



# City of Richmond

## Report to Committee

**To:** Parks, Recreation and Cultural Services  
Committee

**Date:** January 7, 2019

**From:** Elizabeth Ayers  
Director, Recreation Services

**File:** 06-2052-55-08-01/Vol  
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**Re:** Minoru Centre for Active Living Program Update

### Staff Recommendation

That the staff report titled "Minoru Centre for Active Living Program Update," dated January 7, 2019, from the Director, Recreation Services, be received for information.

Elizabeth Ayers  
Director, Recreation Services  
(604-247-4669)

Att. 4

REPORT CONCURRENCE	
CONCURRENCE OF GENERAL MANAGER	
REVIEWED BY STAFF REPORT / AGENDA REVIEW SUBCOMMITTEE	INITIALS: 
APPROVED BY CAO	

## Staff Report

### Origin

In October 2016, Council approved the service levels and operating budget for the new facility, Minoru Centre for Active Living. The purpose of this report is to provide Council and the community with an update of the new programs, services and offerings of the facility as well as an update of the engagement with the facility's community partners.

This report supports Council's 2014-2018 Term Goal #2 A Vibrant, Active and Connected City:

*Continue the development and implementation of an excellent and accessible system of programs, services, and public spaces that reflect Richmond's demographics, rich heritage, diverse needs, and unique opportunities, and that facilitate active, caring, and connected communities.*

2.1 *Strong neighbourhoods.*

2.3 *Outstanding places, programs, and services that support active living, wellness and a sense of belonging.*

This report also supports the following Directions of the 2015-2020 Seniors Service Plan Framework:

1. *Communication and Awareness;*
2. *Responsive and Relevant Services;*
3. *Respect, Inclusion and Sense of Belonging; and*
4. *Coordinated Service Delivery.*

Additionally, it supports the following Focus Areas of the City of Richmond Community Wellness Strategy 2018-2023:

1. *Foster healthy, active and involved lifestyles for all Richmond residents with an emphasis on physical activity, healthy eating and mental wellness;*
2. *Enhance physical and social connectedness within and among neighbourhoods and communities;*
3. *Enhance equitable access to amenities, services and programs within and among neighbourhoods;*
4. *Facilitate supportive, safe and healthy natural and built environments; and*
5. *Promote wellness literacy for residents across all ages and stages of their lives.*

### Analysis

#### Background

The doors to the new Minoru Centre for Active Living are projected to open to the public on Monday, March 11 at 6:00 a.m, pending the receipt of final occupancy which is expected in mid-February. At this time, all drop-in programs will be in place and registered programs will build over the following few weeks. The official grand opening, ribbon cutting and large scale event celebrating the opening of the facility will take place in early April. Minoru Centre for Active

Living is a centre of excellence for active living and wellness for residents of all ages and abilities. This innovative 110,000 square foot multipurpose complex features services for seniors, aquatics and fitness and amenities to support the Minoru Park sports fields. The facility features are summarized in Table 1 below.

Table 1: Facility Features Summary

<b>Seniors</b>	<b>Aquatic &amp; Fitness</b>	<b>Event Centre</b>
33,000 sq. ft.	69,000 sq. ft.	8,000 sq. ft.
Fireside Lounge	1–6 lane, 25 metre pool.	Event Centre
Billiards Room	1–8 lane, 25 metre pool including a climbing wall, diving board, and drop slide.	8 field change rooms.
Cafeteria and commercial kitchen, with bistro for general public.	1 leisure pool including a large river run, double slide and multiple spray elements and play features.	Multipurpose room on 2 <sup>nd</sup> floor with views of fields.
Multipurpose rooms of varying sizes.	2 hot pools (family and adult) and 1 cold plunge pool.	Washrooms for field users and the general public.
Music Room	2 saunas	Concession
Woodworking Shop	1 steam room	First Aid Room
Arts Studio	Changerooms – gender specific and universal.	

In addition to new program initiatives, current programs and services have been refined and expanded through consultation and active engagement of community partners, current facility users and members of the community.

