

SOUTH ARM COMMUNITY CENTRE

FALL 2021 PROGRAMS



**8880 WILLIAMS ROAD
RICHMOND BC
604-238-8060**



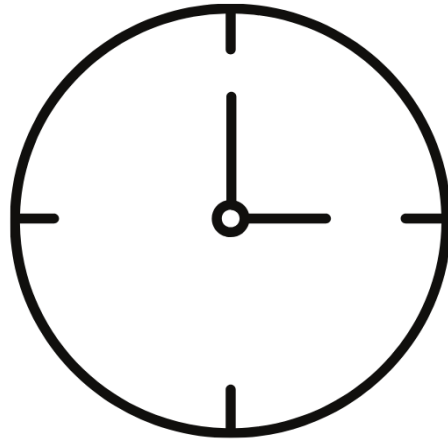
GENERAL INFORMATION

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 17-Oct 29	12:00-12:30pm	Fri	95461	2-3yrs	\$27.00/7 sess
Nov 5-Dec 17	12:00-12:30pm	Fri	95463	2-3yrs	\$27.00/7 sess

BALLET - PRESCHOOLERS

Sept 14-Oct 26	1:45-2:30pm	Tues	95450	3-4yrs	\$40.55/7 sess
Sept 14-Oct 26	2:45-3:30pm	Tues	95457	5-6yrs	\$40.55/7 sess
Nov 2-Dec 14	1:45-2:30pm	Tues	95452	3-4yrs	\$40.55/7 sess
Nov 2-Dec 14	2:45-3:30pm	Tues	95459	5-6yrs	\$40.55/7 sess

CREATIVE MOVEMENT - PARENT AND TOT

Sept 16-Oct 21	10:00-10:45am	Thurs	96694	2-3yrs	\$34.75/6 sess
Nov 4-Dec 16	12:00-12:45pm	Thurs	96698	2-3yrs	\$34.75/6 sess

DANCE COMBO - PRESCHOOLERS

Sept 17-Oct 29	1:45-2:30pm	Fri	95446	5-6yrs	\$40.55/7 sess
Nov 5-Dec 17	1:45-2:30pm	Fri	95448	5-6yrs	\$40.55/7 sess

DANCE COMBO: PARENT AND TOT - PRESCHOOLERS

Sept 14-Oct 26	1:00-1:30pm	Tues	95443	2-3yrs	\$27.00/7 sess
Nov 2-Dec 14	1:00-1:30pm	Tues	95444	2-3yrs	\$27.00/7 sess

FAIRY TALE DANCING - PARENT AND TOT - PRESCHOOLERS

Sept 16-Oct 21	11:00-11:45am	Thurs	96695	2-3yrs	\$34.75/6 sess
Nov 4-Dec 16	11:00-11:45am	Thurs	96696	2-3yrs	\$34.75/6 sess

JAZZ DANCING AND HIP HOP - PRESCHOOLERS

Sept 17-Oct 29	12:45-1:30pm	Fri	95466	3-4yrs	\$40.55/7 sess
Nov 5-Dec 17	12:45-1:30pm	Fri	95467	3-4yrs	\$40.55/7 sess

FITNESS

YOGA - PRESCHOOLERS

Sept 14-Oct 26	10:45-11:30am	Tues	95470	3-5yrs	\$58.45/7 sess
Nov 2-Dec 14	10:45-11:30am	Tues	95472	3-5yrs	\$58.45/7 sess

GENERAL INTEREST

TIME FOR TWOS: SEASONAL - PRESCHOOLERS

Oct 4-Dec 6	10:00am-12:00pm	Mon	98432	2-3yrs	\$208.45/9 sess
Oct 5-Dec 7	10:00am-12:00pm	Tues	98433	2-3yrs	\$231.60/10 sess
Oct 6-Dec 8	10:00am-12:00pm	Wed	98434	2-3yrs	\$231.60/10 sess
Oct 7-Dec 9	10:00am-12:00pm	Thurs	98435	2-3yrs	\$208.45/9 sess
Oct 9-Dec 10	10:00am-12:00pm	Fri	98436	2-3yrs	\$231.60/10 sess

