



2026 FALL PROGRAMS

SEP 8
TO
JAN 3










5140 Smith Drive, Richmond

604-238-8055



richmond.ca/register

Contents

| | | |
|----------------------------------------------------------------------------------|-----------------------|-------|
|  | REGISTRATION..... | 2-3 |
|  | PRESCHOOLERS..... | 4-5 |
|  | CHILDREN..... | 6-9 |
|  | PRETEENS & YOUTH..... | 10-11 |
|  | ADULTS | 12 |
|  | FITNESS..... | 13-14 |
|  | 55+ YEARS..... | 15-16 |
|  | GENERAL INFO..... | 17-18 |
|  | UPCOMING EVENTS..... | 19 |

Facility Hours

Monday-Friday | 7:00am-9:30pm

Saturdays | 8:00am-8:00pm

Sunday | 9:00am-4:30pm

If you have any religious or cultural considerations, feel free to connect with a programmer—we're happy to support and accommodate your needs.

Join us Online!



[@HamiltonCommunityCentre](https://www.instagram.com/HamiltonCommunityCentre)

[@CityofRichmondBC](https://www.facebook.com/CityofRichmondBC)

3 Ways to Register



Online

richmond.ca/register

Register online anytime.
24 hours a day, 7 days a week



Phone

604-276-4300

Phone and press “2” to speak with a Customer Service Agent.
Mon-Fri, 8:30am-5:00pm




In-Person


Drop-in and register at any community facility

You will need:

 **Your online registration account**

If you need assistance, call 604-276-4300 or visit richmond.ca/reghelp.

 **Your Course ID number(s)**
Located under the course description.

 **Your method of payment**
Note: Cash, debit and cheques are only accepted in-person.



CANCELLATION POLICY

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

Seasonal Programs - Unless otherwise specified:

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

Private/Semi-Private Lessons (Music, Aquatics and Skating), Aquatic Leadership Courses

- If notice is given 72 hours prior to the start of the course, a full refund will be provided.
- 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, Out Trips and Workshops - Unless otherwise specified:

- If less than one week's notice is given, 50% of the fee will be provided.
- If notice is given on or after the start date of the program, no refund will be provided.
- Transfers will be allowed with 72 hours notice prior to the start date of the program.

Pre-registered Single Session Fitness Classes

- If notice is given prior to the start of the session a full refund will be provided.
- Visit richmond.ca/register for how to cancel your session or contact the facility directly.

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

PRESCHOOLERS

UP TO 5 YRS

ARTS - DANCE

BALLET

Spin, twirl and leap in these introductory sessions that focus on fun and specific-age group ballet techniques. Ballet outfit not required.

| | | | | | |
|----------------|-----|-----------------|----------------|---------|----------|
| Sep 12-Oct 17 | Sat | 10:45-11:30am | \$42.15/6 sess | 3-5 yrs | 00534908 |
| Sep 12-Oct 17 | Sat | 11:35am-12:20pm | \$42.15/6 sess | 3-5 yrs | 00534909 |
| Sep 12 -Oct 17 | Sat | 12:25-1:10pm | \$42.15/6 sess | 3-5 yrs | 00534911 |
| Oct 24-Dec 5 | Sat | 10:45-11:30am | \$49.20/7 sess | 3-5 yrs | 00534914 |
| Oct 24-Dec 5 | Sat | 11:35am-12:20pm | \$49.20/7 sess | 3-5 yrs | 00534916 |
| Oct 24-Dec 5 | Sat | 12:25-1:10pm | \$49.20/7 sess | 3-5 yrs | 00534917 |

DANCE COMBO

Cover a variety of styles and movements in these introductory sessions that gets tiny feet moving.

| | | | | | |
|---------------|-----|-------------|----------------|---------|----------|
| Sep 12-Oct 17 | Sat | 1:15-2:00pm | \$42.15/6 sess | 3-5 yrs | 00534919 |
| Oct 24-Dec 5 | Sat | 1:15-2:00pm | \$49.20/7 sess | 3-5 yrs | 00534921 |

ARTS - VISUAL

CLAY CREATIONS - AIR DRY CLAY

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

| | | | | | |
|---------------|-----|--------------|----------------|---------|----------|
| Sep 12-Oct 10 | Sat | 9:30-10:30am | \$46.85/5 sess | 3-5 yrs | 00534946 |
| Oct 24-Dec 5 | Sat | 9:30-10:30am | \$65.60/7 sess | 3-5 yrs | 00534952 |

