

2024 SPRING PROGRAMS




west
live, play, grow



April 2 - June 30, 2024

West Richmond Community Centre
9180 No 1 Rd | Richmond, BC | 604-238-8400



HOW TO REGISTER

Get ready to register for Fall Programs:

Tuesday, Feb 20 at 9:00 pm (Online)
(8:00 pm for City of Richmond Aquatics)

Wednesday, Feb 21
(In-Person/Call Centre)

1. Online: richmond.ca/register
2. By Phone: **604-276-4300**,
Mon-Fri 8:30 am - 5:00 pm
3. In-person at any parks, recreation or cultural facility

FACILITY HOURS

Monday - Friday: 8:00 am - 9:30 pm
Saturday - Sunday: 9:00 am - 4:30 pm

Holiday hours:
May 20 (Victoria Day): 8:00 am - 8:00 pm

SAFETY MEASURES

The City of Richmond is restoring programs and services impacted by COVID-19 in accordance with public health orders and through a carefully planned approach that will maintain and protect public safety.

Proof of vaccination is no longer required for City programs, events and activities.

Mandatory mask-wearing is no longer required in City facilities. However, the wearing of masks is encouraged and appreciated. Safety protocols will remain in place in many facilities including enhanced hygiene practices and plexi-glass barriers.

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PROGRAMS

	PRESCHOOLERS (0-5YRS)	PG 2-5
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	YOUTH (13-18YRS)	PG 9-10
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CONTACT US

Address: 9180 No. 1 Road
Richmond, BC V7E 6L5
Phone: 604-238-8400
Email: westrich@richmond.ca

PRESCHOOLERS (0-5YRS)

Arts - Dance

Ballet

Spin, twirl and leap in these introductory sessions that focus on fun and specific-age group ballet techniques.

Preschoolers

3-5yrs	Apr 09-Jun 11	Tu	3:15pm-4:00pm	\$63.80/10 sess	reg # 298457
3-5yrs	Apr 09-Jun 11	Tu	4:05pm-4:50pm	\$63.80/10 sess	reg # 298462

Jazz

JAZZ DANCING - PRESCHOOLERS

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

3-5yrs	Apr 10-Jun 12	W	3:45pm-4:30pm	\$63.80/10 sess	reg # 296418
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Arts - Music

Music and Play

Move, dance, sing and play instruments for large motor, language and listening skills development.

Parent and Tot (Parent Participation Required)

6-18mos	Apr 06-Jun 15	Sa	9:15am-9:45am	\$42.55/10 sess	reg # 298393
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Preschoolers

4-5yrs	Apr 07-Jun 16	Su	12:00pm-12:45pm	\$63.80/10 sess	reg # 298389
4-5yrs	Apr 07-Jun 16	Su	1:00pm-1:45pm	\$63.80/10 sess	reg # 298390
4-5yrs	Apr 07-Jun 16	Su	2:00pm-2:45pm	\$63.80/10 sess	reg # 298392



PRESCHOOLERS (0-5YRS)

Arts - Visual

Arts

ART JAM WITH A DISNEY ANIMATOR - PRESCHOOLERS

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

4-5yrs	Apr 07-May 12	Su	9:30am-10:30am	\$108/6 sess	reg # 298535
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Arts Combo

ARTS COMBO - PRESCHOOLERS

Draw, paint and try other mixed media art projects in this introduction to visual arts.

4-5yrs	Apr 13-Jun 15	Sa	9:15am-10:15am	\$68.10/8 sess	reg # 298730
4-5yrs	Apr 13-Jun 15	Sa	10:30am-11:30am	\$68.10/8 sess	reg # 298733

Clay Handbuilding

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

Parent and Tot (Parent Participation Required)

2-3yrs	Apr 06-Jun 15	Sa	10:00am-10:45am	\$63.80/10 sess	reg #299780
2-3yrs	Apr 06-Jun 15	Sa	11:00am-11:45am	\$63.80/10 sess	reg #299781

Preschoolers (4-5yrs)

4-5yrs	Apr 06-Jun 15	Sa	12:00pm-12:45pm	\$63.80/10 sess	reg # 299784
4-5yrs	Apr 06-Jun 15	Sa	1:00pm-1:45pm	\$63.80/10 sess	reg # 299792
4-5yrs	Apr 09-Jun 11	Tu	3:30pm-4:15pm	\$63.80/10 sess	reg # 299794
4-5yrs	Apr 09-Jun 11	Tu	4:30pm-5:15pm	\$63.80/10 sess	reg # 299795

Sports

Basketball

BASKETBALL - PRESCHOOLERS

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

3-5yrs	Apr 08-Jun 17	M	3:30pm-4:15pm	\$40.60/10 sess	reg # 299536
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Floor Hockey

FLOOR HOCKEY - PRESCHOOL

Learn the basics of this popular indoor sport that provides a great foundation for fun, teamwork and fitness.

