



SOUTH ARM COMMUNITY CENTRE

WINTER 2024 PROGRAMS

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 not exceeding one calendar month.
- A \$2 fee applies to lost cards.

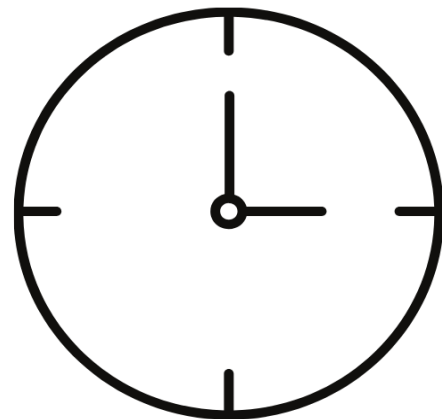
GENERAL INFORMATION

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

FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE AT WWW.RICHMOND.CA/SOUTHARM

CONNECT WITH US



South Arm Community Centre (SACC)



@SouthArmCC & @SouthArmCCYouth



@SouthArmCC



southarm@richmond.ca



RACQUET SPORTS SCHEDULE



BADMINTON
DROP IN - 55+

55+YRS
MONDAYS/FRIDAYS
9:30AM-12:00PM
\$4.95/SESS

BADMINTON
DROP IN - FAMILY

ALL AGES
THURSDAYS
7:30-9:30PM
\$3.30/SESS (0-18YRS)
\$6.00/SESS (19+YRS)
\$4.95/SESS (55+YRS)

PICKLEBALL
DROP IN - 18+

18+YRS
MONDAYS/THURSDAYS
12:30-2:45PM
\$6.00/SESS

TABLE TENNIS
TABLE RENTALS

ALL AGES
SATURDAYS/SUNDAYS
8:00-11:45AM
\$7.15/45 MIN

BADMINTON
COURT RENTALS

ALL AGES
SATURDAYS/SUNDAYS
4:30-8:30PM
\$11.25/45 MIN

RACQUETBALL
COURT RENTALS

MONDAY-FRIDAY
6:30AM-5:00PM - \$7.15/45 MIN
5:00PM-8:45PM - \$11.50/45 MIN
SATURDAY/SUNDAY
7:30AM-8:15PM - \$7.15/45 MIN



Table Tennis/Badminton Rentals

Register online at www.richmond.ca/register or by phone at 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 by phone at 604-238-8060

RACQUETBALL+ SQUASH COURT RENTALS

TUESDAY/FRIDAY
6:30AM-5:00PM - \$7.15/45 MIN
5:00PM-8:45PM - \$11.50/45 MIN
SATURDAY/SUNDAY
7:30AM-8:15PM - \$7.15/45 MIN



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



SOUTH ARM COMMUNITY CENTRE

CHILDREN'S PARTIES

Celebrate a child's special occasion with provided indoor and outdoor age-appropriate toys, games, craft activities and a variety of sports led by party leaders.

SATURDAYS
3:00-5:00PM

SUNDAYS
11:00AM-1:00PM
3:00-5:00PM

Register online at www.richmond.ca/register or by phone at 604-276-4300 or in-person during facility hours



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



PRESCHOOL (0-5 YEARS)

ARTS - DANCE

BALLET - PARENT AND TOT - PRESCHOOLERS

Jan 26-Feb 9	5:15-6:00pm	Fri	277843	2-3yrs	\$19.15/3 sess
Feb 16-Mar 15	5:15-6:00pm	Fri	277844	2-3yrs	\$19.15/3 sess

CREATIVE MOVEMENT - PARENT AND TOT - PRESCHOOLERS

Jan 19-Feb 9	1:00-1:45pm	Fri	277789	2-3yrs	\$25.50/4 sess
Feb 16-Mar 15	1:00-1:45pm	Fri	277790	2-3yrs	\$31.90/5 sess
Jan 24-Mar 13	2:00-2:45pm	Wed/Fri	277897	2-3yrs	\$44.65/7 sess

DANCE COMBO - PRESCHOOLERS

Jan 19-Feb 9	2:00-2:45pm	Fri	277786	3-5yrs	\$25.50/4 sess
Feb 16-Mar 15	2:00-2:45pm	Fri	277788	3-5yrs	\$31.90/5 sess
Mar 19-20	1:30-2:15pm	Tues/Wed	277833	3-5yrs	\$12.75/2 sess
Jan 24-Mar 13	3:00-3:45pm	Wed	277901	3-5yrs	\$44.65/7 sess

JAZZ DANCING - PRESCHOOLERS

Jan 8-Feb 5	3:15-4:00pm	Mon	277791	3-5yrs	\$31.90/5 sess
Feb 12-Mar 11	3:15-4:00pm	Mon	277792	3-5yrs	\$25.50/4 sess

