

SUMMER 2021 PROGRAMS



SOUTH ARM COMMUNITY CENTRE



8880 WILLIAMS ROAD
RICHMOND BC



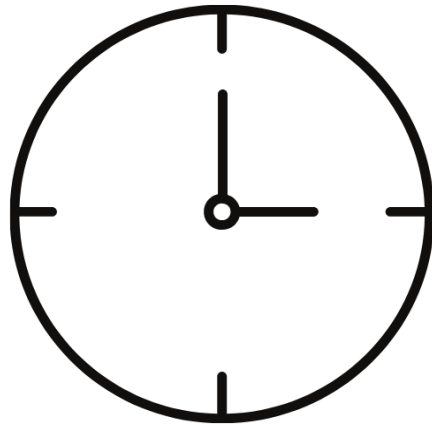
GENERAL INFORMATION

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



SUMMER FACILITY HOURS

Monday-Friday
6:30AM-8:00PM

Saturday
7:30AM-1:15PM

Access to this facility is permitted for pre-registered visits only.

HOW TO REGISTER

REGISTER ONLINE AT
WWW.RICHMOND.CA/REGISTER OR
BY CALLING THE REGISTRATION
CALL CENTRE AT **604-276-4300**
(MONDAY-FRIDAY 8:30AM-5:00PM)

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

Jul 6-27	10:30-11:00am	Tues	81188	2-3yrs	\$15.00/4 sess
Aug 3-24	10:30-11:00am	Tues	81191	2-3yrs	\$15.00/4 sess

BALLET - PRESCHOOLERS

Aug 5-26	10:30-11:15am	Thurs	81266	3-5yrs	\$22.50/4 sess
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BALLET AND JAZZ DANCING - PRESCHOOLERS

Jul 6-27	9:30-10:15am	Tues	80588	3-4yrs	\$22.50/4 sess
Jul 8-29	9:30-10:15am	Thurs	80589	4-5yrs	\$22.50/4 sess
Aug 3-24	9:30-10:15am	Tues	81175	3-4yrs	\$22.50/4 sess
Aug 5-26	9:30-10:15am	Thurs	81183	4-5yrs	\$22.50/4 sess

DANCE COMBO - PRESCHOOLERS

Jul 6-27	11:15am-12:00pm	Tues	80592	3-5yrs	\$22.50/4 sess
Jul 8-29	11:30am-12:15pm	Thurs	80593	3-4yrs	\$22.50/4 sess
Aug 3-24	11:15am-12:00pm	Tues	81261	4-5yrs	\$22.50/4 sess
Aug 5-26	11:30am-12:15pm	Thurs	81263	3-4yrs	\$22.50/4 sess

OUTDOOR - CREATIVE MOVEMENT - PARENT AND TOT

Jul 21-Aug 25	10:00-10:45am	Wed	80811	2-3yrs	\$33.75/6 sess
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OUTDOOR - FAIRY TALE DANCING - PARENT AND TOT - PRESCHOOLERS

Jul 21-Aug 25	11:00-11:45am	Wed	81374	2-3yrs	\$33.75/6 sess
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ARTS - VISUAL

ARTS COMBO - PRESCHOOLERS

Jul 6-8	1:15-2:15pm	Tues/Thurs	77165	3-5yrs	\$15.00/2 sess
Jul 12-16	1:15-2:15pm	Mon/Wed/Fri	76855	3-5yrs	\$22.50/3 sess
Aug 16-20	1:15-2:15pm	Mon/Wed/Fri	76856	3-5yrs	\$22.50/3 sess
Aug 24-26	1:15-2:15pm	Tues/Thurs	77171	3-5yrs	\$15.00/2 sess

FITNESS

YOGA: FOR PRESCHOOLERS - PRESCHOOLERS

Jul 6-27	10:45-11:30am	Tues	79702	3-5yrs	\$30.30/4 sess
Aug 3-24	10:45-11:30am	Tues	79703	3-5yrs	\$30.30/4 sess

GENERAL INTEREST

SUPERHERO SCHOOL - PRESCHOOLERS

Jul 19-23	1:15-2:15pm	Mon/Wed/Fri	76857	3-5yrs	\$16.50/3 sess
Jul 27-29	1:15-2:15pm	Tues/Thurs	77095	3-5yrs	\$11.00/2 sess
Aug 17-19	1:15-2:15pm	Tues/Thurs	77126	3-5yrs	\$11.00/2 sess
Aug 23-27	1:15-2:15pm	Mon/Wed/Fri	76858	3-5yrs	\$16.50/3 sess

FUN WITH FARM ANIMALS - PRESCHOOLERS

Jul 20-22	1:15-2:15pm	Tues/Thurs	77080	3-5yrs	\$11.00/2 sess
Jul 26-30	1:15-2:15pm	Mon/Wed/Fri	76861	3-5yrs	\$16.50/3 sess

