



SOUTH ARM COMMUNITY CENTRE

FALL 2023 PROGRAMS

8880 WILLIAMS ROAD
604-238-8060



Community Services

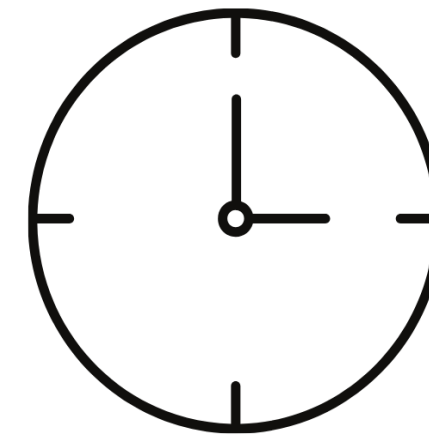
GENERAL INFORMATION

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



FALL 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



@SouthArmCC &
@SouthArmCCYouth



southarm@richmond.ca

PRESCHOOL (0-5 YEARS)

ARTS - DANCE

BALLET - PARENT AND TOT - PRESCHOOLERS

Sept 15-Oct 27	3:45-4:30pm	Fri	254094	2-3yrs	\$44.65/7 sess
Nov 3-Dec 22	4:45-5:30pm	Fri	254097	2-3yrs	\$51.05/8 sess

BALLET - PRESCHOOLERS

Dec 27-29	9:30-10:15am	Wed-Fri	254205	3-4yrs	\$19.15/3 sess
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CREATIVE MOVEMENT - PARENT AND TOT - PRESCHOOLERS

Sept 15-Oct 27	1:00-1:45pm	Fri	254080	2-3yrs	\$44.65/7 sess
Nov 3-Dec 22	1:00-1:45pm	Fri	254082	2-3yrs	\$51.05/8 sess

DANCE COMBO - PRESCHOOLERS

Sept 15-Oct 27	2:00-2:45pm	Fri	254088	3-5yrs	\$44.65/7 sess
Nov 3-Dec 22	2:00-2:45pm	Fri	254091	3-5yrs	\$51.05/8 sess

JAZZ DANCING - PRESCHOOLERS

Sept 11-Oct 23	3:30-4:15pm	Mon	254073	3-5yrs	\$38.30/6 sess
Oct 30-Dec 18	3:30-4:15pm	Mon	254075	3-5yrs	\$51.05/8 sess

ARTS - PERFORMING

MUSICAL THEATRE - PRESCHOOLERS

Sept 15-Oct 27	3:00-3:45pm	Fri	254098	3-5yrs	\$44.65/7 sess
Nov 3-Dec 22	3:00-3:45pm	Fri	254099	3-5yrs	\$51.05/8 sess

ARTS - VISUAL

ART ADVENTURES - PRESCHOOLERS

Sept 11-Oct 23	9:45-10:30am	Mon	254159	3-5yrs	\$38.30/6 sess
Sept 13-Oct 25	11:00-11:45am	Wed	254138	3-5yrs	\$44.65/7 sess
Oct 30-Dec 18	9:45-10:30am	Mon	254162	3-5yrs	\$51.05/8 sess
Nov 1-Dec 20	11:00-11:45am	Wed	254145	3-5yrs	\$51.05/8 sess
Dec 27-29	10:00-10:45am	Wed-Fri	254189	3-5yrs	\$19.15/3 sess

ART FOR TWOS - PARENT AND TOT - PRESCHOOLERS

Sept 13-Oct 25	9:45-10:30am	Wed	254131	2-3yrs	\$44.65/7 sess
Nov 1-Dec 20	9:45-10:30am	Wed	254135	2-3yrs	\$51.05/8 sess

NATURE AND SCIENCE

WACKY SCIENCE - PRESCHOOLERS

Sept 11-Oct 23	11:00-11:45am	Mon	254164	3-5yrs	\$38.30/6 sess
Oct 30-Dec 18	11:00-11:45am	Mon	254166	3-5yrs	\$51.05/8 sess

SPORTS

SPORTBALL - SOCCER - PARENT AND TOT - PRESCHOOLERS

Sept 10-Oct 29	9:30-10:15am	Sun	254550	2-3yrs	\$93.60/6 sess
Nov 5-Dec 17	9:30-10:15am	Sun	254630	2-3yrs	\$93.60/6 sess

SPORTBALL - SOCCER - PRESCHOOLERS

Sept 10-Oct 29	10:15-11:15am	Sun	254580	3.5-5yrs	\$93.60/6 sess
Nov 5-Dec 17	10:15-11:15am	Sun	254636	3.5-5yrs	\$93.60/6 sess

CHILDREN (6 - 12 YEARS)

ARTS - DANCE

JAZZ DANCING - CHILDREN

Sept 15-Oct 27	3:30-4:30pm	Fri	254077	6-9yrs	\$59.55/7 sess
Nov 3-Dec 22	3:30-4:30pm	Fri	254079	6-9yrs	\$68.10/8 sess

