

Thompson Community Centre



2024

SPRING PROGRAMS

APR 2
TO
JUN 30



5151 Granville Ave, Richmond, BC
604-238-8422



COMMUNITY PICNIC

COMING SOON!



HOW TO REGISTER

Get ready to register for Spring Programs:

- Tue, Feb 20 | 8 PM | Aquatics Online
- Tue, Feb 20 | 9 PM | All Programs Online
- Wed, Feb 21 | In-Person/Phone/Online

Scan here to register!



Online: richmond.ca/register

Call Centre: 604-276-4300

Thompson Front Desk: 604-238-8422

In - person at any parks, recreation or cultural facility.

REGISTER EARLY TO AVOID PROGRAM CANCELLATIONS

Programs are cancelled approximately 7 days prior to start date if there are not enough participants. Please register as early as possible to reserve your spot and avoid program cancellation.

FOLLOW US ON SOCIAL MEDIA!



[@thompsonCC51](https://www.facebook.com/thompsonCC51)

[@thompsonyouth](https://www.facebook.com/thompsonyouth)

[@SealslandCC](https://www.facebook.com/SealslandCC)



[@thompsoncommunitycentre](https://www.instagram.com/thompsoncommunitycentre)

WHAT'S INSIDE

THOMPSON	Page 1 - 2
PRESCHOOLERS	Page 3 - 4
CHILDREN	Page 5 - 9
PRETEEN & YOUTH	Page 10 - 12
ADULTS	Page 13
OLDER ADULTS (55+)	Page 14 - 16
FITNESS	Page 17 - 21

FACILITY HOURS

Monday to Friday | 6:00AM - 9:45PM
Saturday & Sunday | 7:00AM - 8:30PM
Holiday Hours | 7:00AM - 7:00PM

SATELLITE LOCATIONS

JAMES THOMPSON ELEMENTARY SCHOOL
6211 Forsyth Cres.

THOMPSON PARK/BURNETT SECONDARY SCHOOL
5011 Granville Ave.

BLAIR ELEMENTARY SCHOOL
6551 Lynas Ln.

TERRA NOVA PARK
2340 River Rd.

MCKAY ELEMENTARY SCHOOL
7360 Lombard Rd.



CANCELLATION POLICY

To receive a refund, withdraw or transfer from a program or class, customers are to phone any one of our Community Services facilities or the Registration Call Centre at 604-276-4300, Monday to Friday, 8:30am to 5:00pm.

Seasonal Programs Unless otherwise specified:

- If notice is given prior to the beginning of the third session of the class, a refund, less classes taken, will be provided.
- If notice is given after the beginning of the third session, no refund will be given.

Private/Semi-Private Lessons (Music, Aquatics and Skating), Aquatic Leadership Courses

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

Short Programs (1 week or less), Camps, Out Trips and Workshops Unless otherwise specified:

- If less than one week's notice is given, 50% of the fee will be provided.
- If notice is given on or after the start date of the program, no refund will be provided.
- Transfers will be allowed with 72 hours notice prior to the start date of the program.

Pre-registered Single Session Fitness Classes

- If notice is given prior to the start of the session a full refund will be provided.
- Visit www.richmond.ca/register for how to cancel your session or contact the facility directly.

Note: Some courses and activities may have a no-refund policy for items such as art supplies or special guests.

Arts - Dance

MOVE AND GROOVE - PRESCHOOLERS

May 08 - Jun 26	Wed	04:30 PM - 05:00 PM	\$34.05 / 8 sess	3-5 YRS	299562
-----------------	-----	---------------------	------------------	---------	--------

Arts - Music

UKULELE AND ME - PARENT AND TOT - PRESCHOOLERS

Apr 13 - Jun 22	Sat	09:00AM - 09:30AM	\$150.00 / 10 sess	3-5 YRS	298976
Apr 13 - Jun 22	Sat	09:35AM - 10:05AM	\$150.00 / 10 sess	3-5 YRS	298977

MUSIC AND MOVEMENT STORY TIME - PARENT AND TOT - PRESCHOOLERS

May 08 - Jun 26	Wed	03:45PM - 04:15PM	\$34.05 / 8 sess	1-3 YRS	299557
-----------------	-----	-------------------	------------------	---------	--------

Arts - Visual

ART JAM WITH A DISNEY ANIMATOR - PRESCHOOLERS

Apr 09 - May 14	Tue	03:15PM - 04:15PM	\$108.00 / 6 sess	4-5 YRS	302539
May 21 - Jun 25	Tue	03:15PM - 04:15PM	\$108.00 / 6 sess	4-5 YRS	302549

Nature and Science

BEYOND 4 WALLS - PARENT AND TOT - PRESCHOOLERS

Apr 02 - May 07	Tue	09:30AM - 10:30AM	\$71.10 / 6 sess	15-36 MOS	302609
Apr 06 - Jun 15	Sat	09:30AM - 10:30AM	\$106.65 / 9 sess	15-36 MOS	302612
May 14 - Jun 18	Tue	09:30AM - 10:30AM	\$71.10 / 6 sess	15-36 MOS	302611

BEYOND 4 WALLS - PARENT AND PRESCHOOLERS - PRESCHOOLERS

Apr 02 - May 07	Tue	11:00AM - 12:00PM	\$71.10 / 6 sess	3-4 YRS	302617
Apr 06 - Jun 15	Sat	11:00AM - 12:00PM	\$106.65 / 9 sess	3-4 YRS	302619
May 14 - Jun 18	Tue	11:00AM - 12:00PM	\$71.10 / 6 sess	3-4 YRS	302618