PRESCHOOL (0-5 YEARS)

NATURE AND SCIENCE

FUN WITH DINOSAURS - PRESCHOOLERS

Aug 3-5	1:15-2:15pm	Tues/Thurs	77240	3-5yrs	\$11.00/2 sess
Aug 10-12	1:15-2:15pm	Tues/Thurs	77426	3-5yrs	\$11.00/2 sess

WACKY SCIENCE - PRESCHOOLERS

Jul 5-9	1:15-2:15pm	Mon/Wed/Fri	76853	3-5yrs	\$16.50/3 sess
Jul 13-15	1:15-2:15pm	Tues/Thurs	77003	3-5yrs	\$11.00/2 sess
Aug 4-6	1:15-2:15pm	Tues/Thurs	77039	3-5yrs	\$11.00/2 sess
Aug 9-13	1:15-2:15pm	Mon/Wed/Fri	76854	3-5yrs	\$16.50/3 sess

PRESCHOOL CAMP - LICENSED

Jul 5-9	9:00am-12:00pm	Mon-Fri	81689	3-5yrs	\$137.85/5 sess
Jul 12-16	9:00am-12:00pm	Mon-Fri	81695	3-5yrs	\$137.85/5 sess
Jul 19-23	9:00am-12:00pm	Mon-Fri	81696	3-5yrs	\$137.85/5 sess
Jul 26-30	9:00am-12:00pm	Mon-Fri	81699	3-5yrs	\$137.85/5 sess
Aug 3-6	9:00am-12:00pm	Mon-Fri	81700	3-5yrs	\$110.28/4 sess
Aug 9-13	9:00am-12:00pm	Mon-Fri	81702	3-5yrs	\$137.85/5 sess
Aug 16-20	9:00am-12:00pm	Mon-Fri	81705	3-5yrs	\$137.85/5 sess
Aug 23-27	9:00am-12:00pm	Mon-Fri	81707	3-5yrs	\$137.85/5 sess



CHILDREN (6 - 12 YEARS)

ARTS - DANCE

BALLET - CHILDREN

Jul 8-29	10:30-11:15am	Thurs	82023	5-6yrs	\$22.50/4 sess
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ARTS - MUSIC

GUITAR OR UKULELE PRIVATE LESSONS - ALL AGES

Jul 7-28	3:30-4:00pm	Wed	80464	5-18yrs	\$120.00/4 sess
Jul 7-28	4:15-4:45pm	Wed	78956	5-18yrs	\$120.00/4 sess
Jul 7-28	5:00-5:30pm	Wed	78942	5-18yrs	\$120.00/4 sess
Jul 7-28	5:45-6:15pm	Wed	78950	5-18yrs	\$120.00/4 sess
Jul 7-28	6:30-7:00pm	Wed	78962	5-18yrs	\$120.00/4 sess
Jul 7-28	7:15-7:45pm	Wed	78966	5-18yrs	\$120.00/4 sess
Aug 4-25	3:30-4:00pm	Wed	79119	5-18yrs	\$120.00/4 sess
Aug 4-25	4:15-4:45pm	Wed	78937	5-18yrs	\$120.00/4 sess
Aug 4-25	5:00-5:30pm	Wed	79123	5-18yrs	\$120.00/4 sess
Aug 4-25	5:45-6:15pm	Wed	79121	5-18yrs	\$120.00/4 sess
Aug 4-25	6:30-7:00pm	Wed	79125	5-18yrs	\$120.00/4 sess
Aug 4-25	7:15-7:45pm	Wed	79127	5-18yrs	\$120.00/4 sess