ARTS - VISUAL

ART ADVENTURES - PRESCHOOLERS

Jan 8-Feb 5	9:45-10:30am	Mon	277776	3-5yrs	\$31.90/5 sess
Feb 12-Mar 11	9:45-10:30am	Mon	277777	3-5yrs	\$25.50/4 sess
Jan 10-Feb 7	11:00-11:45am	Wed	277781	3-5yrs	\$31.90/5 sess
Feb 14-Mar 13	11:00-11:45am	Wed	277782	3-5yrs	\$25.50/4 sess
Mar 26-28	9:00-9:45am	Tues/Thurs	277824	3-5yrs	\$12.75/2 sess

ART FOR TWOS - PARENT AND TOT - PRESCHOOLERS

Jan 10-Feb 7	9:45-10:30am	Wed	277783	2-3yrs	\$31.90/5 sess
Feb 14-Mar 13	9:45-10:30am	Wed	277784	2-3yrs	\$25.50/4 sess
Jan 14-Feb 4	9:00-9:45am	Sun	277802	2-3yrs	\$25.50/4 sess
Feb 11-Mar 10	9:00-9:45am	Sun	277803	2-3yrs	\$25.50/4 sess
Mar 25-27	9:00-9:45am	Mon/Wed	277822	2-3yrs	\$12.75/2 sess

ARTS - MUSIC

MUSIC - PARENT AND TOT - PRESCHOOLERS

Jan 22-Feb 5	2:30-3:00pm	Mon	277922	11mos-5yrs	\$12.75/3 sess
Feb 12-Mar 11	2:30-3:00pm	Mon	277923	11mos-5yrs	\$17/4 sess

ARTS - MUSIC

MUSICAL THEATRE - PRESCHOOLERS

Jan 26-Mar 15	3:00-3:45pm	Fri	277841	3-5yrs	\$51.05/8 sess
---------------	-------------	-----	--------	--------	----------------

SCHOOL

LET'S GET READY FOR PRESCHOOL - PRESCHOOLERS

Jan 24-Feb 14	9:00-10:15am	Wed	285248	2-3yrs	\$62.40/4 sess
Feb 21-Mar 13	9:00-10:15am	Wed	285525	2-3yrs	\$62.40/4 sess

PRESCHOOL (0-5 YEARS)

GENERAL INTEREST

EASTER EXTRAVAGANZA - PRESCHOOLERS

Mar 30	9:30-10:45am	Sat	278666	1-8yrs	\$11.25/1 sess
Mar 30	11:15am-12:30pm	Sun	278668	1-8yrs	\$11.25/1 sess

SUPERHERO SCHOOL - PRESCHOOLERS

Mar 19-21	1:00-2:00pm	Tues/Thurs	277935	3-5yrs	\$17/2 sess
-----------	-------------	------------	--------	--------	-------------

NATURE AND SCIENCE

FUN WITH DINOSAURS - PRESCHOOLERS

Mar 18-22	1:00-2:00pm	Mon-Wed	277930	3-5yrs	\$25.55/3 sess
-----------	-------------	---------	--------	--------	----------------

WACKY SCIENCE - PRESCHOOLERS

Jan 8-Feb 5	11:00-11:45am	Mon	277773	3-5yrs	\$31.90/5 sess
Feb 12-Mar 11	11:00-11:45am	Mon	277775	3-5yrs	\$25.50/4 sess

SPORTS

ADAPTED SPORT AND PLAY - PRESCHOOLERS

Jan 13-Mar 9	11:00-11:45am	Sat	279679	3-5yrs	\$38.05/8 sess
--------------	---------------	-----	--------	--------	----------------

SPORTBALL - SOCCER - PARENT AND TOT - PRESCHOOLERS

Jan 14-Mar 24	9:30-10:15am	Sun	277302	2-3yrs	\$156/10 sess
---------------	--------------	-----	--------	--------	---------------

SPORTBALL - SOCCER - PRESCHOOLERS

Jan 14-Mar 24	10:15-11:15am	Sun	277348	3-5yrs	\$156/10 sess
---------------	---------------	-----	--------	--------	---------------



Youth Friday Night Hangouts

FREE

Ages 13-18
Fridays 5:30-11:30pm

Open Gym Schedule:
6:00-9:30pm (Volleyball Only)
8:00-11:30pm (Basketball Only)

NO REGISTRATION NEEDED.
FREE DROP-IN WITH A YOUTH FACILITY PASS!

To register for your FREE Youth Facility Pass, please visit the South Arm Front Desk!





South Arm Community Centre

Winter 2024 FITNESS CENTRE

Personal Training

South Arm Community Centre Personal Training Rates*

	1 on 1	2-3 People
1 (1 hour) session	\$58.95	\$88.40
3 (1 hour) sessions	\$168.00	\$252.00
5 (1 hour) sessions	\$265.25	\$397.90
10 (1 hour) sessions	\$501.00	\$751.60
5 (30 min) sessions	\$140.00	N/A
10 (30 min) sessions	\$265.25	N/A
20 (30 min) sessions	\$501.00	N/A

Achieve fitness goals with an individualized plan from a Registered Personal Trainer at South Arm Community Centre. Information available upon request at South Arm fitness reception, front desk or www.richmond.ca/fitness/southarm.

