

# **Winter 2022 Programs**

#### STEVESTON COMMUNITY CENTRE

Details and schedules are subject to change. Thank you for your patience.







www.richmond.ca/steveston

# **WINTER 2022**

# How to Register

Online: richmond.ca/register
Log on any time to self register.

Phone: 604-276-4300

Contact the Registration Call Centre,

Monday-Friday, 8:30-5:00pm.

In-Person: Drop-in and register at any location.

Programs						
PRESCHOOLERS	4					
CHILDREN	6					
YOUTH	10					
CAMPS	12					
ADULTS	13					
SENIORS	14					
FITNESS	17					

# Steveston Community Centre Staff

Area Coordinator: Steve Baker

**Community Facilities Coordinator:** Sean Davies **Community Facilities Coordinator:** Kendall Herder

**Recreation Leader: Ryan Murao** 

Acting Recreation Facility Clerk: Isabel Wong

Building Service Worker: Ivan Ng
Fitness Coordinator: Jeannie Mansell
Preschool Coordinator: Catherine Nevada
Racquet Sports Coordinator: Stephen Thom

Seniors Coordinator: Liliene Yee

Youth Development Coordinator: Isabel Wong Administrative Assistant: Debby Newton Special Events Coordinator: Kendall Herder



## **Facility**

#### **Steveston Community Centre**

4111 Moncton Street stevestoncc@richmond.ca 604-238-8080

#### **Winter Hours of Operation**

Monday to Friday: 6:00 am to 9:30 pm Saturday & Sunday: 7:30 am to 6:00 pm



# **HOW TO REGISTER**

#### **HOW TO REGISTER YOURSELF AND YOUR FAMILY....**



8:30am - 5:30pm



Online: <a href="www.richmond.ca/register">www.richmond.ca/register</a>
Register online anytime using our online interactive guide.

24 hours a day, 7 days a week



In-Person
Drop-in and register at any location.

# **REFUNDS/WITHDRAWALS/TRANSFERS**

To receive a refund, withdrawal or transfer from a program or class, customers are to phone the Registration Call Centre at 604 276 4300, Monday to Friday, 8:30am to 5:00pm. To withdraw or transfer outside of Registration Call Centre hours, phone the facility offering the class directly.

#### **SEASONAL PROGRAMS**

Unless otherwise specified (on the registration confirmation/alert text:

- 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 LESSIONS (MUSIC, AQUATICS AND SKATING), AQUATIC LEADERSHIP COURESES

- 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 AND WORKSHOPS

Unless otherwise specified:

- If less than one week's notice 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.

# REGISTERED VISITS (FITNESS CENTRE, SWIMMING AND SKATING), COURT BOOKINGS AND SINGLE SESSION FITNESS CLASSES

- If notice is given a minimum of 4 hours prior to the start of the session, a full refund will be provided.
- If notice is given less than 4 hours prior to the start of the session, or you do not attend, no refund will be provided and the No Show Procedure will apply.
- Visit. <u>www.richmond.ca/register</u> for how to cancel your session, as well as information on the <u>No Show</u> <u>Procedure.</u>

#### WHY GREAT COURSES GET CANCELLED

Great courses can be cancelled if everyone leaves it to the last minute to register. Programming staff have to ensure *minimum participation levels* are met for each course. If there are not enough registrants, the course may be cancelled. So, *please register early* to assist us and avoid disappointment.

# **PRESCHOOLERS**

# MUSIC

#### **MUSIC-PARENT & TOT**

Jan 14 - Mar 11	F	9:15-9:45am	\$34.75/9 sess	1-5yrs	#114481
Jan 14 - Mar 11	F	10:00-10:30am	\$34.75/9 sess	1-5yrs	#114482
Jan 14 - Mar 11	F	10:45-11:15am	\$34.75/9 sess	1-5yrs	#114485
Jan 14 - Mar 11	F	11:30-12:00pm	\$34.75/9 sess	1-5yrs	#114487
Jan 15 - Mar 12	Sa	9:15-9:45am	\$34.75/9 sess	1-5yrs	#114488
Jan 15 - Mar 12	Sa	10:00-10:30am	\$34.75/9 sess	1-5yrs	#114490
Jan 15 - Mar 12	Sa	10:45-11:15am	\$34.75/9 sess	1-5yrs	#114496
Jan 15 - Mar 12	Sa	11:30-12:00pm	\$34.75/9 sess	1-5yrs	#114499

# DANCE

#### **BALLET - PARENT & TOT**

Jan 16 - Mar 13	Su	2:30-3:00pm	\$30.90/8 sess	1-3yrs	#114548
Jan 16 - Mar 13	Su	3:05-3:35pm	\$30.90/8 sess	1-3yrs	#114549

