



# 2023 WINTER PROGRAMS

JAN 2  
TO  
MAR 26



5151 Granville Ave, Richmond, BC  
604-238-8422



# FACILITY

## HOW TO REGISTER

Get ready to register for Programs:

Tue, Nov 22 | 8 PM | Aquatics Online  
Tue, Nov 22 | 9 PM | All Programs Online  
Wed, Nov 23 | In-Person/Phone/Online

Scan here to  
register!



1. **Online:** [richmond.ca/register](https://richmond.ca/register)
2. **By Phone:** 604-276-4300 | Mon to Fri | 8:30-5:00 PM
3. **In-person** at any parks, recreation or cultural facility

## REGISTER EARLY TO AVOID PROGRAM CANCELLATIONS

*Programs are cancelled approximately 7 days prior to start date if there are not enough participants. Please register as early as possible to reserve your spot and avoid program cancellation.*

## FOLLOW US ON SOCIAL MEDIA



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[@thompsonccfitness](#)  
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[@SealslandCC](#)

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## FACILITY HOURS

**Monday to Friday** | 6:00 AM - 9:45 PM  
**Saturday & Sunday** | 7:00 AM - 8:30 PM  
**Holiday Hours** | 7:00 AM - 7:00 PM

## SATELLITE LOCATIONS

**JAMES THOMPSON ELEMENTARY SCHOOL**  
6211 Forsyth Cres.

**THOMPSON PARK/BURNETT SECONDARY SCHOOL**  
5011 Granville Ave.

**BLAIR ELEMENTARY SCHOOL**  
6551 Lynas Ln.

**TERRA NOVA PARK**  
2340 River Rd.

**MCKAY ELEMENTARY SCHOOL**  
7360 Lombard Rd.



## CANCELLATION POLICY

To receive a refund, withdrawal or transfer from a program or class, customers are to phone any one of our Community Services facilities or the Registration Call Centre at 604-276-4300, Monday to Friday, 8:30am to 5:00pm.

### SEASONAL CLASSES

Unless otherwise specified,

- If notice is given prior to the beginning of the third session, a refund less classes taken will be provided.
- If notice is given after the beginning of the third session, no refund will be provided.

### PRIVATE/SEMI PRIVATE LESSONS

72 hours notice prior to the start of the course has to be given for a full refund.

- If notice is given less than 72 hours prior to the start of the course, no refund will be provided.

### SHORT PROGRAMS (1 WEEK OR LESS), CAMPS, WORKSHOPS, AND SPECIAL EVENTS

Unless otherwise specified,

- If less than one week's notice is given, 50% of the fee will be refunded.
- If notice is given on or after the start date of the program, no refund will be given.
- Transfers will be allowed with 72 hours notice prior to the start date of the program.
- Please note: Some courses and out trips may have a no-refund policy for items such as art supplies or tickets for events.

### SENIORS OUT TRIPS AND TOURS


- No refunds if cancellations are within seven days of trip date, unless otherwise stated. All refunds must go through the Seniors Coordinator
- No refunds for theatre trips if cancellations are within 30 days of theatre trip date.

### COURT BOOKINGS, SINGLE SESSION DROP-INS

- If notice is given prior to the start of the session a full refund will be provided.
- Visit [www.richmond.ca/register](http://www.richmond.ca/register) for how to cancel your session.

Note: Some courses and activities may have a no-refund policy for items such as art supplies or special guests.

## GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Fit &amp; Functional</b> 9:15 - 10:15 am Janet/ Gym	<b>Step &amp; Sculpt</b> 9:15 - 10:15 am Deb/ Gym	<b>Cardio &amp; Strength</b> 9:15 - 10:15 am Janet/ Gym	<b>Body Blast</b> 9:15 - 10:15 am Deb/ Gym	<b>Fit &amp; Functional</b> 9:15 - 10:15 am Janet/ Gym	<b>Dance Fit</b> 9:30 - 10:30 am Gloria/ Gym	<b>Pilates - Fusion</b> 9:00 - 10:00 am #191372
<b>TABATA</b> 10:30 - 11:30 am Natalia/ AR	<b>NEW Barre</b> 10:30 - 11:30 am #191155	<b>Mom &amp; Baby Stroller Fit</b> 11:30 - 12:30 pm #191379	<b>Ease into Fitness</b> 10:30 - 11:30 am Monika/ AR	<b>Dance Fit</b> 10:30 - 11:30 am Lizbeth/ Gym	<b>NEW Strength &amp; Stretch</b> 10:45 - 11:45 am Evy/ Gym	<b>Yoga*</b> 10:30 - 11:30 am Rocio/ AR
<b>Pilates Yoga - Fusion</b> 12:00 - 1:00 pm #190537	<b>Yoga*</b> 12:00 - 1:00 pm Elle/ AR	<b>NEW Dance &amp; Tone</b> 12:00 - 1:00 pm Sofya/ AR	<b>Yoga*</b> 12:00 - 1:00 pm Monika/ AR	<b>Stay Strong</b> 10:30 - 11:30 am #192043	<ul style="list-style-type: none"> <li>All single drop in fitness classes are included with a fitness pass or single visit fee.</li> <li>Yoga Group Fitness Classes*: 10 visit cards are not valid for yoga drop-ins (only Thompson memberships 1 mo. or longer included).</li> <li>All registered programs require pre registration and are not included with a fitness pass or single visit fee.</li> <li>All classes, instructors, location of class is subject to change or cancellation without notice.</li> <li>Please check with facility for holiday hours.</li> <li>For update information on COVID safety policies and protocols refer to <a href="http://www.richmond.ca">www.richmond.ca</a></li> </ul>	
<b>Weight Training Youth Girls</b> 5:00 - 6:00 pm #192847		<b>Weight Training Adults</b> 5:00 - 6:00 pm #191049	<b>Weight Training Youth Boys</b> 5:00 - 6:00 pm #192852	<b>Pilates</b> 12:00 - 1:00 pm #190679		
<b>Pilates</b> 5:30 - 6:30 pm #190677	<b>Weight Training Adults</b> 5:30 - 6:30 pm #192837		<b>Pilates</b> 5:30 - 6:30 pm #190678			
<b>Yoga*</b> 7:00 - 8:00 pm Monika/ AR	<b>Kardio Kickbox</b> 6:30 - 7:30 pm Alexei/ AR	<b>Total Body Conditioning</b> 6:00 - 7:00 pm Olga/ AR	<b>Yoga*</b> 6:45 - 7:45 pm Sofya/ Evy/ AR	<b>Zumba Toning</b> 6:00 - 7:00 pm #191380		
	<b>Kickboxing Drills &amp; Skills</b> 7:45 - 8:45 pm #190681				<div> <div></div> drop-in classes           <div></div> requires registration         </div> 	

## FITNESS FEES

### Drop-in Visit Fees

Adult (19-55)	\$6.75
Youth (13-18)	\$4.90
55+	\$4.90
Yoga (13+)	\$8.75
10 Visit Card (Adult 19-55)	\$54
10 Visit Card (Youth 13-18)	\$39
10 Visit Card (55+)	\$39

\*For immediate family members residing in the same residence. With the purchase of a 1-Year Fitness Adult Pass, one additional adult may be added for the price listed. Must be purchased at the same time.

### Memberships Adults Youth & 55+

1 month	\$57	\$46
3 months	\$126	\$103
6 months	\$215	\$176
1 year	\$360	\$294
Family Add On*	\$291	N/A

Membership holders can attend drop-in fitness classes and fitness centres at other facilities presenting their Fitness Pass for an add-on fee of \$1.00 (community centre) and \$4.50 (Watermania & MCAL) regardless of where the membership was originally purchased. Yoga classes and drop-in to register fitness programs are not included in this offer.

### Attending Group Fitness

- Please take a ticket from reception as proof of payment to be presented at program entry.
- 10 visit passes do NOT apply to yoga; the drop in rate for yoga is \$8.75
- Group Fitness Classes are included with a Fitness Membership or can be purchased as a single visit. Class schedule and instructor are subject to change.

### Fitness Centre Orientation

Are you new or returning to the fitness centre and want to learn or review how to use fitness equipment. Book your **FREE** fitness centre orientation.

\*Fitness centre orientation is mandatory for youth 13-15 years old; recommended for 16+ years old.  
A Parental Consent Form is required.

## PERSONAL TRAINING

### Individual Training Fee

1 hour 1 visit	\$58.95
1 hour 3 visit	\$168.00
1 hour 5 visit	\$265.25
1 hour 10 visit	\$501.00
30 min 10 visit	\$265.25
30 min 20 visit	\$501.00

### Group Training Fee (2-3)

1 hour 1 visit	\$88.40
1 hour 3 visit	\$252.00
1 hour 5 visit	\$397.90
1 hour 10 visit	\$751.60

Book your personal training consultation by contacting our fitness coordinator at [natalia.orekhova@richmond.ca](mailto:natalia.orekhova@richmond.ca) or 604-238-8434.

NEW

## Fitness Workshops

FREE for Thompson Fitness Membership holders!