BEYOND 4 WALLS - CHICKADEES - PARENT AND TOT - PRESCHOOLERS

Apr 04 - May 09	Thu	11:00AM - 12:00PM	\$71.10 / 6 sess	0-15 MOS	302605
May 16 - Jun 20	Thu	11:00AM - 12:00PM	\$71.10 / 6 sess	0-15 MOS	302608

Sports

SPORTBALL MULTISPORT - PARENT AND TOT - PRESCHOOLERS

Apr 08 - Jun 17	Mon	10:45AM - 11:30AM	\$180.00 / 10 sess	2-3 YRS	293132
-----------------	-----	-------------------	--------------------	---------	--------

SPORTBALL BASKETBALL - PRESCHOOLERS

Apr 08 - Jun 17	Mon	11:30AM - 12:30PM	\$180.00 / 10 sess	4-6 YRS	293133
Apr 12 - Jun 21	Fri	03:30 PM - 04:30 PM	\$198.00 / 11 sess	4-6 YRS	293221

SPORTBALL SOCCER - PRESCHOOLERS

Apr 08 - Jun 17	Mon	04:00 PM - 05:00 PM	\$180.00 / 10 sess	3.5-5 YRS	293208
-----------------	-----	---------------------	--------------------	-----------	--------

SPORTBALL FLOOR HOCKEY - PRESCHOOLERS

Apr 09 - Jun 18	Tue	4:00PM - 5:00PM	\$198.00 / 11 sess	4-6 YRS	293216
-----------------	-----	-----------------	--------------------	---------	--------

Public Registration for the 2024-2025 Preschool Year Coming Soon!



ROMPERS PRESCHOOL & TIME FOR TWOS

Online: Wed. April 3, 2024 @ 7am
For children born in **2020, 2021 & 2022**

TERRA NOVA NATURE SCHOOL

Online: Tue. April 9, 2024, 7am-12pm
For children born in **2020 & 2021**



Arts - Dance

BALLET - CHILDREN

Apr 06 - Jun 29	Sat	03:15PM - 04:15PM	\$110.65 / 13 sess	5-8 YRS	300898
-----------------	-----	-------------------	--------------------	---------	--------

K-POP DANCING - CHILDREN

Apr 10 - Jun 19	Wed	05:30PM - 06:30PM	\$93.60 / 11 sess	6-9 YRS	304235
-----------------	-----	-------------------	-------------------	---------	--------

Arts - Music



GUITAR/PIANO/VIOLIN PRIVATE LESSONS - ALL AGES

Work privately on an individual curriculum designed specifically for age and ability.
Please contact front desk for more information.

PIANO	Apr 02 - Jun 18 (Tue)	30 min	03:30 PM - 06:30 PM	\$360.00 / 12 sess	5+ YRS
	Apr 06 - Jun 22 (Sat)	sess	09:30 AM - 02:30 PM	\$330.00 / 11 sess	
GUITAR	Apr 10 - Jun 19 (Wed)	45 min	05:15 PM - 07:15 PM	\$398.55 / 11 sess	9+ YRS
	Apr 12 - Jun 21 (Fri)	sess	04:15 PM - 07:15 PM		
VIOLIN	Apr 04 - May 09 (Thur) May 16 - Jun 20 (Thur)	1h sess	03:30 PM - 07:30 PM	\$289.80 / 6 sess	6+ YRS

MUSICAL EXPRESSIONS - UKULELE FUN TIME - CHILDREN

Apr 13 - Jun 22	Sat	10:10AM - 10:40AM	\$150.00 / 10 sess	6-8 YRS	298979
-----------------	-----	-------------------	--------------------	---------	--------

Arts - Visual



CARTOON WITH A DISNEY ANIMATOR - CHILDREN

Apr 09 - May 14	Tue	04:30PM - 05:30PM	\$108.00 / 6 sess	6-8 YRS	302540
May 21 - Jun 25	Tue	04:30PM - 05:30PM	\$108.00 / 6 sess	6-8 YRS	302550

CHARACTER DESIGN - CHILDREN

Apr 09 - May 14	Tue	05:45PM - 06:45PM	\$108.00 / 6 sess	9-12 YRS	302542
May 21 - Jun 25	Tue	05:45PM - 06:45PM	\$108.00 / 6 sess	9-12 YRS	302544

Computers, Technology and Social Media

BRICK ANIMATION - CHILDREN

May 10 - May 24	Fri	03:45PM - 05:15PM	\$75.00 / 3 sess	7-12 YRS	303173
-----------------	-----	-------------------	------------------	----------	--------

LEGO® EV3 ROBOTICS - CHILDREN

Jun 06 - Jun 27	Thu	03:45PM - 05:15PM	\$100.00 / 4 sess	8-11 YRS	302610
-----------------	-----	-------------------	-------------------	----------	--------

LEGO® WEDO ROBOTICS 1 - CHILDREN

Apr 11 - May 02	Thu	03:45PM - 05:15PM	\$100.00 / 4 sess	6-11 YRS	302600
-----------------	-----	-------------------	-------------------	----------	--------