Group rates are per person. Taxes included.



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



CHILDREN (6-12 YEARS)

ARTS - DANCE

JAZZ DANCING - CHILDREN

Jan 12-Feb 9	3:30-4:30pm	Fri	277737	6-9yrs	\$42.55/5 sess
Feb 16-Mar 15	3:30-4:30pm	Fri	277739	6-9yrs	\$42.55/5 sess
Mar 19-20	2:30-3:30pm	Tues/Wed	277830	6-9yrs	\$17/2 sess

JAZZ DANCING - PRETEENS

Jan 8-Feb 5	4:00-5:00pm	Mon	277740	9-12yrs	\$42.55/5 sess
Feb 12-Mar 11	4:00-5:00pm	Mon	277743	9-12yrs	\$42.55/5 sess

ARTS - MUSIC

GUITAR OR UKULELE PRIVATE LESSONS - ALL AGES

Lessons available in 30 minute timeslots from 2:55-8:45pm on Wednesdays and 3:30-7:30pm on Fridays

PIANO PRIVATE LESSONS - ALL AGES

Lessons available Tuesday and Thursday in 30 minute timeslots from 3:30-7:30pm and Saturdays from 9:30am-1:30pm

ARTS - PERFORMING

MUSICAL THEATRE - CHILDREN

Jan 12-Feb 9	4:45-5:45pm	Fri	277735	6-9yrs	\$42.55/5 sess
Feb 16-Mar 15	4:45-5:45pm	Fri	277736	6-9yrs	\$42.55/5 sess

CREATIVE DRAMA - CHILDREN

Jan 12-Feb 9	4:00-5:00pm	Fri	277837	8-12yrs	\$42.55/5 sess
Feb 16-Mar 15	4:00-5:00pm	Sat	277840	8-12yrs	\$25.55/3 sess

ARTS - VISUAL

ACRYLIC PAINTING - CHILDREN

Jan 14-Feb 4	3:45-4:45pm	Sun	277798	6-9yrs	\$34.05/4 sess
Feb 11-Mar 10	10:30-11:30am	Sun	277758	6-9yrs	\$34.05/4 sess
Feb 29-Mar 14	3:30-4:30pm	Thurs	277756	6-9yrs	\$25.55/3 sess
Mar 18-22	4:00-5:00pm	Mon-Fri	277819	6-9yrs	\$42.55/5 sess

ART JAM WITH A DISNEY ANIMATOR - CHILDREN

Jan 13-Feb 24	10:45-11:45am	Sat	280355	4-6yrs	\$108/6 sess
---------------	---------------	-----	--------	--------	--------------

ART MEETS NATURE - CHILDREN

Jan 14-Feb 4	11:45am-1:00pm	Sun	277760	6-12yrs	\$42.55/4 sess
Feb 11-Mar 10	11:45am-1:00pm	Mon	277761	6-12yrs	\$42.55/4 sess
Mar 25-28	4:00-5:15pm	Mon-Thurs	277826	6-12yrs	\$42.55/4 sess

ARTS - VISUAL

CHARACTER DESIGN - CHILDREN

Jan 13-Feb 24	12:00-1:00pm	Sat	280356	7-10yrs	\$108/6 sess
---------------	--------------	-----	--------	---------	--------------

CHILDREN (6 - 12 YEARS)

ARTS - VISUAL

CRAFT COMBO - CHILDREN

Jan 30-Feb 13	3:45-5:00pm	Tues	277746	6-12yrs	\$31.90/3 sess
Feb 27-Mar 12	3:45-5:00pm	Tues	277747	6-12yrs	\$31.90/3 sess
Feb 23-Mar 15	3:45 5:00pm	Fri	277800	6-12yrs	\$42.55/4 sess
Mar 25-28	10:30-11:45am	Mon-Thurs	277825	6-8yrs	\$42.55/4 sess

ILLUSTRATING ANIMALS - CHILDREN

Jan 24-Feb 14	3:45-5:00pm	Wed	273532	6-8yrs	\$42.55/4 sess
Jan 2-4	10:00-11:15am	Tues-Thurs	278226	6-8yrs	\$31.90/3 sess

ILLUSTRATING ANIMALS - PRETEENS

Jan 24-Feb 14	5:45-7:00pm	Wed	277797	9-12yrs	\$42.55/4 sess
Jan 2-4	12:00-1:15pm	Tues-Thurs	278228	9-12yrs	\$31.90/3 sess

DRAWING AND PAINTING - CHILDREN

Jan 11-Feb 8	3:30-4:30pm	Tues	277755	6-9yrs	\$42.55/5 sess
Jan 14-Feb 4	10:30-11:30am	Sun	277757	6-9yrs	\$34.05/4 sess
Mar 18-22	5:30-6:30pm	Mon-Fri	277820	6-9yrs	\$42.55/5 sess

TRY- IT NATURE JOURNALING - CHILDREN

Feb 28	5:30-6:30pm	Wed	278232	6-8yrs	Free/1 sess
--------	-------------	-----	--------	--------	-------------