### Facility Hours

To meet community need, as approved by Council, the hours of operations will be expanded by 10 hours per week for aquatics and fitness (compared to Minoru Aquatic Centre) and 14.75 hours per week for seniors (compared to Minoru Place Activity Centre). The facility hours will be extended as illustrated in Table 2 below:

Table 2: Existing and New Facility Hours of Operations

<b>Minoru Aquatic Centre Existing Hours of Operation</b>	<b>Minoru Centre for Active Living New Hours of Operation</b>
Mondays, Wednesdays, Fridays and Saturdays 6:00 a.m.–10:00 p.m. Tuesdays and Thursdays 6:00 a.m.–10:30 p.m. Sundays 11:00 a.m.–10:00 p.m. Holidays 10:30 a.m.– 6:00 p.m.	<i>Aquatics, Fitness and Event Centre:</i> Monday–Saturday 6:00 a.m.–11:00 p.m. Sundays and Holidays 7:00 a.m.–10:00 p.m.
<b>Minoru Place Activity Centre Existing Hours of Operation</b>	<b>Minoru Centre for Active Living New Hours of Operation</b>
Monday–Friday 8:30 a.m.–9:00 p.m. Saturdays 8:45 a.m.–4:00 p.m. Sundays 12:00 p.m.–4:00 p.m. Holidays Closed	<i>Seniors:</i> Monday–Saturday 7:00 a.m.–9:00 p.m. Sundays and Holidays 8:00 a.m.–8:00 p.m.

## Core Programs and Services

### *Seniors Programs and Services*

With the expanded spaces at Minoru Centre for Active Living, seniors programs and service offerings will increase by at least 30 per cent. Seniors programs and services will continue to be offered in partnership with the Minoru Senior Society (MSS). Specific programs and services have been designed in consultation with seniors to meet identified needs, while creating a sense of inclusion and belonging. Registered programs in the areas of health and wellness, arts, sports, general interest, out-trips, and language classes will be offered. Attachment 1 illustrates the wide variety of programs being offered. Highlights of these new and expanded programs include:

- Aquatic and senior intergenerational programs (for example, swim and social);
- Adaptive sports drop-in which will include Boccia for 55+ years, an adapted form of Bocce played indoors;
- Soft Tennis lessons;
- Music night in the plaza;
- Expanded visual arts programming like Painting and Drawings; and
- Facilitated Bridge drop-in.

The new and specialized wellness room, woodshop, movement studio and billiards room will be utilized for specialized programs including:

- Caregiver workshops series that include educational based workshops and movement and relaxation classes;
- Qigong for Health;
- Conversational Mandarin; and
- Expanded dance programming; including Broadway Jazz, Ballet Fundamentals, Expressive Dance and Expressive Dance: Adaptive.

The drop-in 55+ activity groups continue to be an important component of the services offered. There are 37 groups in total including the Flower Arranging group, Mahjong group and the Knitters and Natters group. These groups meet throughout the week and enable members to socialize while participating in meaningful activities at a very low cost.

In response to an increasingly aging population, Minoru Centre for Active Living will be able to provide Richmond seniors with new and existing programs and services to meet the needs of a diverse and growing population.

### *Food Programs and Services*

The Minoru Seniors Society (MSS) will be running two food service locations inside the building. The first is an expanded cafeteria with additional seating, where MSS members and the community can enjoy healthy meals and snacks at a reasonable price. With a current MSS

membership, seniors 55+ will receive a discount at the cafeteria. Catering for rentals or groups will also be offered.

The second food service location is a bistro located in the main lobby of the facility. Refreshments, light meals, and healthy snacks will be available for all users of the facility most hours of operation from this location.

### *Aquatic Programs and Services*

City of Richmond expanded aquatic spaces include two, 25 metre lap pools, a large leisure pool with multiple spray features, two hot pools, two saunas, a steam room, and a cold plunge pool. The core services and programs offered for aquatics will be: swim lessons for all ages, drop-in public swims, birthday parties, therapeutic classes, aquatic fitness classes and lane swimming during all hours the facility is open. See Attachment 2 for the new Minoru Centre for Active Living Schedule – Aquatics.