3-5yrs	Apr 10-May 15	W	3:30pm-4:15pm	\$52.35/11 sess	reg # 299593
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PRESCHOOLERS (0-5YRS)

Sport

Soccer - Girls Only

SOCCER - FOR GIRLS - PRESCHOOLERS

Learn sport specific skills in a fun and welcoming environment.

3-5yrs	Apr 11-Jun 20	Th	3:30pm-4:15pm	\$52.35/11 sess	reg # 299604
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T-Ball

T-BALL - PRESCHOOLERS

Start to build skills and have fun with others in this introduction to the game of baseball.

4-6yrs	Apr 13-Jun 22	Sa	9:30am-10:15am	\$47.60/10 sess	reg # 299710
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Multisport

MULTISPORT SKILLS - PRESCHOOLERS

Learn the basic fundamental movement skills for improved participation in basketball, hockey, soccer, volleyball and baseball.

3-5yrs	Apr 13-Jun 22	Sa	10:25am-11:10am	\$47.60/10 sess	reg # 299708
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PRESCHOOLERS (0-5YRS)

Sports

Gymnastics Kids Canmove™

GYMNASTICS KIDS CANMOVE (TM) - PARENT AND TOT AND PRESCHOOLERS

Add to healthy life skills in these gymnastics-based sessions that cover the seven

Fundamental Movement patterns of rotations, swings, springs, landings, stationary positions and object manipulation.

Parent and Tot (Parent Participation Required)

2-3yrs	Apr 12-Jun 21	Fr	3:15pm-4:00pm	\$82.50/11 sess	reg #299671
2-3yrs	Apr 13-Jun 15	Sa	9:30am-10:15am	\$67.50/9 sess	reg #299699

Preschoolers (3-4yrs)

3-4yrs	Apr 12-Jun 21	Fr	4:05pm-4:50pm	\$82.50/11 sess	reg # 299682
3-4yrs	Apr 13-Jun 15	Sa	10:20am-11:05am	\$67.50/9 sess	reg # 299700
3-4yrs	Apr 13-Jun 15	Sa	11:10am-11:55am	\$67.50/9 sess	reg # 299701

Preschoolers (4-5yrs)

4-5yrs	Apr 13-Jun 15	Sa	12:00pm-12:45pm	\$67.50/9 sess	reg # 302941
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Fitness

Mind Body, Mobility and Flexibility

YOGA PLAYTIME - PARENT AND TOT - PRESCHOOLERS

Run around, play and wind down in this child centered play program.

1-5yrs	Apr 10-Jun 12	W	10:00am-10:45am	\$72.20/10 sess	reg # 298450
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Arts - Dance

Jazz

JAZZ DANCING - CHILDREN

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

6-10yrs	Apr 10-Jun 12	W	4:35pm-5:35pm	\$85.10/10 sess	reg # 296419
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Ballet

Spin, twirl and leap in this fun dance program.

6-9yrs	Apr 09-Jun 11	Tu	4:55pm-5:55pm	\$85.10/10 sess	reg # 298464
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Arts - Music

Ukulele Private Lessons

UKULELE - PRIVATE LESSONS - ALL AGES

Start to learn to play ukulele based on special interests and fundamental goals in this fun and stress-free program.

6yrs+	Apr 13-Jun 08	Sa	9:15am-9:45am	\$193.00/8 sess	reg # 298397
6yrs+	Apr 13-Jun 08	Sa	9:50am-10:20am	\$193.00/8 sess	reg # 298398
6yrs+	Apr 13-Jun 08	Sa	10:25am-10:55am	\$193.00/8 sess	reg # 298401
6yrs+	Apr 13-Jun 08	Sa	11:00am-11:30am	\$193.00/8 sess	reg # 298402
6yrs+	Apr 13-Jun 08	Sa	11:30am-12:00pm	\$193.00/8 sess	reg # 298406
6yrs+	Apr 13-Jun 08	Sa	12:00pm-12:30pm	\$193.00/8 sess	reg #298405

Arts - Visual

Cartoons, Comics and Manga

CARTOON WITH A DISNEY ANIMATOR - CHILDREN AND PRETEENS

Learn to tell stories through drawings and by working on character development, thumbnails, layout pages, paneling and more. Led by a former Disney animator. Instructed by Happy Kids Studios.

6-8yrs	Apr 07-May 12	Su	10:40am-11:40am	\$08/6 sess	reg # 298539
9-12yrs	Apr 07-May 12	Su	11:50am-12:50pm	\$108/6 sess	reg # 298540

Clay Handbuilding

CLAY HANDBUILDING - CHILDREN

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

6-9yrs	Apr 06-Jun 15	Sa	2:00pm-3:00pm	\$85.10/10 sess	reg # 299796
6-9yrs	Apr 09-Jun 11	Tu	5:30pm-6:30pm	\$85.10/10 sess	reg # 299797

Arts - Visual

Drawing and Sketching

ILLUSTRATION AND SKETCH FUNDAMENTALS - PRETEENS

Learn foundational drawing skills and techniques that include using perspective light, form, space, composition and shading to create coherent images.