#### **BALLET**

Jan 20 - Mar 10	Th	4:00-4:45pm	\$46.30/8 sess	4-6yrs	#114545
Jan 20 - Mar 10	Th	4:55-5:30pm	\$46.30/8 sess	4-6yrs	#114546

# SPORTS

#### **MULTISPORT SKILLS**

Jan 16 - Mar 13	Su	10:00-11:00am	\$46.00/8 sess	3-5yrs	#114509
Jan 16 - Mar 13	Su	11:15-12:15pm	\$46.00/8 sess	3-5yrs	#114513
Jan 19 - Mar 9	W	3:30-4:30pm	\$46.00/8 sess	3-5yrs	#114515







# **PRESCHOOLERS**

# VISUAL ARTS

#### **ARTS FOR TWOS**

Jan 9 - Jan 30	Su	1:00-1:45pm	\$23.15/4 sess	2-3yrs	#111824
Jan 9 - Jan 30	Su	2:00-2:45pm	\$23.15/4 sess	2-3yrs	#111826
Feb 6 - Mar 6	Su	1:00-1:45pm	\$23.15/4 sess	2-3yrs	#111828
Feb 6 - Mar 6	Su	2:00-2:45pm	\$23.15/4 sess	2-3yrs	#111836

#### **CLAY HANDBUILDING**

Jan 11 - Mar 8 Tu 3:30-4:30pm \$69.50/9 sess 3-5yrs #111822

# RACQUET SPORTS

#### TENNIS (1.0-2.) - PARENT AND TOT

Jan 9 - Mar 6	Su	9:45-10:30am	\$90.20/8 sess	3-5yrs	#111848
Jan 10 - Mar 7	М	3:45-4:30pm	\$90.20/8 sess	3-5yrs	#111912
Jan 11 - Mar 8	Tu	4:45-5:30pm	\$101.45/9 sess	3-5yrs	#111990



Spaces are available in our 2021/2022 School Year Preschool Programs including Rainbow, Steveston Explorers and Little Anchors!

• For more information regarding our preschool programs and to register, please contact Kendall at 604-238-6133 or kherder@richmond.ca

<b>TENNIS (1.0-2.0</b>	)) - PA	RENT AND CHILD			
Jan 9 - Mar 6	Su	9:30-10:30am	\$120.25/8 sess	6-9yrs	#111756
Jan 11 - Mar 8	Tu	5:30-6:30pm	\$135.25/9 sess	6-9yrs	#113560
Jan 12 - Mar 9	W	5:30-6:30pm	\$135.25/9 sess	6-9yrs	#113563
Jan 13 - Mar 10	Th	4:30-5:30pm	\$135.25/9 sess	6-9yrs	#113564
<b>TENNIS (1.0-2.0</b>	) - BE	GINNER - CHILDRE	EN		
Jan 9 - Mar 6	Su	10:30-11:30am	\$120.25/8 sess	6-9yrs	#111843
Jan 10 - Mar 7	M	3:30-4:30pm	\$120.25/8 sess	6-9yrs	#111872
Jan 11 - Mar 8	Tu	3:30-4:30pm	\$135.25/9 sess	6-9yrs	#111978
Jan 12 - Mar 9	W	4:30-5:30pm	\$135.25/9 sess	6-9yrs	#113467
Jan 14 - Mar 11	F	3:30-4:30pm	\$120.25/8 sess	6-9yrs	#113468
<b>TENNIS (2.0-3.0</b>	)) - IN	TERMEDIATE - CH	ILDREN		
Jan 10 - Mar 7	M	4:30-5:30pm	\$120.25/8 sess	6-9yrs	#111900
Jan 12 - Mar 9	W	3:30-4:30pm	\$135.25/9 sess	6-9yrs	#113533
Jan 13 - Mar 10	Th	3:30-4:30pm	\$135.25/9 sess	6-9yrs	#113534
Jan 14 - Mar 11	F	4:30-5:30pm	\$120.25/8 sess	6-9yrs	#113537
<b>TENNIS (1.0-2.0</b>	) - BE	GINNER - PRETEEI	N		
Jan 9 - Mar 6	Su	11:30-12:30pm	\$120.25/8 sess	9-12yrs	#111844
Jan 10 - Mar 7	М	5:30-6:30pm	\$120.25/8sess	9-12yrs	#111917
Jan 11 - Mar 8	Tu	4:30-5:30pm	\$135.25/9 sess	9-12yrs	#111982
Jan 12 - Mar 9	W	4:30-5:30pm	\$135.25/9 sess	9-12yrs	#113529
Jan 14 - Mar 11	F	3:30-4:30pm	\$120.25/8 sess	9-12yrs	#113530
TENNIS (2.0-3.0	) - IN	TERMEDIATE - PRE	TEEN		
, Jan 11 - Mar 8	, Tu	3:30-4:30pm	\$135.25/9 sess	9-12yrs	#111984
Jan 12 - Mar 9	W	3:30-4:30pm	\$135.25/9 sess	9-12yrs	#113539
Jan 13- Mar 10	Th	4:30-5:30pm	\$135.25/9 sess	9-12yrs	#113540
Jan 14 - Mar 11		•	\$120.25/8 sess	-	
TENINIS (2 O_4	0) - v	DVANCED - PRETE	-	,	
·	•				
Jan 9 - Mar 6	Su	2:45-4:15pm	\$195.30/8 sess	9-12yrs	
Jan 10 - Mar 7	M	5:30-6:30pm	\$130.15/8 sess	9-12yrs	#111905