BETTER BALANCE WORKSHOP	Jan 27	Fri	09:30AM - 10:00AM	18+ yrs	00189524
FIT-BALL WORKSHOP	Feb 28	Tue	01:00PM - 01:30PM	18+ yrs	00189520
FOAM ROLLING WORKSHOP	Feb 13	Mon	09:30AM - 10:00AM	13+ yrs	00191047

\*\$11.79 for Non-Thompson Fitness Membership holders. \*

## Fitness

### GROUP WEIGHT TRAINING - ADULTS

Jan 08 - Mar 05	Sun	11:00AM - 12:00PM	\$94.30 / 8 sess	18+ yrs	00192869
Jan 10 - Mar 07	Tue	05:30PM - 06:30PM	\$106.10 / 9 sess	18+ yrs	00192837

### GROUP WEIGHT TRAINING - ADVANCE - ADULTS

Jan 18 - Mar 08	Wed	05:00PM - 06:00PM	\$94.30 / 8 sess	18+ yrs	00191049
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### KICK BOXING - DRILLS AND SKILLS - ADULTS

Jan 10 - Mar 07	Tue	07:45PM - 08:45PM	\$71.55 / 9 sess Drop-in: \$9.92	16+ yrs	00190681
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### MOM AND BABY INDOOR STROLLERFIT - ADULTS

Jan 11 - Mar 08	Wed	11:30AM - 12:30PM	\$63.60 / 8 sess	18+ yrs	00191379
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### PILATES - ADULTS

Jan 09 - Mar 06	Mon	05:30PM - 06:30PM	\$70.10 / 8 sess	16+ yrs	00190677
Jan 12 - Mar 09	Thu	05:30PM - 06:30PM	\$78.85 / 9 sess	16+ yrs	00190678
Jan 13 - Mar 10	Fri	12:00PM - 01:00PM	\$78.85 / 9 sess	16+ yrs	00190679

### PILATES FUSION - ADULTS

Jan 08 - Mar 05	Sun	09:00AM - 10:00AM	\$70.10 / 8 sess Drop-in: \$10.77	16+ yrs	00191372
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### PILATES YOGA FUSION - ADULTS

Jan 09 - Mar 06	Mon	12:00PM - 01:00PM	\$70.10 / 8 sess	16+ yrs	00190537
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### STAY STRONG - 55+

Jan 13 - Mar 10	Fri	10:30AM - 11:30AM	\$56.10 / 9 sess	55+ yrs	00192043
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### ZUMBA® - TONING - ADULTS

Jan 13 - Mar 10	Fri	06:00PM - 07:00PM	\$71.55 / 9 sess	13+ yrs	00191380
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## Arts - Dance

### BALLET - PRESCHOOLERS

Jan 09 - Mar 06	Mon	02:45PM - 03:30PM	\$54.75 / 9 sess	4-5 yrs	00191113
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### MOVE AND GROOVE - PRESCHOOLERS

Jan 11 - Mar 08	Wed	04:30PM - 05:00PM	\$36.50 / 9 sess	3-5 yrs	00195759
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## Arts - Music

### UKULELE AND ME - PARENT AND TOT - PRESCHOOLERS

Jan 07 - Mar 11	Sat	09:00AM - 09:30AM	\$135.00 / 9 sess	3-5 yrs	00195315
Jan 07 - Mar 11	Sat	09:35AM - 10:05AM	\$135.00 / 9 sess	3-5 yrs	00195319

## Art - Performing

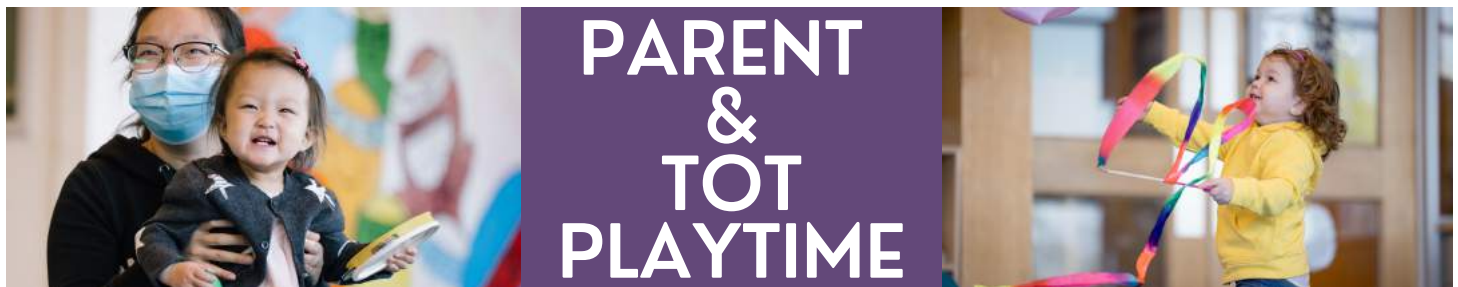
### ROCKNBEAU - MUSICAL STARS - PRESCHOOLERS