9-12yrs	Apr 18-May 16	Th	4:30pm-5:30pm	\$42.55/5 sess	reg # 295996
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Drawing and Painting

ILLUSTRATION AND PAINTING FUNDAMENTALS - PRETEENS

Develop a passion for creativity by experimenting with pencils, pastels, paint, sponges, salt, collages and markers.

9-12yrs	May 23-Jun 20	Th	4:30pm-5:30pm	\$42.55/5 sess	reg # 296001
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Fabric Arts

COMMUNITY CROCHET ARTWORK - CHILDREN

Re-purpose yarn and work collectively to create community art work to be displayed at West Richmond Community Centre. Suitable for intermediate/advanced crocheters. Pre-requisite: Crochet 101 - Beginner or equivalent.

10-14yrs	Apr 13-Jun 15	Sa	1:15pm-2:15pm	\$68.10/8 sess	reg # 300268
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Fabric Arts - For Beginners

CROCHET 101 FOR BEGINNERS - CHILDREN

Make small take-home pieces in this instructor-led class that introduces three basic stitches and the foundation chain. A \$15.00 non-refundable supplies fee charged when registering.

8-12yrs	Apr 13-Jun 15	Sa	12:00pm-1:00pm	\$68.10/8 sess	reg # 300267
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General Interest

Financial Literacy

MONEY MANAGEMENT 101 - PRETEENS

Develop useful know-how on budgeting while practicing financial goal setting skills with the help of resources and tools in this introduction to financial planning. Parents / caregivers are invited to participate.

10-12yrs	Apr 17-May 01	W	3:30pm-4:30pm	FREE/3 sess	reg # 296011
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10-12yrs	May 08-May 22	W	4:45pm-5:45pm	FREE/3 sess	reg # 296014
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Sports

Basketball

BASKETBALL - CHILDREN

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

6-9yrs	Apr 08- Jun 17	M	4:20pm-5:20pm	\$63.40/10 sess	reg # 299578
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Basketball - Girls Only

BASKETBALL - FOR GIRLS - CHILDREN

Learn the fundamentals of basketball that include ball handling, passing, shooting, and basic offense and defense.

7-10yrs	Apr 08-Jun 17	M	5:25pm-6:25pm	\$63.40/10 sess	reg # 299581
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Floor Hockey

FLOOR HOCKEY - CHILDREN

Learn the basics of this popular indoor sport that provides a great foundation for fun, teamwork and fitness.

6-9yrs	Apr 10-Jun 19	W	4:20pm-5:20pm	\$69.75/11 sess	reg # 299598
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Multisport

MULTISPORT - CHILDREN

Learn the basic fundamental movement skills for improved participation in basketball, hockey, soccer, volleyball and baseball.

7-11yrs	Apr 10-Jun 19	W	5:30pm-6:30pm	\$69.75/11 sess	reg # 299601
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7-11yrs	Apr 13-Jun 22	Sa	11:15am-12:15pm	\$63.40/10 sess	reg # 299713
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Soccer

SOCCER SKILLS - CHILDREN

Learn sport-specific skills in a fun and welcoming environment.

7-10yrs	Apr 11-Jun 20	Th	4:20pm-5:20pm	\$69.75/11 sess	reg # 299608
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7-10yrs	Apr 13-Jun 22	Sa	12:20pm-1:20pm	\$63.40/10 sess	reg # 299716
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Soccer - Girls Only

SOCCER SKILLS - FOR GIRLS - CHILDREN

Learn sport-specific skills in a fun and welcoming environment.

6-9yrs	Apr 11-Jun 20	Th	5:25pm-6:25pm	\$69.75/11 sess	reg # 299612
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Arts - Dancing

Pop Song and Dance

K-POP DANCING - YOUTH

Dance to up-tempo music and learn choreography to match in these fun and social sessions with quick, repetitive movements done in synchronicity.

13-18yrs Apr 08-Jun 10 M 4:30pm-5:30pm \$76.60/9 sess reg # 298336

Arts - Music

Songwriting and Production

SONGWRITING - YOUTH

Learn the fundamentals of this artistic expression by starting to develop a style and storytelling through the art of song. Instructed by a songwriter and musician.

13-18yrs Apr 19-May 31 F 6:16pm-7:15pm \$59.60/7 sess reg # 296041

General Interest

Financial Literacy

FINANCIAL LITERACY SERIES - YOUTH

Achieve financial goals that might include paying for post-secondary school or buying a car by learning how to spend and save wisely in this social program specifically designed for youth. Registration required.