#### **BADMINTON - BEGINNER - CHILDREN**

Jan 10 - Mar 7 M 3:45-4:45pm \$46.00/8 sess 6-9yrs **#113895** Jan 13 - Mar 10 Th 3:30-4:30pm \$51.75/9 sess 6-9yrs **#113819** 

#### **BADMINTON - INTERMEDIATE - PRETEEN**

Jan 13 - Mar 10 Th 4:35-5:35pm \$51.75/9 sess 9-12yrs #113823

# SPORTS

#### **BASKETBALL SKILLS**

Jan 15 - Feb 26 Sa 10:30-11:30am \$40.25/7 sess 9-12yrs #115307

#### **BASKETBALL**

Jan 16 - Mar 13 Su 12:30-1:30pm \$46.00/8 sess 6-9yrs #114518

#### **BASKETBALL FOR GIRLS**

Jan 19 - Mar 9 W 6:00-7:00pm \$46.00/8 sess 6-9yrs #114523

#### **SOCCER**

Jan 19 - Mar 9 W 4:45-5:45pm \$46.00/8 sess 6-9yrs #114520

# MARTIAL ARTS

#### **TAEKWANDO: BEGINNERS**

Jan 15 - Mar 12 Sa 9:30-10:30am \$56.00/7 sess 6+yrs #114471

#### **TAEKWANDO: INTERMEDIATE**

Jan 15 - Mar 12 Sa 10:30-11:30am \$56.00/7 sess 6+yrs #114478

# **CHILDREN**

## DANCE

#### **BALLET**

Jan 20 - Mar 10 Th 5:50-6:35pm \$46.30/8 sess 6-9yrs #114556

# VISUAL ARTS

#### **CLAY HANDBUILDING**

Jan 11 - Mar 8 Tu 4:45-5:45pm \$69.50/9 sess 6-9yrs #111841

#### **DRAWING AND SKETCHING**

Jan 13 - Mar 10 Th 3:30-4:30pm \$69.50/9 sess 6-9yrs #111758

#### **CRAFT COMBO**

Jan 11 - Feb 8 Tu 3:30-5:30pm \$57.90/5 sess 6-9yrs **#111742** Feb 15 - Mar 15 Tu 3:30-5:30pm \$57.90/5 sess 6-9yrs **#111751** 

#### **KNITTING - BEGINNERS AND BEYOND**

Jan 6 - Feb 3 Th 4:00-5:00pm \$38.60/5 sess 8-12yrs **#112619** Feb 10 - Mar 10 Th 4:00-5:00pm \$38.60/5 sess 8-12yrs **#112946** 