Jan 17 - Mar 07	Tue	03:30PM - 04:15PM	\$96.00 / 8 sess	4-5 yrs	00196601
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## General Interest

### MUSIC AND MOVEMENT STORY TIME - PARENT AND TOT - PRESCHOOLERS

Jan 11 - Mar 08	Wed	03:00PM - 03:30PM	\$36.50 / 9 sess	1-36 Mos	00195756
Jan 11 - Mar 08	Wed	03:45PM - 04:15PM	\$36.50 / 9 sess	1-36 Mos	00195757



**Every Tuesday & Thursday**  
**Ages 5 and under**  
**9:45 - 11:00 AM**  
**\$2.75 / drop-in**

*\*Please note: no playtime on December 20,22,27,29, 2022*

### Licensed - Day Camps

#### PRESCHOOL CAMP - LICENSED - BORN 2018-2019 - PRESCHOOLERS

Mar 13 - Mar 17	M,T,W,T,F	09:00AM - 01:00PM	\$162.80 / 5 sess	3-4 yrs	00195362
Mar 20 - Mar 24	M,T,W,T,F	09:00AM - 01:00PM	\$162.80 / 5 sess	3-4 yrs	00195364

### Nature and Science

#### BEYOND 4 WALLS - CHICKADEES - PRESCHOOLERS

Feb 07 - Mar 07	Tue	11:00AM - 12:00PM	\$57.00 / 5 sess	0-15 Mos	00195253
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#### BEYOND 4 WALLS - PARENT AND TOT - PRESCHOOLERS

Jan 28 - Mar 04	Sat	09:30AM - 10:30AM	\$57.00 / 5 sess	15 -36 mos	00195264
Feb 09 - Mar 09	Thu	09:30AM - 10:30AM	\$57.00 / 5 sess	15 -36 mos	00195258

#### BEYOND 4 WALLS - PARENT AND PRESCHOOLERS - PRESCHOOLERS

Jan 28 - Mar 04	Sat	11:00AM - 12:00PM	\$57.00 / 5 sess	36-48 mos	00195266
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### Sports

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

Jan 09 - Mar 06	Mon	10:30AM - 11:15AM	\$124.80 / 8 sess	2-3 yrs	00191198
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#### SPORTBALL® - MULTISPORT - PRESCHOOLERS

Jan 09 - Mar 06	Mon	11:30AM - 12:30PM	\$124.80 / 8 sess	3-5 yrs	00191205
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#### SPORTBALL® - SOCCER - PRESCHOOLERS

Jan 10 - Mar 07	Tue	03:30PM - 04:30PM	\$140.40 / 9 sess	3-5 yrs	00191259
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### PRESCHOOL CAMPS

*Join in well-rounded and age-appropriate activities led by Early Childhood Educators. Explore and learn with creative and cooperative play opportunities both indoors and outdoors. This program is for children with birth years 2018 and 2019.*

### Arts - Dance

#### BALLET - CHILDREN

Jan 09 - Mar 06	Mon	03:40PM - 04:40PM	\$64.90 / 8 sess	6-9 yrs	00191116
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### Arts - Music

#### PIANO/VIOLIN PRIVATE LESSONS - ALL AGES

Work privately on an individual curriculum designed specifically for age and ability.  
Please contact front desk for more information.

PIANO	Jan 07 - Mar 11 Jan 10 - Mar 28	Sat Tue	30 minute sessions	09:30AM - 03:00PM 03:30PM - 07:00PM	\$270.00 / 9 sess \$300.00 / 10 sess	5+ yrs
VIOLIN	Jan 05 - Feb 09 Feb 16 - Mar 23	Thu	1 hour sessions	03:30PM - 08:30PM	\$276.00 / 6 sess	6+ YRS

### Arts - Performing

#### ROCKNBEAU - POPSTAR ACADEMY - CHILDREN

Jan 17 - Mar 07	Tue	04:30PM - 05:30PM	\$120.00 / 8 sess	6-9 yrs	00195063
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### Arts - Visual

#### CRAFT COMBO - CHILDREN

Jan 11 - Mar 08	Wed	03:30PM - 04:30PM	\$73.00 / 9 sess	6-8 yrs	00192738
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## Children's Parties

*Parties are hosted in the Banquet Hall and feature a fully decorated room with ride on cars, play slide, photo station with props and a party staff member on hand to assist in the setting up/taking down and providing face painting or 30 minutes of games with children.*

