

# SOUTH ARM COMMUNITY CENTRE WINTER 2022 PROGRAMS



8880 WILLIAMS ROAD  
RICHMOND BC  
604-238-8060



Community Services

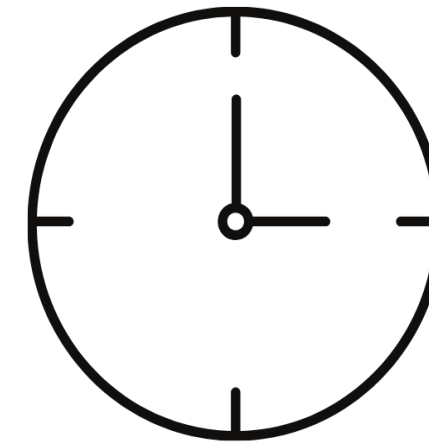
## GENERAL INFORMATION

### SOUTH ARM COMMUNITY ASSOCIATION

#### OUR MISSION:

South Arm Community Association aims to provide effective and enjoyable leisure opportunities for people so that they may grow and develop socially, emotionally, intellectually and physically.

We strive to create an inviting place where the community can come for information, to learn specific skills, to relax and to get into shape



#### WINTER FACILITY HOURS

Monday-Friday  
6:00AM-10:00PM

Saturday-Sunday  
7:30AM-9:00PM

### HOW TO REGISTER

- 1) IN-PERSON DURING FACILITY HOURS
- 2) REGISTRATION CALL CENTRE  
604-276-4300 MON-FRI 8:30AM-5:00PM
- 3) ONLINE AT [WWW.RICHMOND.CA/REGISTER](http://WWW.RICHMOND.CA/REGISTER)

FOR MORE INFORMATION, PLEASE VISIT OUR  
WEBSITE AT [WWW.RICHMOND.CA/SOUTHARM](http://WWW.RICHMOND.CA/SOUTHARM)

### CONNECT WITH US



South Arm Community  
Centre (SACC)



@SouthArmCC &  
@SouthArmCCYouth



@SouthArmCC



southarm@richmond.ca

## PRESCHOOL (0-5 YEARS)

### ARTS - DANCE

#### BALLET: PARENT AND TOT - PRESCHOOLERS

Jan 7-Feb 4	1:45-2:15pm	Fri	112126	2-3yrs	\$19.30/5 sess
Feb 11-Mar 11	1:45-2:15pm	Fri	112127	2-3yrs	\$19.30/5 sess

#### BALLET - PRESCHOOLERS

Jan 4-Feb 1	1:45-2:30pm	Tues	111673	3-4yrs	\$28.95/5 sess
Jan 4-Feb 1	2:45-3:30pm	Tues	111675	3-4yrs	\$28.95/5 sess
Jan 7-Feb 4	2:30-3:15pm	Fri	112128	5-6yrs	\$28.95/5 sess
Feb 8-Mar 8	1:45-2:30pm	Tues	111674	3-4yrs	\$28.95/5 sess
Feb 8-Mar 8	2:45-3:30pm	Tues	111676	3-4yrs	\$28.95/5 sess
Feb 11-Mar 11	2:30-3:15pm	Fri	112129	5-6yrs	\$28.95/5 sess

#### CREATIVE MOVEMENT - PARENT AND TOT

Jan 6-Feb 3	10:15-10:45am	Thurs	111677	2-3yrs	\$19.30/5 sess
Feb 10-Mar 10	10:15-10:45am	Thurs	111679	2-3yrs	\$11.60/3 sess

#### DANCE COMBO: PARENT AND TOT - PRESCHOOLERS

Jan 6-Feb 3	9:30-10:00am	Thurs	111672	2-3yrs	\$19.30/5 sess
Feb 10-Mar 10	9:30-10:00am	Thurs	111671	2-3yrs	\$11.60/3 sess

#### JAZZ DANCING AND HIP HOP - PRESCHOOLERS

Jan 7-Feb 4	1:00-1:30pm	Fri	112124	3-5yrs	\$19.30/5 sess
Feb 11-Mar 11	1:00-1:30pm	Fri	112125	3-5yrs	\$19.30/5 sess

### FITNESS

#### YOGA - PRESCHOOLERS

Jan 4-Feb 1	11:00-11:45am	Tues	111666	3-5yrs	\$31.30/5 sess
Feb 8-Mar 8	11:00-11:45am	Tues	111667	3-5yrs	\$31.30/5 sess

### GENERAL INTEREST

#### TIME FOR TWOS: SEASONAL - PRESCHOOLERS

Jan 10-Mar 7	9:00-11:00am	Mon	112638	2-3yrs	\$185.30/8 sess
Jan 11-Mar 8	9:00-11:00am	Tues	112640	2-3yrs	\$208.45/9 sess
Jan 12-Mar 9	9:00-11:00am	Wed	112644	2-3yrs	\$208.45/9 sess
Jan 13-Mar 10	9:00-11:00am	Thurs	112648	2-3yrs	\$208.45/9 sess
Jan 14-Mar 11	9:00-11:00am	Fri	112651	2-3yrs	\$208.45/9 sess