# LANGUAGES

#### **KOREAN - BEGINNER**

Jan 5 - Mar 9 W 4:15-5:15pm \$77.20/10 sess 6-12yrs #112641

#### **KOREAN - INTERMEDIATE**

Jan 5 - Mar 9 W 5:30-6:30PM \$77.20/10 sess 6-12yrs #112649

# **MUSIC**

PIANO PRIVATE L	LESSONS -	<b>ALL AGES</b>
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Jan 15 - Mar 12	Sa	10:00-10:30am	\$240.00/8 sess	5+yrs	#114652
Jan 15 - Mar 12	Sa	10:35-11:05am	\$240.00/8 sess	5+yrs	#114654
Jan 15 - Mar 12	Sa	11:10-11:40am	\$240.00/8 sess	5+yrs	#114656
Jan 15 - Mar 12	Sa	11:45-12:15pm	\$240.00/8 sess	5+yrs	#114657
Jan 15 - Mar 12	Sa	12:20-12:50pm	\$240.00/8 sess	5+yrs	#114661
Jan 15 - Mar 12	Sa	12:55-1:25pm	\$240.00/8 sess	5+yrs	#114664
Jan 17 - Mar 7	М	3:30-4:00pm	\$210.00/7 sess	5+yrs	#114601
Jan 17 - Mar 7	М	4:05-4:35pm	\$210.00/7 sess	5+yrs	#114606
Jan 17 - Mar 7	М	4:40-5:10pm	\$210.00/7 sess	5+yrs	#114608
Jan 17 - Mar 7	М	5:15-5:45pm	\$210.00/7 sess	5+yrs	#114610
Jan 17 - Mar 7	М	5:50-6:20pm	\$210.00/7 sess	5+yrs	#114638
Jan 17 - Mar 7	М	6:25-6:55pm	\$210.00/7 sess	5+yrs	#114639
Jan 19 - Mar 9	W	3:30-4:00pm	\$240.00/8 sess	5+yrs	#114641
Jan 19 - Mar 9	W	4:05-4:35pm	\$240.00/8 sess	5+yrs	#114643
Jan 19 - Mar 9	W	4:40-5:10pm	\$240.00/8 sess	5+yrs	#114645
Jan 19 - Mar 9	W	5:15-5:45pm	\$240.00/8 sess	5+yrs	#114646
Jan 19 - Mar 9	W	5:50-6:20pm	\$240.00/8 sess	5+yrs	#114647
Jan 19 - Mar 9	W	6:25-6:55pm	\$240.00/8 sess	5+yrs	#114649

#### **GUITAR OR UKULELE PRIVATE LESSONS - ALL AGES**

Jan 18 - Mar 8	Tu	3:30-4:00pm	\$240.00/8 sess	5+yrs	#114593
Jan 18 - Mar 8	Tu	4:05-4:35pm	\$240.00/8 sess	5+yrs	#114594
Jan 18 - Mar 8	Tu	4:40-5:10pm	\$240.00/8 sess	5+yrs	#114595
Jan 18 - Mar 8	Tu	5:15-5:45pm	\$240.00/8 sess	5+yrs	#114596
Jan 18 - Mar 8	Tu	5:50-6:20pm	\$240.00/8 sess	5+yrs	#114598
Jan 18 - Mar 8	Tu	6:25-6:55pm	\$240.00/8 sess	5+yrs	#114600

# WORKSHOPS

#### **STAY SAFE - PRETEEN**

Jan 31	M	10:00-2:00pm	\$54.60/1 sess	9-12yrs	#115407
Feb 18	F	10:00-2:00pm	\$54.60/1 sess	9-12vrs	#115409

#### **TENNIS - BEGINNER (1.0-2.0)**

Jan 9 - Mar 6	Su	1:45 - 2:45pm	\$120.25/8 sess	13-18yrs #111834
Jan 10 - Mar 7	M	4:30 - 5:30pm	\$120.25/8 sess	13-18yrs #113420
Jan 13 - Mar 10	Th	5:30 - 6:30pm	\$135.25/9 sess	13-18yrs <b>#113585</b>

#### **TENNIS - INTERMEDIATE (2.0-3.0)**

Jan 11 - Mar 8	Tu	6:30 - 7:30pm	\$135.25/9 sess	13-18yrs <b>#111961</b>
Jan 12 - Mar 9	W	5:30 - 6:30pm	\$135.25/9 sess	13-18yrs <b>#113583</b>

#### TENNIS - ADVANCED (3.0-4.0)

Jan 9 - Mar 6	Su	1:45 - 3:30pm	\$227.80/8 sess	13-18yrs <b>#111782</b>
lan 14 - Mar 11	F	4:30 - 6:30pm	\$260.30/8 sess	13-18vrs # <b>113582</b>

#### **BADMINTON - INTERMEDIATE**

Jan 10 - Mar 7	М	4:55 - 6:10pm	\$57.50/8 sess	13-18yrs #113866
Jan 13 - Mar 10	Th	5:45 - 7:00pm	\$64.70/9 sess	13-18yrs <b>#113825</b>



# SPORTS

#### **BASKETBALL DEVELOPMENT**

Jan 15 - Feb 26 Sa 11:45-12:45pm \$40.25/7 sess 13-18yrs #115306

# ARTS - VISUAL

#### **KNITTING - BEGINNER AND BEYOND**

Jan 6 - Feb 3 Th 5:15 - 6:15pm \$38.60/5 sess 13-18yrs **#112944** Feb 10 - Mar 10 Th 5:15 - 6:15pm \$38.60/5 sess 13-18yrs **#112945** 