Red Cross swimming lessons will be expanded significantly in the new facility. It is expected that over 3,000 lesson sets will be offered per year which is an increase of 50 per cent from the current 2,000 sets per year.

New and expanded programs will include:

- Junior Lifeguard Club;
- Fun and engaging activities lead by staff and volunteers during weekend public swims;
- Aquatic fitness classes – deep water and therapy classes;
- Wibit – an inflatable obstacle course;
- Rentals for birthdays and special events; and
- Seasonal “Dive-In” movies where families can enjoy movie viewing from the water.

These programs along with the varied and exciting pool features will be highlights for patrons of all ages.

### *Fitness Programs and Services*

Fitness services will grow exponentially with a new, spacious 8,500 square feet fitness centre. This state-of-the-art facility will include cardio, strength and functional training equipment for ages 13+, including a focus on active aging and independent living. Several studio spaces will allow for the expansion of group fitness classes.

Fitness programs and services will be offered in partnership with the Richmond Fitness and Wellness Association (RFWA). There will be drop-in classes, personal and group training, guided fitness orientations, wellness workshops, trending fitness programs, as well as chronic disease prevention and management classes.

Fitness services at Minoru Centre for Active Living will include programs to promote active aging and ongoing excellence in active living. See Attachment 3, Minoru Centre Active Living Schedule – Fitness, for some of the new programs offered. New programs will include:

- “Learn to weight train” classes for youth, adults and seniors;
- Fitness and mobility stroke recovery and heart wellness programs;
- Family fitness classes to get children and adults to be active together;
- TRX suspension training classes;
- Functional strength training workshops;
- Yoga for all abilities; and
- Expanded seniors’ fitness programming, e.g., Seniors Drop In and Steady Feet.

#### *Event Centre Programs and Services*

The Event Centre will be used by Richmond’s sport and event community to support a wide range of tournaments and events in Minoru Park. The Event Centre amenities will provide a hub for tournaments or events and offer space for coaching or other programs for the sport and events programs and clubs.

#### Facility Fees

As outlined in the Minoru Complex Service Level report in 2016, the fee structure for Minoru Centre for Active Living admissions, programs and services for aquatics and fitness is the same fee structure as Watermania and Aquatic Services, which is approved annually by the Aquatic Service Board. For all other senior 55+ programs and services, the fees are approved by the Minoru Senior Society, which is a part of the Recreation Communities Fees and Charges committee. See Attachment 4 (Minoru Centre for Active Living - Facility Admission Fees and Senior Program/Services Fees) for an overview of fees for the facility.

#### Engagement and Marketing

An extensive engagement strategy was developed for the facility and continues to be implemented as the facility nears completion. The *YourMinoru* website, as well as different media platforms like the City’s Facebook and Instagram accounts, are used to promote community opportunities to learn more about Minoru Centre for Active Living’s new programs and services. “Did you know” boards have been installed at Minoru Place Activity Centre, Minoru Aquatic Centre and Watermania featuring a new fact every week about the facility’s offerings.

An artist led community engagement project is underway with the goal of assisting patrons in making a smooth transition from the existing facilities to the new facility. As part of the Culture Days weekend, Artist-in-Residence, Sylvia Grace Borda, challenged members of the community to submit engaging photos of cultural and social activities taking place in Minoru Park around

Minoru Centre for Active Living. Selected winners will have their photos featured on the City's social media pages. These photos will provide a lasting memory as the images capture people's memories and are later displayed in the new facility.

An extensive marketing and communication plan is also in place to ensure the community is aware of the facilities features and the programs and services that will be offered. Implementation of the plan has started and initiatives will continue to build excitement and awareness as the opening of the facility approaches. The campaign captures seniors from the facility participating in a range of activities that promote positive aging and active living, supporting Direction 1 of the 2015-2020 Seniors Services plan.