13-18yrs May 08- May 22 W 3:30pm-4:30pm FREE/3 sess reg # 296019

Workshops

PEAK INTO BUSINESS WORKSHOP- YOUTH

Start to understand some of the basic concepts of the business world in this interactive session that reviews marketing, budgets, business plans and a draft business pitch.

11-16yrs Apr 11-May 09 Th 5:45pm-7:15pm FREE/5 sess reg # 296070



Fitness

Cardio, Strength and Athletics

KICKBOXING - DRILLS AND SKILLS - YOUTH

Improve cardiovascular strength and conditioning using a variety of boxing equipment and techniques for a full body workout. Suitable for all fitness levels.

13-18yrs	Apr 11-Jun 06	Th	5:00pm-6:00pm	\$75.80/9 sess	reg # 298649
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Girls Fitness - FREE

Girls Only Fitness - Drop In

Try different physical activities and routines aimed to develop and improve self-esteem, reduce stress and build confidence along with other aspects of fitness and overall health. Led by certified instructors.

13-18yrs	Apr 05-Jun 21	F	3:15pm-4:15pm	FREE/Drop In	
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Sports

Volleyball

VOLLEYBALL - TRY-IT-YOUTH

Learn some fundamental volleyball skills in this session. Registration required.

13-18yrs	Apr 12-Apr 12	F	3:45pm-4:45pm	FREE/1 sess	reg # 295990
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VOLLEYBALL - YOUTH

Developmental fundamental volleyball skills in this developmental program.

13-18yrs	Apr 19-Jun 21	F	5:00pm-6:00pm	\$57.05/9sess	reg # 295988
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Fitness

Cardio, Strength and Athletics

LADIES WHO LIFT - ADULTS

Develop lean and functional muscle tone with foundational lifts and learn how to create a fitness program for the gym while working on posture alignment and progressive overload. Suitable for beginners.

19yrs+	Apr 10-Jun 26	W	6:00pm-7:00pm	149.20/12 sess	reg # 291242
19yrs+	Apr 12-Jun 28	F	9:30am-10:30m	\$149.20/12 sess	reg # 291243
19yrs+	Apr 12-Jun 28	F	10:45am-11:45am	\$149.20/12 sess	reg # 291244
19yrs+	Apr 08-Jun 24	W	7:15pm-8:15pm	\$149.20/12 sess	reg # 301025

Dance Fitness

CARDIO SALSA - BEGINNER - ADULTS

Work out to recognizable Latin rhythms that include the Salsa, Reggaetón, Cumbia and Merengue in this low impact fitness dance class with a focus on rhythm, balance, range of motion and coordination. No partner required. Suitable for beginners.

18yrs+	Apr 11-Jun 27	Th	1:00pm-2:00pm	\$101.05/12sess	reg # 291060
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CARDIO SALSA - INTERMEDIATE/ADVANCED - ADULTS

Work out to recognizable Latin rhythms that include the Salsa, Reggaetón, Cumbia and Merengue in this high-energy fitness dance class. No partner required. Suitable for intermediate/advanced.

18yrs+	Apr 12-Jun 21	F	9:30am-10:30am	\$84.25/10 sess	reg # 291064
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CARDIO DANCE FIT - LATIN - ADULTS

Incorporate simple choreography into a wide variety of low and medium impact aerobic Latin dance moves set to high-energy music.

18yrs+	Apr 08-Jun 24	M	7:15pm-8:15pm	\$92.65/11 sess	reg # 301024
18yrs+	Apr 03-Jun 26	W	7:15pm-8:15pm	\$109.50/13 sess	reg # 291058
18yrs+	Apr 06-Jun 29	S	10:30am-11:30am	\$84.25/10 sess	reg # 291066

ZUMBA® - ADULTS

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

18yrs+	Apr 05-Jun 28	F	6:00pm-7:00pm	\$109.50/13 sess	reg # 291085
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Fitness

Mind Body, Mobility and Flexibility

PILATES - LEVEL 1 - ADULTS

Combine basic mat Pilates with body sculpting and strength and stretch exercises for a low impact and varied intensity workout adjustable to all fitness levels that enhances body tone, core strength and flexibility. Suitable for intermediate/advanced participants.

18yrs+	Apr 02-Jun 25	Tu	7:15pm-8:15pm	\$125.20/13 sess	reg # 291048
18yrs+	Apr 11-May 30	Th	7:15pm-8:15pm	\$77.10/12 sess	reg # 301027

PILATES FUSION - ADULTS

Combine basic mat Pilates with body sculpting and strength and stretch exercises for a low impact and varied intensity workout that increases body tone, core strength and flexibility. Designed for beginner and intermediate.