PIANO PRIVATE LESSONS - ALL AGES

Jul 8-29	3:30-4:00pm	Thurs	79305	5-18yrs	\$120.00/4 sess
Jul 8-29	4:15-4:45pm	Thurs	79309	5-18yrs	\$120.00/4 sess
Jul 8-29	5:00-5:30pm	Thurs	79313	5-18yrs	\$120.00/4 sess
Jul 8-29	5:45-6:15pm	Thurs	79314	5-18yrs	\$120.00/4 sess
Jul 8-29	6:30-7:00pm	Thurs	79316	5-18yrs	\$120.00/4 sess
Jul 8-29	7:15-7:45pm	Thurs	79320	5-18yrs	\$120.00/4 sess
Jul 10-31	9:00-9:30am	Sat	79379	5-18yrs	\$120.00/4 sess
Jul 10-31	9:45-10:15am	Sat	79380	5-18yrs	\$120.00/4 sess
Jul 10-31	10:30-11:00am	Sat	79640	5-18yrs	\$120.00/4 sess
Jul 10-31	12:00-12:30pm	Sat	79346	5-18yrs	\$120.00/4 sess
Jul 10-31	12:45-1:15pm	Sat	79641	5-18yrs	\$120.00/4 sess
Aug 5-26	3:30-4:00pm	Thurs	79324	5-18yrs	\$120.00/4 sess
Aug 5-26	4:15-4:45pm	Thurs	79331	5-18yrs	\$120.00/4 sess
Aug 5-26	5:00-5:30pm	Thurs	79341	5-18yrs	\$120.00/4 sess
Aug 5-26	5:45-6:15pm	Thurs	79617	5-18yrs	\$120.00/4 sess
Aug 5-26	6:30-7:00pm	Thurs	79342	5-18yrs	\$120.00/4 sess
Aug 5-26	7:15-7:45pm	Thurs	80504	5-18yrs	\$120.00/4 sess
Aug 7-28	9:00-9:30am	Sat	79643	5-18yrs	\$120.00/4 sess
Aug 7-28	9:45-10:15am	Sat	79644	5-18yrs	\$120.00/4 sess
Aug 7-28	10:30-11:00am	Sat	79646	5-18yrs	\$120.00/4 sess
Aug 7-28	12:00-12:30pm	Sat	79647	5-18yrs	\$120.00/4 sess
Aug 7-28	12:45-1:15pm	Sat	79649	5-18yrs	\$120.00/4 sess

CHILDREN (6-12 YEARS)

ARTS - VISUAL

ART JAM WITH A DISNEY ANIMATOR - CHILDREN

Jul 19-23	1:00-2:00pm	Mon-Fri	81682	4-5yrs	\$75.00/5 sess
Jul 19-23	2:30-4:00pm	Mon-Fri	81685	6-8yrs	\$112.50/5 sess
Aug 16-20	1:00-2:00pm	Mon-Fri	81692	4-5yrs	\$75.00/5 sess
Aug 16-20	2:30-4:00pm	Mon-Fri	81693	6-8yrs	\$112.50/5 sess

CRAFT COMBO - CHILDREN

Jul 20-22	10:30am-12:00pm	Tues/Thurs	79808	6-12yrs	\$22.50/2 sess
Aug 10-12	10:30am-12:00pm	Tues/Thurs	79810	6-12yrs	\$22.50/2 sess
Aug 24-26	10:30am-12:00pm	Tues/Thurs	79820	6-12yrs	\$22.50/2 sess

JEWELRY MAKING - CHILDREN

Jul 27-29	10:30am-12:00pm	Tues/Thurs	79813	6-12yrs	\$22.50/2 sess
Aug 17-19	10:30am-12:00pm	Tues/Thurs	79819	6-12yrs	\$22.50/2 sess

OUTDOOR - ART IN THE PARK - CHILDREN

Jul 12-16	10:30am-12:00pm	Mon/Wed/Fri	80582	6-12yrs	\$33.75/3 sess
Jul 26-30	10:30am-12:00pm	Mon/Wed/Fri	80583	6-12yrs	\$33.75/3 sess
Aug 9-13	10:30am-12:00pm	Mon/Wed/Fri	80584	6-12yrs	\$33.75/3 sess
Aug 23-27	10:30am-12:00pm	Mon/Wed/Fri	81304	6-12yrs	\$33.75/3 sess

OUTDOOR - PAINT, POT, AND PLANT - CHILDREN

Jul 5-9	10:30am-12:00pm	Mon/Wed/Fri	82147	6-12yrs	\$33.75/3 sess
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FITNESS

YOGA - CHILDREN

Jul 8-29	3:45-4:45pm	Thurs	79704	6-12yrs	\$40.40/4 sess
Aug 5-26	3:45-4:45pm	Thurs	79705	6-12yrs	\$40.40/4 sess

NATURE AND SCIENCE

OUTDOOR - WACKY SCIENCE - CHILDREN

Jul 13-15	10:30am-12:00pm	Tues/Thurs	77421	6-12yrs	\$22.50/2 sess
Jul 19-23	10:30am-12:00pm	Mon/Wed/Fri	79923	6-12yrs	\$33.75/3 sess
Aug 3-5	10:30am-12:00pm	Tues/Thurs	80585	6-12yrs	\$22.50/2 sess
Aug 16-20	10:30am-12:00pm	Mon/Wed/Fri	81390	6-12yrs	\$33.75/3 sess

SLIME-MAKING WORKSHOP - CHILDREN

Jul 6-8	10:30am-12:00pm	Tues/Thurs	79732	6-12yrs	\$22.50/2 sess
Aug 4-6	10:30am-12:00pm	Tues/Thurs	79812	6-12yrs	\$22.50/2 sess

RACQUET SPORTS

BADMINTON - BEGINNER - CHILDREN

Jul 12-16	10:00am-12:00pm	Mon-Fri	80448	7-10yrs	\$55.00/5 sess
Jul 26-30	10:00am-12:00pm	Mon-Fri	80460	7-10yrs	\$55.00/5 sess
Aug 9-13	10:00am-12:00pm	Mon-Fri	80515	7-10yrs	\$55.00/5 sess