#### ARTS - DANCE

#### **K-POP DANCING**

Jan 17 - Mar 7 M 4:00 - 5:00pm \$54.05/7 sess 13-18yrs #115308

#### **GENERAL INTEREST**

#### STEVESTON UNITED PEERS

Jan 11 - Mar 10 Tu/Th 3:00-6:00pm \$180.00/18 sess 13-18yrs #115305

#### **BABYSITTING BASICS**

 Jan 22
 Sa
 9:00-5:00pm
 \$65.10/1 sess
 11-16yrs
 #115411

 Feb 26
 Sa
 9:00-5:00pm
 \$65.10/1 sess
 11-16yrs
 #115421

#### PRETEEN YOUTH HANGOUT

PLEASE CHECK BACK FOR START DATE AND TIMES

#### YOUTH HANGOUT

PLEASE CHECK BACK FOR START DATE AND TIMES

#### Follow us on Social Media!



@cityofrichmondyouth



www.richmond.ca/youth



# **SPRING BREAK CAMPS**

# INFORMATION

#### **CAMPERS TO BRING (IF APPLICABLE):**

- A nut-free and healthy non-microwavable lunch and/or snack
- Filled water bottle
- Weather-and activity appropriate clothing and footwear

#### **REQUIRED:**

A completed *Informed Consent and Permission Form* and *recent photo of child* must be submitted *one week prior to start of camp.* Find forms at <u>www.richmond.ca/camps</u>

# PRESCHOOL - LICENSED

Mar 14 - Mar 18	M/Tu/W/Th/F	9:00-1:00pm	\$157.00/5 sess 3-5yrs	#111268
Mar 21 - Mar 25	M/Tu/W/Th/F	9:00-1:00pm	\$157.00/5 sess 3-5yrs	#111269

# CHILDREN CAMP

Mar 14 - Mar 18	M/Tu/W/Th/F	8:30-3:30pm	\$143.50/5 sess 6-12yrs	#114771
Mar 21 - Mar 25	M/Tu/W/Th/F	8:30-3:30pm	\$143.50/5 sess 6-12yrs	#114773

\*To further support public safety and reduce the spread of COVID-19, the City of Richmond continues to require the wearing of masks in all indoor City-operated facilities until advised otherwise.

<sup>•</sup> Masks will continue to be required when entering and inside common areas

<sup>•</sup> Customers using a facility for physical activity (i.e. taking a fitness class or swimming) or a program/class will not be required to wear a mask during their activity. However, they must continue to wear one in common areas of a building such as the main lobby, hallways, change rooms, stairwells and elevators.

<sup>•</sup> Exceptions are permitted for people with sensory, cognitive or physical disabilities; those with chronic health conditions who are unable to wear a face covering; and children age five and under. For additional information visit <a href="https://www.richmond.ca/masks">www.richmond.ca/masks</a>

<b>TENNIS</b>	(1.0-2.0)	) - BEGINNER
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`	,				
Jan 9 - Mar 6	Su	3:30-4:30pm	\$120.25/8 sess	18+yrs	#111793
Jan 11 - Mar 8	Tu	11:30-12:30pm	\$135.25/9 sess	18+yrs	#112001
Jan 12 - Mar 9	W	11:30-1:00pm	\$202.90/9 sess	18+yrs	#113431
Jan 13 - Mar 10	Th	6:30-7:30pm	\$135.25/9 sess	18+yrs	#113435
Jan 14 - Mar 11	F	10:30-12:00pm	\$202.90/9 sess	18+yrs	#113440
<b>TENNIS (2.0-3.0</b>	) - IN	TERMEDIATE			
Jan 11 - Mar 8	Tu	12:30-2:15pm	\$236.70/9 sess	18+yrs	#113596
Jan 12 - Mar 9	W	1:00-2:15pm	\$169.10/9 sess	18+yrs	#113449
Jan 13 - Mar 10	Th	9:30-11:00am	\$202.90/9 sess	18+yrs	#113452
Jan 13 - Mar 10	Th	7:30-9:00pm	\$202.90/9 sess	18+yrs	#113455
Jan 14 - Mar 11	F	12:00-1:30pm	\$202.90/9 sess	18+yrs	#113454
<b>TENNIS (3.0-4.0</b>	) - AC	VANCED			
Jan 9 - Mar 6	Su	10:30-12:30pm	\$260.30/8 sess	18+yrs	#111759
Jan 10 - Mar 7	M	12:30-2:15pm	\$227.80/8 sess	18+yrs	#111862
Jan 11 - Mar 8	Tu	7:30-9:00pm	\$219.65/9 sess	18+yrs	#111957
Jan 13 - Mar 10	Th	1:30-3:30pm	\$292.85/9 sess	18+yrs	#113459
BADMINTON - IN	TERM	EDIATE			