SPACES STILL AVAILABLE

**SOUTH ARM
PRESCHOOL
REGISTRATION
2021/2022**

FOR MORE INFORMATION,
CONTACT NZHUK@RICHMOND.CA
OR CALL 604-238-8063

Richmond

CHILDREN (6 - 12 YEARS)

ARTS - MUSIC

GUITAR OR UKULELE PRIVATE LESSONS - ALL AGES

Sept 8-Dec 15	3:30-4:00pm	Wed	96675	5+yrs	\$450.00/15 sess
Sept 8-Dec 15	4:05-4:35pm	Wed	96676	5+yrs	\$450.00/15 sess
Sept 8-Dec 15	4:40-5:10pm	Wed	96677	5+yrs	\$450.00/15 sess
Sept 8-Dec 15	5:15-5:45pm	Wed	96678	5+yrs	\$450.00/15 sess
Sept 8-Dec 15	5:50-6:20pm	Wed	96679	5+yrs	\$450.00/15 sess
Sept 8-Dec 15	6:25-6:55pm	Wed	96680	5+yrs	\$450.00/15 sess
Sept 8-Dec 15	7:00-7:30pm	Wed	96681	5+yrs	\$450.00/15 sess
Sept 10-Dec 17	3:30-4:00pm	Fri	96682	5+yrs	\$450.00/15 sess
Sept 10-Dec 17	4:05-4:35pm	Fri	96683	5+yrs	\$450.00/15 sess
Sept 10-Dec 17	4:40-5:10pm	Fri	96684	5+yrs	\$450.00/15 sess
Sept 10-Dec 17	5:15-5:45pm	Fri	96685	5+yrs	\$450.00/15 sess
Sept 10-Dec 17	5:50-6:20pm	Fri	96686	5+yrs	\$450.00/15 sess
Sept 10-Dec 17	6:25-6:55pm	Fri	96687	5+yrs	\$450.00/15 sess
Sept 10-Dec 17	7:00-7:30pm	Fri	96688	5+yrs	\$450.00/15 sess

PIANO PRIVATE LESSONS - ALL AGES

Sept 9-Dec 16	3:30-4:00pm	Thurs	96667	5+yrs	\$420.00/14 sess
Sept 9-Dec 16	4:05-4:35pm	Thurs	96668	5+yrs	\$420.00/14 sess
Sept 9-Dec 16	4:40-5:10pm	Thurs	96669	5+yrs	\$420.00/14 sess
Sept 9-Dec 16	5:15-5:45pm	Thurs	96670	5+yrs	\$420.00/14 sess
Sept 9-Dec 16	5:50-6:20pm	Thurs	96671	5+yrs	\$420.00/14 sess
Sept 9-Dec 16	6:25-6:55pm	Thurs	96672	5+yrs	\$420.00/14 sess
Sept 9-Dec 16	7:00-7:30pm	Thurs	96673	5+yrs	\$420.00/14 sess
Sept 11 - Dec 18	3:30-4:00pm	Sat	99696	5+yrs	\$420.00/14 sess
Sept 11 - Dec 18	4:05-4:35pm	Sat	99697	5+yrs	\$420.00/14 sess
Sept 11 - Dec 18	4:40-5:10pm	Sat	99698	5+yrs	\$420.00/14 sess
Sept 11 - Dec 18	5:15-5:45pm	Sat	99699	5+yrs	\$420.00/14 sess
Sept 11 - Dec 18	5:50-6:20pm	Sat	99700	5+yrs	\$420.00/14 sess
Sept 11 - Dec 18	6:25-6:55pm	Sat	99701	5+yrs	\$420.00/14 sess
Sept 11 - Dec 18	7:00-7:30pm	Sat	99702	5+yrs	\$420.00/14 sess
Sept 14-Dec 21	3:30-4:00pm	Tues	96660	5+yrs	\$450.00/15 sess
Sept 14-Dec 21	4:05-4:35pm	Tues	96661	5+yrs	\$450.00/15 sess
Sept 14-Dec 21	4:40-5:10pm	Tues	96662	5+yrs	\$450.00/15 sess
Sept 14-Dec 21	5:15-5:45pm	Tues	96663	5+yrs	\$450.00/15 sess
Sept 14-Dec 21	5:50-6:20pm	Tues	96664	5+yrs	\$450.00/15 sess
Sept 14-Dec 21	6:25-6:55pm	Tues	96665	5+yrs	\$450.00/15 sess
Sept 14-Dec 21	7:00-7:30pm	Tues	96666	5+yrs	\$450.00/15 sess