BADMINTON - BEGINNER - PRETEEN

Jul 12-16	1:00-3:00pm	Mon-Fri	80455	10-12yrs	\$55.00/5 sess
Jul 26-30	1:00-3:00pm	Mon-Fri	80461	10-12yrs	\$55.00/5 sess
Aug 9-13	1:00-3:00pm	Mon-Fri	80516	10-12yrs	\$55.00/5 sess

CHILDREN (6 - 12 YEARS)

RACQUET SPORTS

BADMINTON - INTERMEDIATE - PRETEEN

Jul 5-9	10:00am-12:00pm	Mon-Fri	80444	10-12yrs	\$55.00/5 sess
Jul 19-23	10:00am-12:00pm	Mon-Fri	80457	10-12yrs	\$55.00/5 sess
Aug 3-6	10:00am-12:00pm	Mon-Fri	80510	10-12yrs	\$44.00/4 sess
Aug 16-20	10:00am-12:00pm	Mon-Fri	80517	10-12yrs	\$55.00/5 sess

SPORTS

BASKETBALL - CHILDREN

Jul 5-9	10:00am-12:00pm	Mon-Fri	80748	6-8yrs	\$55.00/5 sess
Jul 12-16	1:00-3:00pm	Mon-Fri	80771	6-8yrs	\$55.00/5 sess
Jul 19-23	10:00am-12:00pm	Mon-Fri	80775	6-8yrs	\$55.00/5 sess
Jul 26-30	1:00-3:00pm	Mon-Fri	80785	6-8yrs	\$55.00/5 sess
Aug 3-6	10:00am-12:00pm	Mon-Fri	80788	6-8yrs	\$44.00/4 sess
Aug 9-13	1:00-3:00pm	Mon-Fri	80791	6-8yrs	\$55.00/5 sess
Aug 16-20	10:00am-12:00pm	Mon-Fri	80793	6-8yrs	\$55.00/5 sess

BASKETBALL - PRETEEN

Jul 5-9	1:00-3:00PM	Mon-Fri	80756	9-12yrs	\$55.00/5 sess
Jul 12-16	10:00am-12:00pm	Mon-Fri	80773	9-12yrs	\$55.00/5 sess
Jul 19-23	1:00-3:00pm	Mon-Fri	80778	9-12yrs	\$55.00/5 sess
Jul 26-30	10:00am-12:00pm	Mon-Fri	80783	9-12yrs	\$55.00/5 sess
Aug 3-6	1:00-3:00pm	Mon-Fri	80789	9-12yrs	\$44.00/4 sess
Aug 9-13	10:00am-12:00pm	Mon-Fri	80790	9-12yrs	\$55.00/5 sess
Aug 16-20	1:00-3:00pm	Mon-Fri	80797	9-12yrs	\$55.00/5 sess



DAYCAMP (6-7 YEARS)

DAYCAMP - 6-7 YEARS CAMP - LICENSED

Jul 5-9	7:00am-6:00pm	Mon-Fri	76848	6-7yrs	\$250.80/5 sess
Jul 5-9	9:00am-3:00pm	Mon-Fri	30938	6-7yrs	\$153.60/5 sess
Jul 12-16	7:00am-6:00pm	Mon-Fri	78435	6-7yrs	\$250.80/5 sess
Jul 12-16	9:00am-3:00pm	Mon-Fri	78445	6-7yrs	\$153.60/5 sess
Jul 19-23	7:00am-6:00pm	Mon-Fri	78436	6-7yrs	\$250.80/5 sess
Jul 19-23	9:00am-3:00pm	Mon-Fri	80379	6-7yrs	\$153.60/5 sess
Jul 26-30	7:00am-6:00pm	Mon-Fri	78437	6-7yrs	\$250.80/5 sess
Jul 26-30	9:00am-3:00pm	Mon-Fri	78449	6-7yrs	\$153.60/5 sess
Aug 3-6	7:00am-6:00pm	Mon-Fri	78438	6-7yrs	\$200.65/4 sess
Aug 3-6	9:00am-3:00pm	Mon-Fri	78454	6-7yrs	\$122.90/4 sess
Aug 9-13	7:00am-6:00pm	Mon-Fri	78439	6-7yrs	\$250.80/5 sess
Aug 9-13	9:00am-3:00pm	Mon-Fri	78459	6-7yrs	\$153.60/5 sess
Aug 16-20	7:00am-6:00pm	Mon-Fri	78440	6-7yrs	\$250.80/5 sess
Aug 16-20	9:00am-3:00pm	Mon-Fri	80171	6-7yrs	\$153.60/5 sess
Aug 23-27	7:00am-6:00pm	Mon-Fri	78441	6-7yrs	\$250.80/5 sess
Aug 23-27	9:00am-3:00pm	Mon-Fri	80173	6-7yrs	\$153.60/5 sess
Aug 30-Sept 2	7:00am-6:00pm	Mon-Fri	78442	6-7yrs	\$200.65/4 sess
Aug 30-Sept 2	9:00am-3:00pm	Mon-Fri	80375	6-7yrs	\$122.90/4 sess