# Jan 10 - Mar 7 M 6:15 - 7:15pm ARTS - VISUAL

#### **KNITTING - BEGINNERS**

Jan 5 - Feb 2	W	7:00-8:30pm	\$57.90/5 sess	18+yrs	#112953
Feb 9 - Mar 9	W	7:00-8:30pm	\$57.90/5 sess	18+yrs	#112958

\$46.00/8 sess

18+yrs #**113900** 

# MUSIC PROGRAMS

<b>UKULELE - ABSO</b>	LUTE BEGINNERS
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Jan 10 - Feb 7	М	12:30-2:00pm	\$43.15/5 sess	55+yrs	#114299
Fe 28 - Mar 28	М	12:30-2:00pm	\$43.15/5 sess	55+yrs	#114306

#### **UKULELE - BEGINNERS 1**

Jan 10 - Feb 7	М	2:15-3:45pm	\$43.15/5 sess	55+yrs	#114308
Feb 28 - Mar 28	М	2·15-3·45pm	\$43.15/5 sess	55+vrs	#114311

#### **UKULELE - BEGINNERS 2**

Jan 12 - Feb 9	W	9:30-11:00am	\$43.15/5 sess	55+yrs	#114314
Mar 2 - Mar 30	W	9:30-11:00am	\$43.15/5 sess	55+yrs	#114403

#### **UKULELE - BEGINNERS 3**

Jan 12 - Feb 9	W	11:15-12:45pm	\$43.15/5 sess	55+yrs	#114410
Mar 2 - Mar 30	W	11:15-12:45pm	\$43.15/5 sess	55+yrs	#114412

#### **UKULELE - INTERMEDIATE 1**

Jan 11 - Feb 8	Tu	9:30-11:00am	\$43.15/5 sess	55+yrs	#114413
Mar 1 - MAr 29	Tu	9:30-11:00am	\$43.15/5 sess	55+yrs	#114418

#### **UKULELE - INTERMEDIATE 2**

Jan 11 - Feb 8	Tu	11:15-12:45pm	\$43.15/5 sess	55+yrs	#114423
Mar 1 - Mar 29	Tu	11:15-12:45pm	\$43.15/5 sess	55+yrs	#114437

#### **UKULELE - INTERMEDIATE 3**

Jan 11 - Feb 8	Tu	1:30-3:00pm	\$43.15/5 sess	55+yrs	#114438
Mar 1 - Mar 29	Tu	1:30-3:00pm	\$43.15/5 sess	55+yrs	#111445



# VISUAL ARTS

#### **SKETCHING**

Jan 17 - Feb 14	M	9:30-11:00am	\$43.15/5 sess	55+yrs	#113535
Feb 28 - Mar 28	М	9:30-11:00am	\$43.15/5 sess	55+yrs	#113538

#### **ACRYLIC PAINTING**

Jan 17 - Feb 14	М	11:30-1:00pm	\$43.15/5 sess	55+yrs	#113556
Feb 28 - Mar 28	M	11:30-1:00pm	\$43.15/5 sess	55+yrs	#113558

# DANCE

#### **TAP DANCING - INTERMEDIATE**

Jan 7 - Mar 25	F	12:30-1:30pm	\$69.00/12 sess	55+yrs	#113728
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#### **HAWAIIAN HULA DANCING - BEGINNERS**

Jan 7 - Mar 25	F	1:00-2:00pm	\$57.50/10 sess	55+yrs	#111298
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**LINE DANCING - BEGINNER** 

Jan 6 - Mar 10 Th 2:00-3:00pm \$57.50/10 sess 55+yrs #113726

**LINE DANCING - INTERMEDIATE** 

Jan 6 - Mar 10 Th 3:15-4:15pm \$57.50/10 sess 55+yrs #113727

# MARTIAL ARTS

#### TAI CHI

Jan 6 - Mar 31	Th	11:45-12:45pm	\$71.50/13 sess	55+yrs	#113613
Jan 10 - Mar 28	М	11:45-12:45pm	\$60.50/11 sess	55+yrs	#113605

#### TAI CHI - ADVANCED

Jan 4 - Mar 29 Tu 11:45-12:45pm \$71.50/13 sess 55+yrs #113609







# FITNESS

#### **GROUP WEIGHT TRAINING - BEGINNERS**

Jan 6 - Jan 27	Th	11:00-12:00pm	\$23.75/4 sess	55+yrs	#114391
Jan 11 - Feb 1	Tu	10:45-11:45am	\$23.75/4 sess	55+yrs	#114396
Feb 3 - Feb 24	Th	11:00-12:00pm	\$23.75/4 sess	55+yrs	#114392
Feb 8 - Mar 1	Tu	10:45-11:45am	\$23.75/4 sess	55+yrs	#114397
Mar 3 - Mar 24	Th	11:00-12:00pm	\$23.75/4 sess	55+yrs	#114393
Mar 8 - Mar 29	Tu	10:45-11:45am	\$23.75/4 sess	55+yrs	#114399

