 21	F	9:30am-10:30am	\$164.05/12 sess	reg # 00362136
19yrs+	Jan 03-Mar 21	F	10:45am-11:45am	\$164.05/12 sess	reg # 00362141
19yrs+	Jan 08-Mar 19	W	6:00pm-7:00pm	\$136.70/10 sess	reg #00361734
19yrs+	Jan 08-Mar 19	W	7:15pm-8:15pm	\$136.70/10 sess	reg # 00362135

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+	Jan 08-Mar 19	W	10:45am-11:45am	\$136.70/10 sess	reg # 00362131
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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+	Jan 09-Mar 20	Th	1:00pm-2:00pm	\$97.25/11 sess	reg # 00361735
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CARDIO SALSA - INTERMEDIATE/ADVANCED - ADULTS

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

18yrs+	Jan 10-Mar 21	F	9:15am-10:15am	\$88.40/10 sess	reg # 00361736
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CARDIO DANCE FIT - LATIN - ADULTS

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

18yrs+	Jan 06-Mar 17	M	7:15pm-8:15pm	\$88.40/10 sess	reg # 00362124
18yrs+	Jan 08-Mar 12	W	7:15pm-8:15pm	\$88.40/10 sess	reg # 00362126

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+	Jan 10-Mar 14	F	6:00pm-7:00pm	\$88.40/10 sess	reg # 00361890
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Fitness

Mind Body, Mobility and Flexibility

PILATES - LEVEL 1 & 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+	Jan 07-Mar 11	Tu	7:15pm-8:15pm	\$101.10/10 sess	reg # 00362127
18yrs+	Feb 13-Mar 20	Th	7:15pm-8:15pm	\$60.65/6 sess	reg # 00362128

PILATES FUSION - ADULTS

Combine basic mat Pilates with body sculpting and strength and stretch exercises for a low impact and varied intensity workout adjustable to all fitness levels that enhances body tone, core strength and flexibility. Pre-requisite: Pilates - Level 1. Registration required.

PILATES FUSION - LEVEL 1 - ADULTS

18yrs+	Jan 06-Mar 17	M	10:30am-11:30am	\$101.10/10 sess	reg # 00361882
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PILATES FUSION - LEVEL 2 - ADULTS

18yrs+	Jan 10-Mar 21	F	10:30am-11:30am	\$101.10/10 sess	reg # 00361885
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Tai Chi

TAI CHI - KOO STYLE - BEGINNER - ADULTS

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

18yrs+	Jan 16-Mar 20	Th	7:30pm-9:00pm	\$205.00/10 sess	reg # 00368487
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Arts - Dance

Bellydancing

BELLYDANCING - LEVEL 1 - ADULTS

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

18yrs+	Jan 15-Mar 12	W	6:00pm-7:00pm	\$79.20/9 sess	reg # 00363722
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BELLYDANCING - LEVEL 2- ADULTS

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

18yrs+	Jan 13-Mar 10	M	8:20pm-9:20pm	\$70.40/8 sess	reg # 00363726
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Arts - Dance

Ballroom Dancing

BALLROOM DANCING - BEGINNER - ADULT

Cover the basic steps of the jive, cha cha, waltz and foxtrot. Suitable for singles and pairs.

18yrs+	Jan 19-Mar 9	Su	11:30pm-12:30pm	\$61.60/7 sess	reg # 00374932
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BALLROOM DANCING - INTERMEDIATE - ADULT

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

18yrs+	Jan 19-Mar 9	Su	12:35pm-1:35pm	\$61.60/7 sess	reg # 00374934
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Variety

JAZZ AND BALLET BLEND - ADULT

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

18yrs+	Jan 29-Mar 12	W	2:15pm-3:15pm	\$61.60/7 sess	reg # 00374923
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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.

18yrs+	Jan 13-Mar 10	M	3:15pm-4:30pm	\$88.00/10 sess	reg # 00374922
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Hip Hop

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

18yrs+	Jan 23-Mar 13	Th	2:15pm-3:15pm	\$70.40/8 sess	reg # 00374911
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Sports

Soccer

SOCCKER - FOR WOMEN - ADULTS

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

18yrs+	Jan 06-Mar 10	M	7:30pm-9:00pm	\$78.70/8 sess	reg # 00367611
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Racquet Sports

Badminton

BADMINTON - INTERMEDIATE - ADULTS

Learn strategy, speed and placement skills to then work on in high-energy games. Basic and refined strokes and control and consistency are also covered. Pre-requisite: Previous badminton experience required.