JAZZ DANCING - PRETEEN

Sept 11-Oct 23	4:15-5:15pm	Mon	254072	9-12yrs	\$51.05/6 sess
Oct 30-Dec 18	4:15-5:15pm	Mon	254076	9-12yrs	\$68.10/8 sess

ARTS - MUSIC

GUITAR OR UKULELE PRIVATE LESSONS - ALL AGES

Lessons available Wednesday and Friday in 30 minute timeslots from 3:30-7:30pm

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

CREATIVE DRAMA - CHILDREN

Sept 15-Oct 27	3:45-4:45pm	Fri	254214	8-12yrs	\$59.55/7 sess
Nov 3-Dec 22	3:45-4:45pm	Fri	254216	8-12yrs	\$68.10/8 sess

MUSICAL THEATRE - CHILDREN

Sept 15-Oct 27	4:30-5:30pm	Fri	254103	6-9yrs	\$59.55/7 sess
Nov 3-Dec 22	4:30-5:30pm	Fri	254108	6-9yrs	\$68.10/8 sess
Dec 27-29	10:45-11:45am	Wed-Fri	254207	6-9yrs	\$25.55/3 sess

MUSICAL THEATRE - PRETEEN

Dec 27-29	12:30-1:30pm	Wed-Fri	254210	9-13yrs	\$25.55/3 sess
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ARTS - VISUAL

ACRYLIC PAINTING - CHILDREN

Sept 17-Oct 29	10:00-11:00am	Sun	254034	6-9yrs	\$51.05/6 sess
Nov 9-Dec 21	3:30-4:30pm	Thurs	254042	6-9yrs	\$59.55/7 sess

ART JAM WITH A DISNEY ANIMATOR - CHILDREN

Sept 16-Oct 28	10:45-11:45am	Sat	253839	4-6yrs	\$108.00/6 sess
Nov 4-Dec 16	10:45-11:45am	Sat	253841	4-6yrs	\$108.00/6 sess
Dec 27-30	10:45-11:45am	Wed-Sat	253850	4-6yrs	\$72.00/4 sess

ART MEETS NATURE - CHILDREN

Sept 17-Oct 29	11:45am-1:00pm	Sun	254031	6-12yrs	\$63.85/6 sess
Nov 5-Dec 17	11:45am-1:00pm	Sun	254032	6-12yrs	\$74.50/7 sess

CHARACTER DESIGN - CHILDREN

Sept 16-Oct 28	12:00-1:00pm	Sat	253844	7-10yrs	\$108.00/6 sess
Nov 4-Dec 16	12:00-1:00pm	Sat	253845	7-10yrs	\$108.00/6 sess
Dec 27-30	12:00-1:00pm	Wed-Sat	253848	7-10yrs	\$72.00/4 sess

CHILDREN (6 - 12 YEARS)

ARTS - VISUAL

CRAFT COMBO - CHILDREN

Sept 12-Oct 24	3:45-5:00pm	Tues	254069	6-12yrs	\$74.50/7 sess
Nov 7-Dec 19	3:45-5:00pm	Tues	254070	6-12yrs	\$74.50/7 sess
Dec 27-29	9:30-10:45am	Wed-Fri	254179	6-12yrs	\$31.90/3 sess

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

Sept 13-Oct 25	3:45-5:00pm	Wed	254052	6-9yrs	\$74.40/7 sess
Sept 17-Oct 29	1:30-2:45pm	Sun	254024	6-9yrs	\$63.80/6 sess
Nov 5-Dec 17	1:30-2:45pm	Sun	254026	6-9yrs	\$74.40/7 sess
Dec 27-29	11:30am-12:45pm	Wed-Fri	254172	6-9yrs	\$31.90/3 sess

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

Sept 14-Oct 26	5:00-6:15pm	Thurs	254027	9-12yrs	\$74.40/7 sess
Nov 2-Dec 21	5:00-6:15pm	Thurs	254028	9-12yrs	\$85.05/8 sess

DRAWING AND PAINTING - CHILDREN

Sept 14-Oct 26	3:30-4:30pm	Thurs	254043	6-9yrs	\$59.55/7 sess
Nov 5-Dec 17	10:00-11:00am	Sun	254037	6-9yrs	\$59.55/7 sess

HOLIDAY ARTS SERIES - CHILDREN

Dec 8-22	6:15-7:15pm	Fri	254220	6-8yrs	\$25.55/3 sess
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FITNESS

YOGA - CHILDREN

Sept 14-Oct 26	3:45-4:45pm	Thurs	253944	6-12yrs	\$67.40/7 sess
Nov 2-Dec 14	3:45-4:45pm	Thurs	253945	6-12yrs	\$67.40/7 sess