DAYCAMP (8-12 YEARS)

DAYCAMP - 8-12 YEARS CAMP - LICENSED

Jul 5-9	7:00am-6:00pm	Mon-Fri	76847	8-12yrs	\$250.80/5 sess
Jul 5-9	9:00am-3:00pm	Mon-Fri	76849	8-12yrs	\$153.60/5 sess
Jul 12-16	7:00am-6:00pm	Mon-Fri	80407	8-12yrs	\$250.80/5 sess
Jul 12-16	9:00am-3:00pm	Mon-Fri	80377	8-12yrs	\$153.60/5 sess
Jul 19-23	7:00am-6:00pm	Mon-Fri	80409	8-12yrs	\$250.80/5 sess
Jul 19-23	9:00am-3:00pm	Mon-Fri	78448	8-12yrs	\$153.60/5 sess
Jul 26-30	7:00am-6:00pm	Mon-Fri	80410	8-12yrs	\$250.80/5 sess
Jul 26-30	9:00am-3:00pm	Mon-Fri	80394	8-12yrs	\$153.60/5 sess
Aug 3-6	7:00am-6:00pm	Mon-Fri	80411	8-12yrs	\$200.65/4 sess
Aug 3-6	9:00am-3:00pm	Mon-Fri	80401	8-12yrs	\$122.90/4 sess
Aug 9-13	7:00am-6:00pm	Mon-Fri	80412	8-12yrs	\$250.80/5 sess
Aug 9-13	9:00am-3:00pm	Mon-Fri	80402	8-12yrs	\$153.60/5 sess
Aug 16-20	7:00am-6:00pm	Mon-Fri	80413	8-12yrs	\$250.80/5 sess
Aug 16-20	9:00am-3:00pm	Mon-Fri	80403	8-12yrs	\$153.60/5 sess
Aug 23-27	7:00am-6:00pm	Mon-Fri	80414	8-12yrs	\$250.80/5 sess
Aug 23-27	9:00am-3:00pm	Mon-Fri	80404	8-12yrs	\$153.60/5 sess
Aug 30-Sept 2	7:00am-6:00pm	Mon-Fri	80415	8-12yrs	\$200.65/4 sess
Aug 30-Sept 2	9:00am-3:00pm	Mon-Fri	80406	8-12yrs	\$122.90/4 sess



YOUTH (13-18 YEARS)

ARTS - VISUAL

ART IN THE PARK - YOUTH

Jul 8-Aug 26	1:00-2:30pm	Thurs	80117	13-18yrs	\$67.50/6 sess
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FITNESS

OUTDOOR - GIRLS ONLY - FITNESS - YOUTH

Jul 7-Aug 25	3:30-4:15pm	Wed	76816	13-18yrs	\$43.70/8 sess
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OUTDOOR - FITNESS WORKSHOP: SQUATS - YOUTH

Jul 07	4:30-5:00pm	Wed	77086	13-18yrs	Free/1 sess
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OUTDOOR - BOOT CAMP - YOUTH

Jul 10-Aug 28	12:45-1:30pm	Sat	76810	13-18yrs	\$38.20/8 sess
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OUTDOOR - FITNESS WORKSHOP: KICK BOXING DRILLS AND SKILLS - YOUTH

Jul 14	4:30-5:00pm	Wed	77042	13-18yrs	Free/1 sess
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OUTDOOR - FITNESS WORKSHOP: GIRLS ONLINE FITNESS - YOUTH

Aug 04	4:30-5:00PM	Wed	77028	13-18yrs	Free/1 sess
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OUTDOOR - FITNESS WORKSHOP: WEIGHT TRAINING - YOUTH

Aug 18	4:30-5:00pm	Wed	77045	13-18yrs	Free/1 sess
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GENERAL INTEREST

ADVENTURE CAMP - BIKE TOURS - YOUTH

Jul 12-14	11:00am-2:00pm	Mon-Wed	80534	13-18yrs	\$71.45/3 sess
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Aug 16-18	11:00am-2:00pm	Mon-Wed	80536	13-18yrs	\$71.45/3 sess
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DAYCAMP - SELF-CARE CAMP - YOUTH