### How to book:

Complete and submit the  
Children's Party Request Form at

[richmond.ca/parksrec/centres/thompsoncentre/birthdays](http://richmond.ca/parksrec/centres/thompsoncentre/birthdays)



### General Interest

#### BRICKS 4 KIDZ® - GIZMOS AND GADGETS - CHILDREN

Jan 09 - Feb 13	Mon	03:15PM - 04:15PM	\$120.00 / 6 sess	5-10 yrs	00195031
Jan 09 - Feb 13	Mon	04:30PM - 05:30PM	\$120.00 / 6 sess	5-10 yrs	00195036

#### WRITING ADVENTURES - BEGINNER - PRETEENS

Jan 11 - Mar 01	Wed	03:15PM - 04:15PM	\$200.00 / 8 sess	7-13 yrs	00197467
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#### WRITING ADVENTURES - INTERMEDIATE - PRETEENS

Jan 11 - Mar 01	Wed	04:15PM - 05:15PM	\$200.00 / 8 sess	7-13 yrs	00195017
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### Martial Arts

#### TAEKWONDO - BEGINNER - CHILDREN

Jan 05 - Mar 02	Thu	05:00PM - 06:00PM	\$72.00 / 9 sess	6+ yrs	00195057
Jan 10 - Mar 07	Tue	06:00PM - 07:00PM	\$72.00 / 9 sess	6+ yrs	00195055
Jan 10 - Mar 07	Tue	07:00PM - 08:00PM	\$72.00 / 9 sess	6+ yrs	00195056

#### TAEKWONDO - INTERMEDIATE - ALL AGES

Jan 05 - Mar 02	Thu	06:00PM - 07:00PM	\$72.00 / 9 sess	6+ yrs	00195059
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CHECK OUT OUR

Live **5210**  
PLAYBOX!

Thompson Community Centre has a year-round FREE-to-access Playbox filled with sports equipment, activities, and games to make it easier for you and your family to be active together!



## Nature and Science

### BEYOND 4 WALLS - CHILDREN

Jan 03 - Mar 07	Tue	04:00PM - 05:30PM	\$171.00 / 10 sess	5-7 yrs	00195274
Jan 09 - Mar 13	Mon	04:00PM - 05:30PM	\$153.90 / 9 sess	8-10 yrs	00195265
Jan 09 - Mar 13	Mon	04:00PM - 05:30PM	\$153.90 / 9 sess	11-13 yrs	00195270

### BEYOND 4 WALLS - TRAILBLAZERS - CHILDREN BORN 2009-2017

Jan 04 - Mar 08	Wed	09:15AM - 02:15PM	\$570.00 / 10 sess	5-13 yrs	00195287
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### STEAM SMARTS - CHILDREN

Jan 07 - Feb 04	Sat	11:45AM - 01:15PM	\$94.50 / 5 sess	9-12 yrs	00195231
Feb 11 - Mar 11	Sat	10:00AM - 11:30AM	\$94.50 / 5 sess	6-9 yrs	00195235

### STEM SMARTS - CHILDREN

Jan 07 - Feb 04	Sat	10:00AM - 11:30AM	\$94.50 / 5 sess	6-9 yrs	00195204
Feb 11 - Mar 11	Sat	11:45AM - 01:15PM	\$94.50 / 5 sess	9-12 yrs	00195217

### WACKY SCIENCE - CHILDREN

Jan 11 - Mar 08	Wed	04:45PM - 05:45PM	\$73.00 / 9 sess	6-8 yrs	00192739
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## THOMPSON FRIDAY NIGHT HANGOUT

## PRETEEN HANGOUT

9 - 12 YRS  
6:00 - 9:30 PM



**\*FREE WITH A YOUTH FACILITY PASS 1 OR 2**

### Sports

#### BADMINTON - BEGINNER - CHILDREN

Jan 11 - Mar 08	Wed	03:15PM - 04:15PM	\$54.35 / 9 sess	6-8 yrs	00192740
Jan 14 - Mar 11	Sat	12:30PM - 01:30PM	\$54.35 / 9 sess	6-8 yrs	00192751

#### BADMINTON - INTERMEDIATE - CHILDREN

Jan 11 - Mar 08	Wed	04:30PM - 05:30PM	\$54.35 / 9 sess	9-12 yrs	00192741
Jan 14 - Mar 11	Sat	01:45PM - 02:45PM	\$54.35 / 9 sess	9-12 yrs	00192752

#### BASKETBALL - CHILDREN

Jan 09 - Mar 06	Mon	03:30PM - 04:30PM	\$48.30 / 8 sess	6-8 yrs	00192735
Jan 12 - Mar 09	Thu	04:45PM - 05:45PM	\$54.35 / 9 sess	6-8 yrs	00192746