In addition to the on-site signage that was created to promote awareness about the new facility, a community street team was created in June 2018 to participate at events and activities. A Minoru Centre for Active Living branded booth was created to promote the new programs and services that will be offered at the new facility.

Promotion of Minoru Centre for Active Living occurred through the following events and activities:

- Richmond Canada Day in Steveston – July 1, 2018;
- Job Fair for Minoru Centre for Active Living – July 18, 2018;
- Pop-ups in the Cultural Centre Plaza – July to September, 2018;
- Kwantlen Polytechnic University Farmers Market – August to October, 2018;
- Richmond World Festival – August 31 to September 1, 2018;
- Richmond Fire Hall No. 1 Opening – September 15, 2018; and
- Culture Days – September 28 to 30, 2018.

Marketing will continue once the facility is open with a variety of tools created that will be used to promote the facility. These include:

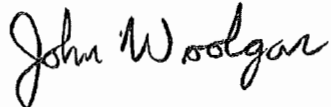
- Traditional print promotional materials – brochures and posters;
- Merchandise and sundry – t-shirts, water bottles, buttons;
- Minoru Centre for Active Living website;
- Promotional videos; and
- Newspaper, press releases and transit ads.

### **Financial Impact**

In 2016, Council approved the operating budget for Minoru Centre for Active Living, which included the expanded operating hours, services and expenses.

## Conclusion

The Minoru Centre for Active Living is a centre of excellence for active living and wellness for residents of all ages and abilities. The expanded programs and services will meet the community needs for residents, provide a unique experience for everyone under one roof, and support the City's vision of being "the most appealing, livable and well-managed community in Canada."



John Woolgar  
Manager, Aquatics, Arena and Fitness  
(604-448-5355)



Dee Bowley-Cowan  
Centre Manager, Minoru Centre for Active Living  
(604-238-8046)

- Att. 1: Minoru Centre for Active Living Schedule – Seniors  
2: Minoru Centre for Active Living Schedule – Aquatics  
3: Minoru Centre for Active Living Schedule – Fitness  
4: Minoru Centre for Active Living - Facility Admission Fees and Senior Program/Services Fees



## Minoru Centre for Active Living Schedule – Seniors

Weekday First Floor								
	Movement Studio 1	Wood Shop	Wellness Studio	Billiards Room	Fireside Lounge	Multipurpose Room 1	Meeting Room 1	Meeting Room 2
7:00 - 9:00 am			Wellness Drop-In	Ladies Only Drop-In	Open for Drop-in			
9:00 am - 12:00pm	Wellness Clinics	Wood Workers Wood Carvers	Wellness Connections	Ladies Only Drop-in	Walking Group meet up	Wellness Connections	Estheticians	Floral Team
			Drop-in play	Bicycle Group meet up	Mahjong	Wellness Clinics	Computer Assist	
	Chinese Seniors Circle			Open for drop-in	Diabetic Support Group	Income Tax Clinic	Wellness Clinics	
	Wellness Drop-in				Workshops: Healthy Aging Series			
12:00 - 4:00 pm	Carpet Bowling	Wood Workers Wood Carvers	Hanging with the Guys	Drop-in play	Musical Interludes	Mahjong	Estheticians	
			Scrabble		Live Music	Workshops: Driver's Awareness, Public Transat	Hearing Clinics	
			Parkinson's Support Group		Open for Drop-in		Seniors Law Clinic	
4:00 - 9:00 pm	Integrated Mediation	Upcoming: Wood Working Intro	Wellness Drop-In	Drop-in play	Open for Drop-in	Mahjong		
		Upcoming: Wood Shop Safety Oreintation				First Aid classes		
						Workshops: Caregivers' Series		
Blue: Groups    Purple: Programs and Drop-ins    Green: Wellness Programs and Wellness Drop-Ins								

Exact dates and times may change depending on instructor availability.