LEGO® WEDO ROBOTICS 2 - CHILDREN

May 09 - May 30	Thu	03:45PM - 05:15PM	\$100.00 / 4 sess	6-11 YRS	302606
-----------------	-----	-------------------	-------------------	----------	--------

SPIKE™ PRIME ROBOTICS 4 - BEGINNER - CHILDREN

Apr 12 - May 03	Fri	03:45PM - 05:15PM	\$130.00 / 4 sess	8-11 YRS	302173
-----------------	-----	-------------------	-------------------	----------	--------

SPIKE™ PRIME ROBOTICS 4 - INTERMEDIATE - CHILDREN

May 31 - Jun 21	Fri	03:45PM - 05:15PM	\$130.00 / 4 sess	8-11 YRS	302177
-----------------	-----	-------------------	-------------------	----------	--------

BABYSITTING BASICS



Sunday, Apr 28 - 9:00am - 5:00pm #291551

Sunday, May 26 - 9:00am - 5:00pm #291552

Sunday, Jun 30 - 9:00am - 5:00pm #291553

\$85.00 / 1 sess

*11-15 years old



Sports

BASKETBALL - CHILDREN

Apr 08 - Jun 10	Mon	03:30PM - 04:30PM	\$63.40 / 10 sess	6-8 YRS	291515
-----------------	-----	-------------------	-------------------	---------	--------

SOCCER - CHILDREN

Apr 09 - Jun 11	Tue	04:00PM - 05:00PM	\$63.40 / 10 sess	6-8 YRS	291521
Apr 09 - Jun 11	Tue	05:15PM - 06:15PM	\$63.40 / 10 sess	9-12 YRS	291522

TOP SHELF FLOOR HOCKEY SKILLS - CHILDREN

Apr 11 - Jun 13	Thu	03:30PM - 04:30PM	\$63.40 / 10 sess	6-8 YRS	291537
Apr 11 - Jun 13	Thu	04:45PM - 05:45PM	\$63.40 / 10 sess	9-12 YRS	291538

SPORTBALL - BASKETBALL - CHILDREN

Apr 12 - Jun 21	Fri	04:30PM - 05:30PM	\$198.00 / 11 sess	6-9 YRS	293222
-----------------	-----	-------------------	--------------------	---------	--------

SPORTBALL INDOOR SOCCER - CHILDREN

Apr 08 - Jun 17	Mon	05:00PM - 06:00PM	\$180.00 / 10 sess	6-9 YRS	293213
-----------------	-----	-------------------	--------------------	---------	--------

SPORTBALL FLOOR HOCKEY - CHILDREN

Apr 09 - Jun 18	Tue	05:00PM - 06:00PM	\$198.00 / 11 sess	6-9 YRS	293217
-----------------	-----	-------------------	--------------------	---------	--------

Racquet Sports

BADMINTON - BEGINNER - CHILDREN

Apr 10 - Jun 12	Wed	03:30PM - 04:30PM	\$63.40 / 10 sess	6-8 YRS	291523
Apr 10 - Jun 12	Wed	04:30PM - 05:30PM	\$63.40 / 10 sess	9-12 YRS	291525
Apr 13 - Jun 15	Sat	12:30PM - 01:30PM	\$63.40 / 10 sess	6-8 YRS	291542
Apr 13 - Jun 15	Sat	01:45PM - 02:45PM	\$63.40 / 10 sess	9-12 YRS	291543



Children's Parties

Parties are hosted in the Banquet Hall and feature a fully decorated room with ride on cars, play slide, photo station with props, face painting, game facilitation and party leaders to assist with setting up/taking down.

Nature and Science

BEYOND 4 WALLS - CHILDREN

Apr 08 - Jun 17	Mon	04:00PM - 05:30PM	\$177.75 / 10 sess	11-13 YRS	300978
Apr 08 - Jun 17	Mon	04:00PM - 05:30PM	\$177.75 / 10 sess	8-10 YRS	300976
Apr 09 - Jun 11	Tue	04:00PM - 05:30PM	\$177.75 / 10 sess	5-7 YRS	300961

BEYOND 4 WALLS - TRAILBLAZERS - CHILDREN

Apr 10 - Jun 12	Wed	09:15AM - 02:15PM	\$592.50 / 10 sess	5-13 YRS	300982
-----------------	-----	-------------------	--------------------	----------	--------

BEYOND 4 WALLS - NATURE NOTES - CHILDREN

Apr 15 - May 06	Mon	04:00PM - 05:30PM	\$71.10 / 4 sess	6-8 YRS	301053
-----------------	-----	-------------------	------------------	---------	--------

STEAM SMARTS - CHILDREN

Apr 13 - Jun 22	Sat	10:00AM - 11:30AM	\$189.00 / 10 sess	7-10 YRS	302199
Apr 13 - Jun 22	Sat	11:45AM - 01:15PM	\$189.00 / 10 sess	7-10 YRS	302200

WACKY SCIENCE - CHILDREN

Apr 10 - Jun 12	Wed	03:30PM - 04:30PM	\$85.10 / 10 sess	6-8 YRS	291529
Apr 10 - Jun 12	Wed	04:45PM - 05:45PM	\$85.10 / 10 sess	9-12 YRS	291530



TERRA NOVA NATURE SCHOOL IS THRILLED TO BE CELEBRATING

Saturday, June 1st, 2024

11:00am-3:00pm

Terra Nova Rural Park, Richmond, BC

The event will include a variety of **FREE** children's activities, live performing artists, touring performers, food trucks, community partner tents,