### SPORTS

#### SPORTBALL: OUTDOOR SOCCER - PARENT AND TOT - PRESCHOOLERS

Jan 16-Mar 13	9:30-10:15am	Sun	113905	2-3yrs	\$124.80/8 sess
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#### SPORTBALL: SOCCER - PRESCHOOLERS

Jan 16-Mar 13	10:15-11:15am	Sun	113906	3-5yrs	\$124.80/8 sess
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## CHILDREN (6 - 12 YEARS)

### ARTS - MUSIC

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

Jan 12-Mar 9	3:30-4:00pm	Wed	112466	5-18yrs	\$270.00/9 sess
Jan 12-Mar 9	4:05-4:35pm	Wed	112467	5-18yrs	\$270.00/9 sess
Jan 12-Mar 9	4:40-5:10pm	Wed	112471	5-18yrs	\$270.00/9 sess
Jan 12-Mar 9	5:15-5:45pm	Wed	112473	5-18yrs	\$270.00/9 sess
Jan 12-Mar 9	5:50-6:20pm	Wed	112476	5-18yrs	\$270.00/9 sess
Jan 12-Mar 9	6:25-6:55pm	Wed	112478	5-18yrs	\$270.00/9 sess
Jan 12-Mar 9	7:00-7:30pm	Wed	112480	5-18yrs	\$270.00/9 sess
Jan 14-Mar 11	3:30-4:00pm	Fri	112531	5-18yrs	\$270.00/9 sess
Jan 14-Mar 11	4:05-4:35pm	Fri	112533	5-18yrs	\$270.00/9 sess
Jan 14-Mar 11	4:40-5:10pm	Fri	112534	5-18yrs	\$270.00/9 sess
Jan 14-Mar 11	5:15-5:45pm	Fri	112536	5-18yrs	\$270.00/9 sess
Jan 14-Mar 11	5:50-6:20pm	Fri	112535	5-18yrs	\$270.00/9 sess
Jan 14-Mar 11	6:25-6:55pm	Fri	112538	5-18yrs	\$270.00/9 sess
Jan 14-Mar 11	7:00-7:30pm	Fri	112540	5-18yrs	\$270.00/9 sess

#### PIANO PRIVATE LESSONS - ALL AGES

Jan 11-Mar 8	3:30-4:00pm	Tues	112418	5-18yrs	\$270.00/9 sess
Jan 11-Mar 8	4:05-4:35pm	Tues	112420	5-18yrs	\$270.00/9 sess
Jan 11-Mar 8	4:40-5:10pm	Tues	112421	5-18yrs	\$270.00/9 sess
Jan 11-Mar 8	5:15-5:45pm	Tues	112422	5-18yrs	\$270.00/9 sess
Jan 11-Mar 8	5:50-6:20pm	Tues	112423	5-18yrs	\$270.00/9 sess
Jan 11-Mar 8	6:25-6:55pm	Tues	112424	5-18yrs	\$270.00/9 sess
Jan 11-Mar 8	7:00-7:30pm	Tues	112425	5-18yrs	\$270.00/9 sess
Jan 13-Mar 10	3:30-4:00pm	Thurs	112427	5-18yrs	\$270.00/9 sess
Jan 13-Mar 10	4:05-4:35pm	Thurs	112429	5-18yrs	\$270.00/9 sess
Jan 13-Mar 10	4:40-5:10pm	Thurs	112430	5-18yrs	\$270.00/9 sess
Jan 13-Mar 10	5:15-5:45pm	Thurs	112431	5-18yrs	\$270.00/9 sess
Jan 13-Mar 10	5:50-6:20pm	Thurs	112432	5-18yrs	\$270.00/9 sess
Jan 13-Mar 10	6:25-6:55pm	Thurs	112434	5-18yrs	\$270.00/9 sess
Jan 13-Mar 10	7:00-7:30pm	Thurs	112435	5-18yrs	\$270.00/9 sess
Jan 15-Mar 5	3:30-4:00pm	Sat	112445	5-18yrs	\$210.00/7 sess
Jan 15-Mar 5	4:05-4:35pm	Sat	112447	5-18yrs	\$210.00/7 sess
Jan 15-Mar 5	4:40-5:10pm	Sat	112448	5-18yrs	\$210.00/7 sess
Jan 15-Mar 5	5:15-5:45pm	Sat	112449	5-18yrs	\$210.00/7 sess
Jan 15-Mar 5	5:50-6:20pm	Sat	112450	5-18yrs	\$210.00/7 sess
Jan 15-Mar 5	6:25-6:55pm	Sat	112451	5-18yrs	\$210.00/7 sess
Jan 15-Mar 5	7:00-7:30pm	Sat	112452	5-18yrs	\$210.00/7 sess

### ARTS - VISUAL

#### ACRYLIC PAINTING - CHILDREN

Feb 12-Mar 5	10:00-11:15am	Sat	112140	6-12yrs	\$28.95/3 sess
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## CHILDREN (6 - 12 YEARS)

### ARTS - VISUAL

#### ART JAM WITH A DISNEY ANIMATOR

Jan 8-Feb 5	11:45am-12:45pm	Sat	112135	4-6yrs	\$75.00/5 sess
Feb 12-Mar 5	11:45am-12:45pm	Sat	112136	4-6yrs	\$45.00/3 sess

