

# Cambie Community Centre

## WINTER 2025 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!



## Facility Hours:

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

Saturday: 9:00am-8:45pm

Sunday: 9:00am-9:45pm

Visit us at [richmond.ca/cambie](http://richmond.ca/cambie) for up to date holiday hours!



## Program Registration Information

- 1) **Online:** Visit [www.richmond.ca/register](http://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](http://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](http://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](http://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	Jan 18-Mar 15	Sat	11:15-11:45am	\$39.60/9 sess.	#00368531
2-3 yrs	Jan 18-Mar 15	Sat	12:00-12:30pm	\$39.60/9 sess.	#00368592

**BALLET**

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

3-5 yrs	Jan 13-Mar 10	Mon	3:15-4:00pm	\$59.40/9 sess.	#00368228
3-5 yrs	Jan 13-Mar 10	Mon	4:15-5:00pm	\$59.40/9 sess.	#00368232
3-5 yrs	Jan 18-Mar 15	Sat	9:15-10:00am	\$59.40/9 sess.	#00368410
3-5 yrs	Jan 18-Mar 15	Sat	10:15-11:00am	\$59.40/9 sess.	#00368422

**FAIRY TALE DANCING**

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

3-5 yrs	Jan 17-Mar 14	Fri	3:15-4:00pm	\$59.40/9 sess.	#00368396
---------	---------------	-----	-------------	-----------------	-----------

**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	Jan 17-Mar 14	Fri	4:15-5:00pm	\$59.40/9 sess.	#00367415
---------	---------------	-----	-------------	-----------------	-----------

## 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	Jan 16-Mar 13	Thu	4:45-5:45pm	\$79.20/9 sess.	#00369903
---------	---------------	-----	-------------	-----------------	-----------

## Arts - Visual cont.

**PAINT AND PLAY**

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

3-5 yrs    Jan 16-Mar 13    Thu    3:30-4:30pm    \$79.20/9 sess.    #00369906

## 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    Jan 18-Mar 15    Sat    10:00-10:45am    \$144.00/8 sess.    #00370028

**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    Jan 18-Mar 15    Sat    10:50-11:50am    \$144.00/8 sess.    #00370029

**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    Jan 18-Mar 15    Sat    11:55am-12:40pm    \$144.00/8 sess.    #00370036

**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    Jan 18-Mar 15    Sat    12:45-1:45pm    \$144.00/8 sess.    #00370039

## Arts - Dance

### BALLET

Spin, twirl and leap in this fun dance program.

6-8 yrs	Jan 13-Mar 10	Mon	5:15-6:15pm	\$79.20/9 sess.	#00367434
---------	---------------	-----	-------------	-----------------	-----------

### CHAKRADANCE

Discover the joy of self-expression through music, dance, chakras and mandala art creation including the whimsical world of modern fairytales, the fluidity of movement and the tranquility of meditation.

5-7 yrs	Jan 19-Mar 16	Sun	1:00-2:00pm	\$79.20/9 sess.	#00370769
---------	---------------	-----	-------------	-----------------	-----------

### 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	Jan 19-Mar 16	Sun	10:00-11:00am	\$79.20/9 sess.	#00368831
---------	---------------	-----	---------------	-----------------	-----------

6-8 yrs	Jan 19-Mar 16	Sun	11:15am-12:15pm	\$79.20/9 sess.	#00368833
---------	---------------	-----	-----------------	-----------------	-----------

### HIP HOP

Get your groove on in this easy going dance class.

6-8 yrs	Jan 16-Mar 6	Thu	3:30-4:30pm	\$70.40/8 sess.	#00369269
---------	--------------	-----	-------------	-----------------	-----------

9-12 yrs	Jan 16-Mar 6	Thu	4:45-5:45pm	\$70.40/8 sess.	#00369270
----------	--------------	-----	-------------	-----------------	-----------

### JAZZ DANCING

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

6-12 yrs	Jan 14-Mar 11	Tue	6:30-7:30pm	\$79.20/9 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.

9-12 yrs	Jan 14-Mar 11	Tue	5:15-6:15pm	\$79.20/9 sess.	#00369861
----------	---------------	-----	-------------	-----------------	-----------



## Arts - Music

**VIOLIN PRIVATE LESSONS**

Work privately on an individually-designed curriculum specifically for age and ability. Violin required at each class.