D.I.Y (DO-IT-YOURSELF) PROJECTS - CHILDREN

Jan 14-Feb 4	1:30-2:45pm	Sun	277764	6-9yrs	\$42.55/4 sess
Feb 11-Mar 10	1:30-2:45pm	Sun	277765	6-9yrs	\$42.55/4 sess
Feb 28-Mar 13	3:45-5:00pm	Wed	277748	6-9yrs	\$31.90/3 sess
Mar 18-22	11:00am-12:15pm	Mon-Fri	277815	6-9yrs	\$53.20/5 sess

D.I.Y (DO-IT-YOURSELF) PROJECTS - PRETEENS

Jan 11-Feb 8	6:00-7:15pm	Thurs	277762	8-12yrs	\$53.15/5 sess
Feb 15-Mar 14	6:00-7:15pm	Thurs	277763	8-12yrs	\$53.15/5 sess
Mar 25-28	6:00-7:15pm	Mon-Thurs	277829	8-12yrs	\$42.50/4 sess

FITNESS

YOGA - CHILDREN

Jan 11-Feb 8	3:45-4:45pm	Thurs	280350	6-12yrs	\$48.15/5 sess
Feb 15-Mar 14	3:45-4:45pm	Thurs	280351	6-12yrs	\$48.15/5 sess

ZUMBA KIDS - CHILDREN

Jan 24-Mar 13	6:00-7:00pm	Wed	280353	7-12yrs	\$67.35/8 sess
---------------	-------------	-----	--------	---------	----------------

NATURE AND SCIENCE

SLIME-MAKING WORKSHOP - CHILDREN

Jan 10	3:45-4:45pm	Wed	277749	6-9yrs	\$8.50/1 sess
Jan 17	3:45-4:45pm	Thu	277752	6-9yrs	\$8.50/1 sess

WACKY SCIENCE - CHILDREN

Jan 9-23	3:00-4:15pm	Tues	277812	6-12yrs	\$31.90/3 sess
Mar 18-22	9:00-10:15am	Mon-Fri	277814	6-12yrs	\$50.70/5 sess
Jan 22-Mar 11	3:45-5:00pm	Mon	278242	6-12yrs	\$40.55/4 sess

SENIORS (55+ YEARS)

ARTS - DANCE

LINE DANCING - BEGINNER - 55+

Jan 17-Mar 13	3:30-4:30pm	Wed	279237	55+yrs	\$57.06/9 sess
---------------	-------------	-----	--------	--------	----------------

ARTS - MUSIC

TAIKO DRUMMING - LEVEL 1- 55+

Jan 8-Mar 11	5:00-6:00pm	Mon	276986	55+yrs	\$57.05/9 sess
--------------	-------------	-----	--------	--------	----------------

TAIKO DRUMMING - LEVEL 2 - 55+

Jan 8-Mar 11	6:00-7:00pm	Mon	276993	55+yrs	\$57.05/9 sess
--------------	-------------	-----	--------	--------	----------------

TAIKO DRUMMING - LEVEL 3 - 55+

Jan 8-Mar 11	7:00-8:00pm	Mon	277003	55+yrs	\$57.05/9 sess
--------------	-------------	-----	--------	--------	----------------

ARTS- VISUAL

CHINESE BRUSH PAINTING - INTERMEDIATE - 55+

Jan 13-Feb 17	10:00-11:00am	Sat	277125	55+yrs	\$48.90/6 sess
Feb 24-Mar 30	10:00-11:00am	Sat	277126	55+yrs	\$48.90/6 sess

PAINTING BASICS - 55+

Jan 30-Mar 5	10:30am-12:00pm	Tues	278172	55+yrs	\$57.05/6 sess
--------------	-----------------	------	--------	--------	----------------

SCRAPBOOKING BASICS WORKSHOP - 55+

Feb 1-Feb 15	10:00-11:30am	Thurs	278863	55+yrs	\$28.50/3 sess
Feb 22-Mar 12	10:00-11:30am	Thurs	279223	55+yrs	\$28.50/3 sess



SENIORS (55+ YEARS)