PAINT AND CHAT - CREATIVE CANVAS

Explore the basics of canvas painting with guided, age-appropriate activities that encourage self-expression and creativity, and foster social skills and connections by interacting and sharing masterpieces with others. Supplies included. Adults participation is welcome.

| | | | | | |
|-------|-----|---------------|---------|---------|----------|
| Dec 6 | Sun | 10:00-11:00am | \$20.00 | 3-5 yrs | 00538135 |
|-------|-----|---------------|---------|---------|----------|



PRESCHOOLERS

UP TO 5 YRS

SPORTS

MULTISPORT - SPORTBALL® - ADULT 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. Adult participation required. Instructed by Sportball®.

| | | | | | |
|---------------|-----|-------------|----------------|---------|----------|
| Sep 12-Oct 24 | Sat | 8:30-9:15am | \$72.00/4 sess | 2-3 yrs | 00535449 |
| Nov 7-Dec 5 | Sat | 8:30-9:15am | \$90.00/5 sess | 2-3 yrs | 00535450 |

SOCCER - SPORTBALL®

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

| | | | | | |
|---------------|-----|---------------|----------------|---------|----------|
| Sep 12-Oct 24 | Sat | 10:15-11:15am | \$72.00/4 sess | 3-5 yrs | 00535461 |
| Nov 7-Dec 5 | Sat | 10:15-11:15am | \$90.00/5 sess | 2-3 yrs | 00535504 |

BASKETBALL - SPORTBALL®

Develop fundamental skills and confidence that covers dribbling, passing, shooting and teamwork all practiced in an exciting, non-competitive environment. Instructed by Sportball®.

| | | | | | |
|---------------|-----|--------------|----------------|---------|----------|
| Sep 12-Oct 24 | Sat | 9:15-10:15am | \$72.00/4 sess | 3-5 yrs | 00535455 |
| Nov 7-Dec 5 | Sat | 9:15-10:15am | \$90.00/5 sess | 3-5 yrs | 00535459 |

NATURE AND SCIENCE

WACKY SCIENCE

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

| | | | | | |
|---------------|-----|--------------|----------------|---------|----------|
| Sep 13-Oct 25 | Sun | 9:30-10:30am | \$65.60/7 sess | 4-5 yrs | 00534992 |
| Nov 1-Dec 6 | Sun | 9:30-10:30am | \$56.20/6 sess | 4-5 yrs | 00534997 |

PLAY AND LEARN

Mondays and Thursdays

10:00am-12:00pm

Up to 5 years

Free

Come make new friends and play in a rich, learning environment. Enjoy, singing, music and stories while receiving parental support and information. Led by *Richmond Family Place*.

PLAYTIME

ADULT AND TOT

Sundays

12:00-4:00pm

Up to 5 years

\$3.20 per child

Play on the equipment and socialize together. No instruction provided. For children up to 5 years old. Parent participation required.

ARTS - VISUAL

FOUNDATIONS IN DRAWING

Learn how to draw objects, characters, proportions, structure, volume and perspective along with techniques that include shade and shadow, quick sketches and colouring.

| | | | | | |
|--------------|-----|-------------|----------------|----------|----------|
| Sep 9-Oct 14 | Wed | 3:00-4:00pm | \$46.85/5 sess | 6-12 yrs | 00533790 |
| Nov 4-Dec 9 | Wed | 3:00-4:00pm | \$46.85/5 sess | 6-12 yrs | 00533794 |

ACRYLIC PAINTING

Learn basic applications and techniques through detailed demonstrations and the process of building an acrylic painting from start to finish. Supplies included.

| | | | | | |
|---------------|-----|---------------|----------------|----------|----------|
| Sep 12-Oct 10 | Sat | 10:45-11:45am | \$46.85/5 sess | 6-12 yrs | 00534961 |
| Oct 24-Dec 5 | Sat | 10:45-11:45am | \$65.60/7 sess | 6-12 yrs | 00534963 |

MASK MASTERPIECES - CREATE AND DECORATE

Design and decorate a one-of-a-kind mask to take home using paints, sequins and more in this fun, hands-on session that encourages creativity. Supplies included.