#### MINDS, MUSCLES AND MOBILITY

Jan 11 - Feb 15	Tu	10:30-11:30am	\$28.50/6 sess	55+yrs	#114232
Jan 13 - Feb 17	Th	10:30-11:30am	\$28.50/6 sess	55+yrs	#114238
Feb 22 - Mar 29	Tu	10:30-11:30am	\$28.50/6 sess	55+yrs	#114234
Feb 24 - Mar 31	Th	10:30-11:30am	\$28.50/6 sess	55+yrs	#114241

#### **BETTER BACKS AND BALANCE - BEGINNERS**

Jan 11 - Feb 15	Tu	11:45-12:45pm	\$28.50/6 sess	55+yrs	#114271
Jan 13 - Feb 17	Th	11:45-12:45pm	\$28.50/6 sess	55+yrs	#114253
Feb 22 - Mar 29	Tu	11:45-12:45pm	\$28.50/6 sess	55+yrs	#114274
Feb 24 - Mar 31	Th	11:45-12:45pm	\$28.50/6 sess	55+yrs	#114265



# **HEALTH AND WELLNESS**

#### IKI IKI SOCIAL (JAPANESE AND ENGLISH)

Jan 6 - Mar 31 Th 1:00-3:00pm \$204.75/13 sess 55+yrs #114267

**HEART FAILURE WORKSHOP** 

Jan 18 Tu 9:30-11:00am FREE/1 sess 55+yrs #113959

**CHRONIC KIDNEY DISEASE PRESENTATION** 

Feb 15 Tu 9:30-11:00am FREE/1 sess 55+yrs #113961

JUST FOR YOU - HEALTH TALK WORKSHOP

Feb 16 W 11:00-12:00pm FREE/1 sess 55+yrs #114986

HYPERTENSION AND NUTRITION

Mar 15 Tu 9:30-11:00am FREE/1 sess 55+yrs #113967

# SPECIAL EVENTS/OUT TRIPS

#### **OLD SPAGHETTI FACTORY TRIP**

Jan 19 W 9:30-2:30pm \$23.00/1 sess 55+yrs #113974

**DICKENS SWEETS AND BRITISH MUSEUM TRIP** 

Feb 23 W 10:00-3:30pm \$55.00/1 sess 55+yrs #113975

**BIRDING IN STANLEY PARK TRIP** 

Mar 16 W 9:30-3:45pm \$25.00/1 sess 55+yrs #113971





# **FITNESS**

# MIND BODY

YOGA - CORE					
Jan 14 - Feb 18	F	11:00-12:00pm	\$50.10/6 sess	18+yrs	#113629
Feb 25 - Apr 1	F	11:00-12:00pm	\$50.10/6 sess	18+yrs	#113927
YOGA - RESTORA	ATIVE				
Jan 10 - Feb 14	M	6:20-7:35pm	\$62.65/6 sess	18+yrs	#114301
Feb 28 - Mar 28	M	6:20-7:35pm	\$52.20/5 sess	18+yrs	#114304
YOGA - YIN STYL	.E				
Jan 12 - Feb 16	W	7:15-8:30pm	\$62.65/6 sess	18+yrs	#114280
Feb 23 - Mar 30	W	7:15-8:30pm	\$62.65/6 sess	18+yrs	#114285
PILATES AND YO	GA CC	MBINATION			
Jan 10 - Feb 14	М	9:30-10:45am	\$62.65/6 sess	18+yrs	#113920
Jan 12 - Feb 16	W	9:30-10:45am	\$62.65/6 sess	18+yrs	#113922

# CYCLING

Feb 28 - Mar 28 M

#### **CYCLE AND STRENGTH**

Jan 10 - Feb 14	М	7:15-8:15pm	\$45.90/6 sess	18+yrs	#114215
Jan 12 - Feb 16	W	6:00-7:00pm	\$45.90/6 sess	18+yrs	#114220
Feb 23 - Mar 30	W	6:00-7:00pm	\$45.90/6 sess	18+yrs	#114230
Feb 28 - Mar 28	М	7:15-8:15pm	\$38.25/5 sess	18+yrs	#114216