GENERAL INTEREST

"ELVIS PRESLEY" GREATEST HITS CONCERT - 55+

Jan 08 1:00-3:00pm Mon 277699 55+yrs \$11.25/1 sess

FLOWER ARRANGING WORKSHOP - 55+

Jan 12-Feb 2 6:00-7:00pm Fri 280180 55+yrs \$38.05/4 sess

Feb 16-Mar 8 6:00-7:00pm Fri 280181 55+yrs \$38.05/4 sess

FRAUDS AND SCAMS WORKSHOP - 55+

Jan 17 11:30am-12:30pm Wed 282098 55+yrs Free/ 1 sess

HEALTH AND WELLNESS

CRA BENEFITS AND CREDITS AVAILABLE FOR FAMILY CAREGIVERS WORKSHOP - 55+

Jan 10 10:00-11:00am Wed 283494 55+yrs Free/ 1 sess

BRAIN HEALTH AND DEMENTIA WORKSHOP - 55+

Jan 22 12:00-1:30pm Mon 276685 55+yrs Free/ 1 sess

HEART HEALTH PRESENTATION - 55+

Feb 26 12:00-1:30pm Mon 276911 55+yrs Free/ 1 sess

LYMPHATICS - THE OVERLOOKED SYSTEM - 55+

Mar 04 12:00-1:30pm Mon 276923 55+yrs Free/ 1 sess

OSTEOARTHRITIS SERIES - BEVERAGES AND HEALTH - 55+

Mar 13 11:00am- 12:30pm Wed 280152 55+yrs Free/ 1 sess

COMPUTERS AND TECHNOLOGY

SMART PHONES, TABLETS AND LAPTOPS - LEARN FROM A YOUTH - 55+

Meet one-on-one and receive help from a youth to learn about text messaging, apps taking photos and more. Personal device and registration for each class is required. Alternating Thursdays from 3:30-4pm or 4-4:30pm January 25th - March 7th



CHILDREN (6 - 12 YEARS)

MARTIAL ARTS

TAEKWONDO - BEGINNER - CHILDREN

Jan 22-Mar 11 3:30-4:30pm Mon 277411 6-12yrs \$63/7 sess

Jan 22-Mar 11 4:30-5:30pm Mon 277418 6-12yrs \$63/7 sess

Jan 22-Mar 12 5:30-6:30pm Mon 277423 6-12yrs \$63/7 sess

Jan 26-Mar 8 5:30-6:30pm Fri 277532 6-12yrs \$63/7 sess

Jan 27-Mar 9 2:30-3:30pm Sat 277562 6-12yrs \$63/7 sess

TAEKWONDO - INTERMEDIATE - CHILDREN

Jan 22-Mar 11 6:30-7:30pm Mon 277433 6-17yrs \$63/7 sess

Jan 26-Mar 8 3:30-4:30pm Fri 277443 6-17yrs \$63/7 sess

Jan 26-Mar 8 4:30-5:30pm Fri 277523 6-17yrs \$63/7 sess

Jan 26-Mar 8 6:30-7:30pm Fri 277546 6-17yrs \$63/7 sess

RACQUET SPORTS

BADMINTON - INTERMEDIATE - PRETEENS

Jan 10-Mar 27 4:20-5:20pm Wed 278210 9-12yrs \$76.10/12 sess

SPORTS

BASKETBALL - CHILDREN

Jan 8-Mar 18 5:45-6:45pm Mon 278244 8-10yrs \$63.40/10 sess

BASKETBALL - PRETEENS

Jan 8-Mar 18 7:00-8:00pm Mon 278245 10-12yrs \$63.40/10 sess

SPORTS

INTRODUCTION TO GOLF - CHILDREN

Jan 16-Feb 6 3:15-4:00pm Tues 278357 6-8yrs \$25.35/4 sess

INTRODUCTION TO GOLF - PRETEENS

Jan 16-Feb 6 4:15-5:00pm Tues 278361 9-12yrs \$25.35/4 sess

SPORTBALL® SOCCER - CHILDREN

Jan 14-Mar 24 11:15am-12:15pm Sun 277352 5-7yrs \$156/10 sess

VOLLEYBALL - BEGINNER - PRETEENS

Jan 11-Mar 14 4:45-5:45pm Thurs 278241 9-12yrs \$63.40/10 sess

VOLLEYBALL - INTERMEDIATE - PRETEENS

Jan 11-Mar 14 5:45-6:45pm Thurs 278243 9-12yrs \$63.40/10 sess

General Interest

PRETEEN HANGOUT - PRETEENS

Jan 11-Feb 8 4:30-6:30pm Thurs 280331 9-13yrs \$16.50/5 sess

Feb 15-Mar 14 4:30-6:30pm Thurs 280332 9-13yrs \$16.50/5 sess

ADULTS (18+ YEARS)