General Interest

BRICKS 4 KIDZ® - LEGO® AMAZING ANIMALS - CHILDREN

Apr 08 - Jun 10	Mon	03:15PM - 04:15PM	\$160.00 / 8 sess	5-10 YRS	302116
-----------------	-----	-------------------	-------------------	----------	--------

BRICKS 4 KIDZ® - FORCES OF NATURE - CHILDREN

Apr 08 - Jun 10	Mon	04:30PM - 05:30PM	\$160.00 / 8 sess	5-10 YRS	302156
-----------------	-----	-------------------	-------------------	----------	--------

Martial Arts



TAEKWONDO - BEGINNER - CHILDREN

Apr 09 - Jun 18	Tue	05:00PM - 06:00PM	\$99.00/11 sess	6 - 12 YRS	302150
Apr 09 - Jun 18	Tue	06:00PM - 07:00PM	\$99.00 / 11 sess	6 - 12 YRS	302159
Apr 10 - Jun 19	Wed	06:00PM - 07:00PM	\$99.00 / 11 sess	6 - 12 YRS	302165
Apr 10 - Jun 19	Wed	07:00PM - 08:00PM	\$99.00 / 11 sess	6 - 12 YRS	302168
Apr 11 - Jun 20	Thu	05:00PM - 06:00PM	\$99.00 / 11 sess	6 - 12 YRS	302170

TAEKWONDO - INTERMEDIATE - ALL AGES

Apr 09 - Jun 18	Tue	07:00PM - 08:00PM	\$99.00 / 11 sess	6+ YRS	302162
Apr 11 - Jun 20	Thu	06:00PM - 07:00PM	\$99.00 / 11 sess	6+ YRS	302174
Apr 11 - Jun 20	Thu	07:00PM - 08:00PM	\$99.00 / 11 sess	6+ YRS	302178

10 YEARS OF NURTURING IN NATURE!

ies, a main stage of entertainment,
, and a TNNS marketplace.



General Interest

WORKSHOPS - STAY SAFE WORKSHOP - PRETEENS

Jun 9	Sun	10:00AM - 02:00PM	\$70.00 / 1 sess	8-11 YRS	291547
-------	-----	-------------------	------------------	----------	--------

WRITING ADVENTURES - BEGINNER - PRETEENS

Apr 10 - May 22	Wed	03:15PM - 04:15PM	\$175.00 / 7 sess	7-13 YRS	302102
-----------------	-----	-------------------	-------------------	----------	--------

WRITING ADVENTURES - INTERMEDIATE - PRETEENS

Apr 10 - May 22	Wed	04:15PM - 05:15PM	\$196.00 / 7 sess	7-13 YRS	302106
-----------------	-----	-------------------	-------------------	----------	--------

HOMEWORK CLUB - PRETEENS

Apr 11 - Jun 20	Thu	03:30PM - 04:30PM	\$49.15 / 11 sess	9 - 12 YRS	305520
-----------------	-----	-------------------	-------------------	------------	--------

WORKSHOPS - PEEK INTO BUSINESS WORKSHOP - YOUTH

Apr 12 - May 10	Fri	05:45PM - 07:15PM	FREE / 5 sess	11-16 YRS	302175
-----------------	-----	-------------------	---------------	-----------	--------

DEBATE - BEGINNER - YOUTH

Apr 14 - Jun 23	Sun	01:30PM - 03:00PM	\$101.55 / 11 sess	11-16 YRS	305519
-----------------	-----	-------------------	--------------------	-----------	--------

Nature and Science

BEYOND 4 WALLS - LEADERS-IN-TRAINING - YOUTH- BORN 2009-2008-2007

Apr 09 - Jun 11	Tue	04:00PM - 05:30PM	\$177.75 / 10 sess	13-15 YRS	300965
-----------------	-----	-------------------	--------------------	-----------	--------

Arts - Dance



BALLET - PRETEENS

Apr 06 - Jun 29	Sat	04:30PM - 05:30PM	\$110.65 / 13 sess	9-12 YRS	300899
-----------------	-----	-------------------	--------------------	----------	--------

K-POP DANCING - PRETEENS

Apr 12 - Jun 21	Fri	07:30PM - 08:30PM	\$93.60 / 11 sess	10-13 YRS	304236
-----------------	-----	-------------------	-------------------	-----------	--------

K-POP DANCING - PRETEENS

Apr 12 - Jun 21	Fri	08:30PM - 09:30PM	\$93.60 / 11 sess	13-18 YRS	305268
-----------------	-----	-------------------	-------------------	-----------	--------

Arts - Music

GUITAR/VIOLIN PRIVATE LESSONS - ALL AGES

Work privately on an individual curriculum designed specifically for age and ability.
Please contact front desk for more information.