#### CHARACTER DESIGN - CHILDREN

Jan 8-Feb 5	1:00-2:00pm	Sat	112147	7-10yrs	\$75.00/5 sess
Feb 12-Mar 5	1:00-2:00pm	Sat	112148	7-10yrs	\$45.00/3 sess

#### CRAFT COMBO - CHILDREN

Jan 4-Feb 1	3:45-5:00pm	Tues	111664	6-12yrs	\$48.25/5 sess
Jan 10-31	3:45-5:00pm	Mon	111656	6-12yrs	\$38.60/4 sess
Feb 8-Mar 8	3:45-5:00pm	Tues	111665	6-12yrs	\$48.25/5 sess
Feb 10-Mar 10	3:45-5:00pm	Thurs	111663	6-12yrs	\$48.25/5 sess

#### DRAWING AND PAINTING - CHILDREN

Jan 8-Feb 5	10:00-11:15am	Sat	112138	6-12yrs	\$48.25/5 sess
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#### VALENTINE'S DAY CARD WORKSHOP - CHILDREN

Feb 06	2:45-4:00pm	Sun	112149	6-12yrs	\$9.65/1 sess
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### FITNESS

#### YOGA - CHILDREN

Jan 6-Feb 3	3:45-4:45pm	Thurs	111669	6-12yrs	\$41.75/5 sess
Feb 10-Mar 10	3:45-4:45pm	Thurs	111670	6-12yrs	\$41.75/5 sess

### MARTIAL ARTS

#### TAEKWONDO - BEGINNER - CHILDREN

Jan 10-Mar 7	3:30-4:30pm	Mon	109891	6-17yrs	\$64.00/8 sess
Jan 10-Mar 7	4:40-5:40pm	Mon	111652	6-17yrs	\$64.00/8 sess
Jan 10-Mar 7	5:50-6:50pm	Mon	111653	6-17yrs	\$64.00/8 sess
Jan 14-Mar 11	5:50-6:50pm	Fri	111660	6-17yrs	\$72.00/9 sess
Jan 15-Mar 12	2:30-3:30pm	Sat	111661	6-17yrs	\$64.00/8 sess

#### TAEKWONDO - INTERMEDIATE - CHILDREN

Jan 10-Mar 7	7:00-8:00pm	Mon	111654	6-17yrs	\$64.00/8 sess
Jan 14-Mar 11	3:30-4:30pm	Fri	111655	6-17yrs	\$72.00/9 sess
Jan 14-Mar 11	4:40-5:40pm	Fri	111657	6-17yrs	\$72.00/9 sess
Jan 14-Mar 11	7:00-8:00pm	Fri	111658	6-17yrs	\$72.00/9 sess

### NATURE AND SCIENCE

#### WACKY SCIENCE - CHILDREN

Jan 6-Feb 3	3:45-5:00pm	Thurs	111662	6-12yrs	\$48.25/5 sess
Feb 7-Mar 7	3:45-5:00pm	Mon	111659	6-12yrs	\$38.60/4 sess

### RACQUET SPORTS

#### BADMINTON - INTERMEDIATE - CHILDREN

Jan 12-Mar 9	4:25-5:25pm	Wed	112500	9-12yrs	\$51.75/9 sess
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## CHILDREN (6 - 12 YEARS)

### SPORTS

#### BASKETBALL - CHILDREN

Jan 10-Mar 7	5:45-6:45pm	Mon	109725	8-10yrs	\$46.00/8 sess
Jan 10-Mar 7	7:00-8:00pm	Mon	109726	10-12yrs	\$46.00/8 sess

#### RYBL - JUMP BASKETBALL - GRADE 4/5

Jan 14-Mar 4	6:15-7:15pm	Fri	114332	8-10yrs	\$70.00/8 sess
Jan 20-Mar 10	6:15-7:15pm	Thurs	114333	8-10yrs	\$70.00/8 sess

#### RYBL - JUMP BASKETBALL - GRADE 6/7

Jan 14-Mar 4	7:30-8:30pm	Fri	114336	10-12yrs	\$70.00/8 sess
Jan 20-Mar 10	7:30-8:30pm	Thurs	114334	10-12yrs	\$70.00/8 sess

#### RYBL - BASKETBALL - SMALL BALL - GRADE K/1

Jan 24-Mar 7	6:15-7:00pm	Mon	114330	4-6yrs	\$55.00/6 sess
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#### RYBL - BASKETBALL - SMALL BALL - GRADE 2/3

Jan 24-Mar 7	7:15-8:00pm	Mon	114331	6-8yrs	\$55.00/6 sess
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#### SPORTBALL® SOCCER - CHILDREN

Jan 16-Mar 13	11:15am-12:15pm	Sun	113909	5-7yrs	\$124.80/8 sess
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## YOUTH (13-18 YEARS)