ZUMBA - CHILDREN

Sept 14-Oct 26	6:00-7:00pm	Thurs	253950	6-12yrs	\$58.95/7 sess
Nov 2-Dec 14	6:00-7:00pm	Thurs	253953	6-12yrs	\$67.35/8 sess

GENERAL INTEREST

PRETEEN HANGOUT - PRETEENS

Sept 24-Oct 12	4:30-6:30pm	Thurs	253965	9-13yrs	\$16.50/5 sess
Oct 19-Nov 16	4:30-6:30pm	Thurs	253967	9-13yrs	\$16.50/5 sess
Nov 23-Dec 21	4:30-6:30pm	Thurs	253969	9-13yrs	\$16.50/5 sess

MARTIAL ARTS

TAEKWONDO - BEGINNER - CHILDREN

Sept 18-Dec 11	3:30-4:30pm	Mon	254646	6-13yrs	\$96.00/12 sess
Sept 18-Dec 11	4:30-5:30pm	Mon	254655	6-13yrs	\$96.00/12 sess
Sept 18-Dec 11	5:30-6:30pm	Mon	254659	6-13yrs	\$96.00/12 sess
Sept 22-Dec 15	5:30-6:30pm	Fri	254682	6-12yrs	\$104.00/13 sess
Sept 16-Dec 16	2:30-3:30pm	Sat	254685	6-12yrs	\$88.00/11 sess

TAEKWONDO - INTERMEDIATE - CHILDREN

Sept 18-Dec 11	6:30-7:30pm	Mon	254662	6-17yrs	\$96.00/12 sess
Sept 22-Dec 15	3:30-4:30pm	Fri	254669	6-17yrs	\$104.00/13 sess
Sept 22-Dec 15	4:30-5:30pm	Fri	254672	6-17yrs	\$104.00/13 sess
Sept 22-Dec 15	6:30-7:30pm	Fri	254676	6-17yrs	\$104.00/13 sess

CHILDREN (6 - 12 YEARS)

NATURE AND SCIENCE

SLIME-MAKING WORKSHOP - CHILDREN

Nov 01	3:45-4:45pm	Wed	254049	6-9yrs	\$8.50/1 sess
Nov 08	3:45-4:45pm	Wed	254050	6-9yrs	\$8.50/1 sess
Nov 15	3:45-4:45pm	Wed	254051	6-9yrs	\$8.50/1 sess

WACKY SCIENCE - CHILDREN

Sept 11-Oct 23	3:45-5:00pm	Mon	254045	6-12yrs	\$63.90/6 sess
Oct 30-Dec 18	3:45-5:00pm	Mon	245046	6-12yrs	\$85.20/8 sess

RACQUET SPORTS

BADMINTON - INTERMEDIATE - CHILDREN

Sept 13-Dec 13	4:20-5:20pm	Wed	254749	9-12yrs	\$88.75/14 sess
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SPORTS

BASKETBALL - CHILDREN

Sept 11-Dec 11	5:45-6:45pm	Mon	254710	8-10yrs	\$82.40/13 sess
Sept 11-Dec 11	7:00-8:00pm	Mon	254721	10-12yrs	\$82.40/13 sess

BASKETBALL - RYBL - JUMP - GRADES 4/5 - CHILDREN

Sept 28-Nov 30	6:17-7:15pm	Thurs	253771	8-10yrs	\$100.00/10 sess
Oct 6-Dec 8	6:17-7:15pm	Fri	253773	8-10yrs	\$100.00/10 sess

BASKETBALL - RYBL - JUMP - GRADES 6/7 - CHILDREN

Sept 28-Nov 30	7:30-8:30pm	Thurs	253772	10-12yrs	\$100.00/10 sess
Oct 6-Dec 8	7:30-8:30pm	Fri	253774	10-12yrs	\$100.00/10 sess

BASKETBALL - RYBL - SKILLS AND GAME PLAY - GRADES 4/5 - FOR GIRLS - CHILDREN

Oct 21-Mar 2	10:15-11:45am	Sat	253777	8-10yrs	\$190.00/15 sess
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BASKETBALL - RYBL - SKILLS AND GAME PLAY - GRADES 6/7 - FOR GIRLS - CHILDREN

Oct 21-Mar 2	12:00-1:30pm	Sat	253778	10-12yrs	\$190.00/15 sess
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BASKETBALL - RYBL - SKILLS AND GAME PLAY - 3 V 3 - GRADES 4/5 - CO-ED - CHILDREN

Oct 15-Dec 10	11:00am-12:15pm	Sun	253775	8-10yrs	\$90.00/8 sess
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BASKETBALL - RYBL - SKILLS AND GAME PLAY - 3 V 3 - GRADES 6/7 - CO-ED - CHILDREN

Oct 21-Mar 2	11:45am-1:45pm	Sun	253776	10-12yrs	\$90.00/8 sess
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BASKETBALL - RYBL - SMALL BALL - GRADES K/1 - CHILDREN