Jul 5-7	11:00am-2:00pm	Wed-Fri	80131	13-18yrs	\$46.10/3 sess
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Aug 4-6	11:00am-2:00pm	Wed-Fri	80572	13-18yrs	\$46.10/3 sess
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DAYCAMP - SKILLS FOR SUCCESS - HIGH SCHOOL PREP - YOUTH

Aug 23-25	11:00am-2:00pm	Mon-Wed	85438	13-18yrs	\$46.10/3 sess
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D.I.Y (DO-IT-YOURSELF) PROJECTS - FOR GIRLS - YOUTH

Jul 9-Aug 27	1:00-2:30pm	Fri	80090	13-18yrs	\$67.50/6 sess
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LEADERSHIP CAMP - YOUTH

Jul 19-21	11:00am-2:00pm	Mon-Wed	80537	13-18yrs	\$46.10/3 sess
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Aug 9-11	11:00am-2:00pm	Mon-Wed	80543	13-18yrs	\$46.10/3 sess
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YOUTH (13-18 YEARS)

RACQUET SPORTS

BADMINTON: INTERMEDIATE - YOUTH

Jul 5-9	1:00-3:00pm	Mon-Fri	80446	13-18yrs	\$55.00/5 sess
Jul 19-23	1:00-3:00pm	Mon-Fri	80459	13-18yrs	\$55.00/5 sess
Aug 3-6	1:00-3:00pm	Mon-Fri	80513	13-18yrs	\$44.00/4 sess
Aug 16-20	1:00-3:00pm	Mon-Fri	80514	13-18yrs	\$55.00/5 sess

SPORTS

BASKETBALL DEVELOPMENT SKILLS - YOUTH

Jul 3-24	9:30-10:30am	Sat	80364	13-18yrs	\$22.00/4 sess
Aug 7-28	9:30-10:30am	Sat	80354	13-18yrs	\$22.00/4 sess

VOLLEYBALL DEVELOPMENT SKILLS - YOUTH

Jul 3-24	11:00am-12:00pm	Sat	80519	13-18yrs	\$22.00/4 sess
Aug 7-28	11:00am-12:00pm	Sat	80521	13-18yrs	\$22.00/4 sess



ADULTS (18+ YEARS)

ARTS - VISUAL

PAINT NIGHT - ADULTS

Jul 14	6:30-8:00pm	Wed	81709	18+yrs	\$11.25/1 sess
Jul 28	6:30-8:00pm	Wed	81711	18+yrs	\$11.25/1 sess
Aug 11	6:30-8:00pm	Wed	81723	18+yrs	\$11.25/1 sess
Aug 25	6:30-8:00pm	Wed	81731	18+yrs	\$11.25/1 sess

FITNESS

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

July 10-Aug 28	8:15-9:15am	Sat	76746	16+yrs	\$52.00/7 sess
July 10-Aug 28	9:30-10:30am	Sat	76747	16+yrs	\$52.00/7 sess

OUTDOOR - SPIN AND YOGA CORE – ADULTS

Jul 7-Aug 25	9:30-10:30am	Wed	76730	16+yrs	\$59.45/8 sess
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OUTDOOR - ZUMBA®- ADULTS

Jul 7-Aug 25	5:15-6:30pm	Wed	76736	16+yrs	\$59.45/8 sess
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ONLINE - ZUMBA® TONING – ADULTS

Jul 8-Aug 19	6:30-7:30pm	Thurs	76743	16+yrs	\$38.50/7 sess
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PILATES – ADULTS

Jul 6-Aug 17	5:00-6:00pm	Tues	76722	16+yrs	\$56.80/7 sess
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YOGA - YIN STYLE - ADULTS

Jul 6-27	7:00-8:00pm	Tues	76724	16+yrs	\$32.45/4 sess
Aug 3-24	7:00-8:00pm	Tues	76726	16+yrs	\$32.45/4 sess



SENIORS (55+ YEARS)