GUITAR	Apr 10 - Jun 19 (Wed) Apr 12 - Jun 21 (Fri)	45 min sess	05:15PM - 07:15PM 04:15PM - 07:15PM	\$398.55 / 11 sess	9+ YRS
VIOLIN	Apr 04 - May 09 (Thur) May 16 - Jun 20 (Thur)	1h sess	03:30 PM - 07:30 PM	\$289.80 / 6 sess	6+ YRS

GUITAR GROUP LESSONS - PRETEENS

Apr 10 - Jun 19	Wed	04:00PM - 05:00PM	\$93.60 / 11 sess	9 - 14 YRS	302240
-----------------	-----	-------------------	-------------------	------------	--------

GUITAR GROUP LESSONS - YOUTH

Apr 10 - Jun 19	Wed	04:00PM - 05:00PM	\$93.60 / 11 sess	9 - 14 YRS	302242
-----------------	-----	-------------------	-------------------	------------	--------

SONGWRITING - YOUTH

Apr 12 - Jun 21	Fri	04:30PM - 05:30PM	\$85.10 / 10 sess	13-24 YRS	302180
-----------------	-----	-------------------	-------------------	-----------	--------

Computers, Technology and Social Media

INTRODUCTION TO WEB DEVELOPMENT AND DESIGN - BEGINNER - PRETEEN

Apr 27 - Jun 22	Sat	03:00PM - 04:00PM	\$92.00 / 8 sess	9 - 12 YRS	304238
-----------------	-----	-------------------	------------------	------------	--------

Cooking

COOKING BASICS - PRETEENS

Apr 12 - May 17	Fri	03:45PM - 05:45PM	\$181.70 / 6 sess	10-13 YRS	302121
May 24 - Jun 24	Fri	03:45PM - 05:45PM	\$151.40 / 5 sess	10-13 YRS	302124

COOKING BASICS - YOUTH

Apr 12 - May 17	Fri	03:45PM - 05:45PM	\$181.70 / 6 sess	13-16 YRS	302141
May 24 - Jun 21	Fri	03:45PM - 05:45PM	\$151.40 / 5 sess	13-16 YRS	302148

Sports

BASKETBALL - PRETEENS

Apr 08 - Jun 10	Mon	04:45PM - 05:45PM	\$63.40 / 10 sess	9 - 12 YRS	291518
Apr 11 - Jun 13	Thu	06:00PM - 07:00PM	\$63.40 / 10 sess	9 - 12 YRS	291539

BASKETBALL DEVELOPMENT SKILLS - YOUTH

Apr 08 - Jun 10	Mon	06:00PM - 07:00PM	\$63.40 / 10 sess	13-18 YRS	291520
-----------------	-----	-------------------	-------------------	-----------	--------

FOOTBALL FUNDAMENTALS - PRETEENS

Apr 11 - Jun 20	Thu	04:00PM - 05:00PM	\$69.75 / 11 sess	10 - 16 YRS	302244
-----------------	-----	-------------------	-------------------	-------------	--------

FOOTBALL FUNDAMENTALS - YOUTH

Apr 11 - Jun 20	Thu	04:00PM - 05:00PM	\$69.75 / 11 sess	10 - 16 YRS	302245
-----------------	-----	-------------------	-------------------	-------------	--------

SPIKEBALL - PRETEENS

Apr 11 - Jun 20	Thu	05:15PM - 06:15PM	\$75.70 / 11 sess	9 - 12 YRS	302183
-----------------	-----	-------------------	-------------------	------------	--------

VOLLEYBALL - YOUTH

Apr 12 - Jun 14	Fri	04:45PM - 05:45PM	\$63.40 / 10 sess	13-18 YRS	291541
-----------------	-----	-------------------	-------------------	-----------	--------

VOLLEYBALL - PRETEENS

Apr 12 - Jun 14	Fri	03:30PM - 04:30PM	\$63.40 / 10 sess	9-12 YRS	291540
-----------------	-----	-------------------	-------------------	----------	--------



Arts - Visual

CREATIVE PAINTING - ADULTS



Apr 26 - May 31	Fri	10:30AM - 12:30PM	\$102.10 / 6 sess	18+ YRS	301047
-----------------	-----	-------------------	-------------------	---------	--------

Arts - Music

GROUP UKULELE LESSONS - ADULTS

Apr 13 - Jun 22	Sat	10:45AM - 11:30AM	\$180.00 / 10 sess	19+ YRS	304017
-----------------	-----	-------------------	--------------------	---------	--------

Languages

MANDARIN - BEGINNER - ADULTS

Apr 27 - Jun 01	Sat	12:30PM - 1:30PM	\$51.06 / 6 sess	18+ YRS	302613
-----------------	-----	------------------	------------------	---------	--------

First Aid

EMERGENCY FIRST AID, CPR C AND AED - ADULTS

May 05	Sun	09:00AM - 05:00PM	\$100.00 / 1 sess	13+ YRS	291548
Jun 23	Sun	09:00AM - 05:00PM	\$100.00 / 1 sess	13+ YRS	291550

Sports

FLOOR HOCKEY - ADULTS

Apr 02 - Jun 25	Tue	07:00PM - 09:00PM	\$82.40/ 13 sess	18+ YRS	291546
-----------------	-----	-------------------	------------------	---------	--------

SOCCER - ADULTS

Apr 04 - Jun 27	Thu	07:30PM - 09:30PM	\$82.40 / 13 sess	18+ YRS	291544
-----------------	-----	-------------------	-------------------	---------	--------

PICKLEBALL - ADVANCED - ADULTS

Apr 05 - Jun 21	Fri	01:45PM - 03:00PM	\$95.15 / 12 sess	18+ YRS	298284
-----------------	-----	-------------------	-------------------	---------	--------