Oct 16-Dec 11	6:15-7:00pm	Mon	253769	4-6yrs	\$90.00/8 sess
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BASKETBALL - RYBL - SMALL BALL - GRADES 2/3 - CHILDREN

Oct 14-Dec 9	9:30-10:15am	Sat	253768	6-8yrs	\$90.00/8 sess
Oct 16-Dec 11	7:00-7:45pm	Mon	253770	6-8yrs	\$90.00/8 sess

BASKETBALL - RYBL - LEAGUE - GRADES 4/5 - CO-ED - CHILDREN

Oct 14-Mar 2	10:30-11:30am	Sat	253766	8-10yrs	\$235.00/15 sess
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BASKETBALL - RYBL - LEAGUE - GRADES 6/7 - CO-ED - CHILDREN

Oct 21-Mar 2	11:45am-1:45pm	Sat	253767	10-12yrs	\$235.00/16 sess
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CHILDREN (6 - 12 YEARS)

SPORTS

SPORTBALL® SOCCER - CHILDREN

Sept 10-Oct 29	11:15am-12:15pm	Sun	254584	5-7yrs	\$93.60/6 sess
Nov 5-Dec 17	11:15am-12:15pm	Sun	254643	5-7yrs	\$93.60/6 sess

VOLLEYBALL - BEGINNER - PRETEENS

Sept 14-Oct 26	4:45-5:45pm	Thurs	252150	9-12yrs	\$44.40/7 sess
Nov 2-Dec 14	4:45-5:45pm	Thurs	252161	9-12yrs	\$44.40/7 sess

VOLLEYBALL - INTERMEDIATE - PRETEENS

Sept 14-Oct 26	5:45-6:45pm	Thurs	252153	9-12yrs	\$44.40/7 sess
Nov 2-Dec 14	5:45-6:45pm	Thurs	252163	9-12yrs	\$44.40/7 sess



YOUTH (13-18 YEARS)

CAMPS

DAYCAMP - ADVENTURE CAMP - YOUTH

Dec 27-29	10:00am-4:00pm	Wed-Fri	254219	11-16yrs	\$154.45/3 sess
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COOKING

IRON CHEF COOKING - YOUTH

Oct 15-Nov 5	12:30-2:00pm	Sun	254194	11-16yrs	\$90.85/4 sess
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FITNESS

GROUP WEIGHT TRAINING - YOUTH

Oct 15-Nov 5	10:45-11:30am	Sun	253179	13-18yrs	\$49.70/4 sess
Nov 19-Dec 10	10:45-11:30am	Sun	253232	13-18yrs	\$49.70/4 sess

GROUP WEIGHT TRAINING - INTERMEDIATE - YOUTH

Oct 15-Nov 5	11:45am-12:30pm	Sun	253269	13-18yrs	\$49.70/4 sess
Nov 19-Dec 10	11:45am-12:30pm	Sun	253270	13-18yrs	\$49.70/4 sess

KICK BOXING - DRILLS AND SKILLS - FOR GIRLS - YOUTH

Oct 14-Nov 4	12:15-1:00pm	Sat	253151	13-18yrs	\$33.70/4 sess
Nov 18-Dec 16	12:15-1:00pm	Sat	253156	13-18yrs	\$42.10/5 sess

KICK BOXING - DRILLS AND SKILLS - YOUTH

Oct 14-Nov 4	11:30am-12:15pm	Sat	253146	13-18yrs	\$33.70/4 sess
Nov 18-Dec 16	11:30am-12:15pm	Sat	253148	13-18yrs	\$42.10/5 sess

YOGA - FOR GIRLS - YOUTH

Oct 3-24	3:45-4:45pm	Tues	254206	13-18yrs	\$26.65/4 sess
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GENERAL INTEREST

INTRO TO LEADERSHIP - YOUTH

Sept 12-Dec 19	3:45-4:45pm	Tues	253962	13-18yrs	Free/15 sess
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ONLINE - FINANCIAL LITERACY SERIES - YOUTH

Oct 11-Nov 1	4:00-5:00pm	Wed	254213	13-18yrs	Free/4 sess
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RESUME AND INTERVIEW SKILL BUILDING - YOUTH

Sept 20-Oct 4	3:45-4:45pm	Wed	254109	13-18yrs	Free/3 sess
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UNIVERSITY PREP - YOUTH

Nov 15-29	3:45-5:00pm	Wed	254215	16-18yrs	Free/3 sess
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RACQUET SPORTS

BADMINTON: INTERMEDIATE - YOUTH

Sept 13-Dec 13	3:15-4:15pm	Wed	254745	13-18yrs	\$88.75/14 sess
Sept 13-Dec 13	5:25-6:25pm	Wed	254916	13-18yrs	\$88.75/14 sess

