

Cambie Community Centre

FALL 2024 PROGRAM GUIDE



12800 Cambie Road,
Richmond, BC V6V 0A9
604-238-8399
cambie@richmond.ca



Cambie Community Centre



@cambiecc

This guide is updated regularly. Program information and schedules are subject to change. Thank you for your understanding!



Fall 2024

Mission:

To provide accessible programs and services in East Richmond that promote community and enhance our quality of life.

Fall Facility Hours:

Monday - Friday: 7:00am - 9:45pm

Saturday: 9:00am - 8:45pm

Sunday: 9:00am - 9:45pm

Visit us at richmond.ca/cambie for up to date holiday hours!



Program Registration Information

- 1) **Online:** Visit www.richmond.ca/register to register at any time.
- 2) **By Phone:** Registration Call Centre at **604-276-4300**, Mon-Fri 8:30am-5:00pm
- 3) **In Person:** Visit the community centre during operating hours to register in person

To browse available programs please check out www.richmond.ca/register. A MyRichmond account and credit card is required for online registration.

Refunds and Withdrawals

To receive a refund, or to withdraw or transfer from a class, call the Registration Call Centre at **604-276-4300**, Monday to Friday, 8:30am-5:00pm. Visit www.richmond.ca/register for our full refund policy.

Register early to avoid program cancellations!

Programs are cancelled approximately seven days prior to start date if there are not enough participants. Register as early as possible to reserve your spot and avoid program cancellations!

Volunteer Opportunities

Interested in volunteering with Cambie Community Centre? Visit icanhelp.richmond.ca to browse volunteer opportunities!

Arts - Dance

BALLET - PARENT AND TOT

Spin, twirl and leap while discovering the fun aspects of this popular dance style. Parent participation required.

2-3 yrs	Sep 14-Oct 19	Sat	11:15-11:45am	\$26.40/6 sess.	#00337682
2-3 yrs	Sep 14-Oct 19	Sat	12:00-12:30pm	\$26.40/6 sess.	#00337700
2-3 yrs	Oct 26-Dec 7	Sat	11:15-11:45am	\$30.80/7 sess.	#00337685
2-3 yrs	Oct 26-Dec 7	Sat	12:00-12:30pm	\$30.80/7 sess.	#00337703

BALLET

Spin, twirl and leap in this introductory class that focuses on fun and specific-age group ballet techniques.

3-5 yrs	Sep 9-Oct 21	Mon	3:15-4:00pm	\$46.20/7 sess.	#00333929
3-5 yrs	Sep 9-Oct 21	Mon	4:15-5:00pm	\$46.20/7 sess.	#00334710
3-5 yrs	Sep 14-Oct 19	Sat	9:15-10:00am	\$39.60/6 sess.	#00333920
3-5 yrs	Sep 14-Oct 19	Sat	10:15-11:00am	\$39.60/6 sess.	#00333924
3-5 yrs	Oct 26-Dec 7	Sat	9:15-10:00am	\$46.20/7 sess.	#00333922
3-5 yrs	Oct 26-Dec 7	Sat	10:15-11:00am	\$46.20/7 sess.	#00333927
3-5 yrs	Oct 28-Dec 9	Mon	3:15-4:00pm	\$46.20/7 sess.	#00333931
3-5 yrs	Oct 28-Dec 9	Mon	4:15-5:00pm	\$46.20/7 sess.	#00334715

FAIRY TALE DANCING

Spin, roar, stomp and twirl to favourite fairy tale characters followed by storytime after each dance session.

3-5 yrs	Sep 13-Oct 25	Fri	3:15-4:00pm	\$46.20/7 sess.	#00334835 Cancelled
3-5 yrs	Nov 1-Dec 13	Fri	3:15-4:00pm	\$46.20/7 sess.	#00334837

MINI HIP HOPPERS

Groove to new and exciting moves in this fun and active class that covers the basics of this dance style through basic choreography and dance games.

3-5 yrs	Sep 13-Oct 25	Fri	4:15-5:00pm	\$46.20/7 sess.	#00334736
3-5 yrs	Nov 1-Dec 13	Fri	4:15-5:00pm	\$46.20/7 sess.	#00334828

Arts - Visual

CLAY HANDBUILDING

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

3-5 yrs	Sep 12-Oct 24	Thu	4:45-5:45pm	\$61.60/7 sess.	#00343877
3-5 yrs	Nov 7-Dec 19	Thu	4:45-5:45pm	\$61.60/7 sess.	#00343883

PAINT AND PLAY

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

3-5 yrs	Sep 12-Oct 24	Thu	3:30-4:30pm	\$61.60/7 sess.	#00343953
3-5 yrs	Nov 7-Dec 19	Thu	3:30-4:30pm	\$61.60/7 sess.	#00343972



Sports

SPORTBALL® - MULTISPORT - PARENT AND TOT

Focus on Physical Literacy and social exploration and learn Fundamental Sport Skills together through creative and challenging games. In addition, adults are taught techniques to help toddlers refine motor skills. Parent participation required. Instructed by Sportball®.

