



City of Richmond

Report to Committee

To: Parks, Recreation and Cultural Services Committee
From: Kate Sparrow
Director, Recreation & Cultural Services
Re: Community Wellness Strategy
Date: May 23, 2003
File: -

Staff Recommendation

1. That the City work with Richmond Health Services to develop a Community Wellness Strategy for adoption by both organizations; and
2. That the Community Wellness Strategy outlines the city's role and any financial implications.

Kate Sparrow
Director, Recreation & Cultural Services

Att.

FOR ORIGINATING DIVISION USE ONLY		
ROUTED TO:	CONCURRENCE	CONCURRENCE OF GENERAL MANAGER
Policy Planning	Y <input checked="" type="checkbox"/> N <input type="checkbox"/>	

Staff Report

Origin

Richmond Health Services has indicated they want to work in partnership with the City to make it “the most appealing, livable and well-managed community in Canada”. (Dr. Jeff Coleman Presentation to Council Public Meeting, Tuesday, April 29, 2003 – **Attachment 1**).

Analysis

Why is community wellness important for Richmond?

The population of Richmond is 167,000. By 2021, the population is expected to increase by 45,00 to 212,000.

Currently, 35% of Richmond residents live with some form of “chronic” disease (**Attachment 2**).

Through the discussions between the City and Richmond Health Services it has been identified that there is an opportunity to improve the wellness of Richmond residents through a co-ordinated Strategy.

Wellness is multidimensional and encompasses:

- Choices – decisions individuals make towards optimal health.
- A way of life – a lifestyle people design to achieve their highest potential for well being.
- A process – developing an awareness that there is no end point, that one can always improve.
- Wellness is the interaction of the body, mind, and spirit – the appreciation that everything we do, think, feel, and believe has an impact on our state of health.

- adapted from J. Travis (1988). Wellness workbook as cited in “Healing the caregiver”.

The Community Wellness Strategy would include 2 key focus areas:

1. **Prevention** -Individuals can better achieve “wellness” by:
 - accepting more personal responsibility for their health;
 - becoming more aware of their options and the consequences of their decisions;
 - seeking more information, education, training and support; and
 - practicing more healthy lifestyles.
2. **“Chronic” Disease” Management** -Research on chronic disease management strategies show that three of the cornerstones of successful support initiatives are:
 - physical activity in a supervised setting, with appropriately trained staff;
 - education on healthy self-management skills and nutrition options, and
 - delivery of programs and services are done by a multidisciplinary recreation and health team.

The Solution - A Community Wellness Strategy

Two fundamental ways by which “wellness” can be achieved is by better sharing the responsibility among residents, the City, Richmond Health Services and Community partners to provide improved services and support to:

- prevent “chronic” disease”, and
- treat “chronic” disease” when it occurs.

The Richmond Wellness Strategy will address the following components:

- Definition of vision, goals and outcomes
- Definition of roles of various partners and other stakeholders
- Definition of resources all stakeholders can contribute
- Specific actions to move towards the Vision and Goals

There has been a significant amount of research done and there are a variety of models that outline the move from a “Treatment Model” to a “Wellness Model. The attached Model describes the programs and services that support the move to wellness. (**Attachment 3**)

Benefits of a Richmond Community Wellness Strategy

Benefits to the Community

Increased opportunities for:

- A more healthy lifestyle
- Improved health
- Improved life expectancy
- Reduced health costs
- Socialization & reduced isolation
- Awareness & knowledge
- Skill development
- Physical activity & fitness
- Disease prevention & treatment
- Improved nutrition
- Safer places for higher risk populations to exercise

Benefits to the City

A healthy, active and liveable community.

Efficiencies enhanced in:

- wellness promotion
- multicultural connections
- customer service
- innovation
- program delivery
- service delivery
- use of limited resources

Current City of Richmond “Wellness” Initiatives

The proposed Wellness Strategy complements the City’s vision and values, as well as many existing programs, policies and services including:

- Corporate Initiatives:
 - Corporate Vision (appealing, livable, well managed),
 - Strategic Teams (e.g., Community Mobility, Community Sustainability, Customer Service),
 - Co-operation with Richmond Health Services,
 - The “Walkable Richmond” Accord, and
 - The City Staff Wellness Program

- Land Use Planning:
 - The Official Community Plan (OCP) and Area Plans which aim at creating more livable communities
- Social Planning
 - Poverty Initiatives
 - Homelessness Initiatives
 - Intercultural Initiatives
 - Youth Initiatives
- Services:
 - Bicycle Lanes
 - 2010 Trail Strategy
 - The “Slips, Trips and Falls” Initiative
 - Parks, Recreation and Cultural Services facilities and programming (**Attachment 4**)
 - Youth Strategy & Youth Outreach Program
- Neighbourhood and Community Building:
 - The Senior’s Wellness Fair
 - The East Richmond Health Community Development Strategy
 - The Annual Celebration of World Move For Health Day

In addition, the City has received an Excellence in Health Promotion Award through the British Columbia Medical Association.

Richmond Health Services


For some time now, Richmond Health Services has been shifting their focus to embrace more of a “wellness” approach in the delivery of their services. Richmond Health Services is committed to supporting healthy lives in healthy communities with their community partners through care, education and research.

Financial Impact

No financial impact at this time.

Conclusion

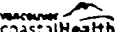
The City of Richmond and Richmond Health Services see the opportunity to work in partnership to support healthy lives in a healthy community through sustainable partnerships. A Richmond Community Wellness Strategy will outline how these 2 organizations can work with the broader Richmond community to provide “wellness” services.

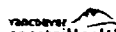



Alison Dennis,
Fitness and Wellness Services Coordinator
(4275)

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SCHEDULE 1 TO THE MINUTES OF
THE SPECIAL PUBLIC MEETING WITH
COUNCIL HELD ON TUESDAY,
APRIL 29TH, 2003.


Richmond Health Services
Promoting Wellness. Ensuring Care.
APRIL 29, 2003


Our Partnership Focus
"Richmond Health Services
wants to work in partnership with the City
to make it
"the most appealing, livable and
well-managed community in Canada"
Promoting Wellness. Ensuring Care.


What Our Citizens Want
(VCH, 2002)
• Timely and equitable access to health services
• Focus on health/wellness
• Health system support for chronic disease
management
• Health system support for choices and
involvement
Promoting Wellness. Ensuring Care.