### CAMPS

#### DAYCAMP - ADVENTURE CAMP - YOUTH

Mar 22-24 10:00am-4:00pm Tues-Thurs 113028 11-16yrs \$142.90/3 sess

### FITNESS

#### FITNESS WORKSHOP - FITNESS SAMPLER - YOUTH

Jan 5 4:30-5:00pm Wed 108926 13-18yrs Free/1 sess

#### FITNESS WORKSHOP - SQUATS - YOUTH

Mar 2 4:30-5:00pm Wed 108931 13-18yrs Free/1 sess

#### FITNESS WORKSHOP - WEIGHT TRAINING - YOUTH

Feb 2 3:30-4:00pm Wed 108928 13-18yrs Free/1 sess

#### GROUP WEIGHT TRAINING - YOUTH

Jan 8-29 10:45-11:45am Sat 108827 13-18yrs \$45.35/4 sess

Feb 5-Mar 5 10:45-11:45am Sat 108829 13-18yrs \$45.35/4 sess

#### KICK BOXING DRILLS AND SKILLS: GIRLS ONLY - YOUTH

Jan 5-Mar 9 3:30-4:15pm Wed 108785 13-18yrs \$76.50/10 sess

#### KICK BOXING DRILLS AND SKILLS - YOUTH

Jan 8-Mar 12 11:45am-12:30pm Sat 108787 13-18yrs \$68.85/9 sess

#### KICK BOXING DRILLS AND SKILLS - GIRLS ONLY - LEVEL 2 - YOUTH

Jan 8-Mar 12 12:45-1:30pm Sat 114799 13-18yrs \$68.85/9 sess

### GENERAL INTEREST

#### FINANCIAL LITERARY SERIES - YOUTH

Jan 13-Feb 3 4:30-5:30pm Thurs 113018 13-18 Free/4 sess

#### INTRO TO LEADERSHIP - YOUTH

Jan 11-Mar 8 3:45-4:45pm Tues 113016 13-18yrs Free/9 sess

#### LEADERSHIP CAMP - YOUTH

Mar 15-17 11:00am-2:00pm Tues-Thurs 113019 13-18yrs \$36.90/3 sess

#### RESUME AND INTERVIEW SKILL BUILDING - YOUTH

Jan 12-26 4:30-5:30pm Wed 113011 13-18yrs Free/3 sess

### RACQUET SPORTS

#### BADMINTON: INTERMEDIATE - YOUTH

Jan 12-Mar 9 3:15-4:15pm Wed 112501 13-18yrs \$51.75/9 sess

Jan 12-Mar 9 5:35-6:35pm Wed 112502 13-18yrs \$51.75/9 sess

### SPORTS

#### BASKETBALL DEVELOPMENT SKILLS - YOUTH

Jan 8-29 9:30-10:30am Sat 113029 13-18yrs \$23.00/4 sess

Feb 5-Mar 5 9:30-10:30am Sat 113030 13-18yrs \$23.00/4 sess

#### VOLLEYBALL SKILLS - YOUTH

Jan 8-29 11:00am-12:00pm Sat 113031 13-18yrs \$23.00/4 sess

Feb 5-Mar 5 11:00am-12:00pm Sat 113032 13-18yrs \$23.00/4 sess



**SOUTH ARM COMMUNITY CENTRE**

# YOUTH OPEN GYM

**MONDAYS 3:00-4:00PM**

**FRIDAYS 3:00-4:00PM**

**FRIDAY NIGHT HANGOUT 5:30-11:30PM**

**FREE FOR YOUTH WITH YOUTH FACILITY PASS**

## YOUTH GAMESROOM HOURS

**MONDAYS 12:00-1:45PM 3:00-5:00PM**

**TUESDAYS 12:00-1:45PM 3:00-5:00PM**

**WEDNESDAYS 12:00-1:45PM 3:00-5:00PM**

**THURSDAYS 12:00-1:45PM 3:00-4:30PM**

**FRIDAYS 12:00-1:45PM 3:00-10:00PM**

During the above times, the Games Room will be open exclusively to youth (ages 13-18)

**(SIGN UP FOR A FREE YOUTH FACILITY PASS AT SOUTH ARM COMMUNITY CENTRE)**






# South Arm Community Centre

## WINTER 2022 DROP-IN FITNESS

- Drop-in group fitness classes
- Drop-in fitness centre
- Registered single Cycle Fit classes

South Arm Fitness also offers a wide variety of registered fitness programs for Youth, Adults and 55+, ask us for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	▲ Cycle Fit 6:15 - 7:00am Shani	▲ Boot Camp 6:15 - 7:00am Shani	▲ Cycle Fit 6:15 - 7:00am Shani			
■ Dance Fit 9:15 - 10:15am Gloria	▲ H.I.I.T 9:00 - 10:00am Connie	■ Dance Fit 9:15 - 10:15am Gloria	■ Step 9:00 - 10:00am Haley	▲ H.I.I.T. 9:00 - 10:00am Connie	● Yoga 9:00 - 10:00am Sylvia	■ Step 9:00 - 10:00am Haley
	■ Kardio Kick Box Interval 10:15 - 11:15am Charlaine	● Fit & Functional 10:30 - 11:15am Robin	■ Kardio Kick Box Interval 10:15 - 11:15am Charlaine	● Yoga 10:15 - 11:15am Kelly	■ Stretch & Strength 10:15 - 11:15am Cara	▲ Tabata 10:15 - 11:15am Charlaine
● Yoga 12:00 - 1:00pm Janice/Elle	● Yoga 12:00 - 1:00pm Lynn	● Yoga 12:00 - 1:00pm Judy	● Yoga 12:00 - 1:00pm Janice	■ Core & Strength 12:00 - 1:00pm Charlaine	■ Total Body Conditioning Circuit 11:30 - 12:30pm Nyla	● Yoga 11:30 - 12:30pm Connie
■ Step & Strength 5:00 - 6:00pm Jeremy			■ Step & Strength 5:00 - 6:00pm Jeremy/Cara	■ Dance Fit 5:00 - 6:00pm Joanne		
▲ Cycle Fit 6:15 - 7:00pm Shani			▲ Cycle Fit 6:15 - 7:00pm Soyba/TBA			
■ Total Body Conditioning 6:15 - 7:15pm Diane	■ Stretch & Strength 6:15 - 7:15pm Raymond	▲ Tabata 6:15 - 7:15pm Connie	■ Stretch & Strength 6:15 - 7:15pm Nyla			
● Yoga 7:30 - 8:30pm Connie/Janice		● Yoga 7:30 - 8:30pm Connie				