ARTS - VISUAL

ACRYLIC PAINTING - CHILDREN

Sept 18-Oct 30	10:00-11:15am	Sat	96654	6-12yrs	\$57.90/6 sess
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CHILDREN (6 - 12 YEARS)

ARTS - VISUAL

ART JAM WITH A DISNEY ANIMATOR

Sept 18-Oct 30	9:30-10:30am	Sat	95519	4-5yrs	\$90.00/6 sess
Nov 6-Dec 18	9:30-10:30am	Sat	95520	4-5yrs	\$105.00/7 sess

CHARACTER DESIGN - CHILDREN

Sept 18-Oct 30	10:45-11:45am	Sat	95513	6-8yrs	\$90.00/6 sess
Sept 18-Oct 30	12:00-1:00pm	Sat	95515	9-12yrs	\$90.00/6 sess
Nov 6-Dec 18	10:45-11:45am	Sat	95514	6-8yrs	\$105.00/7 sess
Nov 6-Dec 18	12:00-1:00pm	Sat	95517	9-12yrs	\$105.00/7 sess

CRAFT COMBO - CHILDREN

Sept 13-Oct 25	3:45-5:00pm	Mon	96656	6-12yrs	\$57.90/6 sess
Nov 4-Dec 16	3:45-5:00pm	Thurs	96657	6-12yrs	\$57.90/6 sess

DRAWING AND PAINTING - CHILDREN

Nov 6-Dec 18	10:00-11:15am	Sat	96655	6-12yrs	\$67.55/7 sess
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FITNESS

YOGA - CHILDREN

Sept 16-Oct 28	3:45-4:45pm	Thurs	95473	6-12yrs	\$58.45/7 sess
Nov 4-Dec 16	3:45-4:45pm	Thurs	95474	6-12yrs	\$50.10/6 sess

MARTIAL ARTS

TAEKWONDO - BEGINNER - CHILDREN

Sept 20-Dec 13	3:30-4:30pm	Mon	93672	6-17yrs	\$81.00/12 sess
Sept 20-Dec 13	4:40-5:40pm	Mon	93673	6-17yrs	\$81.00/12 sess
Sept 24-Dec 10	5:50-6:50pm	Fri	93685	6-17yrs	\$81.00/12 sess

TAEKWONDO - INTERMEDIATE - CHILDREN

Sept 20-Dec 13	5:50-6:50pm	Mon	93675	6-17yrs	\$81.00/12 sess
Sept 20-Dec 13	7:00-8:00pm	Mon	93673	6-17yrs	\$81.00/12 sess
Sept 24-Dec 10	3:30-4:30pm	Fri	93679	6-17yrs	\$81.00/12 sess
Sept 24-Dec 10	4:40-5:40pm	Fri	93682	6-17yrs	\$81.00/12 sess
Sept 24-Dec 10	7:00-8:00pm	Fri	93687	6-17yrs	\$81.00/12 sess

TAEKWONDO - ADVANCED - ALL AGES

Sept 25-Dec 11	1:15-2:15pm	Sat	93695	6+ yrs	\$74.25/11 sess
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TAEKWONDO - BLACK BELT - ALL AGES

Sept 25-Dec 11	2:30-3:30pm	Sat	93696	6+ yrs	\$74.25/11 sess
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NATURE AND SCIENCE

WACKY SCIENCE - CHILDREN

Sept 16-Oct 28	3:45-5:00pm	Thurs	96658	6-12yrs	\$67.55/7 sess
Nov 1-Dec 13	3:45-5:00pm	Mon	96659	6-12yrs	\$67.55/7 sess

RACQUET SPORTS

BADMINTON - INTERMEDIATE - CHILDREN

Sept 22-Dec 8	4:25-5:25pm	Wed	95449	9-12yrs	\$69.00/12 sess
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CHILDREN (6 - 12 YEARS)