2-3 yrs	Sep 21-Nov 2	Sat	10:00-10:45am	\$90.00/5 sess.	#00343774
2-3 yrs	Nov 16-Dec 14	Sat	10:00-10:45am	\$90.00/5 sess.	#00343792

Sports cont.

SPORTBALL® - MULTISPORT

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. Instructed by Sportball®.

3-5 yrs	Sep 21-Nov 2	Sat	10:50-11:50am	\$90.00/5 sess.	#00343776
3-5 yrs	Nov 16-Dec 14	Sat	10:50-11:50am	\$90.00/5 sess.	#00343793

SPORTBALL® - SOCCER - PARENT AND TOT

Develop some fundamental skills that include throw-ins, dribbling, trapping, passing and goalie skills to practice in exciting, non-competitive games. Parent participation required. Instructed by Sportball®.

2-3 yrs	Sep 21-Nov 2	Sat	11:55am-12:40pm	\$90.00/5 sess.	#00343780
2-3 yrs	Nov 16-Dec 14	Sat	11:55am-12:40pm	\$90.00/5 sess.	#00343796

SPORTBALL® - SOCCER

Develop some fundamental skills that include throw-ins, dribbling, trapping, passing and goalie skills to practice in exciting, non-competitive games. Instructed by Sportball®.

3-5 yrs	Sep 21-Nov 2	Sat	12:45-1:45pm	\$90.00/5 sess.	#00343785
3-5 yrs	Nov 16-Dec 14	Sat	12:45-1:45pm	\$90.00/5 sess.	#00343798



Arts - Dance

CHINESE DANCING

Learn this beloved and challenging multicultural art form composed of Chinese classical and folk dancing that includes jumping and tumbling techniques and the interpretation of music through movement, facial expressions and postures. No dance experience required.

6-8 yrs	Sep 15-Oct 27	Sun	10:00-11:00am	\$61.60/7 sess.	#00336430
9-12 yrs	Sep 15-Oct 27	Sun	11:15am-12:15pm	\$61.60/7 sess.	#00336447
6-8 yrs	Nov 3-Dec 15	Sun	10:00-11:00am	\$61.60/7 sess.	#00336436
9-12 yrs	Nov 3-Dec 15	Sun	11:15am-12:15pm	\$61.60/7 sess.	#00336462

HIP HOP

Get your groove on in this easy going dance class.

6-8 yrs	Sep 19-Oct 24	Thu	3:30-4:30pm	\$52.80/6 sess.	#00337739
9-12 yrs	Sep 19-Oct 24	Thu	4:45-5:45pm	\$52.80/6 sess.	#00337777
6-8 yrs	Nov 7-Dec 12	Thu	3:30-4:30pm	\$52.80/6 sess.	#00337770
9-12 yrs	Nov 7-Dec 12	Thu	4:45-5:45pm	\$52.80/6 sess.	#00337809

JAZZ DANCING

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

6-12 yrs	Sep 10-Oct 22	Tue	6:30-7:30pm	\$61.60/7 sess.	#00336722 Cancelled
6-12 yrs	Oct 29-Dec 10	Tue	6:30-7:30pm	\$61.60/7 sess.	#00336734

K-POP DANCING

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.

6-8 yrs	Sep 10-Oct 22	Tue	4:00-5:00pm	\$61.60/7 sess.	#00334839
9-12 yrs	Sep 10-Oct 22	Tue	5:15-6:15pm	\$61.60/7 sess.	#00336394
6-8 yrs	Oct 29-Dec 10	Tue	4:00-5:00pm	\$61.60/7 sess.	#00336390
9-12 yrs	Oct 29-Dec 10	Tue	5:15-6:15pm	\$61.60/7 sess.	#00336408

Arts - Visual

CHINESE BRUSH PAINTING - BEGINNER

Explore this ancient art and create beautiful pieces by practicing basic techniques and experimenting with various exercises. A non-refundable \$15 supplies fee is added when registering. Additional supplies may also be needed.

6-10 yrs	Sep 15-Oct 27	Sun	9:15-10:30am	\$77.00/7 sess.	#00337300
6-10 yrs	Nov 3-Dec 15	Sun	9:15-10:30am	\$77.00/7 sess.	#00337309 Cancelled

WILDLIFE IN WATERCOLOUR PAINTING

Paint some of the world's most majestic animals using a variety of watercolour techniques that achieve textural effects. Supplies included.

6-10 yrs	Sep 15-Oct 27	Sun	10:45-11:45am	\$61.60/7 sess.	#00337314
6-10 yrs	Nov 3-Dec 15	Sun	10:45-11:45am	\$61.60/7 sess.	#00337334 Cancelled

General Interest

BRICKS 4 KIDZ® - GALAXY FAR AWAY

Go on an adventurous journey creating LEGO® spacecraft models based on popular space movies. All students take home a customized mini-figure! Bricks 4 Kidz® programs offer LEGO® brick building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children. This program is instructed by Bricks 4 Kidz®.