LEVEL 1 Pilates Fusion - Beginner/Intermediate

18yrs+	Apr 08-Jun 24	M	10:35am-11:35am	\$106.05/11 sess	reg # 291048
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LEVEL 2 Pilates Fusion - Intermediate/Advanced (Pre-requisite: Pilates - Level 1)

18yrs+	Apr 12-Jun 21	F	10:35am-11:35am	\$96.35/10 sess	reg # 291072
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Martial Arts

Tai Chi

TAI CHI - KOO STYLE - BEGINNER - ADULTS

Try this excellent introduction to this Chinese martial art. Designed and suitable for beginners.

18yrs+	Apr 11-Jun 27	Th	7:30pm-9:00pm	\$151.60/12 sess	reg # 291246
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Arts - Dance

Bellydancing

BELLYDANCING - LEVEL 1 - ADULTS

Sweat and shimmy in this positive and fun dance class focusing primarily on movements of the hips and torso.

18yrs+	Apr 10-Jun 12	W	6:00pm-7:00pm	\$85.10/10 sess	reg # 296406
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BELLYDANCING - LEVEL 2- ADULTS

Continue to build Bellydance skills in this positive and fun class focusing primarily on movements of the hips and torso. Prerequisite: Bellydance - Level 1.

18yrs+	Apr 08-Jun 10	M	8:20pm-9:20pm	\$76.60/9 sess	reg # 296408
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Arts - Dance

Variety

BAROQUE DANCING - LEVEL 1 - ADULTS

Learn and enjoy this early form of dance that includes social, theatrical and elegant themes from the 17th and 18th centuries. Suitable for beginners. Registration required.

19yrs+	Apr 15-Jun 24	M	2:30pm-3:45pm	\$85.10/10 sess	reg # 299414
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Sports

Soccer

SOCCER - FOR WOMEN - ADULTS

Develop skills in this indoor, instructional program for all skill and fitness levels. Drop-ins welcome if space permits.

18yrs+	Apr 08-Jun 17	M	7:15pm-8:45pm	\$95.30/10 sess	reg # 298880
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Racquet Sports

Badminton

BADMINTON - INTERMEDIATE - ADULTS

Learn various serves, forehand and backhand grips along with other badminton basics. All levels welcome.

19yrs+	Apr 08-Jun 17	M	10:00am-11:15am	\$79.35/10 sess	reg # 298876
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19yrs+	Apr 08-Jun 17	M	11:15am-12:30pm	\$79.35/10 sess	reg # 298877
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19yrs+	Apr 11-Jun 20	Th	10:00am-11:15am	\$87.30/11 sess	reg # 298878
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19yrs+	Apr 11-Jun 20	Th	11:15am-12:30pm	\$87.30/11 sess	reg # 298879
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Pickleball

PICKLEBALL - ADULTS

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.

Beginner

18yrs+	Apr 09-May 14	Tu	3:30pm-4:45pm	\$47.60/6 sess	reg # 298881
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18yrs+	Apr 09-May 14	Tu	5:00pm-6:15pm	\$47.60/6 sess	reg # 298882
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Arts - Dance

Ballet

BALLET - BEGINNER - 55+

Learn basic ballet techniques that improve coordination, balance, musicality and fluidity of movement while also learning skills that are a complement to other sports and dance styles.

Try-it (Single Session - Registration Required)

55yrs+	Apr 10-Apr 10	W	2:30pm-3:30pm	Free/1 sess	reg # 294213
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Registered Weekly Class

55yrs+	Apr 17-Jun 12	W	2:30pm-3:30pm	\$57.05/9 sess	reg # 294215
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Variety

BAROQUE DANCING - LEVEL 1 - 55+

Learn and enjoy this early form of dance that includes social, theatrical and elegant themes from the 17th and 18th centuries. Suitable for beginners.

Try-it (Single Session - Registration Required)

55yrs+	Apr 08-Apr 08	M	2:30pm-3:45pm	Free/1 sess	reg # 299400
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Registered Weekly Class

55yrs+	Apr 15-Jun 24	M	2:30pm-3:45pm	\$79.25/10 sess	reg # 299402
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BAROQUE DANCING - LEVEL 2 - 55+

Continue to learn this early form of dance that involves gentle bending and rising, and low extensions done with control and placement. Pre-requisite: Baroque Dancing - Level 1, previous Baroque dance experience or formal dance training.

55yrs+	Apr 04-Jun 27	Th	2:15pm-3:30pm	\$103.05/13 sess	reg # 299404
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Arts - Music

Drums

DRUMMING RHYTHMS FROM AROUND THE WORLD - 55+

Venture through global rhythms, including Brazilian and African, while learning patterns and tunes on the Djembe drum. Drum required at each session or available for use if required.

55yrs+	Apr 11-May 16	Th	6:45pm-8:15pm	\$57.05/6 sess	reg # 293796
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Arts - Visual

Ceramics and Sculpture

Creative CLAY - 55+

Make unique pieces and designs to take home, gain social connections and build confidence while exploring this tactile and creative outlet. Supplies included.