SPORTS

BASKETBALL - CHILDREN

Sept 20-Dec 13	5:45-6:45pm	Mon	92229	8-10yrs	\$69.00/12 sess
Sept 20-Dec 13	7:00-8:00pm	Mon	92239	10-12yrs	\$69.00/12 sess
RYBL - JUMP BASKETBALL - GRADE 4/5					
Sept 30-Nov 25	6:15-7:15pm	Thurs	98733	8-10yrs	\$70.00/9 sess
Sept 24-Nov 26	6:15-7:15pm	Fri	96849	8-10yrs	\$80.00/10 sess
RYBL - JUMP BASKETBALL - GRADE 6/7					
Sept 30-Nov 25	7:30-8:30pm	Thurs	98734	10-12yrs	\$70.00/9 sess
Sept 24-Nov 26	7:30-8:30pm	Fri	96852	10-12yrs	\$80.00/10 sess
RYBL - BASKETBALL - GRADE 4/5 GIRLS LEAGUE					
Oct 23-Feb 5	10:15-11:45am	Sat	96844	8-10yrs	\$125.00/13 sess
RYBL - BASKETBALL - GRADE 6/7 GIRLS LEAGUE					
Oct 23-Feb 5	12:00-1:30pm	Sat	96846	10-12yrs	\$125.00/13 sess
RYBL - BASKETBALL - GRADE 4/5 LEAGUE CO-ED					
Oct 16-Feb 26	10:00-11:00am	Tues/Sat	96832	8-10yrs	\$215.00/32 sess
RYBL - BASKETBALL - GRADE 6/7 LEAGUE CO-ED					
Oct 16-Feb 26	11:15am-1:15pm	Tues/Sat	96837	10-12yrs	\$215.00/32 sess
RYBL - BASKETBALL - SMALL BALL - GRADE K/1					
Oct 4-Nov 29	6:15-7:00pm	Mon	96842	4-6yrs	\$70.00/8 sess
RYBL - BASKETBALL - SMALL BALL - GRADE 2/3					
Oct 4-Nov 29	7:15-8:00pm	Mon	96843	6-8yrs	\$70.00/8 sess



YOUTH (13-18 YEARS)