FITNESS

ADAPTED FITNESS - ADULTS

Jan 18-Mar 14 1:30-2:30pm Thurs 280533 18+yrs \$49.25/9 sess

FULL BODY CIRCUIT WORKOUT - ADULTS

Jan 18-Mar 14 6:15-7:15pm Thurs 280542 16+yrs \$75.80/9 sess

GROUP WEIGHT TRAINING- INTERMEDIATE - ADULTS

Jan 18-Feb 8 10:00-11:00am Thurs 280568 16+yrs \$49.70/4 sess

Feb 22-Mar 14 10:00-11:00am Thurs 280572 16+yrs \$49.70/4 sess

POUND- ADULTS

Jan 30-Mar 19 5:30-6:30pm Tues 280138 16+yrs \$67.35/8 sess

PILATES - ADULTS

Jan 16-Mar 12 8:00-9:00am Tues 286504 16+yrs \$86.65/9 sess

Jan 16-Mar 12 5:30-6:30pm Tues 278403 16+yrs \$86.65/9 sess

Jan 19-Mar 15 6:15-7:15pm Fri 280527 16+yrs \$86.65/9 sess

TRX® PLUS - ADULTS

Jan 17-Feb 14 11:00am-12:00pm Wed 280563 16+yrs \$62.15/5 sess

Feb 21-Mar 20 11:00am-12:00pm Wed 280566 16+yrs \$62.15/5 sess

Jan 19-Feb 16 11:30am-12:30pm Fri 280579 16+yrs \$62.15/5 sess

Feb 23-Mar 22 11:30am-12:30pm Fri 280580 16+yrs \$62.15/5 sess

WEIGHT TRAIN SMARTER – ADULTS

Jan 16-Feb 6 10:00-11:00am Tues 280548 16+yrs \$49.70/4 sess

Feb 20-Mar 12 10:00-11:00am Tues 280550 16+yrs \$49.70/4 sess

WOMEN ON WEIGHTS - ADULTS

Jan 16-Mar 5 12:30-1:30pm Tues 280555 16+yrs \$99.45/8 sess

Jan 21-Mar 10 9:30-10:30am Sun 280601 16+yrs \$87/7 session

CYCLE AND STRENGTH- ADULTS

Jan 15-Mar 18 9:00-10:00am Mon 278360 16+yrs \$75.80/9 sess

Jan 12-Feb 9 5:00-6:00pm Fri 279630 16+yrs \$42.10/5 sess

Feb 16-Mar 15 5:00-6:00pm Fri 279631 16+yrs \$42.10/5 sess



SENIORS (55+ YEARS)

EVENTS AND SEASONAL PROGRAMS

CHINESE NEW YEAR SHOW - 55+

Feb 12 12:00-2:30pm Mon 277702 55+yrs \$11.25/1 sess

ST. PATRICK'S DAY LUNCH - 55+

Mar 18 12:30-2:00pm Mon 281853 55+yrs \$11.25/1 sess

OUT TRIPS AND TOURS

BEATY BIODIVERSITY MUSEUM AND LUNCH TRIP - 55+

Jan 23 9:00am-2:30pm Tues 278265 55+yrs \$34/1 sess

ROEDDE HOUSE MUSEUM TRIP - 55+

Jan 28 12:00-3:30pm Sun 279715 55+yrs \$27/1 sess

HONEYBEE CENTRE AND PUBLIC MARKET TRIP - 55+

Feb 21 9:30am-3:00pm Wed 277606 55+yrs \$36.50/1 sess

OLIVE GARDEN LUNCH TRIP - 55+

Mar 14 10:00am-2:30pm Thurs 278328 55+yrs \$22/1 sess

FITNESS

BETTER BACKS AND BALANCE - BEGINNER - 55+

Jan 24-Mar 20 10:30-11:30am Wed 278447 55+yrs \$43.75/8 sess

ACTIVE AND FIT - 55+

Jan 16-Mar 12 11:00am-12:00pm Tues 278401 55+yrs \$52.80/8 sess

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

Jan 15-Mar 11 10:30-11:30am Mon 278368 55+yrs \$52.80/8 sess

ZUMBA - GOLD - 55+

Jan 12-Feb 9 11:00am-12:00pm Fri 279626 55+yrs \$33/5 sess

Feb 16-Mar 22 11:00am-12:00pm Fri 279628 55+yrs \$39.60/6 sess

RACQUET SPORTS

PICKLEBALL - BEGINNER - 55+

Jan 9-Feb 6 9:30-11:00am Tues 277692 55+yrs \$47.55/5 sess

Jan 9-Feb 6 5:15-6:45pm Tues 277693 55+yrs \$47.55/5 sess

Feb 27-Mar 26 9:30-11:00am Tues 277695 55+yrs \$47.55/5 sess

Feb 27-Mar 26 5:15-6:45pm Tues 277696 55+yrs \$47.55/5 sess

PICKLEBALL - DRILLS AND SKILLS - 55+

Jan 9-Feb 6 11:15am-12:45pm Tues 277691 55+yrs \$47.55/5 sess

Jan 9-Feb 6 7:00-8:30pm Tues 277694 55+yrs \$47.55/5 sess

Feb 27-Mar 26 11:15am-12:45pm Tues 277697 55+yrs \$39.65/4 sess

Feb 27-Mar 26 7:00-8:30pm Tues 277697 55+yrs \$39.65/4 sess

PICKLEBALL TOURNAMENT - 55+

Feb 13 9:30am-12:30pm Tues 279763 55+yrs \$11.75/ 1 sess

Feb 13 1:30-3:30pm Tues 286638 55+yrs \$11.75/ 1 sess

Feb 13 5:30-8:30pm Tues 280182 55+yrs \$11.75/ 1 sess

YOUTH (13-18 YEARS)

ARTS - DANCE

HIP HOP - YOUTH

Feb 1-Mar 14	7:15-8:15pm	Thurs	280317	13-18yrs	\$59.55/7 sess
--------------	-------------	-------	--------	----------	----------------