6+ yrs	Jan 13-Mar 10	Mon	3:30-4:00pm	\$224.75/9 sess.	#00373369
6+ yrs	Jan 13-Mar 10	Mon	4:00-4:30pm	\$224.75/9 sess.	#00373383
6+ yrs	Jan 13-Mar 10	Mon	4:30-5:00pm	\$224.75/9 sess.	#00373388
6+ yrs	Jan 13-Mar 10	Mon	5:00-5:30pm	\$224.75/9 sess.	#00373396
6+ yrs	Jan 13-Mar 10	Mon	5:30-6:00pm	\$224.75/9 sess.	#00373403
6+ yrs	Jan 13-Mar 10	Mon	6:00-6:30pm	\$224.75/9 sess.	#00373419
6+ yrs	Jan 13-Mar 10	Mon	6:30-7:00pm	\$224.75/9 sess.	#00373422
6+ yrs	Jan 13-Mar 10	Mon	7:00-7:30pm	\$224.75/9 sess.	#00373423
6+ yrs	Jan 13-Mar 10	Mon	7:30-8:00pm	\$224.75/9 sess.	#00373425

## Arts - Visual

**ART JAM WITH A DISNEY ANIMATOR**

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. Instructed by Happy Kids Studios.

4-5 yrs	Jan 11-Feb 8	Sat	2:00-3:00pm	\$100.00/5 sess.	#00369540
4-5 yrs	Feb 22-Mar 22	Sat	2:00-3:00pm	\$100.00/5 sess.	#00369640

**CARTOON WITH A DISNEY ANIMATOR**

Learn how to tell stories through drawings with a former Disney animator. Work on character development, thumbnails, layout pages, paneling and more. This program is instructed by Happy Kids Studios.

6-8 yrs	Jan 11-Feb 8	Sat	3:10-4:10pm	\$100.00/5 sess.	#00369852
6-8 yrs	Feb 22-Mar 22	Sat	3:10-4:10pm	\$100.00/5 sess.	#00369853

## Arts - Visual cont.

**CHARACTER DESIGN**

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

9-12 yrs	Jan 11-Feb 8	Sat	4:20-5:20pm	\$100.00/5 sess.	#00369854
9-12 yrs	Feb 22-Mar 22	Sat	4:20-5:20pm	\$100.00/5 sess.	#00369855

**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	Jan 19-Mar 16	Sun	9:15-10:30am	\$99.00/9 sess.	#00369869
----------	---------------	-----	--------------	-----------------	-----------

**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	Jan 19-Mar 16	Sun	10:45-11:45am	\$79.20/9 sess.	#00369893
----------	---------------	-----	---------------	-----------------	-----------

## General Interest

**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	January 19	Sun	9:00am-5:00pm	\$85.00/1 sess.	#00363693
10-16 yrs	February 16	Sun	9:00am-5:00pm	\$85.00/1 sess.	#00363701
10-16 yrs	March 16	Sun	9:00am-5:00pm	\$85.00/1 sess.	#00363703

## 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	Jan 8-Mar 12	Wed	6:30-7:30pm	\$74.40/10 sess.	#00369907
6+ yrs	Jan 10-Mar 14	Fri	6:30-7:30pm	\$74.40/10 sess.	#00369910

### 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	Jan 8-Mar 12	Wed	7:00-8:00pm	\$74.40/10 sess.	#00369908
6+ yrs	Jan 10-Mar 14	Fri	7:00-8:00pm	\$74.40/10 sess.	#00369911

### 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	Jan 8-Mar 12	Wed	8:00-9:00pm	\$74.40/10 sess.	#00369909
6+ yrs	Jan 10-Mar 14	Fri	8:00-9:00pm	\$74.40/10 sess.	#00369915

### 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	Jan 11-Mar 8	Sat	4:00-5:00pm	\$81.00/9 sess.	#00369919
----------	--------------	-----	-------------	-----------------	-----------

### TAEKWONDO - INTERMEDIATE/ADVANCED

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

6+ yrs	Jan 11-Mar 8	Sat	5:00-6:00pm	\$81.00/9 sess.	#00369920
--------	--------------	-----	-------------	-----------------	-----------



## 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	Jan 11-Mar 8	Sat	6:00-7:30pm	\$121.50/9 sess.	#00369921
--------	--------------	-----	-------------	------------------	-----------

## 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	Jan 25-Mar 15	Sat	10:50-11:50am	\$45.90/7 sess.	#00370059
----------	---------------	-----	---------------	-----------------	-----------

9-12 yrs	Jan 26-Mar 16	Sun	11:00am-12:00pm	\$45.90/7 sess.	#00370066
----------	---------------	-----	-----------------	-----------------	-----------

## Sports

### BASKETBALL

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

6-8 yrs	Jan 25-Mar 15	Sat	9:15-10:15pm	\$52.50/8 sess.	#00370015
---------	---------------	-----	--------------	-----------------	-----------

8-10 yrs	Jan 25-Mar 15	Sat	10:25-11:25pm	\$52.50/8 sess.	#00370017
----------	---------------	-----	---------------	-----------------	-----------

10-12 yrs	Jan 25-Mar 15	Sat	11:35am-12:35pm	\$52.50/8 sess.	#00370019
-----------	---------------	-----	-----------------	-----------------	-----------

### MULTISPORT - FOR GIRLS

Learn the basic fundamental movement skills for improved participation a variety of sports. For female-identifying youth.