55yrs+	Apr 12-May 31	F	10:45am-11:45am	\$50.70/8 sess	reg # 293761
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Painting

ACRYLIC PAINTING - 55+

Explore abstract, landscape and still life painting using acrylic paints, and sketching materials. Suitable for beginner and experienced painters with individual guidance provided. Supplies are not included, a supplies list will be provided.

55yrs+	Apr 12-May 31	F	9:30am-10:30am	\$50.70/8 sess	reg # 294105
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Computers, Technology and Social Media

Smart Phones, Tablets and Laptops

SMARTPHONES, TABLETS AND LAPTOPS - LEARN FROM A YOUTH - 55+

Meet one-on-one and get help from a friendly and informative youth member to learn about text messaging, apps, taking photos, Google maps and more. Personal device required at each class. Registration required.

55yrs+	Apr 25	Th	3:30pm-4:30pm	FREE/1 sess	reg # 295676
55yrs+	May 30	Th	3:30pm-4:30pm	FREE/1 sess	reg # 295677



Computers, Technology and Social Media

Smart Phones, Tablets and Laptops

SMARTPHONES, TABLETS AND LAPTOPS: LEARN FROM A VOLUNTEER - 55+

Meet one-on-one and get help from a friendly and informative volunteer to learn how to use text messaging, email, camera, browsers, downloading and using apps and more. Bring questions. Personal device required at each class or utilize our iPad during the session. Registration required.

55yrs+	Apr 10	W	10:00am-10:30am	FREE/1 sess	reg # 294224
55yrs+	Apr 10	W	10:30am-11:00am	FREE/1 sess	reg # 294225
55yrs+	Apr 10	W	11:00am-11:30am	FREE/1 sess	reg # 294230
55yrs+	May 08	W	10:00am-10:30am	FREE/1 sess	reg # 294483
55yrs+	May 08	W	10:30am-11:00am	FREE/1 sess	reg # 294487
55yrs+	May 08	W	11:00am-11:30am	FREE/1 sess	reg # 294490
55yrs+	Jun 12	W	10:00am-10:30am	FREE/1 sess	reg # 294485
55yrs+	Jun 12	W	10:30am-11:00am	FREE/1 sess	reg # 294489
55yrs+	Jun 12	W	11:00am-11:30am	FREE/1 sess	reg # 294492

Racquet Sports

Pickleball

PICKLEBALL - BEGINNER - 55+

Improve shots using a drilling format to move to the next level of play and learn intermediate skills, techniques and strategies along with rules and etiquette. Pre-requisite: Pickleball - Beginner or basic Pickleball knowledge.

55yrs+	Apr 8-Jun 17	M	12:45pm-2:00pm	\$79.15/10 sess	reg # 305675
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Pickleball

PICKLEBALL - BEGINNER - FOR WOMEN - 55+

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.

55yrs+	Apr 12-Jun 21	F	9:15am-10:30am	\$87.10/11 sess	reg # 298895
55yrs+	Apr 12-Jun 21	F	10:45am-12:00pm	\$87.10/11 sess	reg # 298896

Raquet Sports

PICKLEBALL - INTERMEDIATE - 55+

Continue to improve in these high-intensity, drill focused sessions that focus on perfecting shots and heightening game awareness. Instructed by a certified instructor. Paddles provided for use in required. Pre-requisite: Pickleball - Beginner.

55yrs+	Apr 10-Jun 19	W	11:30am-1:00pm	\$104.60/11 sess	reg # 298891
55yrs+	Apr 10-Jun 19	W	1:15pm-2:45pm	\$104.60/11 sess	reg # 298892



Sports

Golf

GOLF LESSONS FOR SENIORS - BEGINNER - 55+

Learn the basics of putting, chipping and pitching in this beginner 45-minute group lesson followed by a 9 hole round with the golf instructor. Rentals included if required.

55yrs+	Jun 10-Jun 13	M/Tu/Th	1:00pm-2:30pm	\$67.50/3 sess	reg # 299590
55yrs+	Jun 17-Jun 20	M/Tu/Th	1:00pm-2:30pm	\$67.50/3 sess	reg # 299597

Fitness

Active Movement for Chronic Conditions

MIND TO MUSCLE - 55+

Improve overall fitness and well-being by focusing on mobility to stability work that includes balance, agility, flexibility, rehabilitation, core, cardio and overall strengthening. Suitable for beginners.

55yrs+	Apr 10-Jun 26	W	1:00pm-2:00pm	\$79.20/12 sess	reg # 291240
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Fitness

Cardio, Strength and Athletics

LADIES WHO LIFT - 65+

Develop lean and functional muscle tone with foundational lifts and learn how to create a fitness program for the gym while working on posture alignment and progressive overload. Suitable for beginners.