19yrs+	Jan 06-Mar 10	M	10:00am-11:15pm	\$73.80/9 sess	reg # 00366335
19yrs+	Jan 06-Mar 10	M	11:20am-12:35pm	\$73.80/9 sess	reg # 00367560
19yrs+	Jan 09-Mar 06	Th	10:00am-11:15pm	\$65.60/8 sess	reg # 00368162
19yrs+	Jan 09-Mar 06	Th	11:20am-12:35pm	\$65.60/8 sess	reg # 00368164

Pickleball

PICKLEBALL - BEGINNER - ADULTS

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

18yrs+	Jan 07-Mar 11	Tu	3:30pm-4:45pm	\$82.00/10 sess	reg # 00368150
18yrs+	Jan 07-Mar 11	Tu	4:50pm-6:05pm	\$82.00/10 sess	reg # 00368151

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+	Jan 06-Mar 10	M	2:00pm-3:15pm	\$73.80/9 sess	reg # 00367592
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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.

Try-it (Single Session - Registration Required)

55yrs+	Jan 22	W	2:15pm - 3:15pm	Free/1 sess	reg # 00373219
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Registered Weekly Class

55yrs+	Jan 29-Mar 12	W	2:15pm-3:15pm	\$45.70/7 sess	reg # 00373221
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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.

Try-it (Single Session - Registration Required)

55yrs+	Jan 12	Su	11:30am - 12:30pm	Free/1 sess	reg # 00374159
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Registered Weekly Class

55yrs+	Jan 19-Mar 9	Su	11:30am-12:30pm	\$45.70/7 sess	reg # 00374164
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Ballroom Dancing

BALLROOM DANCING - INTERMEDIATE

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

Try-it (Single Session - Registration Required)

55yrs+	Jan 12	Su	12:35am - 1:35pm	Free/1 sess	reg # 00374162
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Registered Weekly Class

55yrs+	Jan 19-Mar 9	Su	12:35pm-1:35pm	\$45.70/7 sess	reg # 00374169
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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+	Jan 13-Mar 10	M	3:15pm-4:30pm	\$65.30/8 sess	reg # 00364180
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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+	Jan 18	Sa	3:00pm - 4:15pm	Free/1 sess	reg # 00364203
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Registered Weekly Class

55yrs+	Jan 25 - Mar 15	Sa	3:00pm - 4:15pm	\$57.15/ sess	reg # 00364207
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Arts - Dance

Hip Hop

HIP HOP- 55+

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

Try-it (Single Session - Registration Required)

55yrs+	Jan 16	Th	2:15pm - 3:15pm	Free/1 sess	reg # 00364192
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Registered Weekly Class

55yrs+	Jan 23 - Mar 13	Th	2:15pm - 3:15pm	\$52.25/8 sess	reg # 00364189
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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.

Try-it (Single Session - Registration Required)

55yrs+	Jan 17	F	10:45am-11:45am	Free/1 sess	reg # 00364368
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Registered Weekly Class

55yrs+	Jan 24-Mar 14	F	10:45am-11:45am	\$52.25/8 sess	reg # 00364369
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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+	Jan 08	W	10:00am-10:30am	FREE/1 sess	reg # 00365144
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55yrs+	Jan 08	W	10:30am-11:00am	FREE/1 sess	reg # 00365192
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55yrs+	Jan 08	W	11:00am-11:30am	FREE/1 sess	reg # 00365235
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55yrs+	Jan 22	W	10:00am-10:30am	FREE/1 sess	reg # 00365156
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55yrs+	Jan 22	W	10:30am-11:00am	FREE/1 sess	reg # 00365193
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55yrs+	Jan 22	W	11:00am-11:30am	FREE/1 sess	reg # 00365242
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55yrs+	Feb 12	W	10:00am-10:30am	FREE/1 sess	reg # 00365158
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55yrs+	Feb 12	W	10:30am-11:00am	FREE/1 sess	reg # 00365198
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55yrs+	Feb 12	W	11:00am-11:30am	FREE/1 sess	reg # 00365244
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55yrs+	Feb 26	W	10:00am-10:30am	FREE/1 sess	reg # 00365159
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55yrs+	Feb 26	W	10:30am-11:00am	FREE/1 sess	reg # 00365196
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55yrs+	Feb 26	W	11:00am-11:30am	FREE/1 sess	reg # 00365245
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55yrs+	Mar 12	W	10:00am-10:30am	FREE/1 sess	reg # 00365160
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55yrs+	Mar 12	W	10:30am-11:00am	FREE/1 sess	reg # 00365202
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55yrs+	Mar 12	W	11:00am-11:30am	FREE/1 sess	reg # 00365246
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Computers, Technology and Social Media

Smart Phones, Tablets and Laptops

SMARTPHONES, TABLETS AND LAPTOPS - LEARN FROM A YOUTH - 55+

Meet one-on-one and get help from a friendly and informative youth member to learn about text messaging, apps, taking photos, Google maps and more. Personal device required at each class. Registration required.