What Our Citizens Want

(VCH, 2002)

- Health system support for community levels of care (elderly)
- Information and education for
 - Self management
 - Peer support networks
 - Nutrition
 - Physical activity
 - Networks of community service providers

Providing wellness. Ensuring care.

Achieving the Goal

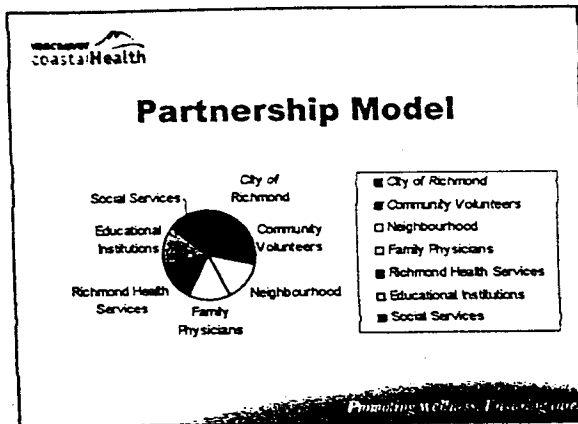
- Build a system of health and care partnerships including:
 - Multiple Centres of Wellness
 - City Centre
 - East Richmond
 - Multiple Campuses of Care
 - Rosewood Village
 - Minoru
- Commit to investment to build an effective customer-focused system of health services and care
- Better utilization of the acute care system

Providing wellness. Ensuring care.

Working Together...now

- Emergency Response
- Injury Prevention
- Licensed Child Care
- Licensed Adult Care
- Healthy Heart
- Healthy Children
- RCMP
- Substance Abuse Task Force

Providing wellness. Ensuring care.



Working Together...future

"We are committed to supporting healthy lives in healthy communities through sustainable partnerships with the City of Richmond"

Promoting Well-being. Ensuring Care.

Attachment 2

Chronic Disease Statistics* For Richmond 2002
Richmond - Health Wellness Strategy

Chronic Disease	Percentage of Richmond Population
Chronic Disease	
Arthritis	~12%
Asthma	~ 6.2%
Diabetes	~ 7% (12,180 people)
Chronic Obstructive Pulmonary Disease	~ 3.2%
Heart Disease	~ 5 %
Osteoporosis	
Others, as necessary	
Other Risk Factors States	National Statistics
Obesity (children and adults)	12-14% for children
Inactivity (all)	63% of Canadians are not active enough to achieve optimal health benefits which leaves them at risk for premature death, chronic disease and disability. - Health Canada statistics for 2002
Frail Seniors	
Others, as necessary	

Source: * Statistics are taken from the most recent Canadian Community Health Survey.

Comments:

- As the Canadian population continues to age, the above statistics are predicted to rise significantly.
- Child Obesity:
 - It is also important to note that child obesity has reached epidemic levels.
 - Current (2000/2001) estimates show up to 30% of Canadian children overweight and 12-14% are obese.
 - When one considers the correlations with other health disorders, it should become apparent that our children need help to prevent future health-care disasters.
 - Physical activity, nutritional counselling and peer support are critical components of an effective strategy to better address this major concern.

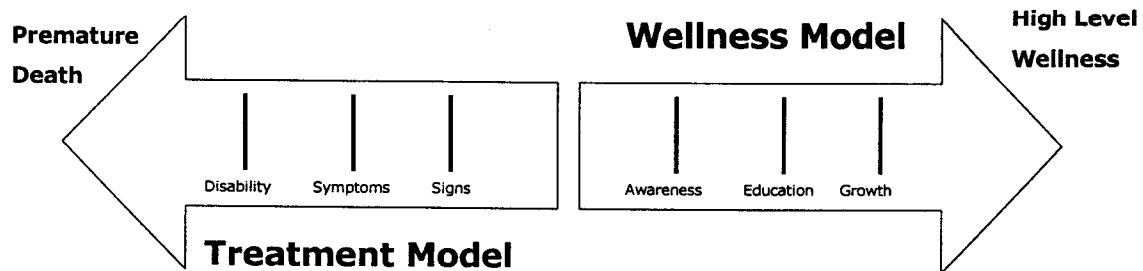
Source: Health Canada

3. Poverty:

- The National Population Health Survey indicates that participation in physical recreation varies according to income. Those living in lower income households are less likely to be physically active than their upper-income peers.

Source: National Population Health Survey

Prepared by:
City of Richmond



Chronic Disease Self-Management Programs:

- Respiratory
- Obesity (Youth & Adults)
- Diabetes
- Cardiac
- Arthritis
- Osteoporosis
- Fall Prevention
- Adapted Fitness

Programs & Services focusing on Prevention:

- Aerobics
- Swimming
- Sports
- Fitness Centres / Strength Training
- Community Awareness Workshops
- Youth & Adult Physical Inactivity
- Action Schools
- Seniors Home Outreach

Adapted from The Wellness Model versus the Treatment Model
Travis, 1977

Health & Fitness

Health & Fitness

Our programs are offered in partnership with community associations. Exercise classes, one-on-one personal training and educational opportunities on a variety of health and wellness topics are designed to enhance the overall health and well-being of the citizens of Richmond.

Regular physical exercise is considered the "best medicine" since its inexpensive, has no side effects, can be shared with others and is health-promoting as well as disease-preventing.

Older adults who are physically active are able to live more independent lives and reduce the risk of falls.



Health and
Fitness



General Information...

All exercise classes are designed to be self-paced. Please refer to the fitness schedule at the centre of your choice to select an exercise class that is appropriate for you. All instructors and personal trainers are BCRPA registered.

Registration Call Centre 604-276-4300

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Health & Fitness

Fitness Co-ordinators

Centre	Name	Contact
Cambie	Lorena	604-233-8380
Minoru Fitness	Bonnie	604-718-8010
South Arm	Dave	604-718-8488
Steveston	Cathleen	604-718-8097
Thompson	Andy	604-718-8434
	Janet	604-718-8426
	(Aerobics Supervisor)	
West Richmond	Murray	604-718-8400
Watermania	Danielle	604-448-5353

FITNESS CENTRE FEATURES

CAMBIE COMMUNITY CENTRE:

Treadmills, stationary bikes, stair climbers, elliptical trainers, rowing machine, free weights, exercise balls and Apex weight machines.