9-12 yrs	Jan 14-Feb 4	Tue	4:45-5:45pm	\$26.25/4 sess.	#00369253
----------	--------------	-----	-------------	-----------------	-----------

9-12 yrs	Feb 11-Mar 4	Tue	4:45-5:45pm	\$26.25/4 sess.	#00369259
----------	--------------	-----	-------------	-----------------	-----------

### SOCCER

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

9-12 yrs	Jan 15-Mar 5	Wed	4:45-5:45pm	\$52.50/8 sess.	#00369236
----------	--------------	-----	-------------	-----------------	-----------

## Sports cont.

**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    Jan 18-Mar 15    Sat    1:50-2:50pm    \$144.00/8 sess.    #00370040

**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    Jan 16-Mar 6    Thu    4:45-5:45pm    \$52.50/8 sess.    #00369223

**VOLLEYBALL - INTERMEDIATE**

Improve game play in these 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    Jan 13-Mar 3    Mon    4:45-5:45pm    \$52.50/8 sess.    #00369228

**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    Jan 25-Mar 15    Sat    3:30-4:30pm    \$105.00/7 sess.    #00369957



## 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    Jan 7-Mar 11    Tue    7:30-9:30pm    \$148.80/10 sess.    #00369917

## 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    Jan 26-Mar 16    Sun    12:05-1:05pm    \$45.90/7 sess.    #00373511

### 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    Jan 25-Mar 15    Sat    11:55am-12:55pm    \$45.90/7 sess.    #00370060

## Sports

### 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    Jan 25-Mar 15    Sat    4:45-5:45pm    \$105.00/7 sess.    #00369968

# Spring Break Camps

## Children

### **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    Mar 24-Mar 28    Mon-Fri    2:00-3:00pm    \$32.80/5 sess.    #00373505

### **BRICKS 4 KIDZ® - ARCADE ADVENTURES CAMP**

Experience the world of Minecraft® building motorized LEGO® models, creating favourite characters, from popular arcade games and more! This program is instructed by Bricks 4 Kidz®.

5-10 yrs    Mar 17-Mar 21    Mon-Fri    1:00-4:00pm    \$220.00/5 sess.    #00369858

5-10 yrs    Mar 24-Mar 28    Mon-Fri    9:30am-12:30pm    \$220.00/5 sess.    #00369859

### **BRICKS 4 KIDZ® - LEGO® GALAXY FAR AWAY CAMP**

Go on an adventurous journey creating Lego® spacecraft models based on popular space movies and make and take home a customized minifigure! Bricks 4 Kidz® offers Lego® brick-building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children.

5-10 yrs    Mar 17-Mar 21    Mon-Fri    9:30am-12:30pm    \$220.00/5 sess.    #00369856

5-10 yrs    Mar 24-Mar 28    Mon-Fri    1:00-4:00pm    \$220.00/5 sess.    #00369857

### **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.

8+ yrs    Mar 18-Mar 21    Tue-Fri    3:30-4:30pm    \$29.75/4 sess.    #00372174

### **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    Mar 24-Mar 28    Mon-Fri    12:30-3:00pm    \$152.50/5 sess.    #00369283

# Spring Break Camps

## Children cont.

### **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    Mar 17-Mar 21    Mon-Fri    9:30am-12:30pm    \$225.00/5 sess.    #00373516

## Youth

### **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    Mar 24-Mar 28    Mon-Fri    3:05-4:05pm    \$32.80/5 sess.    #00373512

### **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    Mar 24-Mar 28    Mon-Fri    4:10-5:10pm    \$32.80/5 sess.    #00373514

### **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    Mar 24-Mar 27    Mon-Thu    11:00am-3:00pm    \$104.00/4 sess.    #00369276

### **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    Mar 17-Mar 21    Mon-Fri    1:00-4:00pm    \$225.00/5 sess.    #00373515

## 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    Jan 14-Mar 11    Tue    7:30-8:30pm    \$79.20/9 sess.    #00367394

## Arts - Visual

### DRAWING - BASICS

Capture on paper simple objects, images and still life's while learning basic concepts and techniques to eventually progress to drawing from imagination with improved understanding and confidence.