## Minoru Centre for Active Living Schedule – Seniors (continued)

Weekday - Second Floor							
	Arts Studio 1	Arts Studio 2	Multipurpose 2 and 3		Movement Studio 2	Main Hall	
7:00am				Table Tennis			
8:00am							
9:00am	Chinese Brush Painting	Ukulele Classes	Busy Fingers	Table Tennis	Ballet	Happy Chorus	
					Broadway Jazz		
10:00am	Painting: Basics	Happy Chorus	Bridge Beginner		Conditioning Through Dance		
					Tap		
11:00am	Kingsland Calligraphy	Digital Storytelling - SFU			Expressive Dance		
* Different clubs are offered daily between 9am-12pm	Sculpture	Spanish Lessons			Expressive Dance: Adaptive		
				Qi Gong			
12:00pm	Mandarin Conversation	Platinum Players	Bridge	Crib	Tai Chi Beginner	Happy Chorus	
1:00pm	Watercolour Painting	Glee	Bridge Facilitated Drop-in	Euchre	Ballroom Classes	Line Dancing classes	
2:00pm	Chinese Calligraphy	Spanish Conversation	Poker	Knitters and Natters	Upcoming: Dance for PD	Ballroom Dance Drop-in	
3:00pm	Artist Workshop	Singing Fundamentals		Table Tennis			
4:00pm	Drawing: Basics						
*Different clubs are offered daily between 12-4pm	Writer's Group						
	Photography Group						
5:00pm			Whist		Table Tennis	Red Leaf	Ballroom Classes
6:00pm					Model Walking	Friday Night Live	
7:00pm						Special Events	
8:00pm						Soft Tennis	
Blue: Groups    Purple: Programs and Drop-ins    Green: Wellness Programs and Wellness Drop-ins							

Exact dates and times may change depending on instructor availability.

## Minoru Centre for Active Living Schedule – Seniors (continued)

Weekend First Floor								
	Movement Studio 1	Wood Shop	Wellness Studio	Billiards Room	Fireside Lounge	Multipurpose Room 1	Meeting Room 1	Meeting Room 2
7:00 - 9:00am				Drop-in	Open for drop-in			
9:00 am - 12:00pm	*adaptive fitness programming	Wood Workers	Wellness drop-in		Bicycle Group meet up	Spanish Social Group		
12:00 - 4:00 pm	Upcoming: Laughter Yoga,	Upcoming: Wood Working Workshops	Upcoming: Health and Caregiver Support Groups		Open for drop-in	Workshops: Caregivers' Series (educational)		
	Upcoming: Caregiver Series (movement and relaxation)				Open for drop-in			
4:00 - 9:00 pm			Wellness drop-in		Open for drop-in			
Blue: Groups    Purple: Programs and Drop-ins    Green: Wellness Programs and Wellness Drop-Ins								

Weekend Second Floor							
	Arts Studio 1	Arts Studio 2	Multipurpose Room 2/3		Movement Studio 2	Main Hall	
7:00 - 9:00am			Table Tennis				
9:00 am - 12:00pm	Visual Arts Workshops: Felted Ornaments Upcoming Workshops: Pysanky Eggs Basket Weaving	Upcoming: Creative Writing Workshops				Indoor Soft Tennis	
					Model Walking	Upcoming: Walking Soccer	
					Tai Chi		
12:00 - 4:00 pm		Movie Matinee	Crib		Ballroom Dance Intermediate	Ballroom Dance drop-in	
		Peking Opera			Chinese Line Dancing	Adaptive Sports Drop-in	
						Red Leaf Multicultural Arts	
4:00 - 9:00 pm							
Blue: Groups    Purple: Programs and Drop-ins    Green: Wellness Programs and Wellness Drop-Ins							

Exact dates and times may change depending on instructor availability.