5-10 yrs	Sep 17-Nov 5	Tue	4:00-5:00pm	\$160.00/8 sess.	#00337050 Cancelled
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PRIMARY CARE - BABYSITTING BASICS

Learn fun games and activities for children, basic babysitting skills and how to deal with emergencies. A Canadian Red Cross Babysitting Certificate provided upon successful completion of session. Instructed by Primary Care First Aid.

10-16 yrs	September 22	Sun	9:00am-5:00pm	\$85.00/1 sess.	#00337030
10-16 yrs	October 13	Sun	9:00am-5:00pm	\$85.00/1 sess.	#00337033
10-16 yrs	November 17	Sun	9:00am-5:00pm	\$85.00/1 sess.	#00337036 Cancelled

Martial Arts

KARATE - SHITO-RYU - BEGINNER

Learn this traditional style of martial arts in a fun and safe environment. There may be additional fees including; membership fees, belt grading fee (optional), uniform and safety equipment (optional). The instructor will provide details of options.

6+ yrs	Sep 11-Dec 18	Wed	6:30-7:30pm	\$111.60/15 sess.	#00341714
6+ yrs	Sep 13-Dec 20	Fri	6:30-7:30pm	\$104.15/14 sess.	#00341718

KARATE - SHITO-RYU - BEGINNER/INTERMEDIATE

Learn this traditional style of martial arts in a fun and safe environment. There may be additional fees including; membership fees, belt grading fee (optional), uniform and safety equipment (optional). The instructor will provide details of options.

6+ yrs	Sep 11-Dec 18	Wed	7:00-8:00pm	\$111.60/15 sess.	#00341716
6+ yrs	Sep 13-Dec 20	Fri	7:00-8:00pm	\$104.15/14 sess.	#00341720

KARATE - SHITO-RYU - INTERMEDIATE/ADVANCED

Learn this traditional style of martial arts in a fun and safe environment. Uniform and safety gear required. Additional fees required for membership, belt grading (optional), uniform and safety equipment.

6+ yrs	Sep 11-Dec 18	Wed	8:00-9:00pm	\$111.60/15 sess.	#00341717
6+ yrs	Sep 13-Dec 20	Fri	8:00-9:00pm	\$104.15/14 sess.	#00341722

TAEKWONDO - BEGINNER

Learn the art of self-defence with an emphasis on control, kicking and punching moves all in a safe environment. Additional fees may be charged for equipment and belt testing.

6-12 yrs	Sep 7-Dec 14	Sat	4:00-5:00pm	\$108.00/12 sess.	#00341658
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TAEKWONDO - INTERMEDIATE/ADVANCED

Practice advanced skills and techniques with a continued emphasize on control and discipline. Previous experience and instructor approval required.

6+ yrs	Sep 7-Dec 14	Sat	5:00-6:00pm	\$108.00/12 sess.	#00341661
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6-12 yrs

Martial Arts cont.

TAEKWONDO - BLACK BELT

Practice advanced skills and techniques with experienced instructors who emphasize control and discipline. Previous experience and instructor approval required. Additional fees may be charged for equipment and belt testing.

6+ yrs	Sep 7-Dec 14	Sat	6:00-7:30pm	\$162.00/12 sess.	#00341696
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Nature and Science

WACKY SCIENCE

Explore the explosive and somewhat messy world of potions and science through simple and safe experiments.

6-12 yrs	Sep 13-Oct 25	Fri	4:15-5:45pm	\$92.40/7 sess.	#00337026
6-12 yrs	Nov 1-Dec 13	Fri	4:15-5:45pm	\$92.40/7 sess.	#00337027



Racquet Sports

BADMINTON - INTERMEDIATE

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

9-12 yrs	Sep 21-Dec 7	Sat	10:50-11:50am	\$45.90/7 sess.	#00338255
9-12 yrs	Sep 22-Dec 8	Sun	11:00am-12:00pm	\$59.05/9 sess.	#00338294

Sports

BASKETBALL

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

6-8 yrs	Sep 14-Nov 2	Sat	9:15-10:15am	\$39.35/6 sess.	#00341596
8-10 yrs	Sep 14-Nov 2	Sat	10:30-11:30am	\$39.35/6 sess.	#00341602
10-12 yrs	Sep 14-Nov 2	Sat	11:45am-12:45pm	\$39.35/6 sess.	#00341609
6-8 yrs	Nov 16-Dec 21	Sat	9:15-10:15am	\$39.35/6 sess.	#00341611
8-10 yrs	Nov 16-Dec 21	Sat	10:30-11:30am	\$39.35/6 sess.	#00341613
10-12 yrs	Nov 16-Dec 21	Sat	11:45am-12:45pm	\$39.35/6 sess.	#00341614

GOLF

Try junior golf lessons with trained Canadian PGA instructors demonstrating important techniques for a great golf swing. These sessions are offered in partnership with Mayfair Lakes and the East Richmond Community Association. Price includes use of golf clubs and golf balls.