BASKETBALL - RYBL - SKILLS AND GAMEPLAY - GRADES 8/9 - FOR BOYS - YOUTH

Oct 14-Dec 9	12:00-1:30pm	Sat	253780	13-15yrs	\$90.00/9 sess
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BASKETBALL - RYBL - SKILLS AND GAMEPLAY - GRADES 8/9 - FOR GIRLS - YOUTH

Oct 21-Dec 16	1:45-3:15pm	Sat	253779	13-15yrs	\$90.00/8 sess
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YOUTH (13-18 YEARS)

SPORTS

BASKETBALL DEVELOPMENT SKILLS - YOUTH

Sept 16-Oct 14	9:30-10:30am	Sat	254100	13-18yrs	\$25.35/4 sess
Oct 21-Nov 18	9:30-10:30am	Sat	254101	13-18yrs	\$25.35/4 sess
Nov 25-Dec 16	9:30-10:30am	Sat	254102	13-18yrs	\$25.35/4 sess

VOLLEYBALL SKILLS - YOUTH

Sept 16-Oct 14	11:00am-12:00pm	Sat	254104	13-18yrs	\$25.35/4 sess
Oct 21-Nov 18	11:00am-12:00pm	Sat	254106	13-18yrs	\$25.35/4 sess
Nov 25-Dec 16	11:00am-12:00pm	Sat	254107	13-18yrs	\$25.35/4 sess



ADULTS (18+ YEARS)

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

Oct 7-21	6:30-7:45pm	Sat	254012	18+ yrs	\$31.90/3 sess
Nov 4-25	6:30-7:45pm	Sat	254014	18+ yrs	\$31.90/3 sess

PAINT NIGHT - ADULTS

Sep 23	6:30-8:00pm	Sat	254009	18+ yrs	\$12.75/1 sess
Nov 04	6:30-8:00pm	Sat	254007	18+ yrs	\$12.75/1 sess
Dec 09	6:30-8:00pm	Sat	254010	18+ yrs	\$12.75/1 sess

FITNESS

ADAPTED FITNESS - ADULTS

Sept 14-Oct 26	1:30-2:30pm	Thurs	253289	18+ yrs	\$38.30/7 sess
Nov 9-Dec 21	1:30-2:30pm	Thurs	253290	18+ yrs	\$38.30/7 sess

CYCLE AND STRENGTH - ADULTS

Oct 2-Nov 13	9:00-10:00am	Mon	253983	16+ yrs	\$50.50/6 sess
Nov 20-Dec 18	9:00-10:00am	Mon	253986	16+ yrs	\$42.10/5 sess

CYCLE AND YOGA - ADULTS

Sept 6-Oct 25	9:30-10:30am	Wed	253946	16+ yrs	\$67.35/8 sess
Nov 1-Dec 13	9:30-10:30am	Wed	253948	16+ yrs	\$58.95/7 sess

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

Sept 9-Oct 28	8:15-9:15am	Sat	253298	16+ yrs	\$58.95/7 sess
Nov 4-Dec 16	8:15-9:15am	Sat	253300	16+ yrs	\$50.50/6 sess
Sept 9-Oct 28	9:30-10:30am	Sat	253301	16+ yrs	\$58.95/7 sess
Nov 4-Dec 16	9:30-10:30am	Sat	253302	16+ yrs	\$50.50/6 sess

FULL BODY CIRCUIT WORKOUT - ADULTS

Sept 7-Oct 19	6:15-7:15pm	Thurs	254025	16+ yrs	\$58.95/7 sess
Nov 2-Dec 14	6:15-7:15pm	Thurs	254029	16+ yrs	\$58.95/7 sess

GENTLE YOGA - ADULTS

Sept 12-Oct 24	7:15-8:15pm	Tues	253395	16+ yrs	\$67.40/7 sess
Nov 7-Dec 19	7:15-8:15pm	Tues	253400	16+ yrs	\$67.40/7 sess

GROUP WEIGHT TRAINING - INTERMEDIATE - ADULTS

Oct 12-Nov 9	10:00-11:00am	Thurs	254055	16+ yrs	\$62.15/5 sess
Nov 16-Dec 14	10:00-11:00am	Thurs	254056	16+ yrs	\$62.15/5 sess

ADULTS (18+ YEARS)

FITNESS

IYENGAR® YOGA - LEVEL 1 - ADULTS

Sept 8-Oct 20	9:00-10:30am	Fri	253369	16+ yrs	\$101.10/7 sess
Sept 12-Oct 31	9:15-10:45am	Tues	259128	16+ yrs	\$115.50/8 sess
Nov 3-Dec 15	9:00-10:30am	Fri	253389	16+ yrs	\$101.10/7 sess
Nov 7-Dec 19	9:15-10:45am	Tues	253372	16+ yrs	\$101.10/7 sess