MINORU SPORTS PAVILION:

Upper Hall features a wood sprung floor perfect for reducing impact during aerobic and other fitness programs.

SOUTH ARM COMMUNITY CENTRE:

We have a bright, spacious fitness centre with BCRPA registered weight room attendants and personal trainers on staff during all hours of operation. The centre consists of a cardio room with 5 treadmills, 4 elliptical trainers, a stepmill and much more! There is a large stretching area, exercise balls and wobble boards. The weight room has Cybex strength equipment including a squat rack, smith machine, gravitron and free weights up to 90lbs. Special equipment for post rehab and wheelchair participants is also available.

STEVESTON COMMUNITY CENTRE:

Weight machines, stationary bikes, treadmills, stairclimbers.

THOMPSON COMMUNITY CENTRE:

4,000 foot fitness centre equipped with 8 treadmills, 4 elliptical trainers, climbers bikes, rowers and stretching area. Strength equipment includes a squat rack, bench press, smith machine, free weights and 15 individual stations. Personal trainers available.

WATERMANIA

3,000 square foot fitness centre equipped with treadmills, stationary bikes, stair climbers, elliptical trainers, rowing machines, mats, free weights, and more! There is a full line of strength equipment featuring Life Fitness and Trotter equipment.

WEST RICHMOND COMMUNITY CENTRE:

Free weights, exercise balls, body bars, Stairmasters, exercise bikes, treadmills, elliptical trainer. Apex and hoist machines. New equipment coming in Summer 2003.

Children (6-12yrs)

CROSS TRAINING - PRE TEENS

A fun fitness program just for pre teen girls. A great introduction to a variety of different ways to stay fit.

Watermania Aquatic Centre 9-12yrs
Jul 21-Aug 18..... M..... 3:15-4:45pm..... \$26/4 sess..... SW-39100

YOGA AND NUTRITION CAMP

Learn basic yoga exercises, discuss nutrition and create some healthful snacks.

Steveston Community Centre 8-12yrs
Jul 21-Jul 25..... M-F..... 9:15-10:45am..... \$40/5 sess..... ST-33487
Aug 18-Aug 22..... M-F..... 9:15-10:45am..... \$40/5 sess..... ST-33488

All Ages

CPR & First Aid Courses

EMERGENCY FIRST AID AND CPR B

Learn the basic skills of first aid and CPR.

Thompson Community Centre 12+yrs
Jul 8-Jul 10..... T/Th..... 6:15-9:45pm..... \$55/2 sess..... TH-33289

Registered Fitness Programs

PILATES - BEGINNER

A non-impact class performed on mats using exercises and postures to increase core strength, balance, flexibility and improve posture.

Steveston Community Centre - JCCC 15+yrs
Jul 9-Aug 27..... W..... 6:30-7:30pm..... \$70/8 sess..... ST-34438
Lang Centre 14+yrs
Jul 3- Jul 31..... Th..... 7:30-8:30pm..... \$44/5 sess..... CC-33350
South Arm Community Centre 14+yrs
Jul 7-Aug 25..... M..... 6:00-7:00pm..... \$70/8 sess..... SA-39029
Watermania Aquatic Centre 16+yrs
Jul 7-Aug 18..... M..... 7:30-8:30pm..... \$55/6 sess..... SW-39215

Health & Fitness

PILATES AND YOGA COMBO

A combination class of Pilates mat exercises and Yoga postures.

Steveston Community Centre - JCCC 15+yrs
Jul 7-Aug 25..... M..... 6:15-7:30pm.....\$56/8 sess..... ST-34437

PRE-SEASON CONDITIONING

For teams or individuals to get ready for the upcoming season. Topics include strength, agility, and flexibility.

Steveston Community Centre 15+yrs
Aug 11-Aug 27..... M/W..... 6:00-7:00pm..... \$36/6 sess. ST-34440

Youth (13-17yrs)

Fitness Centre Programs

FITNESS CENTRE ORIENTATION

An introduction to the Fitness Centre with a registered Weight Trainer. You will learn proper techniques for equipment use and Fitness Centre etiquette. Mandatory for youth ages 13-17yrs. Please call the community center of your choice to check minimum age requirement and to book an appointment.

Cost:.....Free

GROUP WEIGHT TRAINING - BOYS

Learn how to weight train in a supervised setting using machines and free weights.

South Arm Community Centre 13-15yrs
Jul 9-Aug 13..... W 10:00-11:00am\$42/6 sess.....SA-39500
West Richmond Community Centre 13-15yrs
Jul 5-Jul 26..... Sa 1:00-2:15pm.....\$28/4 sess..... WR-34570
Watermania Aquatic Centre 13-15yrs
Jul 7-Jul 28..... M..... 4:15-5:45pm.....\$28/4 sess.....SW-39102

GROUP WEIGHT TRAINING - GIRLS

Learn how to weight train in a supervised setting using machines and free weights.

South Arm Community Centre 13-15yrs
Jul 9-Aug 13..... W 11:00am-12:00pm.....\$20/6 sess.....SA-39031

GROUP WEIGHT TRAINING - YOUTH

A program to introduce teens to the weight room with a safe, fun and informative format.

Watermania Aquatic Centre 15-17yrs
Aug 5-Aug 26..... T 4:15-5:45pm.....\$28/4 sess.....SW-39104

PERSONAL TRAINING

Session packages are developed to help you reach your fitness goals safely and effectively. Your program will be designed by a registered Personal Trainer. Please call the community centre of your choice to book an appointment.

Cost:

1 session \$38
3 sessions \$112
5 sessions \$169
10 sessions \$300

Registered Fitness Programs

CROSS TRAINING - GIRLS

This program will let your teen become more active and learn the basics of overall fitness through a variety of different ways.

Watermania Aquatic Centre 13-16yrs
Aug 6-Aug 27..... W 3:15-4:45pm.....\$26/4 sess.....SW-39101

WELLNESS CAMP - GIRLS

A camp just for you! We will look at health, nutrition, fitness, peer pressure, dating, self esteem, yoga and more.