8-16 yrs	Sep 10-Oct 22	Tue	4:00-5:00pm	\$180.00/6 sess.	#00338401
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MULTISPORT - FOR GIRLS

Learn the basic fundamental movement skills for improved participation in basketball, hockey, soccer, volleyball and baseball. For female-identifying youth.

9-12 yrs	Sep 17-Oct 22	Tue	4:45-5:45pm	\$39.35/6 sess.	#00339651
9-12 yrs	Nov 5-Dec 10	Tue	4:45-5:45pm	\$39.35/6 sess.	#00339653

SOCCER

Learn basic soccer skills and participate in casual games with your peers.

9-12 yrs	Sep 18-Oct 23	Wed	4:45-5:45pm	\$39.35/6 sess.	#00338041
9-12 yrs	Nov 6-Dec 11	Wed	4:45-5:45pm	\$32.80/5 sess.	#00338049

SPORTBALL® - SOCCER

Develop some fundamental skills that include throw-ins, dribbling, trapping, passing and goalie skills to practice in exciting, non-competitive games. Instructed by Sportball®.

5-7 yrs	Sep 21-Nov 2	Sat	1:50-2:50pm	\$90.00/5 sess.	#00343787
5-7 yrs	Nov 16-Dec 14	Sat	1:50-2:50pm	\$90.00/5 sess.	#00343799

Sports cont.

VOLLEYBALL - BEGINNER

Improve game play in these professionally-designed sessions that include mini games and a fun and non-competitive atmosphere. This program is for new volleyball players.

9-12 yrs	Sep 19-Oct 24	Thu	4:45-5:45pm	\$39.35/6 sess.	#00339668 Cancelled
9-12 yrs	Nov 7-Dec 12	Thu	4:45-5:45pm	\$39.35/6 sess.	#00339669

VOLLEYBALL - INTERMEDIATE

Improve game play in these professionally-designed sessions that include mini games and a fun and non-competitive atmosphere. Suitable for players that have completed Volleyball - Preteens or Volleyball - Beginner - Preteens.

9-12 yrs	Sep 16-Oct 21	Mon	4:45-5:45pm	\$39.35/6 sess.	#00339654
9-12 yrs	Nov 4-Dec 9	Mon	4:45-5:45pm	\$39.35/6 sess.	#00339664

VOLLEYBALL BC - SMASHBALL ATOMIC

Compete and play in these fast-paced, engaging and fun sessions that introduce new tactics and game concepts while incorporating additional volleyball skills. Open to all skill levels regardless of previous experience. Instructed by Volleyball BC.

8-12 yrs	Sep 21-Nov 2	Sat	3:30-4:30pm	\$75.00/5 sess.	#00341638
8-12 yrs	Nov 23-Dec 14	Sat	3:30-4:30pm	\$60.00/4 sess.	#00341647





generationhealth

**A FREE 10-week
program for BC families
with kids ages 8-12
years old**

Learn as a family about:

- Healthy Eating
- Physical Activity
- Mental Well-Being
- Screen Time
- Sleep Routines

Extras: \$150.00 Gift Card for Cambie Community Centre, virtual cooking classes, and group Q&A's with health professionals



In-Person at McNeely Elementary School in Richmond

Wednesdays, October 9 - December 11, 3:00-5:00pm

Register or find out more about the program today at:

For Mitchell families email: knarbett@sd38.bc.ca

For McNeely families email: dunger@sd38.bc.ca



**University
of Victoria**



RICHMOND
SCHOOL DISTRICT NO.38

13-18 yrs

Arts - Dance

HIP HOP

Move to the newest beats in these easy-going and social sessions.

13-18 yrs	Sep 19-Oct 24	Thu	5:45-6:45pm	\$52.80/6 sess.	#00341684	Cancelled
13-18 yrs	Nov 7-Dec 12	Thu	5:45-6:45pm	\$52.80/6 sess.	#00341686	Cancelled

Arts - Performing

IMPROV - BEGINNER

Share the joy of improv-based drama activities in a fun, safe and low-pressure environment. Come and interact and share a few laughs. No experience required.

11-16 yrs	Sep 16-Oct 21	Mon	5:15-6:15pm	\$52.80/6 sess.	#00337931	Cancelled
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Arts - Visual

ART EXPLORATION AND JOURNALING

Create new artistic projects each week that will contribute to an overall art journal that can be taken home. Supplies included.

11-16 yrs	Sep 16-Oct 21	Mon	3:45-4:45pm	\$52.80/6 sess.	#00346408	Cancelled
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Martial Arts

KARATE - SHITO-RYU - ALL LEVELS

Learn this traditional style of martial arts in a fun and safe environment. There may be additional fees including; membership fees, belt grading fee (optional), uniform and safety equipment (optional). The instructor will provide details of options.

16-18 yrs	Sep 10-Dec 17	Tue	7:30-9:30pm	\$208.30/14 sess.	#00341743	
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Racquet Sports

BADMINTON - INTERMEDIATE

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.

13-18 yrs	Sep 22-Dec 8	Sun	12:05-1:05pm	\$59.05/9 sess.	#00338375
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BADMINTON - ADVANCED

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: Badminton-Intermediate experience.