### DROP-IN FITNESS CENTRE & GROUP FITNESS SCHEDULE

Winter 2022: January 3<sup>rd</sup> – March 27<sup>th</sup>, 2022

\*Schedule is subject to change and cancellations without notice

FITNESS CENTRE HOURS:
Monday – Friday: 6:00am – 10:00pm Saturday & Sunday: 7:30am – 9:00pm
SOUTH ARM DROP-IN SCHEDULE
● Low Intensity ■ Moderate Intensity ▲ High Intensity
CYCLE FIT CLASSES:
Registration is required for all single session (drop-in) Cycle Fit classes. Registration opens on the Monday at 12:00pm one week prior.
TO REGISTER:
Registration Call Centre: 604-276-4300 <a href="http://www.richmond.ca/register">www.richmond.ca/register</a>

## WELCOME TO SOUTH ARM FITNESS

Winter 2022 Schedule: January 3<sup>rd</sup> – March 27<sup>th</sup>, 2022

### FITNESS DROP-IN

Adult	\$6.45
Youth / 55+	\$4.60
Yoga	\$8.75
Multisession Fitness Programs	Visit <a href="http://www.richmond.ca/register">www.richmond.ca/register</a> or call 604-238-8060

### FITNESS PASSES

Adult - 1 Month	\$55.00
Adult - 3 Month	\$120.00
Adult - 6 Month	\$205.00
Adult - 1 Year	\$344.00
Youth / 55+ - 1 Month	\$43.00
Youth / 55+ - 3 Month	\$97.00
Youth / 55+ - 6 Month	\$166.00
Youth / 55+ - 1 Year	\$276.00
Family Add On - 1 Year*	\$277.00

\*Family add on must be purchased at the same time as the primary pass holder and reside in the same household.

### FITNESS VISIT CARDS

Adult – 10 visits	\$52.00
Youth / 55+ - 10 visits	\$37.00

\*Fitness visit cards are not valid for drop-in yoga classes

### PERSONAL TRAINING FEES

Individual - 1 hour, 3 hours, 5 hours or 10 hours packages available	Information upon request at Fitness Reception or Front Desk
Group - 1 hour, 3 hours, 5 hours or 10 hours packages available	Information upon request at Fitness Reception or Front Desk

### FOR THE SAFETY & ENJOYMENT OF ALL PARTICIPANTS:

- Drop-in fitness classes are available on a first come, first serve basis and are included with a Fitness Centre Drop-in, visit card\* or pass. \*Yoga is not included with a visit pass. Registered multisession group fitness classes are available on a seasonal basis with a separate fee. Admittance is not permitted to a group fitness class 5 minutes past the class start time.
- Pre-registration is required for all Cycle Fit single session classes. Registration opens on the Monday at 12:00pm one week prior.
- All patrons must follow the Fitness Etiquette posted in the facility.
- Youth 13-15 years old are required to complete a Youth Fitness Centre Orientation prior to attending. Youth orientations can be booked by calling the Fitness Reception 604-238-8488.
- Youth 13-18 years old are required to submit a completed Informed Consent and Permission Form for Youth Fitness Centre Access prior to attending the Fitness Centre.



South Arm Community Centre  
8880 Williams Road  
604-238-8060



## ADULTS (18+ YEARS)

### ARTS - MUSIC

#### GIUITAR OR UKULELE PRIVATE LESSONS - ADULTS

Jan 12-Mar 9	6:25-6:55pm	Wed	113523	18+ yrs	\$270.00/9 sess
Jan 12-Mar 9	7:00-7:30pm	Wed	113524	18+ yrs	\$270.00/9 sess
Jan 14-Mar 10	6:25-6:55pm	Fri	113525	18+ yrs	\$270.00/9 sess
Jan 14-Mar 10	7:00-7:30pm	Fri	113526	18+ yrs	\$270.00/9 sess

#### PIANO PRIVATE LESSONS - ADULTS

Jan 11-Mar 8	6:25-6:55pm	Tues	112676	18+ yrs	\$270.00/9 sess
Jan 11-Mar 8	7:00-7:30pm	Tues	112682	18+ yrs	\$270.00/9 sess
Jan 13-Mar 10	6:25-6:55pm	Thurs	112684	18+ yrs	\$270.00/9 sess
Jan 13-Mar 10	7:00-7:30pm	Thurs	112686	18+ yrs	\$270.00/9 sess