ARTS - VISUAL

ACRYLIC PAINTING FOR FUN - 55+

Jul 16-Aug 6 10:30am-12:00pm Fri 79804 55+yrs \$33.80/4 sess

TAKE HOME FLORAL ARRANGEMENT - 55+

Jul 21 2:00-3:30pm Wed 79803 55+yrs \$22.85/1 sess

FITNESS

WALKING INDOORS - 55+

Jul 21 1:30-2:30pm Wed 80188 55+yrs Free/1 sess

Aug 11 1:30-2:30pm Wed 80192 55+yrs Free/1 sess

HEALTH AND WELLNESS

LET'S GET WALKING - 55+

Jul 14 10:00-11:00am Wed 79399 55+yrs Free/1 sess

Aug 11 10:00-11:00am Wed 79400 55+yrs Free/1 sess

MEDITATION MADE EASY - 55+

Jul 8-Aug 12 10:00-11:00am Thurs 80555 55+yrs \$27.00/6 sess

ONLINE - PROGRAMS

ONLINE - DEMENTIA FRIENDS - WORKSHOP - 55+

Aug 12 11:00am-12:00pm Thurs 82903 55+yrs Free/1 sess

ONLINE - HOLISTIC HEALTH SERIES: FAT PARADOX - WORKSHOP - 55+

Aug 18 1:30-2:30pm Wed 85137 55+yrs Free/1 sess

ONLINE - LET'S SING AND CELEBRATE CANADA DAY - 55+

Jul 02 2:00-3:00pm Fri 80443 55+yrs Free/1 sess

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

Jul 6-Aug 24 9:30-10:15am Tues 76721 55+yrs \$37.70/8 sess

ONLINE - MUSIC RINGS - TELEPHONE PROGRAM - 55+

Jul 15 11:30am-12:15pm Thurs 85113 55+yrs Free/1 sess



REGISTERED FITNESS CENTRE VISITS (13+ YRS)

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WEEKDAYS

6:30-7:45AM	2:15-3:30PM
8:00-9:15AM	3:45-5:00PM
9:30-10:45AM	5:15-6:30PM
11:00AM-12:15PM	6:45-8:00PM
12:30-1:45PM	

SATURDAYS

7:30-8:45AM
9:00-10:15AM
10:30-11:45AM
12:00-1:15PM

ADVANCE REGISTRATION IS REQUIRED FOR EACH 75 MINUTE SESSION; DROP-INS WILL NOT BE ALLOWED. ONLY CUSTOMERS WITH PRE-BOOKED REGISTRATIONS WILL BE PERMITTED TO ENTER THE FACILITY.

YOUTH (13-18 YRS) ARE REQUIRED TO COMPLETE A NEW PARENTAL CONSENT FORM PRIOR TO ENGAGING IN FITNESS ACTIVITIES. YOUTH BETWEEN 13-15 YEARS MUST COMPLETE A YOUTH ORIENTATION PRIOR TO USING THE FITNESS CENTRE. PLEASE CONTACT SOUTH ARM FITNESS RECEPTION: 604-238-8488 TO BOOK THE ORIENTATION. THE PARENTAL CONSENT FORM CAN BE FOUND AT WWW.RICHMOND.CA/REGISTER

**YOUTH (13-18 YRS)/
SENIORS (55+YRS)**

**\$4.40/VISIT
\$41/1 MONTH
\$92/3 MONTH
\$158/6 MONTH
\$264/1 YEAR**

ADULT (19-54 YRS)

**\$6.25/VISIT
\$53/1 MONTH
\$116/3 MONTH
\$199/6 MONTH
\$334/1 YEAR
\$268/1 YEAR FAMILY
ADD ON**



South Arm Community Centre SUMMER 2021 Group Fitness

July - August 2021

- Single and multi session fitness classes
- Online ZOOM classes

Thank you for your support as we continue to modify our group fitness programming to keep everybody safe.

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

**Schedule is subject to change and cancellations without notice.*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		OUTDOOR Boot Camp 6:45 - 7:15am Natalia			OUTDOOR Cycle HIIT Boot Camp 8:15 - 9:15am July 10 - Aug 28 #76746	
Dance Fit 9:15 - 10:15am Gloria	Core & Strength 9:00 - 10:00am Connie	Dance Fit 9:15 - 10:15am Gloria	Fit & Functional 9:00 - 10:00am Charlaine	OUTDOOR H.I.I.T. 9:00 - 10:00am Connie	OUTDOOR Cycle HIIT Boot Camp 9:30 - 10:30am July 10 - Aug 28 #76747	
OUTDOOR Cycle Fit 9:30 - 10:15am Donna	ONLINE MIIT - 55+ 9:30 - 10:15am Charlaine July 6 - Aug 24 #76721	OUTDOOR Spin N Yoga 9:30 - 10:30am Lynn W. July 7 - Aug 25 #76730			Functional Training 9:30 - 10:30am Natalia/Gail	
		OUTDOOR Cycle Fit 12:00 - 1:00pm Connie			Strength & Stretch 11:15 - 12:15am Nyla	
Yoga 12:00 - 1:00pm Elle	Yoga 12:00 - 1:00pm Lynn	Yoga 12:00 - 1:00pm Judy	Yoga 12:00 - 1:00pm Janice	Core & Strength 12:00 - 1:00pm Nyla		
Ease Into Fitness 5:30 - 6:30pm Shani	Pilates 5:00 - 6:00pm Jeanette July 6 - Aug 17 #76722	OUTDOOR Zumba® 5:15 - 6:15pm Winnie July 7 - Aug 25 #76736		Dance Fit 5:00 - 6:00pm Gloria	REGISTERED VISIT: FITNESS CENTRE SCHEDULE Monday - Friday: 6:30am - 7:45am 8:00am - 9:15am 9:30am - 10:45am 11:00am - 12:15pm 12:30pm - 1:45pm 2:15pm - 3:30pm 3:45pm - 5:00pm 5:15pm - 6:30pm 6:45pm - 8:00pm Saturdays: 7:30am - 8:45am 9:00am - 10:15am 10:30am - 11:45am 12:00pm - 1:15pm	
Functional Training 6:45 - 7:45pm Diane	OUTDOOR Cycle Fit 6:15 - 7:00pm Shani	Core & Strength 6:30 - 7:30pm Charlaine	OUTDOOR Cycle Fit 6:15 - 7:00pm Shani			
OUTDOOR Cycle Fit 6:45 - 7:30pm Shani	NEW! Yin Yoga 7:00 - 8:00pm Angieszka July 6 - July 27 #76724 Aug 3 - Aug 24 #76726		ONLINE Zumba Toning® 6:45 - 7:45pm Martha July 8 - Aug 19 #76743			
	OUTDOOR Cycle Fit 7:15 - 8:00pm Shannon S.					