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|--------|-----|-----------------|----------------|----------|----------|
| Oct 18 | Sun | 11:30am-12:30pm | \$30.00/1 sess | 6-12 yrs | 00538145 |
|--------|-----|-----------------|----------------|----------|----------|

COOKING

BAKING TREATS AND SWEETS

Measure, mix, bake and eat cookies, cakes, breads and other delicious handmade foods.

| | | | | | |
|---------------|-----|--------------|-----------------|---------|----------|
| Sep 12-Oct 17 | Sat | 9:00-10:15am | \$126.35/6 sess | 6-9 yrs | 00534932 |
| Oct 24-Dec 5 | Sat | 9:00-10:15am | \$147.45/7 sess | 6-9 yrs | 00534933 |

NATURE AND SCIENCE

WACKY SCIENCE

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

| | | | | | |
|---------------|-----|---------------|----------------|---------|----------|
| Sep 13-Oct 25 | Sun | 10:50-11:50am | \$65.60/7 sess | 6-8 yrs | 00535001 |
| Nov 1-Dec 6 | Sun | 10:50-11:50am | \$56.20/6 sess | 6-8 yrs | 00535003 |



ARTS - MUSIC

GUITAR/UKULELE PRIVATE LESSONS

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

| | | | | | |
|---------------|-----|---------------|-----------------|--------|----------|
| Sep 11-Oct 16 | Fri | 3:00-3:30pm | \$158.90/6 sess | 5+ yrs | 00534037 |
| Sep 11-Oct 16 | Fri | 3:40-4:10pm | \$158.90/6 sess | 5+ yrs | 00534042 |
| Sep 11-Oct 16 | Fri | 4:20-4:50pm | \$158.90/6 sess | 5+ yrs | 00534045 |
| Sep 11-Oct 16 | Fri | 5:00-5:30pm | \$158.90/6 sess | 5+ yrs | 00534049 |
| Sep 11-Oct 16 | Fri | 5:40-6:10pm | \$158.90/6 sess | 5+ yrs | 00534050 |
| Sep 13-Oct 18 | Sun | 10:00-10:30am | \$158.90/6 sess | 5+ yrs | 00534056 |
| Sep 13-Oct 18 | Sun | 10:40-11:10am | \$158.90/6 sess | 5+ yrs | 00534058 |
| Sep 13-Oct 18 | Sun | 11:20-11:50am | \$158.90/6 sess | 5+ yrs | 00534059 |
| Sep 13-Oct 18 | Sun | 12:00-12:30pm | \$158.90/6 sess | 5+ yrs | 00534061 |
| Oct 23-Nov 27 | Fri | 3:00-3:30pm | \$158.90/6 sess | 5+ yrs | 00534051 |
| Oct 23-Nov 27 | Fri | 3:40-4:10pm | \$158.90/6 sess | 5+ yrs | 00534052 |
| Oct 23-Nov 27 | Fri | 4:20-4:50pm | \$158.90/6 sess | 5+ yrs | 00534053 |
| Oct 23-Nov 27 | Fri | 5:00-5:30pm | \$158.90/6 sess | 5+ yrs | 00534054 |
| Oct 23-Nov 27 | Fri | 5:40-6:10pm | \$158.90/6 sess | 5+ yrs | 00534055 |
| Oct 25-Nov 29 | Sun | 10:00-10:30am | \$158.90/6 sess | 5+ yrs | 00534062 |
| Oct 25-Nov 29 | Sun | 10:40-11:10am | \$158.90/6 sess | 5+ yrs | 00534063 |
| Oct 25-Nov 29 | Sun | 11:20-11:50am | \$158.90/6 sess | 5+ yrs | 00534064 |
| Oct 25-Nov 29 | Sun | 12:00-12:30pm | \$158.90/6 sess | 5+ yrs | 00534065 |



MARTIAL ARTS

KARATE - BEGINNER

Learn this traditional style of martial arts in a fun and safe environment. No karate or martial arts experience required. Additional fees apply for membership, belt grading (optional), uniform (optional until grading) and safety equipment (optional until Intermediate).