60yrs+	Apr 15-Jun 24	M	10:45am-11:45am	\$97.50/10 sess	reg # 291231
60yrs+	Apr 15-Jun 24	M	12:00pm-1:00pm	\$97.50/10 sess	reg # 291233

Cycling

CYCLE AND STRENGTH - GOLD- 75+

Combine cycling and strength training to become stronger, more balanced and energized. This results-oriented class covers cadence, balance and strength and is done to age-appropriate music. Suitable for beginners 75+ years.

75yrs+	Apr 08-Jun 24	M	1:00pm-2:00pm	\$66.00/10 sess	reg #291335
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CYCLE AND STRENGTH - SILVER - 55+

Combine cycling and strength training to become stronger, more balanced and energized. This results-oriented class covers cadence, balance and strength and is done to age-appropriate music. Suitable for beginners 55+ years.

55yrs+	Apr 02-Jun 25	Tu	11:45am-12:45pm	\$79.20/12 sess	reg # 291367
55yrs+	Apr 04-Jun 27	Th	11:45am-12:45pm	\$79.20/12 sess	reg # 291369

CYCLE FIT EXPRESS - 55+

Improve cardio and muscle endurance to build power with moderate to low intensity cycling drills. Suitable for beginners 55+ years. 30 min class.

55yrs+	Apr 05-Jun 28	F	1:15pm-1:45pm	\$38.50/11 sess	reg # 300177
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Dance Fitness

ZUMBA® - GOLD - 55+

Move gently with low impact exercises designed for older adults with slight mobility issues. Experience all of the fun, zesty Latin music and easy-to-follow routines of traditional Zumba®! Suitable for all fitness levels.

55yrs+	Apr 02-Jun 25	Tu	1:00pm-2:00pm	\$85.80/13 sess	reg # 291236
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Martial Arts

Health Qigong

QIGONG FOR HEALTH - INTERMEDIATE - 55+

Continue to build on this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation. Instructed by a certified Qigong instructor. Pre-requisite: Previous Qigong experience.

55yrs+	Apr 05-Jun 07	F	1:30pm-2:30pm	\$63.00/10 sess	reg # 294098
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Health and Wellness

Workshops

JUST FOR YOU - HEALTH TALK WORKSHOP - 55+

Support healthy aging with community connection, relevant presentations by healthcare providers and practical information designed specifically for seniors. Registration required.

55yrs+	Apr 17-Jun 19	W	10:30am-12:00pm	FREE/3 sess	reg # 294222
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Languages

French

FRENCH FOR TRAVELLERS - BEGINNER - 55+

Gain basic conversational skills and phrases for a more interesting cultural experience while traveling.

55yrs+	Apr 11-May 30	Th	10:30am-12:00pm	\$76.10/8 sess	reg # 294106
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Out Trips and Tours

April

HIGH TEA AT THE DICKENS SWEETS AND BRITISH MUSEUM TRIP - 55+

Explore over 10,000 square feet of this Chilliwack destination that features all things British including a grocery store, museum, bakery and sweet shop. Transportation and high tea included.

55yrs+	Apr 18	Th	9:45am-3:45pm	\$66.20/1 sess	reg # 298118
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May

PARK ROYAL SHOPPING TRIP - 55+

Shop, shop and shop some more at this established West Vancouver mall with indoor and outdoor options. This trip includes a stop for lunch. Price includes transportation only.

55yrs+	May 23	Th	9:15am-3:15pm	\$37.00/1 sess	reg # 298125
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June

BIRDING AT CAMPBELL VALLEY PARK TRIP - 55+

Explore this fascinating Langley bird and other wildlife habitat led by an experienced guide. Wear comfortable walking shoes. Bring a lunch. Transportation and tour included. No refunds within 7 days of trip.

55yrs+	Jun 11	Tu	9:15am-3:15pm	\$52.50/1 sess	reg # 299712
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YOUTH FACILITY PASSES (13-18YRS)

Youth Facility Pass 1: FREE (includes the following drop-in activities from Sept to June) :

Monday-Friday	Lunch Time Facility Access	12:50pm-1:35pm
Fridays	Friday Night Hangout	8:00pm-11:15pm

Youth Facility Pass 2: \$7.00/year (includes Youth Facility Pass 1, plus):

Monday-Friday	Afternoon Fitness*	3:00pm-5:00pm
Fridays	Friday Night Basketball	8:00pm-11:15pm
Fridays	Friday Night Volleyball	8:15pm-10:15pm
Fridays	Friday Night Girls Only Volleyball	6:15pm-8:15pm

*For afternoon fitness, youth must submit a signed parental consent form, a PARQ form, and completion of a Youth Orientation Session.