CAMPS

DAYCAMP - ADVENTURE CAMP - YOUTH

Mar 19-21	10:00am-4:00pm	Tues-Thurs	280345	11-16yrs	\$154.45/3 sess
-----------	----------------	------------	--------	----------	-----------------

Mar 26-28	10:00am-4:00pm	Tues-Thurs	280346	11-16yrs	\$154.45/3 sess
-----------	----------------	------------	--------	----------	-----------------

COOKING

IRON CHEF COOKING - YOUTH

Jan 14-Feb 4	12:30-2:00pm	Sun	280340	11-16yrs	\$90.85/4 sess
--------------	--------------	-----	--------	----------	----------------

Feb 18-Mar 10	12:30-2:00pm	Sun	280341	11-16yrs	\$90.85/4 sess
---------------	--------------	-----	--------	----------	----------------

FITNESS

GROUP WEIGHT TRAINING - YOUTH

Jan 21-Mar 10	10:45-11:30am	Sun	280635	13-18yrs	\$87/7 sess
---------------	---------------	-----	--------	----------	-------------

Jan 19-Feb 9	4:00-4:45pm	Fri	280652	13-18yrs	\$49.70/4 sess
--------------	-------------	-----	--------	----------	----------------

Feb 23-Mar 15	4:00-4:45pm	Fri	280656	13-18yrs	\$49.70/4 sess
---------------	-------------	-----	--------	----------	----------------

GROUP WEIGHT TRAINING - INTERMEDIATE - YOUTH

Jan 21-Mar 10	11:45am-12:30pm	Sun	280647	13-18yrs	\$87/7 sess
---------------	-----------------	-----	--------	----------	-------------

KICK BOXING DRILLS AND SKILLS: GIRLS ONLY - YOUTH

Jan 20-Mar 9	12:15-1:00pm	Sat	279649	13-18yrs	\$67.35/8 sess
--------------	--------------	-----	--------	----------	----------------

KICK BOXING DRILLS AND SKILLS - YOUTH

Jan 20-Mar 9	11:30am-12:15pm	Sat	279645	13-18yrs	\$67.35/8 sess
--------------	-----------------	-----	--------	----------	----------------

ULTIMATE KICK BOXING - YOUTH

Jan 18-Mar 7	4:45-5:45pm	Thurs	280106	13-18yrs	\$67.35/8 sess
--------------	-------------	-------	--------	----------	----------------

YOGA - FOR GIRLS - YOUTH

Jan 16-Feb 27	3:45-4:45pm	Thurs	280349	13-18yrs	\$39.95/6 sess
---------------	-------------	-------	--------	----------	----------------

GENERAL INTEREST

ONLINE - FINANCIAL LITERACY SERIES - YOUTH

Feb 21-Mar 13	4:00-5:00pm	Wed	280344	13-18yrs	Free/4 sess
---------------	-------------	-----	--------	----------	-------------

INTRODUCTION TO LEADERSHIP - YOUTH

Jan 9-Mar 12	3:45-4:45pm	Tues	280330	13-18yrs	Free/10 sess
--------------	-------------	------	--------	----------	--------------

RESUME AND INTERVIEW SKILL BUILDING - YOUTH

Jan 24-Feb 7	3:45-4:45pm	Wed	280342	13-18yrs	Free/3 sess
--------------	-------------	-----	--------	----------	-------------

PEEK INTO BUSINESS WORKSHOP - YOUTH

Jan 11-Feb 8	5:00-6:30pm	Thurs	281386	13-18yrs	Free/5 sess
--------------	-------------	-------	--------	----------	-------------

RACQUET SPORTS

BADMINTON: INTERMEDIATE - YOUTH

Jan 10-Mar 27	3:15-4:15pm	Wed	277604	13-18yrs	\$76.10/12 sess
---------------	-------------	-----	--------	----------	-----------------

Jan 10-Mar 28	5:25-6:25pm	Wed	278223	13-18yrs	\$76.10/12 sess
---------------	-------------	-----	--------	----------	-----------------

ADULTS (18+ YEARS)

FITNESS

CYCLE H.I.I.T BOOT CAMP - ADULTS

Jan 20-Mar 16	8:15-9:15am	Sat	279636	16+yrs	\$75.80/9 sess
---------------	-------------	-----	--------	--------	----------------

Jan 20-Mar 16	9:30-10:30am	Sat	279638	16+yrs	\$75.80/9 sess
---------------	--------------	-----	--------	--------	----------------

ZUMBA® - ADULTS

Jan 15-Mar 18	6:15-7:15pm	Mon	278379	16+yrs	\$75.80/9 sess
---------------	-------------	-----	--------	--------	----------------

Jan 17-Mar 13	5:30-6:30pm	Wed	278453	16+yrs	\$75.80/9 sess
---------------	-------------	-----	--------	--------	----------------

ZUMBA® TONING - ADULTS

Jan 25-Mar 14	7:15-8:15pm	Thurs	280155	16+yrs	\$67.35/8 sess
---------------	-------------	-------	--------	--------	----------------