IYENGAR® YOGA - LEVEL 2 - ADULTS

Sept 13-Nov 1	6:45-8:15pm	Wed	253377	16+ yrs	\$115.50/8 sess
Nov 8-Dec 20	6:45-8:15pm	Wed	253380	16+ yrs	\$101.10/7 sess

MOBILITY AND MOVEMENT - ADULTS

Sept 7-Oct 19	5:00-6:00pm	Thurs	251694	16+ yrs	\$58.95/7 sess
Nov 2-Dec 14	5:00-6:00pm	Thurs	253924	16+ yrs	\$58.95/7 sess

PILATES - ADULTS

Sept 10-Oct 29	8:00-9:00am	Sun	253280	16+ yrs	\$67.40/7 sess
Sept 12-Oct 31	5:30-6:30pm	Tues	253276	16+ yrs	\$77.05/8 sess
Nov 14-Dec 19	5:30-6:30pm	Tues	253277	16+ yrs	\$57.80/6 sess
Nov 19-Dec 17	8:00-9:00am	Sun	253286	16+ yrs	\$48.15/5 sess

POUND® - ADULTS

Sept 12-Oct 24	5:30-6:30pm	Tues	253357	16+ yrs	\$58.95/7 sess
Nov 7-Dec 19	5:30-6:30pm	Tues	253360	16+ yrs	\$58.95/7 sess

TRX® AND PILATES - ADULTS

Sept 9-Oct 14	12:00-1:00pm	Sat	254059	16+ yrs	\$62.15/5 sess
Nov 4-Dec 9	12:00-1:00pm	Sat	254061	16+ yrs	\$62.15/5 sess
Sept 12-Oct 10	7:30-8:30pm	Tues	254063	16+ yrs	\$62.15/5 sess
Nov 7-Dec 5	7:30-8:30pm	Tues	254065	16+ yrs	\$62.15/5 sess

TRX® PLUS - ADULTS

Oct 10-Nov 7	11:30am-12:30pm	Tues	253134	16+ yrs	\$62.15/5 sess
Oct 13-Nov 10	11:30am-12:30pm	Fri	253142	16+ yrs	\$62.15/5 sess
Nov 17-Dec 15	11:30am-12:30pm	Fri	253143	16+ yrs	\$62.15/5 sess
Nov 21-Dec 19	11:30am-12:30pm	Tues	253140	16+ yrs	\$62.15/5 sess

VINYASA YOGA - ADULTS

Oct 5-Nov 9	9:15-10:15am	Thurs	254005	16+ yrs	\$57.80/6 sess
Nov 16-Dec 21	9:15-10:15am	Thurs	254008	16+ yrs	\$57.80/6 sess

WEIGHT TRAIN SMARTER - ADULTS

Oct 3-24	10:00-11:00am	Tues	253959	16+ yrs	\$49.70/4 sess
Oct 31-Nov 21	10:00-11:00am	Tues	253961	16+ yrs	\$49.70/4 sess
Nov 28-Dec 19	10:00-11:00am	Tues	253964	16+ yrs	\$49.70/4 sess

WOMEN ON WEIGHTS - ADULTS

Sept 4-Oct 23	10:15-11:15am	Mon	253292	16+ yrs	\$87.00/7 sess
Oct 15-Nov 5	9:30-10:30am	Sun	253272	16+ yrs	\$49.70/4 sess
Nov 19-Dec 10	9:30-10:30am	Sun	253273	16+ yrs	\$49.70/4 sess
Nov 20-Dec 18	10:15-11:15am	Mon	253294	16+ yrs	\$62.15/5 sess

ADULTS (18+ YEARS)

FITNESS

YIN YOGA - ADULTS

Sept 11-Oct 30	4:45-5:45pm	Mon	253996	16+ yrs	\$57.80/6 sess
Oct 4-Nov 8	4:15-5:15pm	Wed	253999	16+ yrs	\$57.80/6 sess
Nov 15-Dec 20	4:15-5:15pm	Wed	254000	16+ yrs	\$57.80/6 sess

ZUMBA® - ADULTS

Sept 6-Oct 25	5:30-6:30pm	Wed	253328	16+ yrs	\$67.35/8 sess
Sept 11-Oct 23	6:15-7:15pm	Mon	253307	16+ yrs	\$50.50/6 sess
Nov 1-Dec 13	5:30-6:30pm	Wed	253332	16+ yrs	\$58.95/7 sess
Nov 6-Dec 11	6:15-7:15pm	Mon	253313	16+ yrs	\$50.50/6 sess

ZUMBA® TONING - ADULTS

Sept 7-Oct 19	7:15-8:15pm	Thurs	253930	16+ yrs	\$58.95/7 sess
Nov 2-Dec 14	7:15-8:15pm	Thurs	253933	16+ yrs	\$58.95/7 sess