18+ yrs    Jan 15-Mar 19    Wed    2:45-4:45pm    \$176.00/10 sess.    #00370633

### PAINT NIGHT

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

18+ yrs    February 13    Thu    6:30-8:30pm    \$35.00/1 sess.    #00363692

## 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    Jan 18-Feb 8    Sat    10:00-11:00am    \$175.00/4 sess.    #00364443

18+ yrs    Feb 15-Mar 8    Sat    10:00-11:00am    \$175.00/4 sess.    #00364444

### 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    Jan 18-Feb 8    Sat    11:15am-12:15pm    \$175.00/4 sess.    #00364445

18+ yrs    Feb 15-Mar 8    Sat    11:15am-12:15pm    \$175.00/4 sess.    #00364446



## Marital 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	Jan 7-Mar 11	Tue	7:30-9:30pm	\$148.80/10 sess.	#00369918
---------	--------------	-----	-------------	-------------------	-----------

## 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	Jan 25-Mar 15	Sat	9:15-10:45am	\$68.90/7 sess.	#00370057
18+ yrs	Jan 25-Mar 15	Sat	2:00-3:30pm	\$68.90/7 sess.	#00370061
18+ yrs	Jan 26-Mar 9	Sun	1:10-2:40pm	\$59.05/6 sess.	#00370064

### 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	Jan 11-Feb 15	Sat	1:00-2:30pm	\$90.00/5 sess.	#00369924
---------	---------------	-----	-------------	-----------------	-----------

### PICKLEBALL - ADVANCED

Master advanced strategies, refine precision in shot placement and enhance court coverage. Instructed by a certified instructor. Paddles provided for use if required. Pre-requisite: Pickleball - Intermediate.

19+ yrs	Feb 22-Mar 29	Sat	1:00-2:30pm	\$108.00/6 sess.	#00369953
---------	---------------	-----	-------------	------------------	-----------

### 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	Jan 11-Feb 15	Sat	2:30-4:15pm	\$105.00/5 sess.	#00369928
19+ yrs	Feb 22-Mar 29	Sat	2:30-4:15pm	\$126.00/6 sess.	#00369930

Drop-in is available first-come first-served for 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	Jan 7-Feb 11	Tue	1:15-2:00pm	\$36.05/6 sess.	#00369170
55+ yrs	Feb 18-Mar 25	Tue	1:15-2:00pm	\$36.05/6 sess.	#00369174

## CORE YOGA

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

13+ yrs	Jan 8-Feb 12	Wed	5:45-6:45pm	\$60.65/6 sess.	#00369111
13+ yrs	Feb 19-Mar 26	Wed	5:45-6:45pm	\$60.65/6 sess.	#00369113

## 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	Jan 2-Feb 13	Thu	10:00-11:00am	\$61.90/7 sess.	#00369116
<b>*13+ yrs</b>	<b>Jan 3-Feb 14</b>	<b>Fri</b>	<b>7:00-8:00pm</b>	<b>\$61.90/7 sess.</b>	<b>#00369128</b>
<b>*13+ yrs</b>	<b>Jan 6-Mar 17</b>	<b>Mon</b>	<b>7:15-8:15pm</b>	<b>\$88.40/10 sess.</b>	<b>#00368910</b>
13+ yrs	Feb 20-Mar 27	Thu	10:00-11:00am	\$53.05/6 sess.	#00369119
<b>*13+ yrs</b>	<b>Feb 21-Mar 28</b>	<b>Fri</b>	<b>7:00-8:00pm</b>	<b>\$53.05/6 sess.</b>	<b>#00369130</b>

## 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	Jan 8-Mar 19	Wed	7:15-8:15pm	\$97.25/11 sess.	#00370752
---------	--------------	-----	-------------	------------------	-----------

## Fitness Prices

<b>Passes and Drop-In Rates</b>		
	<b>Adult</b>	<b>Youth/55+</b>
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

Schedule effective January 6 - March 30

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.

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

Schedule effective January 6 - March 30

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

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

# Seasonal Programs and Events

## Family Day Weekend

Celebrate the **Family Day** weekend with **Cambie Community Centre!** More programs and activities will be added here as they are confirmed. Stay tuned for more details!

### FAMILY DAY - PANCAKE BREAKFAST

Enjoy a breakfast and entertainment together. All participants required to be registered. Adult participation required. Held at East Richmond Community Hall, 12360 Cambie Road.

1 mo.+

February 17

Mon

9:30-11:00am

Free/1 sess.

#00361919





## 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

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](http://richmond.ca/subsidy)