## Minoru Centre for Active Living Schedule – Aquatics

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Leisure Pool</b>	6:00am-11:00pm	6:00am-11:00pm	6:00am-11:00pm	6:00am-11:00pm	6:00am-11:00pm	6:00am-11:00pm	7:00am-10:00pm
<b>Teach Pool</b>	Public Swim 6:00am-11:00pm	Public Swim 6:00am-11:00pm	Public Swim 6:00am-11:00pm	Public Swim 6:00am-11:00pm	Public Swim 6:00am-11:00pm	Public Swim 6:00am-11:00pm	Public Swim 7:00am-10:00pm
<b>Lap Pool</b>	Public Swim 6:00am-11:00pm	Public Swim 6:00am-11:00pm	Public Swim 6:00am-11:00pm	Public Swim 6:00am-11:00pm	Public Swim 6:00am-11:00pm	Public Swim 6:00am-11:00pm	Public Swim 7:00am-10:00pm
<b>Hot tubs/Cold Plunge/Saunas/ Steam</b>	6:00am-11:00pm	6:00am-11:00pm	6:00am-11:00pm	6:00am-11:00pm	6:00am-11:00pm	6:00am-11:00pm	7:00am-10:00pm
<b>River Channel</b>	6:00am-11:00pm	6:00am-11:00pm	6:00am-11:00pm	6:00am-11:00pm	6:00am-11:00pm	6:00am-11:00pm	7:00am-10:00pm
<b>Rock Wall</b>	<sup>1</sup> 11:00am-11:00pm	<sup>1</sup> 11:00am-11:00pm	<sup>1</sup> 11:00am-11:00pm	<sup>1</sup> 11:00am-11:00pm	<sup>1</sup> 11:00am-11:00pm	OPEN 12:00-11:00pm	OPEN 12:00-10:00pm
<b>1 Metre Diving Board</b>	<sup>1</sup> 11:00am-11:00pm	<sup>1</sup> 11:00am-11:00pm	<sup>1</sup> 11:00am-11:00pm	<sup>1</sup> 11:00am-11:00pm	<sup>1</sup> 11:00am-11:00pm	OPEN 12:00-11:00pm	OPEN 12:00-10:00pm
<b>Drop Slide</b>	<sup>1</sup> 11:00am-11:00pm	<sup>1</sup> 11:00am-11:00pm	<sup>1</sup> 11:00am-11:00pm	<sup>1</sup> 11:00am-11:00pm	<sup>1</sup> 11:00am-11:00pm	OPEN 12:00-11:00pm	OPEN 12:00-10:00pm
<b>Wibit</b>	X	X	X	X	7:30pm-10:30pm	1:00pm-4:00pm 7:00pm-10:30pm	12:00pm-5:00pm
3 lanes guaranteed for length swim at all times							
Expanded swim lessons and lifesaving programs are offered seasonally							
All pools may be shared with other programs at anytime							
<sup>1</sup> Rock Climbing Wall, Diving Board and Drop Slide are open intermittently during the scheduled times.							

Exact dates and times may change depending on instructor availability.

Please note: Richmond aquatic clubs and groups space has been allocated within the Leisure and Lap Pool schedules.

## Minoru Centre for Active Living Schedule – Aquatic Fitness

	MON	TUES	WED	THUR	FRI	SAT	SUN
7:00am	Turbo Bootcamp	Rise & Shine	Tethered Aqua	Rise & Shine			
8:00am	Strength & Conditioning		Deep H.I.I.T.			Deep H.I.I.T.	
9:00am	Low Impact Aqua	Water in Motion	Low Impact Aqua	Low Impact Aqua	Water in Motion	AquaFit for All	Tethered Aqua
10:00am		River Fit			Aqua R.O.M.		
11:00am		JR2*			JR2*		
12:00pm		Power Water		Aqua Dance			
1:00pm	Arthro (Waterworks)	Aqua R.O.M.	Arthro (Waterworks)	RiverFit	Arthro (Waterworks)		
5:00pm		Strength & Conditioning		Deep H.I.I.T.	Tethered Aqua		
6:00pm	Aqua Dance	Power Water	Power Water	Power Water	Aqua Dance		
7:00pm	Aqua Yoga						
Purple: Leisure Pool    Blue: Lap Pool 1    Red: Lap pool 2    *Registered class							

Exact dates and times may change depending on instructor availability.