# DANCE FITNESS

Feb 23 - Mar 30 W 9:30-10:45am

9:30-10:45am

#### **ZUMBA®**

Jan 11 - Feb 15	Tu	6:30-7:30pm	\$45.90/6 sess	18+yrs	#113936
Jan 13 - Feb 17	Th	9:15-10:15am	\$45.90/6 sess	18+yrs	#113930
Feb 22 - Mar 29	Tu	6:30-7:30pm	\$45.90/6 sess	18+yrs	#113939
Feb 24 - Mar 31	Th	9:15-10:15am	\$45.90/6 sess	18+yrs	#113934



\$62.65/6 sess

\$52.20/5 sess

18+yrs #113924

#113923

18+yrs

# **FITNESS**

# SPECIAL INTEREST

#### SIMPLY STRETCH

Jan 10 - Feb 14	M	5:15-6:15pm	\$45.90/6 sess	18+yrs	#114030
Feb 28 - Mar 28	М	5:15-6:15pm	\$38.25/5 sess	18+vrs	#114031

#### **WEIGHT TRAIN SMARTER**

Jan 7 - Jan 28	F	7:00 - 8:00pm	\$45.35/4 sess	18+yrs	#114400
Jan 8 - Jan 29	Sa	10:30-11:30am	\$45.35/4 sess	18+yrs	#114406
Feb 4 - Feb 25	F	7:00 - 8:00pm	\$45.35/4 sess	18+yrs	#114401
Feb 5 - Feb 26	Sa	10:30-11:30am	\$45.35/4 sess	18+yrs	#114407
Mar 4 - Mar 25	F	7:00 - 8:00pm	\$45.35/4 sess	18+yrs	#114404
Mar 5 - Mar 26	Sa	10:30-11:30am	\$45.35/4 sess	18+vrs	#114409

#### MOM AND BABY INDOOR STROLLERFIT

Jan 11 - Feb 15	Tu	10:15-11:15am	\$45.90/6 sess	16+yrs	#114635
Jan 13 - Feb 17	Th	10:15-11:15am	\$45.90/6 sess	16+yrs	#114389
Feb 22 - Mar 29	Tu	10:15-11:15am	\$45.90/6 sess	16+yrs	#114636
Feb 24 - Mar 31	Th	10:15-11:15am	\$45.90/6 sess	16+yrs	#114390

# **WALKING AND RUNNING**

#### **OUTDOOR - NORDIC POLE WALKING AND STRENGTH**

Jan 10 - Jan 31	М	10:00-11:00am	\$30.60/4 sess	18+yrs	#114145
Jan 12 - Feb 2	W	10:00-11:00am	\$30.60/4 sess	18+yrs	#114166
Feb 7 - Mar 7	М	10:00-11:00am	\$30.60/4 sess	18+yrs	#114163
Feb 9 - Mar 9	W	10:00-11:00am	\$38.25/5 sess	18+yrs	#114168

#### **SPORTSMEDBC 10K INTRAINING PROGRAM**

Jan 19 - Apr 13 W 6:00-8:00pm \$103.95/13 sess 18+yrs #116183

# **FITNESS CENTRE INFO**

We are excited to welcome you all back to our fitness centre in a safe and meaningful way!



#### **FALL HOURS OF OPERATION**

#### \*Effective September 7

SUNDAY 730AM - 6PM

MONDAY 6AM - 930PM

TUESDAY 6AM - 930PM

WEDNESDAY6AM - 930PM

THURSDAY 6AM - 930PM

FRIDAY 6AM - 930PM

SATURDAY 730AM - 6PM

# 

Group Fitness Classes are included with a Fitness Pass or can be purchased as a single visit. Class offerings may vary.

Please visit <u>richmond.ca/register</u> to see our latest classes and register. Find classes by clicking the BROWSE AND REGISTER button. Under the Adults section, choose "Fitness" to see in-person classes or "Online Programs" to see online classes.

#### **FITNESS CENTRE FEES**

#### \*Effective September 1

#### **Drop-In Fees**

Adult (19-55)	\$6.45
Youth (13-18)	\$4.60
55+	\$4.60

Passes	Adult	Youth/55+
1 MONTH	\$55	\$43
3 MONTHS	\$120	\$97
6 MONTHS	\$205	\$205
1 YEAR	\$344	\$276
FAMILY ADD-ON*	\$277	N/A

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

#### FITNESS CENTRE INFORMATION

- Advance registration for Fitness Centre visits no longer required.
- Fitness drop-in payment, memberships and visit cards accepted at front desks.
- No time limits for Fitness Centre visits.
- Change rooms, lockers and showers available for
- Masks optional while exercising but required in common areas of the building.