Please note, the Youth Facility Pass also includes:

Activity Room Equipment Rentals - Pool, Foosball, Playstation 4, Nintendo Switch and Table Top Games.
Equipment loans - Soccer ball, Basketballs Volleyball, Spikeball Set, and Phone Charger Rental

55+YRS FACILITY PASS

Cost: \$16.00/Year

The West Richmond Seniors Facility Pass provides access to the following drop-in activities:

Sundays	Chinese Folk Dancing	1:00pm-3:00pm
Mondays	French Conversation Group	10:30am-12:00pm
Tuesdays	Chinese Folk Dancing	9:45am-10:45am
Tuesdays	Seniors Social	10:00am-11:00am
Tuesdays	English Conversation Group	11:00am-12:30pm
Tuesdays	Spanish Conversation Group Online - Intermediate	1:45pm-3:00pm
Tuesdays	Scottish Country Dancing	2:15pm-3:45pm
Tuesdays	Mandarin Dance and Social	
Wednesdays	Ukulele Circle	6:30pm-8:00pm

Have questions? Please contact Karen Chiu at 604-238-8431.
To purchase your Annual Facility Pass, please visit the front desk.

Drop-In & Pre-registered Fitness Classes (Spring 2024)

MON	TUES	WEDS	THURS	FRI	SAT	SUN
Cycle Fit 8:30-9:15 AM Sabine	Cycle Fit 8:15-9:00 AM Richard	Cycle Fit 8:30-9:15 AM Sabine	Cycle Fit 8:15-9:00 AM Sabine	Cycle Fit 8:30-9:15 AM Sabine		
Cardio Strength* 9:30-10:30 AM Olga	Body Sculpt* 9:15-10:30 AM Sabine	Tabata* 9:30-10:30 AM Olga	Total Body Conditioning* 9:30-10:30 AM Sabine		Step 9:15-10:15 AM Jackie	Cardio Combo 9:15-10:15 AM Brenda
	Hybrid - Low Impact 10:35-11:35 AM Sabine	Drop in Yoga - Hatha Style 10:45-11:45 AM Amy	Hybrid - Ease into Fitness 10:35-11:35 AM Gail			Cycle Fit 10:30-11:15 AM Richard/Alex
Hybrid Pure Strength 11:45-12:45 PM Sabine		Hybrid Pure Strength 55+ 12:00-1:00 PM Sabine		In-Person Pure Strength 55+ 12:00-1:00 PM Murray		
Drop-in Body Sculpt 6:00-7:00 PM Jackie	Cycle Fit 6:15-7:00 PM Alex		Cycle Fit 6:15-7:00 PM Alex	Drop-in Yoga - Hatha Style 7:10-8:10 PM Olga		

 ADULTS (19+YRS)

 55+YRS

Please note, all classes labelled "Hybrid" have both an in-person and online option.
Pre-registration required for classes not listed as drop-in

***INTERMEDIATE/ADVANCED CLASS**

Weekly In-Person and Online Classes: Unless specified as a drop-in class, pre-registration is required and opens for the following week every Monday at 6:00 AM. For in-person classes, register online at Richmond.ca/register and under "Registered Visits" select West Richmond Community Centre. For online classes, under the appropriate age group, select "Online-Programs".

Registered Classes: Registration is available starting Tuesday, February 20 at 9PM. Register online at Richmond.ca/register and under the appropriate age group, select "Fitness".

To register by phone, call the registration call centre at 604-276-4300, Mon-Fri, 8:30am-5:00pm.

TOTAL FITNESS PASSES

Total Fitness Pass	Youth 13-18yrs Senior 55+yrs	Adult 19+yrs
Drop-in	\$5.00	\$6.90
Yoga Drop-in	\$8.75	\$8.75
Visit Card	\$40.00/10	\$55.00/10
*1 Month	\$47.00	\$59.00
*3 Months	\$105.00	\$128.00
*6 Months	\$180.00	\$219.00
*1 Year	\$300.00	\$365.00
**Family Add-On	N/A	\$300.00

PERSONAL TRAINING

Total Fitness Pass	One on One	Train with a friend
1 session	\$61.85	\$92.85
3 sessions	\$176.35	\$264.60
5 sessions	\$278.50	\$417.80
10 sessions	\$526.05	\$789.20
10 sessions	\$278.50	(30 minutes)
20 sessions	\$526.05	(30 minutes)

*Monthly/yearly pass holders can attend drop-in fitness classes and fitness centres at other facilities by presenting their pass for an add-on fee of \$1 (Community Centres) and \$4.80 (Minoru Centre for Active Living and Watermania). Yoga classes are not included in this offer.

**For family members residing in the same residence. With the purchase of a 1 year Adult Total Fitness Pass, one additional adult may be added for the price listed above. Passes must be purchased at the same time and are non-transferable.



West Richmond Community Centre
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604-238-8400



@westrichmondcc



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