## Minoru Centre for Active Living Schedule – Fitness

	MON	TUES	WED	THUR	FRI	SAT	SUN
6:00am	Bootcamp	Cardio Core	Circuit Express	TRX Yoga	TBC		
7:00am		Yoga		Circuit Express			
8:00am		Fit and Functional	Synrgy360			H.I.I.T	
9:00am	Family Fit Cardio and Strength*	Strength Cardio and Stretch*		Strength Cardio and Stretch*	Ball Works and Stretch	Group weight Training for 55+ Fitness Demo Total Body Conditioning*	TRX Step
10:00am	Stay Strong* Body Blast	Joint Replacement Recovery Joint Moves	Yoga Seniors Fitness*	Joint Moves* Core and Strength	Joint Replacement Recovery Joint Moves Stay Strong*	Group weight Training for Adults Synrgy360 Ball Works and Stretch	Synrgy360 Abs and Back
11:00am	Hatha Yoga*	Sit and Be Fit (Chinese)* Cardio Core			Steady feet*		
12:00pm	Steady Feet* Synrgy360 Cardio Core	Sit and Be Fit* Zumba Gold Synrgy360	Body Blast	TBC	Dance Fit		
1:00pm	Heart Health for Life Older Adults Drop-In Chair Yoga*		Heart Health for Life Older Adults Drop-In Fit and Functional	Zumba Gold* Synrgy360 Toddler Time Move and Stretch	Heart Health for Life Older Adults Drop-In		
2:00pm	FAME Stroke Recovery	Toddler Time Move and Stretch	FAME Stroke Recovery				
3:00pm	Youth Drop-In Ball Works and Stretch		Youth Drop-In	Functional Strength Training for Youth	Youth Drop-In Core and Strength		
4:00pm							
5:00pm	TRX Yoga H.I.I.T	TBC* Fitness Demo	Yin Yang Yoga* Wednesday Wellness Workshop H.I.I.T	Zumba* Synrgy360 Yoga	TBC		
6:00pm	Yoga for the Weekend Warrior Dance and Tone*	TRX Step and Sculpt		Fitness Demo	Zumba		
7:00pm		Zumba		Yoga Adults*			
8:00pm		Candlelight Yoga	Candlelight Yoga				
9:00pm							
10:00pm							

Blue: Registered Program    Purple: Drop In Program    \*Seniors Program

Exact dates and times may change depending on instructor availability.

## Minoru Centre for Active Living - Facility Admission Fees and Senior Program/Services Fees

### Fitness and Aquatic Admission Fees:

2019		Passes		Memberships	
Type of Admission	Drop-in	10 visit	1 month	Monthly Continuous (monthly pre-authorized payments)	Annual
Child (2-12)	\$4.25	\$34.00	\$40.00	\$27.00	\$298.00
Youth (13-18)	\$5.65	\$45.20	\$54.00	\$35.00	\$397.00
Adult (19-54)	\$7.00	\$56.00	\$67.00	\$43.00	\$492.00
Senior (55+)	\$5.65	\$45.20	\$54.00	\$35.00	\$397.00
Family	\$4.25*	-	-	\$89.00**	-

\*Per person. At least one adult or senior and one child or youth must be present to receive rate.

\*\*Maximum two adults, unlimited children residing in the same household.

### Senior 55+ Program and Services Fees:

2019 Program and Services	Minoru Senior Society Fees
Minoru Senior Society Membership/Facility Pass	\$23.00 annually
Minoru Senior Society Billiard Pass	\$36.00 annually
Minoru Senior Society Table Tennis Pass	\$36.00 annually
Minoru Senior Society Wood Shop Pass	\$36.00 annually
Minoru Senior Society Carving Pass	\$36.00 annually
Senior Wellness Fee – Vary depending service	\$11.80 – 17.75 per visit
Senior Programs – Arts & Dance	\$5.36 per hour
Senior Programs – Computer Skills	\$4.20 per hour
Senior Programs – General Interest, Computers, Language	\$4.00 - \$4.29 per hour
Senior Programs – Cooking	\$10.00-12.00 per hour
Senior Programs – Martial Arts	\$6.25 per hour