FITNESS

FITNESS WORKSHOP - FITNESS SAMPLER - YOUTH

Sep 08 3:30-4:00pm Wed 92990 13-18yrs Free/1 sess

FITNESS WORKSHOP - SQUATS - YOUTH

Sep 15 4:30-5:00pm Wed 92994 13-18yrs Free/1 sess

FITNESS WORKSHOP - WEIGHT TRAINING - YOUTH

Sep 22 4:30-5:00PM Wed 92995 13-18yrs Free/1 sess

KICK BOXING DRILLS AND SKILLS: FOR GIRLS - YOUTH

Sept 15-Oct 27 3:30-4:15pm Wed 91335 13-18yrs \$53.55/7 sess

Nov 3-Dec 15 3:30-4:15pm Wed 91337 13-18yrs \$53.55/7 sess

KICK BOXING DRILLS AND SKILLS - YOUTH

Sept 18-Oct 30 12:30-1:15pm Sat 91405 13-18yrs \$53.55/7 sess

Nov 6-Dec 11 12:30-1:15pm Sat 91408 13-18yrs \$45.90/6 sess

GENERAL INTEREST

FINANCIAL LITERARY SERIES - YOUTH

Oct 7-28 4:30-5:30pm Thurs 94490 13-18yrs Free/4 sess

INTRO TO LEADERSHIP - YOUTH

Sept 14-Dec 14 3:45-4:45pm Tues 94053 13-18yrs Free/14 sess

LIFE HACKS 101 - YOUTH

Sept 15-Oct 6 4:30-5:30pm Wed 94076 13-18yrs \$22.65/4 sess

Oct 20-Nov 10 4:30-5:30pm Wed 94077 13-18yrs \$22.65/4 sess

RESUME AND INTERVIEW SKILL BUILDING - YOUTH

Sept 13-27 4:30-5:30pm Mon 94489 13-18yrs Free/3 sess

RACQUET SPORTS

BADMINTON: INTERMEDIATE - YOUTH

Sept 22-Dec 8 3:15-4:15pm Wed 95445 13-18yrs \$69.00/12 sess

Sept 22-Dec 8 5:35-6:35pm Wed 95447 13-18yrs \$69.00/12 sess

SPORTS

BASKETBALL DEVELOPMENT SKILLS - YOUTH

Sept 11-Oct 9 9:30-10:30am Sat 94078 13-18yrs \$28.75/5 sess

Oct 16-Nov 13 9:30-10:30am Sat 94079 13-18yrs \$28.75/5 sess

Nov 27-Dec 18 9:30-10:30am Sat 94080 13-18yrs \$23.00/4 sess

RYBL - BASKETBALL - GRADE 8/9 - SKILLS AND GAMEPLAY

Sept 25-Dec 4 12:00-1:30pm Sat 98732 13-15yrs \$90.00/10 sess

RYBL - BASKETBALL - GIRLS ONLY - SKILLS & GAMEPLAY

Oct 23-Dec 11 1:45-3:15pm Sat 98731 13-15yrs \$70.00/8 sess

VOLLEYBALL DEVELOPMENT SKILLS - YOUTH

Sept 11-Oct 9 11:00am-12:00pm Sat 94081 13-18yrs \$28.75/5 sess

Oct 16-Nov 13 11:00am-12:00pm Sat 94082 13-18yrs \$28.75/5 sess

Nov 27-Dec 18 11:00am-12:00pm Sat 94083 13-18yrs \$23.00/4 sess

ADULTS (18+ YEARS)

ARTS - MUSIC

TAIKO DRUMMING - LEVEL 1 - ADULTS

Sept 20-Dec 13	6:00-7:00pm	Mon	95491	18+ yrs	\$92.65/12 sess
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ARTS - VISUAL

ACRYLIC PAINTING FOR FUN - ADULTS

Sept 14-Nov 30	1:30-3:00pm	Tues	95492	18+ yrs	\$138.95/12 sess
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PAINT NIGHT - ADULTS

Sept 25	6:30-8:00pm	Sat	96689	18+ yrs	\$11.60/1 sess
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Oct 30	6:30-8:00pm	Sat	96690	18+ yrs	\$11.60/1 sess
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Nov 27	6:30-8:00pm	Sat	96691	18+ yrs	\$11.60/1 sess
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Dec 18	6:30-8:00pm	Sat	96692	18+ yrs	\$11.60/1 sess
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FITNESS

CYCLE AND YOGA CORE - ADULTS

Sept 8-Oct 27	9:30-10:30am	Wed	91327	16+ yrs	\$61.20/8 sess
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Nov 3-Dec 15	9:30-10:30am	Wed	91329	16+ yrs	\$53.55/7 sess
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CYCLE H.I.I.T BOOT CAMP - ADULTS

Sept 11-Oct 30	8:15-9:15am	Sat	91395	16+ yrs	\$61.20/8 sess
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Sept 11-Oct 30	9:30-10:30am	Sat	91400	16+ yrs	\$61.20/8 sess
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Nov 6-Dec 18	8:15-9:15am	Sat	91398	16+ yrs	\$53.55/7 sess
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Nov 6-Dec 18	9:30-10:30am	Sat	91402	16+ yrs	\$53.55/7 sess
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PILATES - ADULTS

Sept 14-Oct 26	5:00-6:00pm	Tues	91317	16+ yrs	\$58.45/7 sess
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Nov 2-Dec 14	5:00-6:00pm	Tues	91318	16+ yrs	\$58.45/7 sess
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POUND - ADULTS

Sept 9-Oct 28	5:30-6:30pm	Thurs	91384	16+ yrs	\$61.20/8 sess
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Nov 4-Dec 16	5:30-6:30pm	Thurs	91388	16+ yrs	\$45.90/6 sess
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YOGA - YIN STYLE - ADULTS

Sept 14-Oct 26	7:15-8:15pm	Tues	91322	16+ yrs	\$58.45/7 sess
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Nov 2-Dec 14	7:15-8:15pm	Tues	91323	16+ yrs	\$58.45/7 sess
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YOGA - IYENGAR - ADULTS

Sept 8-Oct 27	6:30-8:00pm	Wed	91355	16+ yrs	\$66.80/8 sess
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Nov 3-Dec 15	6:30-8:00pm	Wed	91363	16+ yrs	\$58.45/7 sess
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ZUMBA® - ADULTS

Sept 8-Oct 27	5:15-6:15pm	Wed	91341	16+ yrs	\$61.20/8 sess
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Nov 3-Dec 15	5:15-6:15pm	Wed	91345	16+ yrs	\$53.55/7 sess
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ZUMBA® TONING - ADULTS