Arts - Visual

CREATIVE PAINTING - TRY-IT - 55+

Apr 12	Fri	10:00AM - 12:00PM	FREE / 1 sess	55+ YRS	300272
--------	-----	-------------------	---------------	---------	--------

CREATIVE PAINTING - 55+

Apr 26 - May 31	Fri	10:00AM - 12:00PM	\$76.10 / 6 sess	55+ YRS	300271
-----------------	-----	-------------------	------------------	---------	--------

Arts - Dance

LINE DANCING VARIETY - BEGINNER - 55+

Apr 17 - Jun 19	Wed	10:45AM - 11:45AM	\$57.05 / 9 sess	55+ YRS	300359
-----------------	-----	-------------------	------------------	---------	--------

BALLROOM DANCING - BEGINNER - TRY-OUT - 55+

Apr 03	Wed	09:00AM - 10:30AM	FREE / 1 sess	55+ YRS	301662
--------	-----	-------------------	---------------	---------	--------

BALLROOM - BEGINNER - 55+

Apr 17 - Jun 19	Wed	09:00AM - 10:30AM	\$85.60 / 9 sess	55+ YRS	300358
-----------------	-----	-------------------	------------------	---------	--------

BALLROOM - INTERMEDIATE - 55+

Apr 13 - Jun 15	Sat	01:30PM - 03:00PM	\$95.10 / 10 sess	55+ YRS	300349
-----------------	-----	-------------------	-------------------	---------	--------

Sports

OUTDOOR BOCCE - 55+

Jun 20	Thu	06:00PM - 07:00PM	FREE / 1 sess	55+ YRS	302171
--------	-----	-------------------	---------------	---------	--------



Racquet Sports

PICKLEBALL - BEGINNER - 55+

Apr 04 - May 09	Thu	01:15PM - 02:30PM	\$47.50 / 6 sess	55+ YRS	297115
-----------------	-----	-------------------	------------------	---------	--------

May 16 - Jun 27	Thu	01:15PM - 02:30PM	\$55.50 / 7 sess	55+ YRS	297123
-----------------	-----	-------------------	------------------	---------	--------

PICKLEBALL - INTERMEDIATE - 55+

Apr 04 - May 09	Thu	02:45PM - 03:45PM	\$38.05 / 6 sess	55+ YRS	301544
-----------------	-----	-------------------	------------------	---------	--------

May 16 - Jun 27	Thu	02:45PM - 03:45PM	\$44.40 / 7 sess	55+ YRS	301546
-----------------	-----	-------------------	------------------	---------	--------

General Interest

AGE WELL, LIVE WELL WITH SAFE MEDICATIONS WORKSHOP - 55+

May 13	Mon	01:30PM - 02:30PM	FREE / 1 sess	55+ YRS	301617
--------	-----	-------------------	---------------	---------	--------

Online - Programs

ONLINE - NAME THAT TUNE - 55+

Apr 15 - Jun 17	3rd Monday every month	10:30AM - 11:45AM	FREE / 3 sess	55+ YRS	300498
-----------------	------------------------	-------------------	---------------	---------	--------

Health and Wellness

HOLISTIC HEALTH SERIES - THE CONNECTION BETWEEN DIABETES AND DEMENTIA WORKSHOP - 55+

Apr 29	Mon	01:00PM - 02:30PM	FREE / 1 sess	55+ YRS	302967
--------	-----	-------------------	---------------	---------	--------

Computers, Technology and Social Media

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, GPS, and Skype.

Free half an hour time slots on the following dates and times:

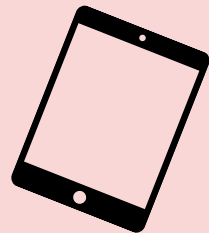


Apr 23 | May 28

3:30PM - 4:00PM

4:00PM - 4:30PM

4:30PM - 5:00PM



To register your spot, call front desk 604-238-8422 or the registration call centre at 604-276-4300.

OUT TRIPS & TOURS

55+ YRS

April - Out Trips and Tours



PAT QUINN'S AT TSAWWASSEN SPRINGS TRIP - 55+

Apr 19	Fri	4:30PM - 08:00PM	\$17.50 / 1 sess	55+ YRS	302031
--------	-----	------------------	------------------	---------	--------

CHILLIWACK TULIP FESTIVAL TRIP - 55+

Apr 30	Tue	9:45AM - 03:45PM	\$38.00 / 1 sess	55+ YRS	298218
--------	-----	------------------	------------------	---------	--------

May - Out Trips and Tours

AUDAIN ART MUSEUM AND WHISTLER TRIP - 55+

May 06	Mon	09:30AM - 05:00PM	\$49.25 / 1 sess	55+ YRS	301594
--------	-----	-------------------	------------------	---------	--------

BRITANNIA MINING MUSEUM TRIP - 55+

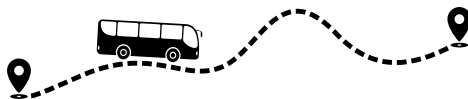
May 13	Mon	09:00AM - 05:00PM	\$66.50 / 1 sess	55+ YRS	301659
--------	-----	-------------------	------------------	---------	--------

BUTCHART GARDENS TRIP - 55+

May 22	Wed	07:30AM - 07:00PM	\$126.60 / 1 sess	55+ YRS	298240
--------	-----	-------------------	-------------------	---------	--------

May 22	Wed	07:30AM - 07:00PM	\$109.60 / 1 sess	65+ YRS	298240
--------	-----	-------------------	-------------------	---------	--------