SPORTS

BASKETBALL - ADULTS

Sept 11-Dec 18	8:15-9:45pm	Mon	254706	18+ yrs	\$88.75/14 sess
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VOLLEYBALL - ADULTS

Sept 6-Dec 20	7:30-9:30pm	Wed	254698	18+ yrs	\$101.45/16 sess
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SENIORS (55+ YEARS)

ARTS - MUSIC

TAIKO DRUMMING - LEVEL 1 - 55+

Sept 11 (Try-It)	5:30-6:30pm	Mon	249122	55+ yrs	Free/1 sess
Sept 18-Dec 11	5:30-6:30pm	Mon	249124	55+ yrs	\$69.75/11 sess

TAIKO DRUMMING - LEVEL 2 - 55+

Sept 18-Dec 11	6:30-7:30pm	Mon	249123	55+ yrs	\$69.75/11 sess
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TAIKO DRUMMING - LEVEL 3 - 55+

Sept 18-Dec 11	7:30-8:30pm	Mon	251464	55+ yrs	\$69.75/11 sess
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ARTS - VISUAL

CHINESE BRUSH PAINTING - INTERMEDIATE - 55+

Sept 9-Oct 21	9:45-11:15am	Sat	249995	55+ yrs	\$66.55/7 sess
Oct 28-Dec 16	9:45-11:15am	Sat	249996	55+ yrs	\$66.55/7 sess

NATIONAL SENIORS DAY - PAINTING BASICS - 55+

Sep 29	5:00-6:30pm	Fri	258676	55+ yrs	Free/1 sess
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PAINTING BASICS - 55+

Sept 12 (Try-It)	10:30am-12:00pm	Tues	254301	55+ yrs	Free/1 sess
Sept 19-Oct 24	10:30am-12:00pm	Tues	251813	55+ yrs	\$57.05/6 sess
Oct 31-Dec 5	10:30am-12:00pm	Tues	254297	55+ yrs	\$57.05/6 sess

COMPUTERS, TECHNOLOGY AND SOCIAL MEDIA

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

Sep 21	3:30-4:00pm	Thurs	256521	55+ yrs	Free/1 sess
Sep 21	4:00-4:30pm	Thurs	256522	55+ yrs	Free/1 sess
Sep 21	4:30-5:00pm	Thurs	256523	55+ yrs	Free/1 sess
Oct 05	3:30-4:00pm	Thurs	256524	55+ yrs	Free/1 sess
Oct 05	4:00-4:30pm	Thurs	256525	55+ yrs	Free/1 sess
Oct 05	4:30-5:00pm	Thurs	256526	55+ yrs	Free/1 sess
Oct 19	3:30-4:00pm	Thurs	256527	55+ yrs	Free/1 sess
Oct 19	4:00-4:30pm	Thurs	256528	55+ yrs	Free/1 sess
Oct 19	4:30-5:00pm	Thurs	256529	55+ yrs	Free/1 sess
Nov 09	3:30-4:00pm	Thurs	256530	55+ yrs	Free/1 sess
Nov 09	4:00-4:30pm	Thurs	256531	55+ yrs	Free/1 sess
Nov 09	4:30-5:00pm	Thurs	256532	55+ yrs	Free/1 sess

FITNESS

ACTIVE AND FIT - 55+

Sept 5-Oct 24	11:00am-12:00pm	Tues	253555	55+ yrs	\$52.80/8 sess
Nov 14-Dec 19	11:00am-12:00pm	Tues	253558	55+ yrs	\$39.60/6 sess

BETTER BACKS AND BALANCE - BEGINNER - 55+

Sept 20-Nov 1	10:30-11:30am	Wed	253952	55+ yrs	\$38.30/7 sess
Nov 8-Dec 20	10:30-11:30am	Wed	253954	55+ yrs	\$38.30/7 sess

SENIORS (55+ YEARS)

FITNESS

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

Sept 11-Oct 30	10:30-11:30am	Mon	253938	55+ yrs	\$46.20/7 sess
Nov 6-Dec 18	10:30-11:30am	Mon	253941	55+ yrs	\$46.20/7 sess

ZUMBA® GOLD - 55+

Sept 8-Oct 20	10:45-11:45am	Fri	253926	55+ yrs	\$46.20/7 sess
Nov 10-Dec 15	10:45-11:45am	Fri	253928	55+ yrs	\$39.60/6 sess

GENERAL INTEREST

FESTIVE WREATH-MAKING WORKSHOP - 55+

Dec 05	1:00-2:30pm	Tues	251213	55+ yrs	\$28.00/1 sess
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MAHJONG INSTRUCTIONAL CLASS - 55+

Oct 10-26	9:30-11:00am	Tues/Thurs	249104	55+ yrs	Free/6 sess
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SHINRINYOKU - THE ART OF FOREST BATHING - 55+