Sept 9-Oct 28	7:00-8:00pm	Thurs	91389	16+ yrs	\$61.20/8 sess
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Nov 4-Dec 16	7:00-8:00pm	Thurs	91390	16+ yrs	\$45.90/6 sess
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GENERAL

FRIDAY NIGHT SOCIAL - ADULTS

Oct 15-Dec 10	6:30-8:00pm	Fri	96501	16+ yrs	\$90.00/9 sess
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ADULTS (18+ YEARS)

SPORTS

BASKETBALL - ADULTS

Sept 27-Dec 20	8:15-9:45pm	Mon	92258	16+ yrs	\$69.00/12 sess
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VOLLEYBALL - ADULTS

Sept 29-Dec 22	8:15-9:45pm	Wed	92259	16+ yrs	\$74.75/13 sess
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SENIORS (55+ YEARS)

ARTS - MUSIC

TAIKO DRUMMING - LEVEL 1 - 55+

Sept 20-Dec 13	6:00-7:00pm	Mon	94665	55+ yrs	\$69.00/12 sess
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ARTS - VISUAL

ACRYLIC PAINTING FOR FUN - 55+

Sept 14-Nov 30	1:30-3:00pm	Tues	93278	55+ yrs	\$103.56/12 sess
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CHINESE BRUSH PAINTING - 55+

Sept 17-Dec 3	10:00-11:30am	Fri	94427	55+ yrs	\$103.56/12 sess
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CRAFT SERIES - CREATIVE CRAFT - 55+

Nov 2-Dec 7	10:30-11:30am	Tues	100904	55+ yrs	\$34.50/6 sess
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CRAFT SERIES - FINGER KNITTING - 55+

Sept 21-Oct 26	10:30-11:30am	Tues	94062	55+ yrs	\$34.50/6 sess
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MEDITATIVE DRAWING - ZENTANGLE - 55+

Sep 25	10:00am-12:00pm	Sat	95501	55+ yrs	\$11.50/1 sess
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COMPUTERS, TECHNOLOGY AND SOCIAL MEDIA

SMARTPHONES, TABLETS AND LAPTOPS: LEARN FROM A YOUTH

Sept 16	3:30-4:00pm	Thurs	95870	55+ yrs	Free/1 sess
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Sept 16	4:00-4:30pm	Thurs	95871	55+ yrs	Free/1 sess
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Sept 16	4:30-5:00pm	Thurs	95873	55+ yrs	Free/1 sess
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Sept 16	5:00-5:30pm	Thurs	95874	55+ yrs	Free/1 sess
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Oct 07	3:30-4:00pm	Thurs	95875	55+ yrs	Free/1 sess
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Oct 07	4:00-4:30pm	Thurs	95877	55+ yrs	Free/1 sess
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Oct 07	4:30-5:00pm	Thurs	95878	55+ yrs	Free/1 sess
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Oct 07	5:00-5:30pm	Thurs	95879	55+ yrs	Free/1 sess
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FITNESS

BETTER BACKS AND BALANCE: BEGINNER - 55+

Sept 15-Oct 20	10:30-11:30am	Wed	91331	55+ yrs	\$35.65/6 sess
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Oct 27-Dec 8	10:30-11:30am	Wed	91461	55+ yrs	\$41.60/7 sess
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CYCLE AND STRENGTH - 55+

Sept 13-Oct 25	9:15-10:15am	Mon	91312	55+ yrs	\$35.70/6 sess
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Nov 1-Dec 13	9:15-10:15am	Mon	91314	55+ yrs	\$41.60/7 sess
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SENIORS (55+ YEARS)