Steveston Community Centre 13-16 yrs
Jul 30-Aug 1 W/Th/F. 10:30am-3:30pm.. \$15/3 sess. ST-33500
Aug 27-Aug 29..... W/Th/F. 10:30am-3:30pm.. \$15/3 sess. ST-33501

Adult (18+yrs)

Fitness Centre Programs

FITNESS CENTRE ORIENTATION

An introduction to the Fitness Centre with a registered Weight Trainer. You will learn proper techniques for equipment use and Fitness Centre etiquette. Mandatory for youth ages 13-17yrs. Please call the community center of your choice to check minimum age requirement and to book an appointment.

Cost:.....Free

Registration Call Centre 604-276-4300

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Health & Fitness

Adult (18+yrs) cont'd...

GROUP ADVANCED WEIGHT TRAINING - ADULT

Designed for those who have experience in the weight room or who have taken Group Beginner Weight Training.

Cambie Community Centre 18+yrs
Jul 5-Jul 19..... Sa 10:00-11:00am \$25/3 sess. ER-39041

GROUP BEGINNER WEIGHT TRAINING - ADULT

This course is suited for individuals who are new to the weight room, or those who want to refresh some skills.

South Arm Community Centre 18+yrs
Jul 8-Jul 24..... T/Th..... 7:00-8:00am \$60/6 sess. SA-39034
Watermania Aquatic Centre 18+yrs
Jul 19-Aug 16..... Sa 10:30-11:30am \$40/4 sess. SW-39201
Jul 24-Aug 14..... Th 10:45-11:45am \$40/4 sess. SW-39202

GROUP BEGINNER WEIGHT TRAINING - WOMEN

Learn the basics of weight training, proper technique and how to reach your goals.

Thompson Community Centre 18+yrs
Jul 12-Aug 2..... Sa 10:00-11:00am \$40/4 sess. TH-33410
Watermania Aquatic Centre 18+yrs
Jul 9-Jul 30..... W 7:00-8:00pm \$40/4 sess. SW-39200



The dream starts here ...

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PERSONAL TRAINING

Session packages are developed to help you reach your fitness goals safely and effectively. Your program will be designed by a registered Personal Trainer. Please call the community centre of your choice to book an appointment.

Cost:

1 session	\$38
3 sessions.....	\$112
5 sessions.....	\$169
10 sessions.....	\$300

Specialized Programs

ADAPTED FITNESS

Designed for people with disabilities (including: head injuries, strokes, M.S., and wheelchair participants). Mobility, strength, flexibility, range of motion, and coordination are challenged with chair, railing, weights, and wall exercises.

South Arm Community Centre 18+yrs
Jul 8-Aug 19..... T 2:00-3:15pm \$40/7 sess. SA-39502
Jul 10-Aug 21..... Th 2:15-3:00pm \$40/7 sess. SA-39503

JOINT WORKS

Focus on improving flexibility, range of motion, posture, strength, endurance, pain reduction, and relaxation for people living with arthritis.

West Richmond Community Centre 18+yrs
Jul 8-Aug 26..... T 2:15-3:15pm \$21/8 sess. WR-34581

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Structured 6-week program teaches self-management tools for symptoms of chronic health conditions. Patients, family, friends and spouses welcome to attend.

Thompson Community Centre 18+yrs
Jul 22-Aug 26..... T 6:30-9:00pm Free/6 sess. TH-33616

For additional Specialized Programs see page 116

Registered Fitness Programs

BALL WORKOUT - BEGINNER

Learn how to use the ball safely and effectively to improve your balance, posture, strength and flexibility.

Watermania Aquatic Centre 16+yrs
Jul 10-Jul 31..... Th 7:15-8:15pm \$30/4 sess. SW-39212

Internet Reg. www.city.richmond.bc.ca

Health & Fitness

BODY COMPOSITION

Assesses body weight, weight distribution, skin fold measures, girth measurements and consultation. Call to make an appointment.

South Arm Community Centre 18+yrs
\$15/1 sess.....SA-39505

CHINESE FALUN GONG

Chinese exercise of body and mind to relieve stress and improve health.

Thompson Community Centre 18+yrs
Jul 3-Aug 28..... T/Th..... 7:00-9:00pm..... \$0.75/Drop-inTH-33588

FITNESS ASSESSMENT

Fitness and lifestyle counselling, fitness test included. Appointment required.

South Arm Community Centre 18+yrs
\$30/1 sess.....SA-39506

GOLF CONDITIONING

Learn specific golf conditioning exercises to help improve your game.

South Arm Community Centre 18+yrs
Jul 7-Jul 28..... M..... 10:00-11:30am..... \$72/4 sess.....SA-39032
Jul 9-Jul 30..... W..... 6:30-8:00pm..... \$72/4 sess.....SA-39033

GROUSE GRIND TRAINING PROGRAM

Three training sessions at the community centre with the fourth session including transportation to Grouse Mountain and gondola ride down the mountain.

Steveston Community Centre 18+yrs
Jul 5-Jul 26..... Sa..... 9:30-10:30am..... \$49/4 sess.....ST-34441

KATSUGEN UNDO

Japanese exercise to maintain a balanced state of health & enhance your body's own natural healing power.

South Arm Community Centre 18+yrs
Jul 7-Aug 25..... M..... 7:45-9:15pm..... \$27/7 sess.....SA-36030

LUK TUNG KUEN

Thompson Community Centre 18+yrs
Jul 2-Aug 29..... M-F..... 7:40-8:40am..... Pass.....TH-33630

PILATES - INTERMEDIATE

This class increases strength, endurance and core stability with advanced mat exercises. Pre-requisite Pilates - Beginner.

South Arm Community Centre 18+yrs
Jul 9-Aug 27..... W..... 11:45am-12:45pm..... \$88/8 sess.....SA-39030



TAI CHI

An excellent health program that will give you better balance, increased flexibility and relaxation.

Minoru Sports Pavilion 18+yrs
Jul 3-Aug 28..... Th..... 1:00-2:15pm..... \$27/9 sess.....FT-31009

TAI CHI - CHEN STYLE

Original and oldest form of Tai-Chi.

Lang Centre 18+yrs
Jun 30-Aug 27..... M/W..... 8:00-9:30pm..... \$87/17 sess.....CC-34140

TAI CHI CHAUN WU STYLE

Cambie Community Centre 18+yrs
Jul 3-Aug 28..... Th..... 10:30am-12:00pm..... \$60/9 sess.....ER-36023
Jul 4-Aug 29..... T..... 10:30-12:00pm..... \$53/8 sess.....ER-36022
Jul 7-Aug 25..... M..... 7:00-8:15pm..... \$39/7 sess.....ER-36020
Jul 7-Aug 25..... M..... 8:15-9:30pm..... \$39/7 sess.....ER-36021

RUN CLUB

If you are looking for a complete running program please join us. Includes educational series, warm up, cool down and introduction to weight training for runners.