CARDIO PILATES- ADULTS

Jan 18-Mar 14	7:30-8:30pm	Thurs	280039	16+yrs	\$86.65/9 sess
---------------	-------------	-------	--------	--------	----------------

Jan 20-Mar 16	12:00-1:00pm	Sat	280530	16+yrs	\$86.65/9 sess
---------------	--------------	-----	--------	--------	----------------

IYENGAR YOGA - LEVEL 1 - ADULTS

Jan 9-Mar 19	9:15-10:45am	Tues	278391	16+yrs	\$144.50/10 sess
--------------	--------------	------	--------	--------	------------------

Jan 12-Mar 15	9:15-10:45am	Fri	279620	16+yrs	\$129.95/9 sess
---------------	--------------	-----	--------	--------	-----------------

IYENGAR YOGA - LEVEL 2 - ADULTS

Jan 10-Mar 13	6:45-8:15pm	Wed	278739	16+yrs	\$144.50/10 sess
---------------	-------------	-----	--------	--------	------------------

GENTLE YOGA- ADULTS

Jan 16-Mar 12	7:15-8:15pm	Tues	278407	16+yrs	\$86.65/9 sess
---------------	-------------	------	--------	--------	----------------

VINYASA YOGA - ADULTS

Jan 18-Mar 14	9:15-10:15am	Thurs	279599	16+yrs	\$86.65/9 sess
---------------	--------------	-------	--------	--------	----------------

YIN YOGA- ADULTS

Jan 15-Mar 11	5:00-6:00pm	Mon	278370	16+yrs	\$86.65/8 sess
---------------	-------------	-----	--------	--------	----------------

SPORTS

BASKETBALL - ADULTS

Jan 8-Mar 25	8:15-9:30pm	Mon	278230	18+yrs	\$69.75/11 sess
--------------	-------------	-----	--------	--------	-----------------

VOLLEYBALL - ADULTS

Jan 10-Mar 27	7:30-9:30pm	Wed	278234	18+yrs	\$76.10/12 sess
---------------	-------------	-----	--------	--------	-----------------

ARTS - MUSIC

GUITAR OR UKULELE PRIVATE LESSONS - ALL AGES

Lessons available Wednesday and Friday in 30 minute timeslots from 6:25-7:30pm

PIANO PRIVATE LESSONS - ALL AGES

Lessons available Tuesday and Thursday in 30 minute timeslots from 6:25-7:30pm and Saturdays from 9:30am-1:30pm

ARTS - VISUAL

DRAWING AND PAINTING - ADULTS

Jan 20-Feb 3	6:30-7:45pm	Sat	277767	18+yrs	\$31.90/3 sess
--------------	-------------	-----	--------	--------	----------------

Feb 24-Mar 9	6:30-7:45pm	Sat	277769	18+yrs	\$31.90/3 sess
--------------	-------------	-----	--------	--------	----------------

PAINT NIGHT- ADULTS

Jan 13	6:30-8:00pm	Sat	277771	18+yrs	\$12.75/1 sess
--------	-------------	-----	--------	--------	----------------

Feb 10	6:30-8:00pm	Sat	277772	18+yrs	\$12.75/1 sess
--------	-------------	-----	--------	--------	----------------

SOUTH ARM COMMUNITY CENTRE

Art Adventures

PRESCHOOLERS

Mondays
Jan 8-Feb 5
9:45-10:30am
3-5yrs
\$31.90/5 sess
#277776

Mondays
Feb 12-Mar 11
9:45-10:30am
3-5yrs
\$25.50/4 sess
#277777

Wednesdays
Jan 10-Feb 7
11:00-11:45am
3-5yrs
\$31.90/5 sess
#277781

Wednesdays
Feb 14-Mar 13
11:00-11:45am
3-5yrs
\$25.50/4 sess
#277782

Tues and Thurs
Mar 26 and Mar 28
9:00-9:45am
3-5yrs
\$12.75/2 sess
#277824

Build fine motor skills by making and taking home a new creation each session that includes creating art from paper, tempera paint, drawing and multi-media. Supplies included.

REGISTER ONLINE AT WWW.RICHMOND.CA/REGISTER, BY PHONE AT 604-276-4300 (MONDAY-FRIDAY 8:30AM-5:00PM), OR IN-PERSON DURING FACILITY HOURS



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



YOUTH (13-18 YEARS)

SPORTS

BASKETBALL DEVELOPMENT SKILLS - YOUTH

Jan 13-Feb 3	9:30-10:30am	Sat	280333	13-18yrs	\$25.35/4 sess
Feb 10-Mar 9	9:30-10:30am	Sat	280335	13-18yrs	\$31.70/5 sess

VOLLEYBALL SKILLS - YOUTH

Jan 13-Feb 3	11:00am-12:00pm	Sat	280337	13-18yrs	\$25.35/4 sess
Feb 10-Mar 9	11:00am-12:00pm	Sat	280338	13-18yrs	\$31.70/5 sess