13-18 yrs	Sep 21-Dec 7	Sat	11:55am-12:55pm	\$45.90/7 sess.	#00338354
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Sports

VOLLEYBALL

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

13-18 yrs	Sep 20-Oct 25	Fri	4:45-5:45pm	\$39.35/6 sess.	#00339656 Cancelled
13-18 yrs	Nov 8-Dec 13	Fri	4:45-5:45pm	\$39.35/6 sess.	#00339658 Cancelled

VOLLEYBALL BC - TRAIN AND PLAY

Compete and play in these low-pressure, engaging and fun sessions for all levels to learn different technical and tactical skills using both a traditional and conceptual approach. Open to all skill levels regardless of previous experience. Instructed by Volleyball BC.

13-16 yrs	Sep 21-Nov 2	Sat	4:45-5:45pm	\$75.00/5 sess.	#00341644
13-16 yrs	Nov 23-Dec 14	Sat	4:45-5:45pm	\$60.00/4 sess.	#00341645

Winter Break Camps

Children

MAGIC CAMP

Amaze friends and family by learning magic tricks and sleight-of-hand skills taught by a professional magician. This program is instructed by John Kaplan of Abracadabra Show Productions.

7-13 yrs Dec 30-Jan 3 Mon, Tue, Thu, Fri 12:30-3:00pm \$122.00/4 sess. #00341791

VOLLEYBALL BC - SMASHBALL ATOMIC

Compete and play in these fast-paced, engaging and fun sessions that introduce new tactics and game concepts while incorporating additional volleyball skills. Open to all skill levels regardless of previous experience. Instructed by Volleyball BC.

8-12 yrs Dec 30-Jan 3 Mon, Tue, Thu, Fri 9:00am-12:00pm \$60.00/4 sess. #00341653

Youth

RECREATION LEADERSHIP CAMP

Develop leadership skills to use in a day camp setting. This camp is also a great opportunity to learn about a career in recreation.

11-16 yrs Dec 30-Jan 3 Mon, Tue, Thu, Fri 11:00am-3:00pm \$104.30/4 sess. #00338065



Arts - Dance

SWING DANCING

Develop the fundamental movements of this vibrant and popular dance style in a welcoming environment. Suitable for all levels.

18+ yrs	Sep 10-Oct 22	Tue	7:30-8:30pm	\$61.60/7 sess.	#00336744
18+ yrs	Oct 29-Dec 10	Tue	7:30-8:30pm	\$61.60/7 sess.	#00336753

Arts - Visual

PAINT NIGHT

Recreate a famous painting to take home with step-by-step instruction. Instructed by Party with Laura. No experience required.

18+ yrs	September 26	Thu	6:30-8:30pm	\$35.00/1 sess.	#00331646
18+ yrs	December 5	Thu	6:30-8:30pm	\$35.00/1 sess.	#00331647

General Interest

PUPPY PRESCHOOL

Learn some tips and tricks in proper puppy training in a positive environment that focuses on basic manners, socialization, handling and navigating challenging behaviours. Puppy must be 8 to 18 weeks on first day of class. Instructed by Daisy Dog Training.

18+ yrs	Sep 21-Oct 12	Sat	10:00-11:00am	\$175.00/4 sess.	#00336771
18+ yrs	Nov 16-Dec 7	Sat	10:00-11:00am	\$175.00/4 sess.	#00336773 Cancelled

DOG MANNERS - RECALL AND WALKING

Build on the basic skills of dog training by learning positive methods for adolescent to adult dogs along with body language basics. Instructed by Daisy Dog Training.

18+ yrs	Sep 21-Oct 12	Sat	11:15am-12:15pm	\$175.00/4 sess.	#00336776 Cancelled
18+ yrs	Nov 16-Dec 7	Sat	11:15am-12:15pm	\$175.00/4 sess.	#00336777 Cancelled

Martial Arts

KARATE - SHITO-RYU - ALL LEVELS

Learn this traditional style of martial arts in a fun and safe environment. There may be additional fees including; membership fees, belt grading fee (optional), uniform and safety equipment (optional). The instructor will provide details of options.

19+ yrs	Sep 10-Dec 17	Tue	7:30-9:30pm	\$208.30/14 sess.	#00341738
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Racquet Sports

BADMINTON - INTERMEDIATE

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. Equipment required at each session. Pre-requisite: Previous badminton experience required.

18+ yrs	Sep 21-Dec 7	Sat	9:15-10:45am	\$68.90/7 sess.	#00338234
18+ yrs	Sep 21-Dec 7	Sat	2:00-3:30pm	\$68.90/7 sess.	#00338238
18+ yrs	Sep 22-Dec 8	Sun	1:10-2:40pm	\$88.55/9 sess.	#00338247

PICKLEBALL - BEGINNER

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.