#### BASKETBALL - PRETEENS

Jan 09 - Mar 06	Mon	04:45PM - 05:45PM	\$48.30 / 8 sess	9-12 yrs	00192736
Jan 12 - Mar 09	Thu	06:00PM - 07:00PM	\$54.35 / 9 sess	9-12 yrs	00192748

#### SOCCER - CHILDREN

Jan 12 - Mar 09	Thu	03:30PM - 04:30PM	\$54.35 / 9 sess	6-8 yrs	00192742
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#### SPORTBALL® - SOCCER - CHILDREN

Jan 10 - Mar 07	Tue	04:45PM - 05:45PM	\$140.40 / 9 sess	6-8 yrs	00191257
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#### TOP SHELF FLOOR HOCKEY SKILLS - CHILDREN

Jan 10 - Mar 07	Tue	04:00PM - 05:00PM	\$54.35 / 9 sess	6-8 yrs	00194442
Jan 10 - Mar 07	Tue	05:15PM - 06:15PM	\$54.35 / 9 sess	9-12 yrs	00194434
Jan 13 - Mar 10	Fri	04:45PM - 05:45PM	\$54.35 / 9 sess	9-12 yrs	00192750

#### VOLLEYBALL - PRETEENS

Jan 13 - Mar 10	Fri	03:30PM - 04:30PM	\$54.35 / 9 sess	9-12 yrs	00192749
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## 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 and follow the instructions for submission details.*

## Children - Day Camps

### DAYCAMP - BORN 2010-2017 - WEEK LONG - CHILDREN

Mar 13 - Mar 17	M,T,W,T,F	09:00AM - 04:00PM	\$175.00 / 5 sess	5-12 yrs	00195639
Mar 20 - Mar 24	M,T,W,T,F	09:00AM - 04:00PM	\$175.00 / 5 sess	5-12 yrs	00195644

### DAYCAMP - BORN 2010-2017 - SINGLE DAY - CHILDREN

Mar 13	Mon	09:00AM - 04:00PM	\$42.50 / 1 sess	5-12 yrs	00195664
Mar 14	Tues	09:00AM - 04:00PM	\$42.50 / 1 sess	5-12 yrs	00195678
Mar 15	Wed	09:00AM - 04:00PM	\$42.50 / 1 sess	5-12 yrs	00195684
Mar 16	Thu	09:00AM - 04:00PM	\$42.50 / 1 sess	5-12 yrs	00195686
Mar 17	Fri	09:00AM - 04:00PM	\$42.50 / 1 sess	5-12 yrs	00195702
Mar 20	Mon	09:00AM - 04:00PM	\$42.50 / 1 sess	5-12 yrs	00195706
Mar 21	Tues	09:00AM - 04:00PM	\$42.50 / 1 sess	5-12 yrs	00195708
Mar 22	Wed	09:00AM - 04:00PM	\$42.50 / 1 sess	5-12 yrs	00195713
Mar 23	Thu	09:00AM - 04:00PM	\$42.50 / 1 sess	5-12 yrs	00195718
Mar 24	Fri	09:00AM - 04:00PM	\$42.50 / 1 sess	5-12 yrs	00195721



## PRESCHOOL CAMPS

*Join in well-rounded and age-appropriate activities led by Early Childhood Educators. Explore and learn with creative and cooperative play opportunities both indoors and outdoors. This program is for children with birth years 2017 and 2018.*

*\*see page 7*

## Bricks 4 Kidz® Camps

### DAYCAMP - BRICKS 4 KIDZ® - BIRDS, BRICKS AND BARBARIANS CAMP - CHILDREN

Mar 13 - Mar 17	M,T,W,T,F	09:30AM - 12:30PM	\$200.00 / 5 sess	5-10 yrs	00195042
Mar 20 - Mar 24	M,T,W,T,F	01:00PM - 04:00PM	\$200.00 / 5 sess	5-10 yrs	00195046

### DAYCAMP - BRICKS 4 KIDZ® - LEGO® CINEMATHEQUE CAMP - CHILDREN

Mar 13 - Mar 17	M,T,W,T,F	01:00PM - 04:00PM	\$200.00 / 5 sess	5-10 yrs	00195044
Mar 20 - Mar 24	M,T,W,T,F	09:30AM - 12:30PM	\$200.00 / 5 sess	5-10 yrs	00195047

## Sports Camp

### DAYCAMP - SPORTBALL® - BASKETBALL CAMP - CHILDREN

Mar 13 - Mar 17	M,T,W,T,F	01:00PM - 04:00PM	\$195.00 / 5 sess	8-12 yrs	00192434
Mar 20 - Mar 24	M,T,W,T,F	01:00PM - 04:00PM	\$195.00 / 5 sess	8-12 yrs	00192437