Minoru Sports Pavilion 18+yrs
Jul 2-Aug 27..... M/W..... 6:00-6:30pm..... \$72/16 sess.....FT-31013

Health and Fitness

Registration Call Centre 604-276-4300

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Health & Fitness

Adult (18+yrs) cont'd...

YOGA - HATHA STYLE

A gentle form of Yoga focusing on increasing flexibility, strength and body awareness while promoting relaxation and stress reduction.

South Arm Community Centre	18+yrs
Jul 8-Aug 26..... T 8:15-9:45pm..... \$59/8 sess. SA-36020	
Watermania Aquatic Centre	18+yrs
Jul 8-Aug 12..... T 7:15-8:15pm..... \$50/6 sess. SW-39210	
West Richmond Community Centre	18+yrs
Jul 8-Aug 19..... T 7:00-8:15pm..... \$63/7 sess. WR-34415	
Jul 8-Aug 19..... T 8:15-9:30pm..... \$44/7 sess. WR-34416	

YOGA - INTERMEDIATE

Build on the techniques and poses learned in Yoga - Beginner. Emphasis on breathing, relaxation and full body awareness.

Minoru Sports Pavilion	18+yrs
Jul 8-Aug 26..... T 7:30-8:45pm..... \$42/8 sess. FT-31006	

YOGA - POWER

West Richmond Community Centre	18+yrs
Jul 8-Aug 19..... T 6:00-7:00pm..... \$44/7 sess. WR-34417	



For 55+ programs, see page 115

Fitness Interest Workshops

HEALTH AND FITNESS WORKSHOP SERIES

STABILITY BALL INTRODUCTION

Steveston Community Centre	18+yrs
Jul 5 Sa 11:00am-12:30pm..... \$12/1 sess. ST-34445	

MEDICINE BALL TRAINING

Steveston Community Centre	18+yrs
Jul 12 Sa 11:00am-12:30pm \$12/1 sess. ST-34446	

NUTRITION WORKSHOP

Learn about nutrition for good health. Discussion on practical eating principles for active living and increased energy.

Steveston Community Centre	18+yrs
Jul 19 Sa 11:00-12:30pm..... \$12/1 sess. ST-34443	

BALANCE AND AGILITY

Steveston Community Centre	18+yrs
Aug 23 Sa 10:30am-12:30pm \$12/1 sess. ST-34448	

Sign up for all 4 workshops for \$45.00 - ST-34449

ABDOMINAL WORKSHOP

This two hour session will teach you new techniques that will help you achieve your goals.

Thompson Community Centre	18+yrs
Jul 9-Jul 16..... W 6:00-7:00pm..... \$5/2 sess. TH-33417	

BODY BALL WORKSHOP

Learn how to use the ball safely and effectively to benefit your overall strength, balance and flexibility. Includes handouts and helpful hints for a complete workout on the ball.

Watermania Aquatic Centre	18+yrs
Jul 6 Su 10:30-12:00pm..... \$15/1 sess. SW-39300	
Aug 17 Su 1:00-2:30pm..... \$15/1 sess. SW-39301	

Health and Fitness

Health & Fitness

Fitness Class Drop-in Schedules

Fitness classes may be subject to change or cancellation without notice.

All programs include a warm-up, cardio, cool down, strength and stretch component unless otherwise stated.

Yoga – please see registered fitness programs for additional yoga programs.

Please see page 92 for Fitness Fee Schedule

Please see 55+ section on page 115 for additional classes

CAMBIE COMMUNITY CENTRE

TIME	Su	M	T	W	Th	F	Sa
9:15-10:15am			Ball Workout Beginner		Step Beginner		
12:10-1:00pm		Abs & Back Int/Adv	Step Int/Adv	Hi/Low Beginner	Ball Workout Beginner		
5:30-6:30pm		Hi/Low Beginner	Step Int/Adv	Step-Int/Adv	TBC Beginner		
6:30-8:00pm		Yoga*		Yoga*			
6:45-8:15pm			Yoga				
7:00-8:00pm					Pilates		

* Classes held at East Richmond Hall **Childminding available in shaded areas only

HAMILTON COMMUNITY CENTRE

TIME	Su	M	T	W	Th	F	Sa
8:45-9:45am			Tai Chi (Chen Style)		Tai Chi (Chen Style)		
9:00-10:00am						Kardio Kick Box	

MINORU SPORTS PAVILION

TIME	Su	M	T	W	Th	F	Sa
9:00-10:00am		Hi/Low Int/Adv	Hi/Low Int/Adv	Body Sculpt Int/Adv	Hi/Low Int/Adv	Hi/Low Int/Adv (9:00- 10:15am)	
9:30-10:30am							Hi/Low Int/Adv
12:10-12:50am		Ball Workout All Levels		Ball Workout All Levels		Ball Workout All Levels	
5:20-6:20pm		Outdoor Workout All Levels	TBC Beginner	Outdoor Workout All Levels	TBC Int/Adv		

WATERMANIA

TIME	Su	M	T	W	Th	F	Sa
9:30-10:30am		Abs & Back		Ball Workout			
6:00-7:00pm		TBC All Levels	TBC All Levels		TBC All Levels		

Registration Call Centre **604-276-4300**

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Health & Fitness

SOUTH ARM COMMUNITY CENTRE

TIME	Su	M	T	W	Th	F	Sa
9:00-10:00am	Step Beginner	Hi/Low Int/Adv 9:00-10:10am	Step Int/Adv	Hi/Low Int/Adv 9:00-10:10am	Hi/Low Int/Adv	Step Int/Adv	Step Int/Adv 8:40-9:40am
10:10-11:10am	Abs & Back 10:20-11:20am	Low Impact 10:10-11:35am	TBC Beginner	* Ease into Fitness	Kardio Kick Box Int/Adv	TBC Beginner	Low Impact 9:45-10:45am
11:20-12:20pm	Step		Astanga Yoga		* Ease into Fitness	* Hatha Yoga 11:30am-12:30pm	
5:00-6:00pm		Step Int/Adv	Kardio Kick Box Int/Adv	Step Int/Adv	Astanga Yoga	TBC - Int/Adv 5:30-6:30pm	
6:05-7:05pm		Kardio Kick Box Int/Adv		Kardio Kick Box Int/Adv	Step Int/Adv		
7:10-8:10pm		Low Impact	Step Int/Adv 7:10-8:20pm	TBC Int/Adv 7:15-8:25pm	Low Impact 35+ yrs 7:10-8:20pm		

Classes will be cancelled on statutory holidays and may vary on holiday weekends.