| | | | | | |
|---------------|-----|-------------|-----------------|--------|----------|
| Sep 14-Dec 14 | Mon | 6:30-7:30pm | \$96.70/13 sess | 6+ yrs | 00537316 |
|---------------|-----|-------------|-----------------|--------|----------|

KARATE - BEGINNER /INTERMEDIATE

Continue to learn this traditional style of martial arts in a fun and safe environment. Additional fees apply for membership, belt grading (optional), uniform (optional until grading) and safety equipment (optional until Intermediate). Pre-requisite: Karate - Shito-Ryu - Beginner or a minimum of one year martial arts experience.

| | | | | | |
|---------------|-----|-------------|-----------------|--------|----------|
| Sep 14-Dec 14 | Mon | 7:00-8:00pm | \$96.70/13 sess | 6+ yrs | 00537313 |
|---------------|-----|-------------|-----------------|--------|----------|

KARATE - INTERMEDIATE/ADVANCED

Continue to learn this traditional style of martial arts in a fun and safe environment. Additional fees apply for membership, belt grading (optional), uniform (optional until grading) and safety equipment.

Pre-requisite: Karate - Shito-Ryu - Beginner and a minimum of two years martial arts experience.

| | | | | | |
|---------------|-----|-------------|-----------------|--------|----------|
| Sep 14-Dec 14 | Mon | 8:00-9:00pm | \$96.70/13 sess | 6+ yrs | 00537318 |
|---------------|-----|-------------|-----------------|--------|----------|

SPORTS

BADMINTON - BEGINNER

Learn various serves and forehand and backhand grips in these fun and active sessions that include basic game concepts and rules for single and double play. Equipment required at each session. No experience required.

| | | | | | |
|--------------|-----|--------------|----------------|---------|----------|
| Sep 9-Oct 28 | Wed | 3:45--4:45pm | \$49.15/7 sess | 6-8 yrs | 00533671 |
| Nov 4-Dec 9 | Wed | 3:45--4:45pm | \$35.10/5 sess | 6-8 yrs | 00533679 |

BASKETBALL

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

| | | | | | |
|---------------|-----|--------------|----------------|---------|----------|
| Sep 14-Oct 26 | Mon | 3:45--4:45pm | \$42.10/6 sess | 6-8yrs | 00533661 |
| Nov 2-Dec 7 | Mon | 3:45--4:45pm | \$42.10/6 sess | 6-8 yrs | 00533663 |

DAYCAMPS

D.I.Y. LEGO® LAND CAMP - REACH EDUCATION®

Imagine a perfect amusement park and go on a thrilling adventure turning games, food, ride and attractions into models using Lego® bricks, Technic pieces and electric motors. Complete up to three projects per session that strengthen problem-solving skills, spark creativity and encourage hands-on learning in an engaging, high-energy environment designed to inspire curiosity and innovation. Supplies included. Instructed by Reach Education®.

| | | | | | |
|-----------|---------|--------------|-----------------|----------|----------|
| Dec 21-23 | Mon-Wed | 9:00-11:30am | \$120.00/3 sess | 5-11yrs | 00537438 |
| Dec 21-23 | Mon-Wed | 12:00-2:30pm | \$120.00/3 sess | 5-11 yrs | 00537439 |

CINEMATIC CROSSOVER CAMP - REACH EDUCATION®

Revisit favourite movies with iconic scenes and characters using Lego® bricks, Technic pieces and electric motors. Complete up to three projects per session that strengthen problem-solving skills, spark creativity and encourage hands-on learning in an engaging, high-energy environment designed to inspire curiosity and innovation. Supplies included. Instructed by Reach Education®.

| | | | | | |
|-----------|---------|--------------|-----------------|----------|----------|
| Dec 28-30 | Mon-Wed | 9:00-11:30am | \$120.00/3 sess | 5-11yrs | 00537417 |
| Dec 28-30 | Mon-Wed | 12:00-2:30pm | \$120.00/3 sess | 5-11 yrs | 00537426 |

Did You Know?

Physical literacy means having the skills, confidence and motivation to be active for life! It's about learning how to **run, jump, throw, dance and move** in ways that help you enjoy sports, play and everyday activities — at any age.