## Science Camps

### DAYCAMP - STEM - CLEAN TECH CAMP - CHILDREN

Mar 13 - Mar 17	M,T,W,T,F	09:30AM - 12:30PM	\$189.00 / 5 sess	6-10 yrs	00195193
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### DAYCAMP - STEM - SPACE EXPLORATION - CHILDREN

Mar 20 - Mar 24	M,T,W,T,F	09:30AM - 12:30PM	\$189.00 / 5 sess	6-10 yrs	00195195
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# PRETEEN & YOUTH

## 9-18 YRS

### Arts - Music

#### GUITAR PRIVATE LESSONS - ALL AGES

Work privately on an individual curriculum designed specifically for age and ability.  
Please contact front desk for more information.

Jan 03 - Feb 27	Mon	45 minute sessions	04:15PM - 08:00PM	\$275.90 / 8 sess	9+ YRS
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### Fitness

#### GROUP WEIGHT TRAINING - FOR GIRLS - YOUTH

Jan 09 - Mar 11	Mon	05:00PM - 06:00PM	\$94.30 / 8 sess	12-15 yrs	00192847
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#### GROUP WEIGHT TRAINING - FOR BOYS - YOUTH

Jan 12 - Mar 11	Thu	05:00PM - 06:00PM	\$106.10 / 9 sess	12-15 yrs	00192852
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### Nature and Science

#### BEYOND 4 WALLS - LEADERS-IN-TRAINING - YOUTH-BORN 2009-2008-2007

Jan 03 - Mar 07	Tue	04:00PM - 05:30PM	\$171.00 / 10 sess	13-15 yrs	00195277
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### Sports

#### BASKETBALL DEVELOPMENT SKILLS - YOUTH

Jan 09 - Mar 06	Mon	06:00PM - 07:00PM	\$48.30 / 8 sess	13-18 yrs	00192737
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#### PICKLEBALL - BEGINNER- YOUTH

Jan 19 - Mar 09	Thu	03:30PM - 04:30PM	\$48.30 / 8 sess	13-18 yrs	00193308
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## YOUTH CAMPS

### Adventure Camps

#### DAYCAMP - ADVENTURE CAMP - YOUTH

Mar 14 - Mar 16	T,W,T	09:30AM - 03:30PM	\$148.50 / 3 sess	11-16 yrs	00198196
Mar 21 - Mar 23	T,W,T	09:30AM - 03:30PM	\$148.50 / 3 sess	11-16 yrs	00199558

## THOMPSON FRIDAY NIGHT HANGOUT

### YOUTH HANGOUT

13-18 YRS  
6:00 - 9:30 PM

\*FREE WITH A YOUTH FACILITY PASS 1 OR 2



## Sports

### FLOOR HOCKEY - ADULTS

Jan 10 - Mar 07	Tue	07:00PM - 09:00PM	\$54.35 / 9 sess	18+ yrs	00192756
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### SOCCER - ADULTS

Jan 12 - Mar 09	Thu	07:45PM - 09:30PM	\$54.35 / 9 sess	18+ yrs	00192755
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# AGM

## Annual General Meeting



Wednesday, February 1, 2023



**Thompson Community  
Association is Recruiting:**

**Board Members &  
Committee Members!**

If you are interested, please  
contact  
[thompson@richmond.ca!](mailto:thompson@richmond.ca)

### Arts - Dance

#### TRY-IT - BALLROOM DANCING - BEGINNER - 55+

Jan 11	Wed	09:00AM - 10:30AM	FREE / 1 sess	55+ yrs	00192112
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#### BALLROOM DANCING - BEGINNER - 55+

Jan 18 - Mar 08	Wed	09:00AM - 10:30AM	\$63.40 / 7 sess	55+ yrs	00191879
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#### TRY-IT - LINE DANCING VARIETY - BEGINNER - 55+

Jan 11	Wed	10:45AM - 11:45AM	FREE / 1 sess	55+ yrs	00192097
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#### LINE DANCING VARIETY - BEGINNER - 55+

Jan 18 - Mar 08	Wed	10:45AM - 11:45AM	\$42.30 / 7 sess Drop-in: \$7.90	55+ yrs	00191893
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### Computers, Technology and Social Media

#### 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, GPS, and Skype.

Jan 26   Feb 23	Thu	30 minute session	03:30PM - 05:00PM	Free	55+ yrs
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To register your spot, speak to the front desk staff or call the registration call centre at 604-276-4300.