Childminding is available in grey shaded areas only

* Classes are suitable for 55+ yrs

STEVESTON COMMUNITY CENTRE

TIME	Su	M	T	W	Th	F	Sa
9:00-10:00am	Yoga Beginner						
9:15-10:15am		Step Int/Adv	TBC Beginner	Step Beginner	TBC Beginner	Low Impact All Levels	Hi/Low Int/Adv
10:10-11:10am	Yoga Beginner						
10:30-11:30am		* Ease into Fitness Beginner		* Ease into Fitness Beginner		* Ease into Fitness Beginner	
11:00-12:10pm			Yoga Beginner*		Yoga Beginner*		
6:00-7:00pm			TBC Beginner		TBC Beginner		
7:10-8:10pm		Step Beginner	Step Int/Adv	Hi/Low Int/Adv	Step Int/Adv		

Note: * Postures can be done from a chair. Class suitable for 55+ yrs

THOMPSON COMMUNITY CENTRE

TIME	Su	M	T	W	Th	F	Sa
6:45-7:30am		Ball Workout Beginner		Ball Workout Beginner			
9:00-10:00am		Hi/Low Int/Adv	Step Int/Adv	Hi/Low Int/Adv	Step Int/Adv	Hi/Low Int/Adv	
6:00-7:15pm		Yoga All Levels		Yoga All Levels			

Health & Fitness

WEST RICHMOND COMMUNITY CENTRE

TIME	Su	M	T	W	Th	F	Sa
9:15-10:15am							Step Int/Adv
9:15-10:30am		Kardio Kick Box Int/Adv	TCB Int/Adv	Step Int/Adv	TCB Int/Adv	Step Int/Adv	
10:15-11:15am	Step Int/Adv						
10:45-11:45am			* Ease into Fitness		Ball Workout		
6:30-7:30pm			20-20-20 Int/Adv		20-20-20 Int/Adv		
6:30-7:45pm				TCB Int/Adv			
6:50-7:55pm		Step Int/Adv					

* Class suitable for 55+ yrs

FITNESS CLASS DESCRIPTIONS

20-20-20: Intermediate/Advanced: 20 minutes of step, 20 minutes of low-impact and 20 minutes of strength training, finishing with a stretch component.

Abs & Back Class- Beginner: A class geared towards strengthening the core muscles, abdominal muscles and back.

Ashtanga Yoga – Intermediate/ Advanced: Physical and mental peace through a combination of postures, breathing techniques and meditation.

Ball Workout – All Levels: Learn how to use the ball safely and effectively to improve your balance, posture, strength and flexibility.

Body Sculpt – All Levels: Total body conditioning using resistance devices. No Cardio.

Double Step – Intermediate/Advanced: A step class using two platforms per person. More choreography and challenging step patterns are involved.

Ease Into Fitness - With or without chairs, enjoy a circuit class alternating cardio exercises with stretch & strength exercises to improve cardio and muscle endurance.

Ease into Fitness - Beginner: A gentle exercise class suitable for those just starting out or recovering from an injury.

Hi/Low - Beginner: An introduction to low impact aerobics patterns with higher impact options. Designed with the novice in mind.

Hi/Low - Intermediate/Advanced: Increase your cardiovascular conditioning using more challenging high and low impact cardio patterns.

Kardio Kick Box - Intermediate/Advanced: An intense class using boxing techniques, punches and kicks combined with cardio drills (may include step) and a strength component. Not suitable for beginners.

Outdoor Workout - All levels: An outdoor exercise class consisting of cardiovascular, flexibility and strength training exercises. May include some running.

Learn to Step: Learn basic patterns and proper technique to allow you to comfortably try a step workout. Practical and lecture components.

Low Impact - Intermediate: A cardio workout with low impact on the joints.

Step - Beginner: Learn easy to follow step patterns for an effective cardio workout followed by a stretch component.

Step - Intermediate/Advanced: A step class with more challenging step patterns and greater intensity.

Tai Chi – All Levels: A program that focuses on balance, flexibility and relaxation.

TBC - Beginner: A complete strengthening and conditioning class using step and a variety of resistance equipment.

TBC - Intermediate/Advanced: A high intensity class with intervals of strength training and aerobic conditioning. A variety of resistance devices will be used to increase intensity.

Yoga - This class focuses on learning the correct breathing techniques and yoga poses.

Yoga – Hatha Style - Emphasis on posture and movement to music. Chairs can be used.

Registration Call Centre 604-276-4300

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Health & Fitness

Fitness Fee Schedule

Type of Pass	Cambie	Hamilton	Richmond Fitness Assoc.	Steveston	South Arm	Thompson	Watermania	West Richmond
DROP IN								
Adult	\$4	\$4	\$4	\$4	\$4	\$4	\$5.25	\$4
Adult 1.5 hrs			\$4.50					
55+ yrs	\$2			\$2.50			\$4.25	\$2.50**
Student			\$2.75	\$3.00			\$4.25	
Student 1.5 hrs			\$3.00					

STRIP TICKETS

Adult	\$40.00/12		\$34.00/10-1 hr \$39.00/10-1.5 hr	\$33.00/12	\$41.00/12	\$39.00/12	\$42.00	\$36.00/12
Teen	\$40.00/12			\$26.00/12			\$34.00	\$30.00/15 Valid in Fitness Centre (except M-F 5-8pm) and all aerobic classes
Senior	\$24.00/12			\$20.00/12 (Fitness Centre and Ease into Fitness only)	\$24.00/12 Valid M-Th until 4 pm, all Fri/Sat./Sun.	\$1.50 Mon-Sun 1:00 – 2:30pm	\$34.00	\$30.00/15 Valid for use in the Fitness Centre (except M-F after 3pm) and all aerobic classes