COOKING

BAKING TREATS AND SWEETS

Measure, mix, bake and eat cookies, cakes, breads and other delicious handmade foods.

| | | | | | |
|---------------|-----|-----------------|-----------------|----------|----------|
| Sep 12-Oct 17 | Sat | 10:45am-12:00pm | \$126.35/6 sess | 9-12 yrs | 00534937 |
| Oct 24-Dec 5 | Sat | 10:45am-12:00pm | \$147.40/7 sess | 9-12 yrs | 00534939 |

SPORTS

BASKETBALL

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

| | | | | | |
|---------------|-----|-------------|----------------|----------|----------|
| Sep 14-Oct 26 | Mon | 5:00-6:00pm | \$42.10/6 sess | 9-12 yrs | 00533665 |
| Nov 2-Dec 7 | Mon | 5:00-6:00pm | \$42.10/6 sess | 9-12 yrs | 00533666 |

VOLLEYBALL

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

| | | | | | |
|---------------|-----|-------------|----------------|----------|----------|
| Sep 10-Oct 29 | Thu | 5:15-6:15pm | \$56.15/8 sess | 9-12 yrs | 00533947 |
| Nov 5-Dec 10 | Thu | 5:15-6:15pm | \$42.10/6 sess | 9-12 yrs | 00533950 |

BADMINTON - BEGINNER

Learn various serves and forehand and backhand grips in these fun and active sessions that include basic game concepts and rules for single and double play. Equipment required at each session. No experience required.

| | | | | | |
|--------------|-----|-------------|----------------|----------|----------|
| Sep 9-Oct 28 | Wed | 5:00-6:00pm | \$49.15/7 sess | 9-12 yrs | 00533694 |
| Nov 4-Dec 9 | Wed | 5:00-6:00pm | \$35.10/5 sess | 9-12 yrs | 00533699 |



PRETEENS & YOUTH

9-18 YRS

ART ATTACK

Grades 4-7

Mondays: 2:45-4:15pm

\$3.60/drop-in or Grade 5 Active! Pass



PRETEEN HANGOUT

Grades 4-7

Thursdays: 2:45-4:15pm

\$3.60/drop-in or Grade 5 Active! Pass



GAMES ROOM

Mondays and Wednesdays: 2:45-4:45pm

Saturdays: 4:15-7:45pm

Free with Xplor Account / Grade 5 Active! Pass /
Grades 4-12



YOUTH FITNESS

Mondays-Fridays-3:30-5:30pm

\$7.00 Youth Facility Pass-13-18 yrs

Youth 13-15 years require a completed Parental Consent Form and orientation. Youth 16-18 years only require the Parental Consent Form.



Youth Open Gym

13-18yrs

Tuesdays: 4:30-6:15pm

Saturdays: 2:15-4:15pm

Youth Facility Pass or \$3.60 Drop-In



ACTIVE AFTERSCHOOL

Fridays: 2:45-4:15pm

\$3.60 Drop-In or Grade 5 Active! Pass



Study Space Drop-In

Mondays, Wednesdays, & Thursdays: 5:30-7:45pm

Tuesdays: 3:00-5:30pm

Saturdays: 12:00-4:00pm

Subject to change



ARTS

PAINT AND CHAT - CREATIVE CANVAS

Explore the basics of canvas painting with guided, age-appropriate activities that encourage self-expression and creativity, and foster social skills and connections by interacting and sharing masterpieces with others. Supplies included.

| | | | | | |
|--------|-----|-------------|---------|---------|----------|
| Sep 12 | Sat | 6:00-7:30pm | \$27.00 | 18+ yrs | 00538126 |
| Nov 13 | Fri | 7:00-8:30pm | \$27.00 | 18+ yrs | 00538131 |

CRAFTY CONNECTIONS

Create and connect in these relaxed sessions for independent art making. Work on personal projects, share ideas and build community connections in a welcoming space.

| | | | | | |
|--------------|-----|--------------|------|---------|---------|
| Sep 13-Jan 3 | Sun | 9:00-11:00am | FREE | 13+ yrs | Drop-in |
|--------------|-----|--------------|------|---------|---------|

OVERVIEW OF CITY RECREATION PROGRAMS AND RECREATION FEE SUBSIDY PROGRAM

Explore the eligibility requirements, application steps and required documentation to access the City's Recreation and Fee Subsidy Program. Learn how to navigate the City of Richmond website to search for activities and complete registrations with confidence. Registration required.