19+ yrs	Sep 14-Nov 2	Sat	1:15-2:30pm	\$84.00/6 sess.	#00341616
19+ yrs	Nov 16-Dec 21	Sat	1:15-2:30pm	\$84.00/6 sess.	#00341618

PICKLEBALL - SKILL DRILL PLAY - ALL LEVELS

Continue to improve in these high-intensity, drill-focused sessions that focus on perfecting shots and heightening game awareness. Instructed by a certified instructor.

19+ yrs	Sep 14-Nov 2	Sat	2:30-4:15pm	\$114.00/6 sess.	#00341617
19+ yrs	Nov 16-Dec 21	Sat	2:30-4:15pm	\$114.00/6 sess.	#00341628

Drop-in is available first-come first-served for some registered fitness classes with spaces remaining. Call ahead at the Cambie Front Desk **(604-238-8399)** to check if space is available!

Please note that Total Fitness Passes are not applicable for dropping into a registered program.

CHAIR FITNESS

Manage chronic conditions and pain more effectively both in and out of the chair. Focus is on simple exercises, deep breathing, and gentle stretches in this basic fitness class. Suitable for older adults and those with physical limitations.

55+ yrs	Sep 10-Oct 15	Tue	1:15-2:00pm	\$36.05/6 sess.	#00339661
55+ yrs	Nov 5-Dec 17	Tue	1:15-2:00pm	\$42.05/7 sess.	#00340432

CORE YOGA

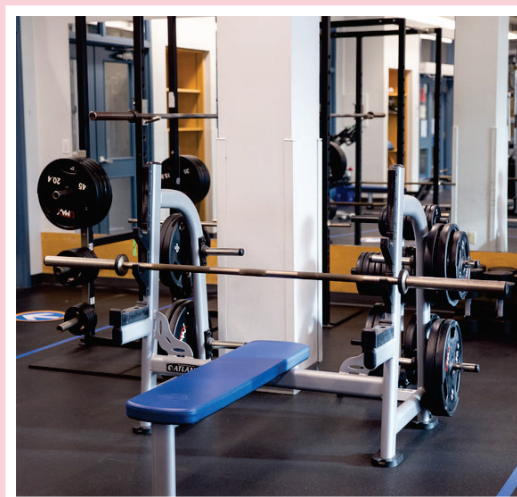
Focus on movements, breathing exercises and yoga poses that work to build a strong and stable core.

13+ yrs	Sep 11-Oct 30	Wed	5:45-6:45pm	\$80.90/8 sess.	#00337704
13+ yrs	Nov 6-Dec 18	Wed	5:45-6:45pm	\$70.75/7 sess.	#00337750

WOMEN ON WEIGHTS

Build confidence, strength and knowledge in this small group program designed for women. Focus on developing strength and toning muscles using machines, free weights and other fitness equipment in a supportive setting led by a personal trainer.

55+ yrs	Sep 11-Sep 25	Wed	2:00-3:00pm	\$32.15/3 sess.	#00337565
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Health and Fitness

Drop-in is available first-come first-served for some registered fitness classes with spaces remaining. Call ahead at the Cambie Front Desk (**604-238-8399**) to check if space is available!

Please note that Total Fitness Passes are not applicable for dropping into a registered program.

YOGA

Increase flexibility and strength, relieve stress and practice active relaxation in this balanced body and mind class.

13+ yrs	Sep 13-Oct 25	Fri	5:45-6:45pm	\$70.75/7 sess.	#00340738
13+ yrs	Nov 1-Dec 13	Fri	5:45-6:45pm	\$70.75/7 sess.	#00340741

ZUMBA® (*FOR WOMEN)

Move to zesty Latin and international music in this dance fitness program that offers a great cardiovascular workout with easy to follow routines.

*13+ yrs	Sep 9-Oct 28	Mon	7:15-8:15pm	\$53.05/6 sess.	#00337696
13+ yrs	Sep 12-Oct 31	Thu	10:00-11:00am	\$70.70/8 sess.	#00337712
*13+ yrs	Sep 13-Oct 25	Fri	7:00-8:00pm	\$61.90/7 sess.	#00337730
*13+ yrs	Nov 1-Dec 20	Fri	7:00-8:00pm	\$70.70/8 sess.	#00337757
*13+ yrs	Nov 4-Dec 16	Mon	7:15-8:15pm	\$53.05/6 sess.	#00337748
13+ yrs	Nov 7-Dec 19	Thu	10:00-11:00am	\$61.90/7 sess.	#00337754

ZUMBA® - TONING - FOR WOMEN

Use toning sticks to help torch calories with dance and strength training that offers a great cardiovascular workout with easy-to-follow routines.

13+ yrs	Sep 11-Oct 30	Wed	7:15-8:15pm	\$70.70/8 sess.	#00337698
13+ yrs	Nov 6-Dec 18	Wed	7:15-8:15pm	\$61.90/7 sess.	#00337753



Fitness Prices

Passes and Drop-In Rates		
	Adult	Youth/55+
Drop-In	\$6.90	\$5.00
Yoga Drop-In (1 hour)	\$8.75	N/A
10 Visit Card	\$55.00	\$40.00
1 Month	\$59.00	\$47.00
3 Month	\$128.00	\$105.00
6 Month	\$219.00	\$180.00
1 Year	\$365.00	\$300.00
1 Year Family Add-On	\$300.00	N/A
Passes are non-transferrable. Personal training is available. Inquire at the front desk for more information.		