FITNESS

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

Sept 13-Dec 13 10:30-11:15am Mon 91316 55+ yrs \$77.35/13 sess

ZUMBA® GOLD - 55+

Sept 10-Oct 29 10:30-11:30am Fri 91392 55+ yrs \$41.60/7 sess

Nov 5-Dec 17 10:30-11:30am Fri 91393 55+ yrs \$41.60/7 sess

GARDENING

PLANT BUDDIES - 55+

Sept 20-Oct 11 9:15-10:30am Mon 102220 55+ yrs Free/4 sess

GENERAL INTEREST

EXPLORING FINANCIAL TOOLS IN BC FOR SENIORS WORKSHOP - 55+

Sep 22 11:00am-12:00pm Wed 99177 55+ yrs Free/1 sess

FRAUDS AND SCAMS PREVENTION WORKSHOP (CANTONESE) - 55+

Oct 14 11:00am-12:00pm Thurs 93331 55+ yrs Free/1 sess

FRAUDS AND CONS PREVENTION WORKSHOP - 55+

Nov 03 11:00am-12:00pm Wed 94058 55+ yrs Free/1 sess

HEALTH AND WELLNESS

LOVE YOUR LIVER WORKSHOP - 55+

Sep 30 10:30am-12:00pm Thurs 93005 55+ yrs Free/1 sess

LOVE YOUR LIVER WORKSHOP (CANTONESE) - 55+

Oct 28 1:00-3:00pm Thurs 93002 55+ yrs Free/1 sess

MANAGING STRESS, ANXIETY AND DEPRESSION - 55+

Oct 01 10:30-11:30am Fri 94836 55+ yrs Free/1 sess

MEDITATION MADE EASY - 55+

Sept 13-Oct 4 1:30-2:30pm Mon 95832 55+ yrs \$22.00/4 sess

Oct 11-Nov 1 1:30-2:30pm Mon 102393 55+ yrs \$22.00/4 sess

NAVIGATE SENIOR CARE IN RICHMOND - 55+

Oct 15 10:30-11:15am Fri 93394 55+ yrs Free/1 sess

NAVIGATE SENIOR CARE IN RICHMOND (CANTONESE) - 55+

Nov 12 1:00pm - 1:45pm Fri 99689 55+ yrs Free/1 sess

RACQUET SPORTS

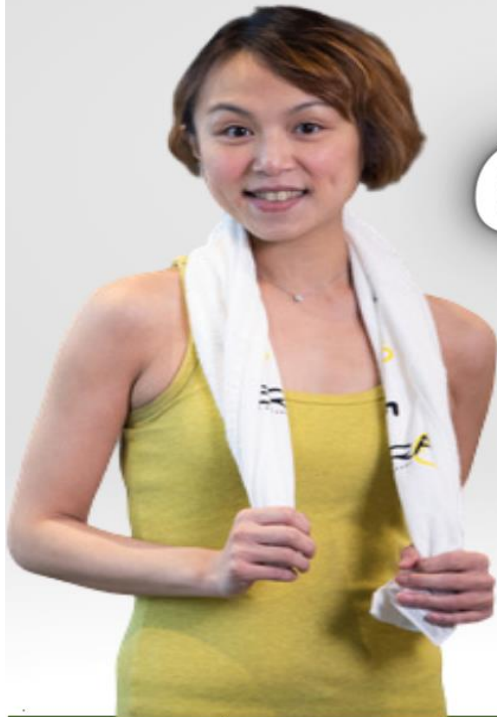
PICKLEBALL - LEVEL 1 - 55+

Sept 15-Nov 3 9:00-10:30am Wed 94811 55+yrs \$66.00/8 sess



South Arm Community Centre FALL 2021 GROUP FITNESS

September - December



- Drop-in group fitness classes
- Registered single session Cycle Fit classes
- Registered specialty fitness programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	▲ Cycle Fit 6:15 - 7:00am Shani		▲ Cycle Fit 6:15 - 7:00am Shani		▲ Cycle HIIT Boot Camp 8:15 - 9:15am Sep 11 - Oct 30 #91395 Nov 6 - Dec 18 #91398	
■ 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	▲ Cycle HIIT Boot Camp 9:30 - 10:30am Sep 11 - Oct 30 #91400 Nov 6 - Dec 18 #91402	▲ Cycle Fit 9:00 - 9:45am Shannon S.
▲ Spin N' Strength - 55+ 9:15 - 10:15am Sept 13 - Oct 25 #91312 Nov 1 - Dec 13 #91314	■ Cardio Kick Box Interval 10:15 - 11:15am Charlaine	▲ Spin N' Yoga 9:30 - 10:30am Sep 8 - Oct 27 #91327 Nov 3 - Dec 15 #91329	■ Cardio Kick Box Interval 10:15 - 11:15am Charlaine	● Yoga 10:15 - 11:15am Kelly		■ Step 9:00 - 10:00am Haley
■ MIIT - 55+ 10:30 - 11:15am Sep 13 - Dec 13 #91316		● BBB - 55+ 10:30 - 11:30am Sep 15 - Oct 20 #91331 Oct 27 - Dec 8 #91461		■ Zumba Gold® - 55+ 10:30am - 11:30am Sep 10 - Oct 29 #91392 Nov 5 - Dec 17 #91393		▲ Tabata 10:15 - 11:15am Charlaine