| | | | | | |
|--------|-----|--------------|------|---------|----------|
| Nov 22 | Sun | 12:00-1:30pm | FREE | 13+ yrs | 00544865 |
|--------|-----|--------------|------|---------|----------|

OVERVIEW OF CITY RECREATION PROGRAMS AND RECREATION FEE SUBSIDY PROGRAM

Explore the eligibility requirements, application steps and required documentation to access the City's Recreation and Fee Subsidy Program. Learn how to navigate the City of Richmond website to search for activities and complete registrations with confidence. **Course conducted in Mandarin.** Registration required.

| | | | | | |
|--------|-----|-------------|------|---------|----------|
| Sep 19 | Sat | 2:00-3:30pm | FREE | 13+ yrs | 00544867 |
|--------|-----|-------------|------|---------|----------|



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------------------------------------------------------|-----------------------------------------------------------------------------|-----|------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Power Flow Yoga (13+ yrs) Vani 2:00-3:00pm \$12.20/Drop-In | Cardio and Core (16+ yrs) Wendy 9:00-10:00am* | TBA | Functional Training (16+ years) Wendy 9:00-10:00am* | Total Body Conditioning (16+ years) Wendy 7:00-8:00pm* | Core & Strength (16+ years) Jenn 9:00am-10:00am* | Total Body Conditioning (16+ years) Wendy 8:15-9:15am* & 9:30-10:30am* |
| Gentle Yoga (13+ yrs) Vani 3:15-4:15pm \$12.20/Drop-In | Pilates and Yoga (16+ yrs) Lynn 6:30-7:30pm \$12.20/Drop-In | | | | Shine Dance (18+ Years) Wendy 7:00-8:00pm \$10.85/Drop-In | Yoga for Mobility (16+ years) Vani 4:00-5:15pm \$12.20/Drop-In |

*Please refer to drop-in fees below. These programs are also included in the Fitness Pass.

Fitness Fees

| | Youth/55+ | Adults |
|-----------------------|-----------|----------|
| Drop-In Yoga | N/A | \$12.20 |
| Drop-In | \$5.30 | \$7.20 |
| 10 Visit Card | \$42.00 | \$58.00 |
| 1 Month | \$50.00 | \$61.00 |
| 3 Month | \$111.00 | \$134.00 |
| 6 Month | \$191.00 | \$229.00 |
| 1 Year | \$318.00 | \$384.00 |
| 1 Year Family Add-On* | N/A | \$319.00 |

Note:

Youth (13-15 years) require a signed and completed Parental Consent Form as well as a fitness orientation. Youth ages (16-18 years) require a signed and completed Parental Consent Form.

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

Personal Training Fees

| Sessions | One-on-One | Group (2-4 people) |
|----------|------------|--------------------|
| 1 | \$68.89 | \$103.39 |
| 3 | \$196.42 | \$294.71 |
| 5 | \$310.18 | \$465.32 |
| 10 | \$585.93 | \$879.00 |

Fitness Centre Orientation

Are you a new or returning Hamilton Community Centre fitness member and want to learn or review how to use our fitness equipment?

Book your FREE fitness centre orientation. Call our front desk at 604-238-8055.

Fitness Attendants

Wendy



Jenn



Drop-In Sports Schedule

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------------|-----------------------------------------------------|---------------------------------------|---------------------------------------------------|---------------------------------------|----------------------------------------|--------------------------------------------------------|
| Pickleball (16+ yrs) 9:30am-12:45pm | Women's Floor Hockey (18+ yrs) 7:00-9:15pm | Badminton (13+ yrs) 6:30-9:15pm | Pickleball (16+ yrs) 6:30-9:15pm | Badminton (13+ yrs) 6:30-9:15pm | Basketball (16+ yrs) 6:15-9:15pm | Badminton (5+ yrs) 11:45am-2:00pm |
| Basketball (16+ yrs) 1:15-4:15pm | | | Dance Room Rentals (13+ yrs) 6:30-8:30pm | | | Badminton Court Rentals (13+ yrs) 4:30-7:30pm |

Badminton Court Rentals

Sat, 4:30-7:30pm | \$12.15 per 45 minutes



Bookings begin one week in advance. Register in person, by phone or online beginning at noon. Maximum of 2, 45 minutes courts booked/day, per person for a max of 6 participants per court. Refunds or credits given with at least 24 hours' notice of cancellation for court bookings. Payment required at the time of booking. For public use only, no private lessons. Players are required to bring their own equipment.