55yrs+	Jan 30	Th	3:30pm-4:15pm	FREE/1 sess	reg # 00365136
55yrs+	Feb 20	Th	3:30pm-4:15pm	FREE/1 sess	reg # 00365138
55yrs+	Mar 06	Th	3:30pm-4:15pm	FREE/1 sess	reg # 00365141

Racquet Sports

Pickleball

PICKLEBALL - BEGINNER - FOR WOMEN - 55+

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

55yrs+	Jan 10-Mar 14	F	9:30am-10:45am	\$65.60/8 sess	reg # 00368172
55yrs+	Jan 10-Mar 14	F	10:50am-12:05pm	\$65.60/8 sess	reg # 00368173

Pickleball

PICKLEBALL - BEGINNER - 55+

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

55yrs+	Jan 06-Mar 10	M	12:45pm-2:00pm	\$73.80/9 sess	reg # 00367588
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Pickleball

PICKLEBALL - INTERMEDIATE - 55+

Continue to improve in these high-intensity, drill-focused sessions that focus on perfecting shots and heightening game awareness. Instructed by a certified instructor. Paddles provided for use if required. Pre-requisite: Pickleball - Beginner

55yrs+	Jan 08-Mar 12	W	11:45am-1:15pm	\$88.56/9 sess	reg # 00368152
55yrs+	Jan 15-Mar 12	W	1:20pm-2:50pm	\$78.70/8 sess	reg # 00368155

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+	Jan 08-Mar 19	W	1:00pm-2:00pm	\$76.90/11 sess	reg # 00361821
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Fitness

Active Movement for Chronic Conditions

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+	Jan 06-Mar 17	M	2:15pm-3:00pm	\$52.00/10 sess	reg # 00361831
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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+	Jan 06-Mar 17	M	10:45am-11:45am	\$96.50/9 sess	reg # 00361871
60yrs+	Jan 06-Mar 17	M	12:00pm-1:00pm	\$96.50/9 sess	reg # 00361873

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+	Jan 06-Mar 10	M	1:00pm-2:00pm	\$69.30/10 sess	reg #00361862
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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+	Jan 07-Mar 11	Tu	11:45am-12:45pm	\$69.30/10 sess	reg # 00361846
55yrs+	Jan 09-Mar 13	Th	11:45am-12:45pm	\$69.30/10 sess	reg # 00361853

CYCLE FIT EXPRESS - 55+

Improve cardio and muscle endurance to build power with moderate to low intensity cycling drills. Suitable for beginners.

55yrs+	Jan 08-Mar 19	W	12:10pm-12:50pm	\$69.30/10 sess	reg # 00361856
55yrs+	Jan 10-Mar 14	F	1:15pm-1:55pm	\$69.30/10 sess	reg # 00361865

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+	Jan 07-Mar 11	Tu	1:00pm-2:00pm	\$69.30/10 sess	reg # 00361835
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Fitness

Mind Body, Mobility and Flexibility

HATHA YOGA - 55+

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

55yrs+	Jan 07-Mar 18	T	2:05pm-3:05pm	\$107.20/10 sess	reg # 00361868
55yrs+	Jan 09-Mar 20	Th	2:00pm-3:00pm	\$107.20/10 sess	reg # 00361869

Martial Arts

Health Qigong

QIGONG FOR HEALTH - ALL LEVELS - 55+

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

55yrs+	Jan 17-Mar 14	F	2:00pm-3:00pm	\$58.30/9 sess	reg # 00364370
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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+	Jan 15-Mar 19	W	10:30am-12:00pm	FREE/3 sess	reg # 00364360
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AGING EYES - CATARACTS, GLAUCOMA AND DEGENERATION - 55+

Learn about the common conditions of aging eyes, the importance of routine eye exams and the signs, symptoms and treatment options. Presented by an optometrist.