● Yoga 12:00 - 1:00pm Elle/Janice	● 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	■ Pilates 5:00 - 6:00pm Sep 14 - Oct 26 #91317 Nov 2 - Dec 14 #91318	■ Step 5:00 - 6:00pm Jennifer N.	▲ Pound® 5:30 - 6:30pm Sep 9 - Oct 28 #91384 Nov 4 - Dec 16 #91388			
▲ Cycle Fit 6:15 - 7:00pm Shani		■ Zumba® 5:15 - 6:15pm Sep 8 - Oct 27 #91341 Nov 3 - Dec 15 #91345	▲ Cycle Fit 6:15 - 7:00pm Christine	■ Dance Fit 5:00 - 6:00pm Joanne	SOUTH ARM GROUP FITNESS CLASSES & PROGRAMS:	
■ 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		<ul style="list-style-type: none"> ● Low Intensity ■ Moderate Intensity ▲ High Intensity 	
▲ Cycle Fit 7:15 - 8:00pm Christine W.	● Yin Yoga 7:15 - 8:15pm Sep 21 - Oct 26 #91322 Nov 2 - Dec 14 #91323	● Iyengar Yoga® 6:30 - 8:00pm Sep 8 - Oct 27 #91355 Nov 3 - Dec 15 #91363	▲ Zumba Toning® 7:00 - 8:00pm Sep 9 - Oct 28 #91389 Nov 4 - Dec 16 #91390		CYCLE FIT CLASSES:	
● Yoga 7:30 - 8:30pm Connie/Janice		● Yoga 7:30 - 8:30pm Connie			* Pre-registration is required for all single session (drop-in) Cycle Fit classes.	
					TO REGISTER: www.richmond.ca/register Registration Call Centre: 604-276-4300	

■ = Registered fitness programs ■ = Drop-in fitness class. All Drop-in classes are included with a fitness pass, visit card or drop-in fee. All classes and instructors are subject to change or cancellation without notice.



South Arm Community Centre
8880 Williams Road
Richmond, BC V7A 1G6



TIME FOR TWOS

Build on fine motor, social and emotional skills in this play-based and social program designed and led by qualified Early Childhood Educators. Children must be two years old by the start of the session.

MONDAYS
OCT 4-DEC 6
10:00AM-12:00PM
2-3YRS
\$208.45/9 SESS
#98432

TUESDAYS
OCT 5-DEC 7
10:00AM-12:00PM
2-3YRS
\$231.60/10 SESS
#98433

WEDNESDAYS
OCT 6-DEC 8
10:00AM-12:00PM
2-3YRS
\$231.60/10 SESS
#98434

THURSDAYS
OCT 7-DEC 9
10:00AM-12:00PM
2-3YRS
\$208.45/9 SESS
#98435

FRIDAYS
OCT 8-DEC 10
10:00AM-12:00PM
2-3YRS
\$231.60/10 SESS
#98436

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



PRESCHOOL REGISTRATION 2021/2022

PRESCHOOL PARADE

MON/WED/FRI
9:00AM-12:00PM
3/4 YEARS (BORN IN 2017/2018)
\$240.20/MONTH

TUES/THURS
9:00-11:30AM
3/4 YEARS (BORN IN 2017/2018)
\$139.35/MONTH

CHILD'S WORLD PRESCHOOL

MON/WED/FRI
9:00-11:30AM
3/4 YEARS (BORN IN 2017/2018)
\$200.20/MONTH

MON/WED/FRI
9:00AM-1:00PM
4 YEARS (BORN IN 2017)
\$320.30/MONTH

TUES/THURS
9:00AM-1:00PM
4 YEARS (BORN IN 2017)
\$222.95/MONTH

FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT NASTASIA ZHUK AT NZHUK@RICHMOND.CA OR CALL 604-238-8063



SOUTH ARM COMMUNITY CENTRE
8880 WILLIAMS ROAD