PASSES

Adult- Aerobic or Fitness Centre

1 Month	\$35.00			\$32.00	\$33.00	\$35.00		\$30.00
3 Months	\$65.00			\$62.00	\$66.00	\$65.00		\$60.00
6 Months	\$95.00			\$92.00	\$101.00	\$100.00		\$90.00
1 year	\$150.00			\$145.00	\$170.00	\$160.00		\$150.00

Adult- Unlimited (Aerobic or Fitness Centre)

1 Month	\$45.00		\$35.00	\$47.00	\$48.00	\$50.00	\$50 / \$41***	\$45.00
3 Months	\$90.00		\$72.00	\$92.00	\$98.00	\$100.00	\$123 / \$99***	\$90.00
6 Months	\$140.00		\$104.00	\$135.00	\$148.00	\$130.00	\$208.00	\$120.00
1 year	\$210.00		\$165.00	\$215.00	\$249.00	\$230.00		\$225.00

Non-Prime Time- Fitness Centre only (M-Th 11am – 4pm and all day F, Sat, Sun)

1 month					\$25.00			
3 months					\$50.00			
6 months					\$76.00			
1 year					\$128.00			

*Family Add-on – Fitness Centre or Aerobics

6 month	\$36.00			\$36.00	\$51.00	\$40.00		\$36.00
1 year	\$56.00			\$56.00	\$85.00	\$60.00		\$56.00

*Family Add-on – Unlimited

6 month	\$48.00			\$54.00	\$74.00	\$52.00		\$48.00
1 year	\$84.00			\$84.00	\$125.00	\$90.00		\$84.00

CHILDMINDING

Drop-In Strip ticket	\$3/child	\$2/child		\$3/hr or \$33/12	\$3/hr or \$25/10	\$2.50/hr or \$25.25/10		\$3/hr or \$36/12
Add. Sibling Availability	\$2/child M-Th, 9-10:30 am	\$1/child		\$1/child M-F 9-11:45 am	\$1/child M-F 9-11:30 am	\$1/child \$35.25/10 M-F 9-11:00 am		\$1/child M-F 9-11:00 am

* **Family add-on:** For immediate family members residing together (2 adults and dependent minors 18yrs and under). The first family member pays full price and each additional family member pays the reduced rate. Passes must be purchased at the same time, are non-transferrable and only apply to 6 month and 1 year terms.

* Not valid for Non-Prime Time Pass. **Valid for Ease into Fitness Class ONLY *** Teen/Senior for Watermania Only

Adult 55+

Enjoy all of life's stages!

Welcome to the Adult 55+ section. Here you will find a wide variety of opportunities to assist you in getting involved and staying active - socially, mentally and physically.

Activities are arranged by program type and take place at Minoru Place Activity Centre and all of Richmond's community facilities. Look for activities that appeal to you and come out and join the fun!

An array of Adult programs in other program sections of the guide are available for you to choose from as well.



*Be Active, Your Way
Everyday of Your Life ~ Health Canada*

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Adult 55+

General Interest

55 ALIVE DRIVING WORKSHOP

A refresher course designed for those 55+yrs. Co-sponsored by BCAA and the BC Safety Council. Call 604-214-9714 to register.

Thompson Community Centre 55+yrs
Jul 15-Jul 22..... T..... 8:30am-12:30pm..... Free..... TH-33615

COMPUTER CHAT GROUP

An informal social opportunity to discuss and practice computer related items. Contact Centre @ 604-718-8450

Minoru Place Activity Centre 55+yrs
Jul 3-Aug 28..... Th..... 9:30-11:30am..... Pass

COMPUTER ROOM

Minoru Place Activity Centre
Learn how to use the Internet, set up an email account or explore what the Internet is "all about". Volunteers are available to assist those interested throughout the summer months. Keep your eyes open we are planning to offer a printer and computer programs soon. Please call the centre at 604-718-8450 for times and details.

DISCUSSION GROUP

Stimulating guest speakers and group discussions. Contact Dick Platt 604-278-4703.

Minoru Place Activity Centre 55+yrs
Jul 2-Aug 6 1st and 3rd W of each month ... 1:00-3:00pm..... Pass

MILAP GROUP

South Arm Community Centre 55+yrs
Jul 11-Aug 22... F..... 2:15-4:15pm..... Free/4 sess. SA-38014

MINORU READERS AND WRITERS GROUP

A group of avid readers and writers meet to discuss ways to improve their writing skills, etc. Contact Kay Berry 604-271-9472.

Minoru Place Activity Centre 55+yrs
Jul 1-Aug 26..... T..... 12:45-2:45pm..... Pass

SENIORS BIRTHDAY PARTIES

Celebrate everyone's birthday that falls in the three months prior to the party! Everyone is welcome!

Hamilton Community Centre 55+yrs
Jul 17 Th 10:00am-12:00pm \$3/1 sess. HM-35290

Health and Fitness

Health

CAREGIVERS SUPPORT GROUP

Minoru Place Activity Centre 55+yrs
Jul 7-Aug 18..... M 2:00-4:00pm

DIABETIC SUPPORT GROUP

Periodic speakers to give information and support. Contact Bill Young 604-279-9610.

Minoru Place Activity Centre 55+yrs
Jul 15-Aug 19... 3rd T of each month 10:00am-12:00pm..... Free
Aug 5 1st T of each month 10:00am-12:00pm..... Free

HEARING CLINIC

Get your hearing checked by a professional representative. Call 604-718-8450 for an appointment.

Minoru Place Activity Centre 55+yrs
Jul 17-Aug 21... 3rd Th of each month 10:00am-12:00pm..... Free

MANICURES AND PEDICURES

Choose a manicure for a cost of \$10 or pedicure \$15. Please call the Centre @ 604-718-8450 to book an appointment.

Minoru Place Activity Centre 55+yrs
Tuesdays ½ hour appointments 12:30-5:30pm

HOLISTIC HEALTH SERVICE

Come experience the benefits of holistic health. Allow yourself to enjoy Therapeutic Touch, Reflexology, Reiki and more. By donation.

Minoru Place Activity Centre 55+yrs
Jul 16-Aug 20... 3rd W of each month 9:30am-12:00pm..... Free

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Structured 6-week program teaches self-management tools for symptoms of chronic health conditions. Patients, family, friends and spouses welcome to attend.