#### TAIKO DRUMMING - LEVEL 1 - ADULTS

Jan 10-Mar 7	6:00-7:00pm	Mon	112379	18+ yrs	\$61.75/8 sess
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#### TAIKO DRUMMING - LEVEL 2 - ADULTS

Jan 10-Mar 7	7:15-8:15pm	Mon	112381	18+ yrs	\$61.75/8 sess
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### ARTS - VISUAL

#### PAINT NIGHT - ADULTS

Jan 19	6:30-8:00pm	Sat	112168	18+ yrs	\$11.60/1 sess
Feb 22	6:30-8:00pm	Sat	112171	18+ yrs	\$11.60/1 sess

### FITNESS

#### ADAPTED FITNESS - ADULTS

Jan 6-Mar 10	1:30-2:30pm	Thurs	108789	18+ yrs	\$47.50/10 sess
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#### CYCLE AND YOGA - ADULTS

Jan 5-Mar 9	9:30-10:30am	Wed	108702	16+ yrs	\$76.50/10 sess
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#### CYCLE H.I.I.T BOOT CAMP - ADULTS

Jan 8-Mar 12	8:15-9:15am	Sat	108783	16+ yrs	\$68.85/9 sess
Jan 8-Mar 12	9:30-10:30am	Sat	108784	16+ yrs	\$68.85/9 sess

#### PILATES - ADULTS

Jan 4-Mar 8	5:00-6:00pm	Tues	108616	16+ yrs	\$83.50/10 sess
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#### POUND - ADULTS

Jan 6-Mar 10	5:30-6:30pm	Thurs	108705	16+ yrs	\$68.85/9 sess
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#### SUSPENSION TRAINING WITH TRX - ADULTS

Jan 7-Feb 4	11:30am-12:30pm	Fri	108795	16+ yrs	\$56.70/5 sess
Feb 11-Mar 11	11:30am-12:30pm	Fri	108798	16+ yrs	\$56.70/5 sess

#### WEIGHT TRAIN SMARTER - ADULTS

Jan 6-27	10:00-11:00am	Thurs	109287	16+ yrs	\$45.35/4 sess
Feb 3-24	10:00-11:00am	Thurs	109288	16+ yrs	\$45.35/4 sess
Jan 7-28	3:00-4:00pm	Fri	108940	16+ yrs	\$45.35/4 sess
Feb 4-25	3:00-4:00pm	Fri	108942	16+ yrs	\$45.35/4 sess
Jan 8-29	3:00-4:00pm	Sat	108943	16+ yrs	\$45.35/4 sess
Feb 5-Mar 5	3:00-4:00pm	Sat	108945	16+ yrs	\$45.35/4 sess

## ADULTS (18+ YEARS)

### FITNESS

#### YOGA - HATHA STYLES - GENTLE - ADULTS

Jan 4-Mar 8	7:15-8:15pm	Tues	108619	16+ yrs	\$83.50/10 sess
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#### YOGA - IYENGAR - ADULTS

Jan 4-Mar 8	9:00-10:30am	Tues	108645	16+ yrs	\$125.25/10 sess
Jan 5-Mar 9	6:30-8:00pm	Wed	108646	16+ yrs	\$125.25/10 sess

#### ZUMBA® - ADULTS

Jan 5-Mar 9	5:15-6:15pm	Wed	108682	16+ yrs	\$76.50/10 sess
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#### ZUMBA® TONING - ADULTS

Jan 6-Mar 10	7:15-8:15pm	Thurs	108775	16+ yrs	\$76.50/10 sess
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### SPORTS

#### BASKETBALL - ADULTS

Jan 10-Mar 28	8:15-9:45pm	Mon	109728	16+ yrs	\$63.25/11 sess
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#### VOLLEYBALL - ADULTS

Jan 5-Mar 30	7:45-9:45pm	Wed	109727	16+ yrs	\$74.75/13 sess
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## SENIORS (55+ YEARS)

### ARTS - DANCE

#### CHEER DANCE FOR BEGINNERS - 55+

Jan 13	1:30-2:30pm	Thurs	114693	55+ yrs	Free/1 sess
Jan 20-Mar 10	1:30-2:30pm	Thurs	114597	55+ yrs	\$46.00/8 sess

#### LINE DANCING - BEGINNER - 55+

Jan 10-Mar 7	1:00-2:00pm	Mon	110531	55+ yrs	\$46.00/8 sess
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### ARTS - MUSIC

#### TAIKO DRUMMING - LEVEL 1 - 55+

Jan 10-Mar 7	6:00-7:00pm	Mon	111808	55+ yrs	\$46.00/8 sess
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#### TAIKO DRUMMING - LEVEL 2 - 55+

Jan 10-Mar 7	7:15-8:15pm	Mon	111827	55+ yrs	\$46.00/8 sess
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### ARTS - VISUAL

#### ACRYLIC PAINTING SERIES - WINTER LANDSCAPES - 55+

Jan 11-25	1:00-2:30pm	Tues	112976	55+ yrs	\$25.90/3 sess
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#### ACRYLIC PAINTING SERIES - CATS AND DOGS - 55+

Feb 1-15	1:00-2:30pm	Tues	112972	55+ yrs	\$25.90/3 sess
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#### ACRYLIC PAINTING SERIES - SPRING FLOWERS - 55+

Feb 22-Mar 8	1:00-2:30pm	Tues	112975	55+ yrs	\$25.90/3 sess
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#### CHINESE BRUSH PAINTING - 55+