Nov 27	1:00-2:00pm	Mon	249121	55+ yrs	Free/1 sess
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HEALTH AND WELLNESS

AGING AND MOOD CHANGES - 55+

Oct 18	1:00-2:30pm	Wed	251806	55+ yrs	Free/1 sess
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HOLISTIC HEALTH SERIES - INTRODUCTION TO NATUROPATHIC MEDICINE WORKSHOP - 55+

Oct 30	1:00-2:15pm	Mon	249115	55+ yrs	Free/1 sess
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INTRODUCTION TO BRAIN HEALTH - 55+

Sep 06	10:00-11:00am	Wed	249994	55+ yrs	Free/1 sess
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INTRODUCTION TO BRAIN HEALTH - CANTONESE - 55+

Nov 07	11:00am-12:00pm	Tues	249993	55+ yrs	Free/1 sess
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OUT TRIPS AND TOURS

VANCOUVER ART GALLERY AND DINNER TRIP - 55+

Sep 01	4:00-9:00pm	Fri	265277	55+yrs	\$30.00/1 sess
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FRASER VALLEY HERITAGE RAILWAY TRIP - 55+

Sep 16	10:15am-3:00pm	Sat	249082	55+yrs	\$45.00/1 sess
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SYLVIA HOTEL BRUNCH TRIP - 55+

Oct 14	10:30am-3:00pm	Sat	251463	55+yrs	\$25.00/1 sess
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CHRISTMAS STORE AT POTTERS TRIP - 55+

Nov 30	10:15am-3:45pm	Thurs	249081	55+yrs	\$29.50/1 sess
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BRUNCH IN THE PARK AND WINTER MARKET TRIP - 55+

Dec 02	10:00am-2:30pm	Sat	251462	55+yrs	\$25.00/1 sess
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RACQUET SPORTS

PICKLEBALL - BEGINNER - 55+

Sept 12-Oct 17	9:30-11:00am	Tues	249998	55+yrs	\$57.05/6 sess
Sept 12-Oct 17	6:00-8:00pm	Tues	249997	55+yrs	\$57.05/6 sess

PICKLEBALL - DRILLS AND SKILLS - 55+

Oct 31-Dec 12	11:15am-12:30pm	Tues	249999	55+yrs	\$55.50/7 sess
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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
12:30-2:30PM
\$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**

**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**

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



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



SOUTH ARM COMMUNITY CENTRE

GENERAL SWAP MEET

**SATURDAY
SEPTEMBER 23
10:00AM-2:00PM
8880 WILLIAMS ROAD**

VENDOR TABLES AVAILABLE (\$22.80+TAX) FOR REGISTRATION IN-PERSON AT SOUTH ARM COMMUNITY CENTRE OR OVER THE PHONE AT 604-238-8060.

FREE TO ATTEND

CHRISTMAS CRAFT FAIR

**SATURDAY NOVEMBER 18
10:00AM-4:00PM
8880 WILLIAMS ROAD
FREE TO ATTEND**



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



SOUTH ARM COMMUNITY CENTRE

PRESCHOOL REGISTRATION 2023/2024



REGISTRATION IS ONGOING

CHILD'S WORLD

MON/WED/FRI - #231953
9:00AM-1:00PM
4 YEARS (BORN IN 2019)
\$351.95/MONTH

TUES/THURS - #231956
9:00AM-1:00PM
4 YEARS (BORN IN 2019)
\$250.40/MONTH

MON/WED/FRI - #231954
9:00-11:30AM
3/4 YEARS (BORN IN 2019/2020)
\$219.95/MONTH

PRESCHOOL PARADE

MON/WED/FRI - #231959
9:00AM-12:00PM
4 YEARS (BORN IN 2019)
\$263.95/MONTH

TUES/THURS - #231961
9:00-11:30AM
3/4 YEARS (BORN IN 2019/2020)
\$156.50/MONTH



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

Please ensure your child has a MyRichmond account set up prior to registration. Registration will be completed on a first come first serve basis

For more information, please contact:

Preschool Coordinator
Beth Hume
604-238-8063
BHume@richmond.ca



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



Fitness Class Etiquette

In order to ensure a safe, enjoyable class for all, please:

- Be courteous and respectful towards fellow patrons, staff, and equipment.
- Arrive on time for a class. Latecomers are not permitted 5 minutes past the class start time.
- Wear clean and appropriate workout attire, including athletic close-toed shoes.
- Participate in the warm-up, cool down, and stretch to help prevent injury. Each component of the class is equally important.
- Listen to your body and work at your own pace. Ask for help if needed.
- Refrain from video and photo taking, unless authorized.
- Sanitize equipment after use and return items to their proper place.
- Personal items left in a designated space or lockers are at your own risk. Bags and personal items are not permitted on the classroom floor.

Review the PAR-Q+ annually or if the intensity of your exercise increases. Thank you for following directions from staff and reporting any concerns.

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.