June - Out Trips and Tours



LADNER VILLAGE MARKET TRIP - 55+

Jun 09	Sun	11:00AM - 03:00PM	\$20.50 / 1 sess	55+ YRS	298243
--------	-----	-------------------	------------------	---------	--------

BC HIGHLAND GAMES AND SCOTTISH FESTIVAL TRIP - 55+

Jun 15	Sat	11:00AM - 5:30PM	\$43.00 / 1 sess	55+ YRS	298241
--------	-----	------------------	------------------	---------	--------

NANAIMO EXPRESS ADVENTURE TRIP - 55+

Jun 21	Fri	7:30AM - 05:45PM	\$112.50 / 1 sess	55+ YRS	302931
--------	-----	------------------	-------------------	---------	--------

Jun 21	Fri	7:30AM - 05:45PM	\$95.50 / 1 sess	65+ YRS	302931
--------	-----	------------------	------------------	---------	--------

BOWEN ISLAND TRIP - 55+

Jun 27	Thu	8:30AM - 05:00PM	\$75.50 / 1 sess	55+ YRS	298541
--------	-----	------------------	------------------	---------	--------

Jun 27	Thu	8:30AM - 05:00PM	\$58.50 / 1 sess	65+ YRS	298541
--------	-----	------------------	------------------	---------	--------

Youth - Fitness

KICK BOXING - DRILLS AND SKILLS - YOUTH

Apr 10 - Jun 19	Wed	04:00PM - 05:00PM	\$92.60 / 11 sess	13-18 YRS	291380
-----------------	-----	-------------------	-------------------	-----------	--------

SPORTS PERFORMANCE AND DEVELOPMENT - YOUTH

Apr 11 - May 16	Thu	04:00PM - 05:00PM	\$74.60 / 6 sess	12-15 YRS	291381
May 23 - Jun 20	Thu	04:00PM - 05:00PM	\$62.15 / 5 sess	12-15 YRS	291382

GROUP WEIGHT TRAINING - YOUTH

Apr 16 - Jun 04	Tue	04:00 PM - 05:00 PM	\$99.45 / 8 sess	12-15 YRS	298299
-----------------	-----	---------------------	------------------	-----------	--------



Adults - Fitness

BABY AND ME DANCE FIT - ADULTS

Apr 09 - Jun 18	Tue	09:30AM - 10:15AM	92.62 / 11 sess	18+ YRS	305143
-----------------	-----	-------------------	-----------------	---------	--------

MOM AND BABY STROLLERFIT - INDOOR - ADULTS

Apr 10 - Jun 19	Wed	11:00AM - 12:00PM	\$84.20 / 10 sess	18+ YRS	291366
-----------------	-----	-------------------	-------------------	---------	--------

BARRE FITNESS - ADULTS

Apr 09 - Jun 18	Tue	10:45AM - 11:45AM	\$92.60 / 11 sess	16+ YRS	291362
-----------------	-----	-------------------	-------------------	---------	--------

PILATES - ADULTS

Apr 08 - Jun 17	Mon	5:30PM - 6:30PM	\$96.30 / 10 sess	16+ YRS	291355
Apr 10 - Jun 19	Wed	09:45AM - 10:45AM	\$96.30 / 10 sess	16+ YRS	291364
Apr 11 - Jun 20	Thu	5:30PM - 6:30PM	\$105.95 / 11 sess	16+ YRS	291368
Apr 12 - Jun 21	Fri	12:00PM - 1:00PM	\$105.95 / 11 sess	16+ YRS	291370

PILATES YOGA FUSION - ADULTS

Apr 08 - Jun 17	Mon	12:00PM - 01:00PM	\$96.30 / 10 sess	16+ YRS	291354
-----------------	-----	-------------------	-------------------	---------	--------

PILATES FUSION - ADULTS

Apr 07 - Jun 16	Sun	09:00AM - 10:00AM	\$96.30 / 10 sess	16+ YRS	291348
-----------------	-----	-------------------	-------------------	---------	--------

KICKBOXING - DRILLS AND SKILLS - ADULTS

Apr 09 - Jun 18	Tue	07:45PM - 08:45PM	\$92.60 / 11 sess	16+ YRS	291363
-----------------	-----	-------------------	-------------------	---------	--------

ZUMBA® - GOLD - ADULTS

Apr 09 - Jun 18	Tue	10:30AM - 11:30 AM	\$92.60 / 11 sess	19+ YRS	291385
-----------------	-----	--------------------	-------------------	---------	--------

ZUMBA® - ADULTS

Apr 12 - Jun 21	Fri	05:00PM - 06:00PM	\$92.60 / 11 sess	16+ YRS	291371
-----------------	-----	-------------------	-------------------	---------	--------

GROUP WEIGHT TRAINING - ADULTS

Apr 21 - Jun 23	Sun	11:00AM - 12:00PM	\$99.45 / 8 sess	18+ YRS	298289
-----------------	-----	-------------------	------------------	---------	--------



55+ - Fitness

ZUMBA® - GOLD - 55+

Apr 09 - Jun 18	Tue	10:30AM - 11:30AM	\$72.60 / 11 sess	55+ YRS	291384
-----------------	-----	-------------------	-------------------	---------	--------