Jan 13	10:00-11:30am	Thurs	111798	55+ yrs	Free/1 sess
Jan 27-Mar 10	10:00-11:30am	Thurs	111787	55+ yrs	\$60.40/7 sess

### COMPUTERS, TECHNOLOGY AND SOCIAL MEDIA

#### SMARTPHONES, TABLETS AND LAPTOPS: LEARN FROM A YOUTH

Jan 20	3:30-4:00pm	Thurs	112867	55+ yrs	Free/1 sess
Jan 20	4:00-4:30pm	Thurs	112868	55+ yrs	Free/1 sess
Jan 20	4:30-5:00pm	Thurs	112869	55+ yrs	Free/1 sess
Feb 3	3:30-4:00pm	Thurs	112870	55+ yrs	Free/1 sess
Feb 3	4:00-4:30pm	Thurs	112872	55+ yrs	Free/1 sess
Feb 3	4:30-5:00pm	Thurs	112874	55+ yrs	Free/1 sess
Feb 17	3:30-4:00pm	Thurs	112876	55+ yrs	Free/1 sess
Feb 17	4:00-4:30pm	Thurs	112877	55+ yrs	Free/1 sess
Feb 17	4:30-5:00pm	Thurs	112878	55+ yrs	Free/1 sess
Mar 3	3:30-4:00pm	Thurs	112879	55+ yrs	Free/1 sess
Mar 3	4:00-4:30pm	Thurs	112880	55+ yrs	Free/1 sess
Mar 3	4:30-5:00pm	Thurs	112881	55+ yrs	Free/1 sess

### FITNESS

#### BETTER BACKS AND BALANCE: BEGINNER - 55+

Jan 5-Mar 9	10:30-11:30am	Wed	108692	55+ yrs	\$59.40/10 sess
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#### MINDS IN MOTION - 55+

Jan 11-Mar 8	1:30-3:30pm	Tues	112912	55+ yrs	\$50.85/9 sess
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## SENIORS (55+ YEARS)

### FITNESS

#### MODERATE INTENSITY INTERVAL TRAINING (M.I.I.T) - 55+

Jan 3-Mar 7	10:30-11:15am	Mon	108603	55+ yrs	\$53.45/9 sess
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#### ZUMBA® GOLD - 55+

Jan 7-Mar 11	10:30-11:30am	Fri	108780	55+ yrs	\$59.40/10 sess
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### GENERAL INTEREST

#### FRAUDS AND SCAMS WORKSHOP (CANTONESE) - 55+

Mar 25	11:00am-12:00pm	Fri	110867	55+ yrs	Free/1 sess
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#### NAVIGATING SENIORS SERVICES WORKSHOP - 55+

Feb 2	11:00am-12:00pm	Wed	112377	55+ yrs	Free/1 sess
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### HEALTH AND WELLNESS

#### CHRONIC KIDNEY DISEASE PRESENTATION - 55+

Jan 19	11:15am-12:15pm	Wed	112385	55+ yrs	Free/1 sess
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#### LYMPHATICS - THE OVERLOOKED SYSTEM - 55+

Feb 17	11:00am-12:00pm	Thurs	109461	55+ yrs	Free/1 sess
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#### PRE-DIABETES WORKSHOP - 55+

Mar 16	11:15am-12:15pm	Wed	112395	55+ yrs	Free/1 sess
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### ONLINE - PROGRAMS

#### MEDITATION MADE EASY - 55+

Jan 13-Feb 10	1:30-2:30pm	Thurs	111839	55+yrs	\$25.00/5 sess
Feb 17-Mar 10	1:30-2:30pm	Thurs	111840	55+yrs	\$20.00/4 sess

#### ONLINE - HEALTHY AGING - FALLS PREVENTION PRESENTATION - 55+

Jan 18	10:15-11:15am	Tues	116179	55+yrs	Free/1 sess
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### OUT TRIPS AND TOURS

#### CLANCY'S TEA COSY LUNCH TRIP - 55+

Feb 18	11:00am-2:30pm	Fri	111378	55+yrs	\$16/1 sess
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#### OWL SANCTUARY TRIP - 55+

Mar 19	10:30am-1:00pm	Sat	111380	55+yrs	\$23.50/1 sess
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#### VANCOUVER POLICE MUSEUM TOUR - 55+