With the purchase of a 1 year adult pass, you may add one additional family member living in the same residence for a reduced price. Passes must be purchased at the same time.

Annual pass holders are permitted one vacation extension per year. This extension must be requested before the start of the vacation and is only granted for periods of more than two weeks and no more than one calendar month.

Total Fitness Pass holders can attend drop-in fitness classes and fitness classes at other community centres for an add on fee of \$1.00 (**not including specialty classes**).

\$4.80 for Minoru Centre and Watermania pools.

Visit cards do not apply.

A refund will only be considered if a permanent disability occurs, or if a client moves outside the Richmond area.

Drop-In Fitness Classes

TENTATIVE FALL SCHEDULE: Schedule effective September 3 - December 24

All drop-in group fitness classes are included in your Total Fitness Pass. 1 hour drop-in yoga classes are **NOT** included in 10 visit cards.

Monday	Tuesday	Wednesday	Thursday	Friday
Total Body Conditioning 10:00 - 11:00am	Dance Fit 10:00 - 11:00am	Total Body Conditioning 10:00 - 11:00am		Functional Fitness 10:00 - 11:00am
	Hybrid/Express Zoom/Drop-In Yoga 12:15 - 1:00pm	Hybrid/Express Zoom/Drop-In HIIT 12:15 - 1:00pm	Hybrid/Express Zoom/Drop-In TBC 12:15 - 1:00pm	

Hybrid Class: Attend in person or register and attend through Zoom from home.

Express Class: 45 minute lunch-time lunch time classes - perfect for when you're on a lunch-break!

Drop-In Schedules

Drop-In Sports and Games Room Schedules/Pricing

TENTATIVE FALL SCHEDULE: Schedule effective September 3 - December 24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Badminton (Court Rentals) 9:30am - 2:45pm All Ages	Badminton 12:00 - 2:45pm 18+ yrs	Pickleball 8:30 - 11:30am 18+ yrs	Badminton 12:00 - 2:45pm 18+ yrs	Pickleball 12:00 - 2:45pm 18+ yrs	Badminton 12:00 - 2:45pm 18+ yrs	Badminton (Court Rentals) 9:30am - 8:00pm All Ages
Pickleball 9:30am - 12:00pm 16+ yrs	Youth Open Gym 3:00 - 4:30pm 13-18 yrs	Basketball 12:00 - 2:45pm 18+ yrs	Youth Open Gym 3:00 - 4:30pm 13-18 yrs	Youth Open Gym 3:00 - 4:30pm 13-18 yrs	Youth Open Gym 3:00 - 4:30pm 13-18 yrs	Pickleball (Court Rentals) 4:15 - 8:00pm All Ages
Basketball 9:45am - 12:00pm 13+ yrs		Youth Open Gym 3:00 - 4:30pm 13-18 yrs	Badminton 6:30 - 9:15pm 16+ yrs		Youth Volleyball and Basketball 6:00 - 8:30pm 13-18 yrs	
Pickleball (Court Rentals) 12:15 - 2:30pm All Ages		Volleyball (Registered Visits) 6:30 - 9:15pm 16+ yrs			Night Shift Basketball/Volleyball 9:00 - 11:30pm 16-30 yrs	
Volleyball 12:30 - 3:00pm 16+ yrs						

Drop-in Sport Pricing and Court Rental Information

	Adult	55+	Youth
Drop-In	\$6.25	\$5.00	\$3.50
10 Visit Card	\$50.00	\$40.00	N/A
Court Rentals (45 mins)	\$11.65	N/A	N/A

No private instruction permitted. Courts can be booked starting at 12:00pm one week in advance. Book online, by phone, or in person. 24 hours notice must be given to get a refund. No refunds given for less than 24 hours notice. Clients are required to check-in at the front desk or with gym attendant before proceeding to the court. Max 2 court rentals per person, per day.

1 Year Games Room Pass

	Adult (18+)	18 and Under
1 Year Pass	\$13.00	\$7.00

Games room includes table tennis, foosball and pool table.
Games room pass is required to use equipment.
No access during "Youth Only" hours.

Sport and Games Room visit cards and passes are non-transferable and cannot be used at other Community Centres.

1 Year Youth Facility Pass (13-18 yrs)

Youth Facility Pass 1 FREE	<ul style="list-style-type: none"> Access to Youth Open Gym, Youth Volleyball and Basketball Equipment loans during Open Gym times with card Access to Games Room during "Youth Only" hours (Mon-Fri: during school lunch and 3:00-4:30pm, Tu/Thu 8:00-10:00am)
Youth Facility Pass 2 \$7.00	<ul style="list-style-type: none"> All of the above, plus Unlimited access to the Games Room and Games Room Equipment rentals Access to the Fitness Centre Tue & Thu 3:00-4:00pm.