#### TECHNOLOGY AND AGING WORKSHOP - 55+

Jan 20	Fri	02:00PM - 03:00PM	FREE / 1 sess	55+ yrs	00196094
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#### TECH BUDDIES - 55+

Jan 17 - Mar 03	Every Thu	30 minute session	02:30 PM - 04:00 PM	Free	55+ yrs
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## TECH BUDDIES

Bring a device and get tech smart with 1-on-1 learning on a tablet, computer or smartphone. Richmond Public Library staff and senior volunteers teach the basics of operating devices using email, apps and more! Assistance is provided on a first come, first served basis.

*For more information, contact our seniors coordinator at 604-238-8429!*



# OLDER ADULTS

## 55+ YRS

### Events and Seasonal Programs

ROBBIE BURNS SUPPER - 55+

Jan 25	Wed	05:30PM - 09:00PM	\$25.00 / 1 sess	55+ yrs	00196092
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### Fitness

STAY STRONG - 55+

Jan 13 - Mar 10	Fri	10:30AM - 11:30AM	\$44.80 / 9 sess	55+ yrs	00192043
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### General Interest

ARMCHAIR TRAVEL - 55+

Mar 08	Wed	11:00AM - 12:00PM	FREE / 1 sess	55+ yrs	00195040
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FRAUDS AND SCAMS WORKSHOP - 55+

Feb 24	Fri	02:00PM - 03:00PM	FREE / 1 sess	55+ yrs	00196095
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### Health and Wellness

HOLISTIC HEALTH SERIES - OPTIMIZE YOUR NATURAL STRESS RESPONSE WORKSHOP - 55+

Mar 6	Mon	01:00PM - 02:00PM	FREE / 1 sess	55+ yrs	00193918
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### Online - Programs

ONLINE - NAME THAT TUNE - 55+

Jan 16 - Mar 20	3rd Monday every month	10:30AM - 11:45AM	FREE / 3 sess	55+ yrs	00195210
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### Raquet Sports

PICKLEBALL - BEGINNER- 55+

Jan 12 - Mar 09	Thu	01:30PM - 02:45PM	\$67.50 / 9 sess	55+ yrs	00193258
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## BOOK CLUB

2nd Monday of the month  
2:15 - 3:45pm

Meet with other book lovers to discuss  
the latest books.

*\*seniors facility pass required*



## 55+ OUT TRIPS

### January - Out Trips and Tours

#### STANLEY PARK TRIP - 55+

Jan 9	Mon	04:00PM - 08:30PM	\$22.75 / 1 sess	55+ yrs	00196096
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#### BOWLING BLAST AND DINING TRIP - 55+

Jan 23	Mon	11:30AM - 04:00PM	\$33.75 / 1 sess	55+ yrs	00194784
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### February - Out Trips and Tours

#### MUSEUM OF ANTHROPOLOGY TRIP - 55+

Feb 7	Tue	11:00AM - 03:30PM	\$32.75 / 1 sess	55+ yrs	00195196
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#### ONE UNDER GOLF TRIP - 55+

Feb 27	Mon	11:30AM - 03:30PM	\$34.50 / 1 sess	55+ yrs	00194667
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### March - Out Trips and Tours

#### HIGH SCHOOL BASKETBALL TOURNAMENT TRIP - 55+

Mar 8	Wed	11:00AM - 04:00PM	\$33.75 / 1 sess	55+ yrs	00195256
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#### ROGERS ARENA TOUR - 55+

Mar 21	Tue	11:00AM - 03:30PM	\$36.75 / 1 sess	55+ yrs	00194639
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#### BARNSIDE BREWERY AND DELTA FARM TOURS - 55+

Mar 23	Thu	12:00PM - 04:00PM	\$22.75 / 1 sess	55+ yrs	00195331
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## REGISTER EARLY TO AVOID OUT TRIP CANCELLATIONS

*Out trips are cancelled approximately 7 days prior to start date if there are not enough participants. Please register as early as possible to reserve your spot and avoid program cancellation.*





# RICHMOND SNOW ANGELS

VOLUNTEER PROGRAM

The City of Richmond and Thompson Community Centre are looking for volunteers to participate in the Snow Angels Program to assist with the removal of snow from pathways, sidewalks, and driveways.

Volunteers are only needed in the event of a winter storm with more than 3+ centimeters of snow. All Snow Angels will be provided with a shovel, toque, and container of ice melt.

To become a Snow Angel, please sign up on <https://icanhelp.richmond.ca>

For assistance with sign up or to get on the Thompson call list, please email [thompson@richmond.ca](mailto:thompson@richmond.ca)



*\*Volunteers must be 16 years or older and  
a Police Information Check will be required.*