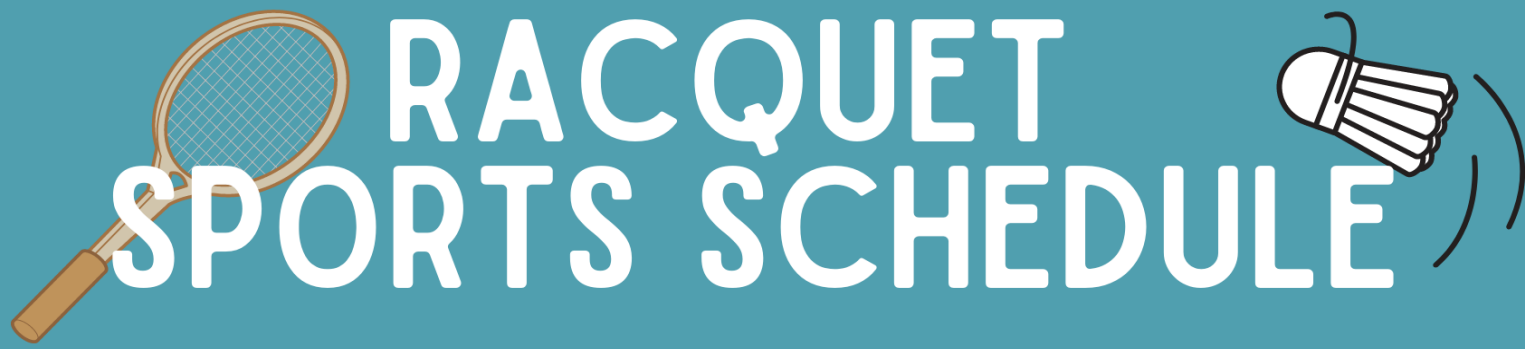
Jan 28	10:30am-1:00pm	Fri	113589	55+yrs	\$29.00/1 sess
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### RACQUET SPORTS

#### PICKLEBALL - LEVEL 1 - 55+

Jan 11-Mar 8	10:30am-12:00pm	Tues	112847	55+yrs	\$74.25/9 sess
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# RACQUET SPORTS SCHEDULE



**BADMINTON  
DROP IN - 55+**

**55+YRS  
MONDAYS/FRIDAYS  
9:30AM-12:00PM  
\$4.50/SESS**

**BADMINTON  
DROP IN - 18+**

**18+YRS  
THURSDAYS  
7:15-9:15PM  
\$5.50/SESS**

**PICKLEBALL  
DROP IN - 18+**

**18+YRS:  
MONDAYS  
12:15-2:30PM  
\$5.50/SESS**

**TABLE TENNIS  
TABLE RENTALS**

**ALL AGES  
SATURDAYS/SUNDAYS  
8:00-11:45AM  
\$6.50/45 MIN**

**BADMINTON  
COURT RENTALS**

**ALL AGES  
SATURDAYS/SUNDAYS  
4:30-8:15PM  
\$10.25/45 MIN**

**RACQUETBALL  
COURT RENTALS**

**MONDAY-FRIDAY  
6:30AM-5:00PM - \$6.50/45 MIN  
5:00PM-8:45PM - \$10.55/45 MIN  
SATURDAY/SUNDAY  
7:30AM-8:00PM - \$6.50/45 MIN**



**DROP-IN PROGRAMS - DROP-IN UP TO 30 MINUTES BEFORE PROGRAM BEGINS**

**TABLE TENNIS/BADMINTON RENTALS - REGISTER ONLINE AT [WWW.RICHMOND.CA/REGISTER](http://WWW.RICHMOND.CA/REGISTER) OR CALL 604-276-4300 (MONDAY-FRIDAY 8:30AM-5:00PM) OR IN-PERSON DURING FACILITY HOURS.**

**RACQUETBALL/SQUASH/WALLEYBALL - REGISTER IN-PERSON DURING FACILITY HOURS OR CALL 604-238-8060**

**SQUASH  
COURT RENTALS**

**TUESDAY & FRIDAY  
6:30AM-5:00PM - \$6.50/45 MIN  
5:00PM-8:45PM - \$10.55/45 MIN  
SATURDAY/SUNDAY  
7:30AM-8:00PM - \$6.50/45 MIN**

**SOUTH ARM COMMUNITY CENTRE  
8880 WILLIAMS ROAD  
604-238-8060**



## REFUND POLICY

### **Seasonal/Registered Classes**

- If notice is given PRIOR to the beginning of the third session, a refund (less classes taken) will be provided
- If notice is given AFTER the beginning of the third session, NO refund will be given,

### **Short Programs (1 week or less), Camps, Workshops, Out Trips, Special Events**

- If LESS THAN A WEEK's notice, 50% of the fee will be refunded
- If notice is given ON or AFTER the start date, NO refund will be given
- Transfers will be allowed within 72 hours notice prior to start date

### **Private/Semi Private Lessons**

- If notice is given 72 hours PRIOR to the start of the course, a full refund will be given.
- If request is received less than 72 hours prior to the start of the course, no refund will be given

## FITNESS PASS TERMS AND CONDITIONS

- Pass or visit card must be presented to staff at each visit.
- The pass is for your exclusive use only and is not transferable
- Sharing visits on a visit card is allowed - if pass holder is present
- Facilities may close for maintenance and/or holidays during the term of your pass
- Facility hours are subject to change
- Classes are subject to cancellation and/or change
- A refund will only be considered if a PERMANENT disability occurs, or if a client moves outside of the Richmond area. Proof may be required.
- A pass extension will only be considered for medical reasons for periods of more than two (2) weeks when a medical note is provided.
- Annual fitness pass holders will be permitted one (1) year vacation per year (during the effective dates of the pass). This extension must be requested prior to the start of the vacation, and will only be granted for periods of more than two (2) weeks, and no exceeding one calendar month.
- A \$2 fee applies to lost cards

## VOLUNTEER OPPORTUNITIES

- Visit [www.icanhelp.richmond.ca](http://www.icanhelp.richmond.ca)
- Click login/register
- Click volunteer as an individual
- Give your consent to register
- Fill out ALL fields on the form