Thompson Community Centre 18+yrs
Jul 22-Aug 26... T..... 6:30-9:00pm..... Free..... TH-33616

OSTEOPOROSIS SUPPORT GROUP

An informative support group aimed at providing resources and sharing information to those touched by Osteoporosis. Occasional speakers. Everyone Welcome. Contact Peggy Ridley @ 604-244-8855

Minoru Place Activity Centre 55+yrs
Jul 2-Aug 6 1st W of each month..... 10:00-11:30am..... Free

PARKINSONS SUPPORT GROUP

Occasional speakers to help with questions concerning this condition and general discussion from members. Contact Audrey Crotteau @ 604-231-8205.

Minoru Place Activity Centre 55+yrs
Jul 9-Aug 13..... 2nd W of each month 1:30-3:00pm..... Free

WELLNESS CLINIC

Professionals check blood pressure, discuss medication and answer questions.

Minoru Place Activity Centre 55+yrs
Jul 16-Aug 20... 3rd W of each month 9:00-11:00am..... Free

Fitness

BODY SCULPTING - BEGINNER

A multi-level strength conditioning class, utilizing a variety of resistance devices and ending with and overall body stretch.

After a light warm up, participants use light free weights and resistance bands for

- functional muscle training (45 minutes)
- range-of-motion and stretching exercises (10 mins)
- and relaxation (3 - 5 min).

Minoru Place Activity Centre 55+yrs
Jul 4-Aug 29..... F..... 9:00-10:00am..... \$17/9 sess..... SE-34051
Jul 7-Aug 25..... M 9:00-10:00am..... \$15/8 sess..... SE-34050
Minoru Sports Pavillion 55+yrs
Jul 3-Aug 28..... T/Th 10:30-11:30am..... \$50/17 sess..... FT-37103



Photography

Occasionally, participants in our programs will have their photos taken. These photographs may be used in brochures, displays or on our website. If you prefer not to have your picture or your child's picture taken, please let the photographer know.

EASE INTO FITNESS

A gentle exercise class suitable for those just starting out or recovering from an injury. With and without chairs, participants enjoy a circuit class alternating cardio exercises with stretch & strength exercises to encourage a progression in cardio and muscle endurance.

Minoru Place Activity Centre 55+yrs
Jul 4-Aug 29 F..... 10:10-11:10am \$17/9 sess SE-34052
Jul 5-Aug 30..... Sa..... 10:10-11:10am \$17/9 sess SE-34055
Jul 5-Aug 30..... Sa..... 11:10am-12:10pm.... \$17/9 sess SE-34056

HEART WELLNESS

An individually paced exercise program for those individuals who have cardiovascular disease or other risk factors. Physician's referral is required.

Richmond Hospital 55+yrs
Jun 1-Aug 28 ... M/W/Th...5:00-6:00pm \$80/104 sess... FT-37000
Jul 2-Aug 28..... M/W/Th...3:30-4:30pm \$120/26 sess... FT-37003
Minoru Sports Pavilion 55+yrs
Jun 1-Aug 28 ... M/W/Th...6:05-7:05pm \$80/104 sess... FT-37001
Minoru Sports Pavilion 55+yrs
Jun 1-Aug 28 ... M/W/Th...7:10-8:10pm \$80/104 sess... FT-37002

GROUP WEIGHT TRAINING - BEGINNER - SENIORS

A program designed to introduce seniors to the fitness centre. Program focuses of weights and cardio equipment.

Thompson Community Centre 55+yrs
Jul 10-Jul 31..... Th..... 9:00-10:00am..... \$26/4 sess..... TH-33414

JOINT WORKS

Focus on improving flexibility, range of motion, posture, strength, endurance, pain reduction, and relaxation for people living with arthritis.

Minoru Place Activity Centre 55+yrs
Jul 8-Aug 26..... T..... 11:05-11:50am \$17/8 sess..... SE-34060

JOINT WORKS - PLUS

Progression from Joint Works Beginner.

Minoru Place Activity Centre 55+yrs
Jul 8-Aug 28..... T/Th 10:05-11:05am..... \$42/16 sess.... SE-34061

Adult 55+

Health and Fitness cont'd...

LOW IMPACT -ALL LEVELS

A cardio workout with minimal stress on the joints. 10 plus minutes warm up, 18 - 25 minute cardio exercise, followed by a stretch/strength/posture/relaxation section.

Minoru Place Activity Centre 55+yrs
Jul 3-Aug 28..... Th..... 9:00-10:00am..... \$17/9 sess..... SE-34066
Jul 7-Aug 25..... M..... 10:10-11:10am..... \$15/8 sess..... SE-34057
Jul 8-Aug 26..... T..... 9:00-10:00am..... \$15/8 sess..... SE-34065

LUK TUNG KUEN

Thompson Community Centre 18+yrs
Jul 2-Aug 29..... M-F..... 7:40-8:40am..... Free..... TH-33630

TAI CHI - CHEN STYLE

Original and oldest form of Tai-Chi.

Hamilton Community Centre All Ages
Jul 3-Aug 28..... T/Th..... 8:00-9:45am..... Free/17 sess..... HM-35001

TAI CHI - MU LAN FAN

Minoru Place Activity Centre 55+yrs
Jul 9-Aug 27..... W..... 8:30-9:30am..... \$20/8 sess..... SE-34073

SENIORS WEIGHT TRAINING DROP-IN

Jul 1-Sep 1..... S-S..... 1:00-2:30pm..... \$1.50/sess..... TH-33413



Minoru Place Activity Centre Schedule

TIME	M	Tu	W	Th	F	Sa
8:30-9:30am			Tai Chi Mu Lan Fan			
9:00-10:00am	Body Sculpt	Low Impact All Levels		Low Impact All Levels	Body Sculpt	
10:00-11:00am						Ease Into Fitness
10:05-11:05am		Joint Works - Int		Joint Works - Int		
10:10-11:10am	Low Impact				Ease Into Fitness	
11:05-11:50am		Joint Works - Beg				
11:10am-12:10pm						Ease Into Fitness
4:30-5:30pm	Ease Into Fitness					

Please see the Health and Fitness, Fitness Class Schedules, pg. 89-91, for all other fitness programs throughout the community and aquatics centres.

Minoru Place Activity Centre's Large Main Hall features a wood sprung floor perfect for reducing impact during dance and exercise classes

Drop in:..... \$3 (if program maximum has not been reached)

1.5 hr..... \$6