Seasonal Programs and Events

Halloween Programs and Workshops

Join Cambie Community Centre this Spooky Season for one of our single-day programs for preschoolers or children!

HALLOWEEN SPOOKY SCIENCE

Watch simple science experiments take on eerie twists in this Halloween-themed session that includes a take-home prize.

6-12 yrs	October 19	Sat	10:00-11:30am	\$11.70/1 sess.	#00337097
6-12 yrs	October 19	Sat	12:30-2:00pm	\$11.70/1 sess.	#00340576

HALLOWEEN EEKY SHRIEKY

Turn a pumpkin into a creative and unique jack-o-lantern to take home along with a scary face mask. Dress for a mess and the weather. Wear a Halloween costume to add to the fun!

3-5 yrs	October 26	Sat	10:00-11:30am	\$13.20/1 sess.	#00336791
3-5 yrs	October 26	Sat	12:00-1:30pm	\$13.20/1 sess.	#00336796

CAMBIE'S TRICK-OR-TREAT

Trick-or-treat through Cambie's Multipurpose Room while answering spine-tingling Halloween riddles to earn prizes and candy. Wear a costume and bring your trick-or-treat bag for added fun! While supplies last. Prizes are best suited to ages 3-10. Parent participation required.

3-10 yrs	Saturday, October 26	1:30-3:00pm	Free, no registration required
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MONSTER MASH DANCE PARTY

Groove into the Halloween season and play games with this spooktacular dance session. Bring home a Halloween goodie-bag. Wear a costume for added fun!

3-5 yrs	October 27	Sun	1:30-2:15pm	\$8.20/1 sess.	#00334756
6-10 yrs	October 27	Sun	2:30-3:15pm	\$8.20/1 sess.	#00334759



Seasonal Programs and Events

Holiday Programs and Workshops

Enjoy the festive season with one of Cambie Community Centre's holiday-themed programs. Plus, stay tuned for **free Winter Break take-home activities!**

BREAKFAST WITH SANTA

Celebrate the season with breakfast, crafts, a gift and visit with Santa. Children and adults must pre-register. Parent participation required. No refunds after November 29, 2024.

1 mo.+	December 7	Sat	10:00am-12:00pm	\$11.70/1 sess.	#00331652
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A YUMMY LITTLE CHRISTMAS

Listen to festive and seasonal stories, sing songs and make a special and delicious holiday treat all in build up to this special holiday.

3-5 yrs	December 21	Sat	10:00-11:30am	\$13.20/1 sess.	#00336819
3-5 yrs	December 21	Sat	12:00-1:30pm	\$13.20/1 sess.	#00336829

GINGERBREAD HOUSE BUILDERS

Design and build a personalized small graham cracker gingerbread house in this hands-on class that includes candies, frosting and crackers.

6-12 yrs	December 22	Sun	10:00-11:30am	\$23.60/1 sess.	#00336897
6-12 yrs	December 22	Sun	12:00-1:30pm	\$23.60/1 sess.	#00336900



Preschool 2024/25 School Year

Little Explorers

(Ages 3 - 5)

Monday/Wednesday

9:00am - 12:00pm
\$178.10/monthly

Tuesday/Thursday

9:00am - 12:00pm
\$194.05/monthly

Kinderfun

(Ages 3 - 5)

Mornings

Mon/Wed/Fri

9:00 - 11:30am
\$216.75/monthly

Tuesday/Thursday

9:00 - 11:30am
\$155.15/monthly

Afternoons

Mon/Wed/Fri

12:30 - 3:00pm
\$216.75/monthly

Tuesday/Thursday

12:30 - 3:00pm
\$155.15/monthly

Junior Kindergarten

(Ages 4 - 5)

Note: Registrants must also be registered in either
Kinderfun or Little Explorers!

Monday/Wednesday

11:30am - 1:00pm
\$89.05/monthly

Tuesday/Thursday

11:30am - 1:00pm
\$97.00/monthly

Contact Anne-Marie for more information!

Phone: 604-238-8385

Email: Anne-Marie.Olmstead-Wilcox@richmond.ca

Out of School Care 2024/25 School Year

Cambie's Out of School Care programs encourage children to pursue their interests, develop confidence, independence and friendships while respecting themselves, their environment and others!

Schools that we service include:

McNeely and Mitchell - Morning and after school
Tomsett - After school only

**Winter/Spring Break and Pro-D days
are included in monthly fees.**

Contact Julian for more information!

Phone: 604-238-8388

Email: Julian.Hui@richmond.ca

Playtime - Parent and Tot

Play on equipment and try different
activity tables.

For children up to 5 years old.

Parent participation required.

Day/Time/Price:

Mondays and Fridays

9:15 - 11:00am

\$3.10/Drop-in



Recreation Fee Subsidy Program

The City of Richmond's **Recreation Fee Subsidy Program** helps Richmond residents in need of financial assistance access recreational programs.

Applications are submitted yearly, with terms running from September 1 - August 31.

For more information, visit
richmond.ca/subsidy