Drop-In Fees

16-18 yrs

Adults

55+ yrs

| Drop-In | 16-18 yrs | Adults | 55+ yrs |
|---------------|-----------|---------|---------|
| Drop-In | \$3.60 | \$6.40 | \$5.15 |
| 10 Visit Pass | N/A | \$51.00 | \$41.00 |



HEALTH AND WELLNESS

HEARING CLINICS

Register for a hearing test appointment offered in partnership with Ears to You. Registration required.

| | | | | | |
|--------|-----|---------------|------|---------|----------|
| Nov 17 | Tue | 9:30-10:00am | FREE | 55+ yrs | 00533459 |
| Nov 17 | Tue | 10:00-10:30am | FREE | 55+ yrs | 00533461 |
| Nov 17 | Tue | 10:30-11:00am | FREE | 55+ yrs | 00533463 |
| Nov 17 | Tue | 11:00-11:30am | FREE | 55+ yrs | 00533466 |
| Nov 17 | Tue | 12:00-12:30pm | FREE | 55+ yrs | 00533467 |
| Nov 17 | Tue | 12:30-1:00pm | FREE | 55+ yrs | 00533469 |
| Nov 17 | Tue | 1:00-1:30pm | FREE | 55+ yrs | 00533470 |
| Nov 17 | Tue | 1:30-2:00pm | FREE | 55+ yrs | 00533472 |

WELLNESS WEDNESDAYS WORKSHOPS

Create connections and try wellness activities that focus on different facets of overall health and wellbeing. Transportation and lunch included. Program funded by New Horizons Seniors Grant. Registration required.

| | | | | | |
|--------------|-----|----------------|-------------|---------|----------|
| Oct 21-Dec 9 | Wed | 11:30am-1:30pm | FREE/8 sess | 55+ yrs | 00533088 |
|--------------|-----|----------------|-------------|---------|----------|

PREVENTING AND REDUCING THE RISKS OF DIABETES WORKSHOP

Learn about the different types of diabetes, risks, symptoms, prevention, treatment and current health and community support available. Presented by BC Diabetes. Registration required.

| | | | | | |
|-------|-----|--------------|------|---------|----------|
| Oct 6 | Tue | 12:00-1:30pm | FREE | 55+ yrs | 00534098 |
|-------|-----|--------------|------|---------|----------|

HOLISTIC HEALTH SERIES - ACID REFLUX AND G.E.R.D. WORKSHOP

Learn about the underlying contributors and symptoms of mild cognitive decline and dementia. Presented by a naturopathic doctor. Registration required.

| | | | | | |
|-------|-----|--------------|------|---------|----------|
| Dec 7 | Mon | 12:00-1:00pm | FREE | 55+ yrs | 00535264 |
|-------|-----|--------------|------|---------|----------|

HEALTH AND WELLNESS CONT.

STAY STRONG

Exercise safely with gentle movements that focus on increasing range of motion, strength, balance and agility to better manage daily activities.

| | | | | | |
|---------------|-----|---------------|----------------------------------|---------|----------|
| Sep 9-Oct 21 | Wed | 10:15-11:15am | \$42.00/6 sess or \$8.85 drop-in | 55+ yrs | 00536279 |
| Sep 14-Oct 26 | Mon | 10:15-11:15am | \$42.00/6 sess or \$8.85 drop-in | 55+ yrs | 00537834 |
| Oct 28-Dec 9 | Wed | 10:15-11:15am | \$42.00/6 sess or \$8.85 drop-in | 55+ yrs | 00539366 |
| Nov 2-Dec 7 | Mon | 10:15-11:15am | \$42.00/6 sess or \$8.85 drop-in | 55+ yrs | 00539362 |

GENERAL INTEREST

NATIONAL SENIORS DAY - INTERGENERATIONAL ART WORKSHOP

Express creativity in this intergenerational session that builds connections and fosters community with Hamilton Community Association's Preschool Program. Supplies included.

| | | | | | |
|-------|-----|---------------|------|---------|----------|
| Oct 1 | Thu | 10:00-11:00am | FREE | 55+ yrs | 00535473 |
|-------|-----|---------------|------|---------|----------|