STAY STRONG - 55+

Apr 12 - Jun 21	Fri	10:30AM - 11:30AM	\$60.15 / 11 sess	55+ YRS	291378
-----------------	-----	-------------------	-------------------	---------	--------

LADIES WHO LIFT - 55+

Apr 11 - May 16	Thu	01:00PM - 02:00PM	\$58.50 / 6 sess	55+ YRS	291375
May 23 - Jun 20	Thu	01:00PM - 02:00PM	\$48.75 / 5 sess	55+ YRS	291377

BETTER BACK AND BALANCE - BEGINNER - 55+

Apr 08 - Jun 17	Mon	11:00AM - 12:00PM	\$54.70 / 10 sess	55+ YRS	291374
-----------------	-----	-------------------	-------------------	---------	--------



THOMPSON

DROP-IN FITNESS PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Bootcamp 6:30 - 7:15 am Stephany / AR					Bootcamp 8:00 - 8:45 am Leanne / AR
Fit & Functional 9:15 - 10:15 am Janet / Gym	Step & Sculpt 9:15 - 10:15 am Deb / Gym	Cardio & Strength 9:15 - 10:15 am Janet / Gym	Body Blast 9:15 - 10:15 am Deb / Gym	Fit & Functional 9:15 - 10:15 am Janet / Gym	Dance Fit 9:30 - 10:30 am Gloria / Gym	Kardio Kickbox 10:15 - 11:15 am Rocio / AR
TABATA 10:30 - 11:30 am Annie / AR		Core & More 10:30 - 11:30 am Janet / Gym	Ease into Fitness 10:30 - 11:30 am Monika / AR	Dance & Tone 10:30 - 11:30 am Lizabeth / Gym	Strength & Stretch 10:45 - 11:45 am Annie / Gym	Yoga* 11:30 - 12:30 pm Rocio / AR
	Yoga* 12:00 - 1:00 pm Elle / AR	Dance & Tone 12:00 - 1:00 pm Sofya / AR	Yoga* 12:00 - 1:00 pm Monika / AR			
	HIIT (circuit) 6:30 - 7:30 pm Tomo / AR	Total Body Conditioning 6:00 - 7:00 pm Annie / AR			 MMA Bootcamp 3:45 - 4:15 pm Tomo / MPR	
Yoga* 7:00 - 8:00 pm Monika / AR			Yoga* 6:45 - 7:45 pm Monika / Selina AR			

- Obtain a ticket from reception as proof of payment to be presented at the program entry.
- 10 visit passes do NOT apply to yoga; the drop-in rate for yoga is \$8.75.
- Group Fitness Classes are included with a Fitness Membership or can be purchased as a single visit. Class schedule and instructor are subject to change.
- All registered programs require pre-registration and are not included with a fitness pass or single visit fee.
- All classes, instructors, and locations of the class are subject to change or cancellation without notice.
- Please check with the facility for holiday hours.
- For updated information on COVID safety policies and protocols, refer to www.richmond.ca

DROP-IN FITNESS PASSES, FITNESS MEMBERSHIP AND PERSONAL TRAINING FEES

FEES	ADULTS	Youth (13-18)
	(19-54)	Older Adults (55+)
One Time Drop-In	\$6.90	\$5.00
*10 Visit Card	\$55.00	\$40.00
1 Month	\$59.00	\$47.00
3 Months	\$128.00	\$105.00
6 Months	\$219.00	\$180.00
1 Year	\$365.00	\$300.00
**1 Year Family Add-On	\$300.00	N/A
Yoga Drop-In	\$8.75	N/A
***Youth Facility Pass 2	N/A	\$7.00

FITNESS CENTRE ORIENTATION

Are you a new or returning Thompson Community Centre fitness member and want to learn or review how to use our fitness equipment?

Book your **FREE** fitness centre **orientation**: Natalia.Orekhova@richmond.ca

*Fitness centre orientation is mandatory for youth 13-15 years old; for 16+ years old recommended. A Parental Consent Form is required for youth 13-18 years old.

PERSONAL TRAINING		
1 Hour Sessions	1 - on - 1	2 - 3 people
1 session	\$61.85	\$92.85
3 sessions	\$176.35	\$264.60
5 sessions	\$278.50	\$417.80
10 sessions	\$526.05	\$789.20
30 Minute Sessions		
5 sessions	\$146.95	
10 sessions	\$278.50	
20 sessions	\$526.05	

Book your personal training consultation by contacting our fitness coordinator at natalia.orekhova@richmond.ca or 604-238-8434.

- Fitness Memberships are non-refundable and non-transferable.
- **Family add-on - 1 year: For immediate family members residing in the same residence. With the purchase of a 1-year Fitness Adult Membership, one additional adult may be added to the price listed in the above chart. The first family member pays the full rate, with the additional member paying the reduced rate. Fitness Memberships must be purchased at the same time, are non-transferable and only apply to 1-year terms.
- Valid Fitness Membership holders can attend drop-in fitness classes and fitness centres at other locations for an add-on fee of \$1 (community centres) or \$4.70 (Minoru Centre for Active Living and Watermania). Yoga classes and drop-in seasonal fitness programs are not included in this offer.
- ***Youth Facility Pass Fitness Centre - Drop-In schedule is subject to change or cancellation without notice. Please note: there are limited spots available. Contact the centre for the current schedule and availability.



Thompson Community Centre
5151 Granville Ave | Richmond, BC
604-238-8422