55yrs+	Jan 30	Th	10:30am-12:00pm	FREE/1 sess	reg # 00361952
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General Interest

Workshops

EMERGENCY PREPAREDNESS WORKSHOP - 55+

Learn to create a safer home and develop skills to remain calm and collected in the event of an emergency. Led by Emergency Programs - City of Richmond. Registration required.

55yrs+	Feb 13	Th	10:00am-11:30am	Free/1 sess	reg # 00364366
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General Interest

Workshops

JOURNEY THROUGH TIME WORKSHOP - 55+

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

55yrs+	Feb 20	Th	10:30am-11:30am	Free/1 sess	reg # 00370499
55yrs+	Mar 13	Th	10:30am-11:30am	Free/1 sess	reg # 00370507

Safety Series

BEHIND THE WHEEL - NAVIGATING ROAD SAFETY - 55+

Learn tips to help support older drivers understand how to do a self-assessment, navigate driver's fitness test and stay safe. Presented by the Insurance Corporation of BC (ICBC). Registration required.

55yrs+	Feb 27	Th	10:30am-12:00pm	Free/1 sess	reg # 00364363
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Out Trips and Tours

February

VANCOUVER ART GALLERY AND LUNCH TRIP - 55+

Join this entertaining and intriguing visit to this popular Vancouver gallery that boasts contemporary and historic presentation from BC, Canadian and international artists followed by a lunch stop at a local restaurant. Transportation and admission included.

55yrs+	Feb 19	Wed	9:15am-2:30pm	\$49.50/1 sess	reg # 00367304
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March

GRANVILLE ISLAND MARKET TRIP - 55+

Shop and stroll through this world famous Vancouver public market with time included for a delicious lunch. Bring a lunch or dine at one of the local restaurants. Transportation only included.

55yrs+	Mar 11	Tu	10:00am-2:30pm	\$25.00/1 sess	reg # 00366269
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HORSESHOE BAY FOR THE DAY TRIP - 55+

Travel to this northwest, popular and picturesque area of West Vancouver to explore the area independently. Dine at Troll's Restaurant with world famous fish and chips. Transportation only included.

55yrs+	Mar 25	Tu	9:45am-3:00pm	\$24.50/1 sess	reg # 00366266
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YOUTH FACILITY PASSES (13-18YRS)

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

Monday-Friday	Lunch Time Facility Access	12:50pm-1:35pm
Fridays	Friday Night Hangout	8:00pm-11:15pm

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	2:00pm-4:00pm
Mondays	French Conversation Group	10:30am-12:00pm
Tuesdays	Chinese Folk Dancing	9:45am-10:45am
Tuesdays	English Conversation Group (contact 604-238-8431 for availability)	11:00am-12:30pm
Tuesdays	Spanish Conversation Group Online - Intermediate	1:30pm-3:00pm
Tuesdays	Scottish Country Dancing	2:15pm-3:45pm
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 (Winter 2025)

MON	TUES	WEDS	THURS	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* 8:15-9:00AM Sabine		
Tabata* 9:15-10:15 AM Olga	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 10:25-10:55 AM Sabine	Hybrid - Ease into Fitness 10:30-11:30 AM Gail		Cycle Fit 10:30-11:15 AM Brenda/Richard	Cycle Fit 10:30-11:15 AM Richard/Olga
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		Cycle Fit 6:15-7:00 PM Olga/Richard	Drop-In Girls Only Fitness 3:15-4:15 PM Olga		
	Drop-In Yoga - Hatha Style 7:10-8:10 PM Olga					

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

*INTERMEDIATE/ADVANCED CLASS

 13-18YRS

 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 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, November 19 at 9PM. Register online at Richmond.ca/register and under the appropriate age group, select "Fitness".

To register by phone, call the registration call centre at 604-276-4300, Mon-Fri, 8:30am-5:00pm.

TOTAL FITNESS PASSES

Total Fitness Pass	Youth 13-18yrs Senior 55+yrs	Adult 19+yrs
Drop-in	\$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	\$64.95	\$97.45
3 sessions	\$185.15	\$277.60
5 sessions	\$292.40	\$438.65
10 sessions	\$552.35	\$828.65
10 sessions	\$292.40	(30 minutes)
20 sessions	\$552.35	(30 minutes)

*Monthly/yearly pass holders can attend drop-in fitness classes and fitness centres at other facilities by presenting their pass for an add-on fee of \$1 (Community Centres) and \$4.80 (Minoru Centre for Active Living and Watermania). Yoga classes are not included in this offer.

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



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



@westrichmondcc



@westrichmondcc