■ = Multisession class. Try one of South Arm's specialty classes! ■ = Single session class. All Single session classes are included with a fitness pass or single visit fee. *Pre-registration is required for all classes and visits.



BADMINTON COURT RENTALS

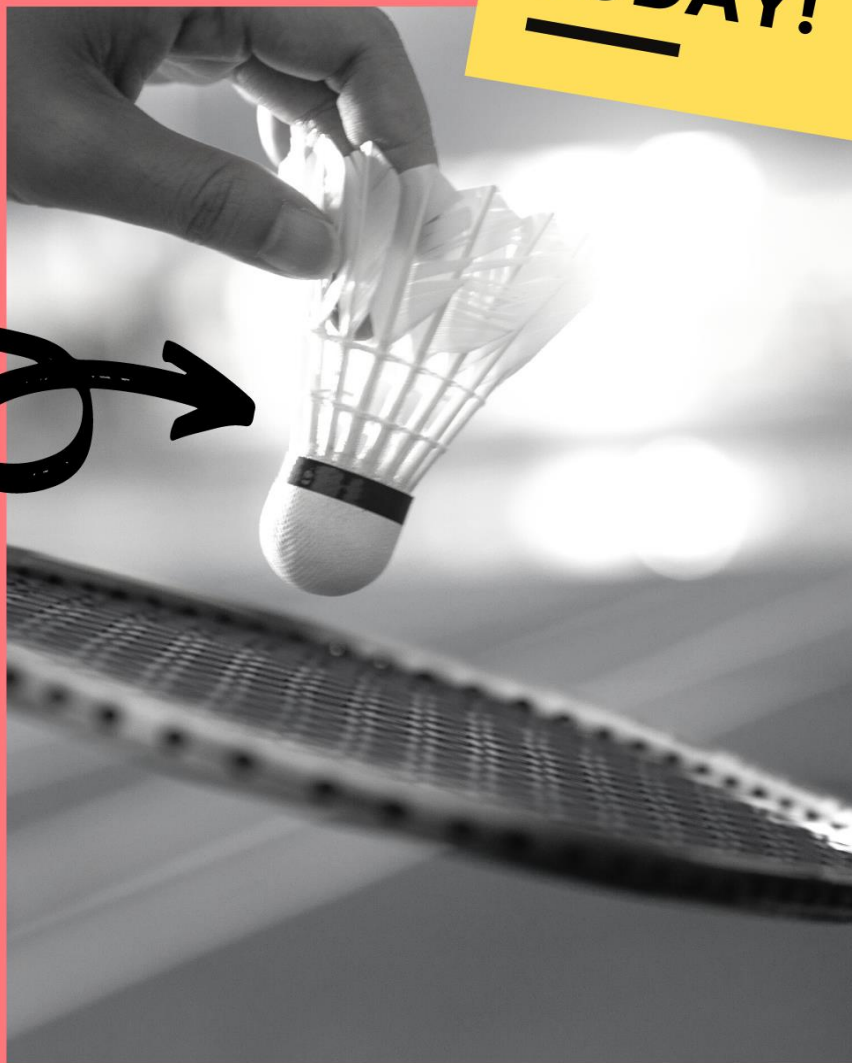
**BOOK
TODAY!**

**MONDAYS
10:45AM-12:30PM**

**THURSDAYS
6:00-8:00PM**

**FRIDAYS
10:45AM-12:30PM**

**ALL AGES
\$10.25/SESS**



**45 MINUTE BOOKING. UP TO TWO PEOPLE
TO ATTEND FOR SINGLES PLAY ONLY
(ONE ON ONE) IN THE BOOKED SPACE.**

**REGISTER TODAY AT WWW.RICHMOND.CA/REGISTER OR BY
PHONE AT 604-276-4300 (MONDAY-FRIDAY 8:30AM-5:00PM)**