All activities included with the \$20.00 Annual Seniors Facility Pass

| Mon | Tue | Wed | Thu | Fri |
|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Tai Chi Advanced 7:30-8:30am Seniors Circle 11:30am-1:00pm Dancing and Sing-a-long 12:45-1:45pm | Tai Chi Advanced 7:30-8:30am Tai Chi Beginner 9:00-10:00am Mahjong 10:15am-12:30pm | Tai Chi Advanced 7:30-8:30am | Tai Chi Advanced 7:30-8:30am Tai Chi Beginner 9:00-10:00am Mahjong 10:15am-12:30pm | Tai Chi Advanced 7:30-8:30am Karaoke 10:00-11:00am Line Dancing 11:00am-12:00pm |



SUBJECT TO CHANGE

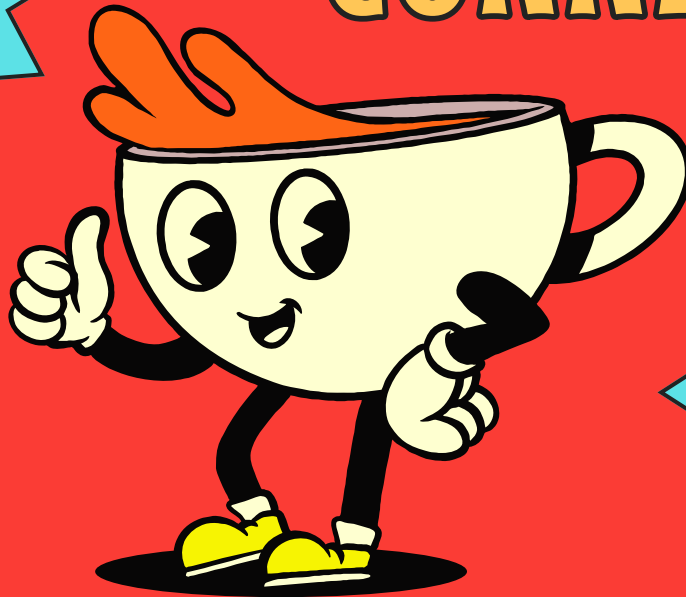


STUDY SPACE DROP-IN

Monday: 5:30pm-9:00pm
Tuesday: 3:00pm-5:30pm
Wednesday: 6:15pm-9:00pm
Thursday: 5:30pm-9:00pm

**Third
Tuesday of
Every Month
8:30-10:30AM**

COFFEE & CONNECTION



**Free Coffee,
Tea and
Conversation!**

GENERAL INFO



CRAFTY CONNECTIONS

Sundays | 9:00-11:00am

Ages 13+ | FREE

#00529943



Create and connect in these relaxed drop-in sessions for independent art making. Work on personal projects, share ideas and build community connections in a welcoming space.



DANCE REHEARSAL DROP-IN



Practice dancing and connect with others that share the passion for dance in this communal dance space.

Please bring your own music and personal headphones to respect the shared space



WEDNESDAYS | 6:30-8:30PM

AGES 13+ | \$6.40 PER VISIT

#00529920



UPCOMING EVENTS

SWAP MEET

Saturday, September 26
10:00am-2:00pm

Book a table to sell gently-used items in good condition.

Event ID: 00533848
\$18.65
16+ years

Table Registration Begins **July 28:**

- 9:00am in-person at Hamilton Community Centre
- 10:00am over the phone at 604-238-8055



Halloween HANGOUT

Celebrate Halloween with a series of games, crafts and a Halloween themed show. Registration Required.

FREE

Saturday, October 17
1:00-3:00pm
00533792
1-12 yrs

LIGHTING OF THE FIRE HALL



Join us for the annual lighting celebration with friends and family! Enjoy an afternoon filled with activities, entertainment, and refreshments.

Saturday, December 5
3:30-5:00pm

At No.5 Firehall - 22451 Westminster Hwy

BREAKFAST With Santa

Join us in a holiday celebration with brunch, crafts, games and a visit from Santa!

Registration through Hamilton Community Centre Only
(in-person or over the phone, 604-238-8055)

Sat, Dec 12
10:00-11:45am
All Ages
\$12.40 per person





5140 Smith Drive, Richmond BC

604-238-8055